



Capital Health

Update

Healthy People, Healthy Communities

Capital Health Intranet: <http://cdhaintra/> September 18, 2009 Call Human Resources toll free at 1-866-473-5757

Capital Health is on a journey to become a world-leading haven for people-centred health, healing and learning. Reaching our destination means belief in ourselves and our community, sharing the responsibility for a sustainable health system, promoting healthy living, preventing and treating illness and disease, conducting research, teaching and providing care. Through this journey - a journey that includes you - we believe we will realize our shared vision of healthy people, healthy communities.

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...and more

Stepping up for physical activity

Everyone who lives and works in the district can benefit from more physical activity - and this week, a new physical activity strategy was launched that will help them get it.

Capital Health and six other organizations signed onto Stepping Up, and invited other organizations to become involved in a strategy designed to encourage more physical activity in our region.

“This is the first time these health, education and government organizations have come together in this way to address a community issue of this magnitude. We see this as a shared responsibility,” says **Mary Russell**, director of Community Health and Chair of the Steering Committee that developed the strategy.

“Increasing physical activity is a community-wide challenge. The solution rests with all of us working together. It may well be a model for addressing other community issues.”

Capital Health's Ride a Bike to the Site program is a great example of Stepping Up, offering bicycles and helmets to employees travelling from the VG to the Halifax Infirmary. Among the other tangible examples of Capital Health encouraging physical activity are the availability of bike racks at sites, the walking kit developed by Healthy Workplace, and onsite fitness facilities at several sites.

Other organizations that pledged to help our region's residents get physically active include: Dalhousie University; Halifax Regional Municipality; Halifax Regional School Board; the Heart and Stroke Foundation of Nova Scotia; IWK Health Centre; and Nova Scotia Health Promotion and Protection.

For more information, visit www.cdha.nshealth.ca/steppinguphalifax.

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Health Promotion and Protection H1N1 (Human Swine Influenza) vaccine guidelines

The province's chief public health officer, Robert Strang, supports the proposed guidelines released Sept. 16 by the Public Health Agency of Canada on who should receive the H1N1 (human swine influenza) vaccine.

While the national approach has always been to provide vaccine for all Canadians, the Public Health Agency of Canada guidelines highlight groups that will benefit most from H1N1 immunization. These groups include people under 65 with chronic conditions, health care workers, pregnant women and children under five years of age.

To read more, [click here](#).

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Capital Health's Annual Business Meeting – Sept. 30

Please join Capital Health's Board of Directors on Sept. 30 from 6 p.m. to 9 p.m. at Alderney Landing Theatre (2 Ochterloney Drive, Dartmouth) for Capital Health's Annual Business Meeting to mark the district's progress in 2008-09.

Immediately following the meeting, Capital Health is hosting a public panel discussion about community preparedness for H1N1. Panelists from Capital Health, the IWK Health Centre, Halifax Regional Municipality, Halifax Regional School Board, the Halifax Chamber of Commerce and the St. Leonard's Society will talk about what is happening in our community to prepare for the H1N1 pandemic.

Agenda:

6 p.m. to 6:30 p.m. - Reception, featuring the Capital Health Choir led by CEO **Chris Power**

6:30 p.m. to 7:30 p.m. - Annual Business Meeting

7:45 p.m. to 9 p.m. - H1N1 Panel Discussion

There is free parking beside Alderney Landing.

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Quality Week – Celebrating and strengthening our call to be world-leading

A world-leading haven for people-centred health, healing and learning - It doesn't get much bigger than that. At Quality Week 2009 (Oct. 19 to 24), we're celebrating and strengthening this call to action. Here's how:

Lunch and Learn – Model of Care at Capital Health

Oct. 19, noon to 1 p.m., Royal Bank Theatre

And via Telehealth to: The Nova Scotia Hospital (Hugh Bell Building), Hants Community Hospital, Twin Oaks Memorial Hospital, Musquodoboit Valley Memorial Hospital, Eastern Shore Memorial Hospital

Model of Care is all about transforming the patient-centred health care experience by engaging patients and families in care delivery, optimizing the roles of all providers, encouraging collaborative relationships and ensuring that processes support ongoing care delivery. Want to learn more? Pack a lunch and join us.

Poster Fair – Showcasing your world-leading work

Oct. 20, 9:30 a.m. to 2 p.m.

Summer Street Lobby, Halifax Infirmary

NEW: *Online voting for Poster Fair entries*

You're doing innovative work to improve the patient or client experience. Show it off at the poster fair. For detailed information about what is needed in your poster abstract, [click here](#). Submissions (a copy of the abstract and your poster in electronic format) must be submitted to posterfair@cdha.nshealth.ca.

Quality Improvement and Change Implementation – A Learning Experience

Oct. 21, 8 a.m. to 1 p.m.

OT Solarium, 1st floor, Nova Scotia Rehabilitation Centre

Learn how to apply a variety of quality improvement and change techniques to help turn improvement theory into action. This learning experience has been developed for My Leadership, Capital Health's leadership development program. All are welcome to attend this session. For more information or to register, visit:

<http://www.cdha.nshealth.ca/myLeadership/leadershipjourney/internal/qualityimprovementchangeimplementation.html>

Quality Summit and Awards Luncheon

Oct. 22, 8 a.m. to 4 p.m.

NEW location: *Dalhousie University Student Union Building*

Be inspired by motivational speaker John O'Leary (www.rising-above.com), celebrate quality in action at Capital Health; and learn about the link between leadership and quality through a panel discussion with Cathy MacDonald, patient, **Chris Power**, Capital Health president and CEO; **Allan Purdy**, district department chief; Medicine; **David Kirkpatrick**, district department chief, Surgery; and **Sherri Parker**, health services director, Hants Community Hospital. To register, [click here](#).

Halifax 9 – Human Performance and Health Care Safety

Webcast of leading patient safety conference

Oct. 23, 8 a.m. to 6:15 p.m.

Oct. 24, 8 a.m. to 4:30 p.m.

Weather Watch, 5th floor Dickson Building, VG

Started in Halifax nine years ago, this renowned patient safety conference has made its way across the country. This year's conference is being webcast from Montreal. To register, please see the attached information.

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Grade 10 Career Exploration Day

As grade 10 students settle into the new routine of high school, they may also be looking ahead to the future. What do they want to do after high school? What careers would be right for them?

On Oct. 23, Capital Health will welcome 40 grade 10 students who are interested in learning more about careers in health care. This is Capital Health's first Grade 10 Career Exploration Day, and will provide students with an opportunity to tour clinical and non-clinical areas and to ask our team members what it's really like to work in health care.

Students will begin the day at 8:30 a.m. and wrap up at 3:30 p.m. We'll feed them a light breakfast and lunch, they'll have a chance to win prizes, and each student will get a Capital Health souvenir to take home.

If you know of a grade 10 student who would be interested in this opportunity, please contact **Berni Duda**, Volunteer Services, at berni.duda@cdha.nshealth.ca or 473-4179 to register. With only 40 spaces available, students will want to register early!

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Deep fryers be gone – Your reactions

In the Aug. 21 issue of *Capital Health Update*, we announced that Capital Health is taking its first important step towards making the food we serve in our restaurants, retail stores and vending machines healthier by turning off the deep fryers in our restaurants. Here's what you had to say about this move:

“I applaud this first step as we are finally practicing what we preach and taking positive action towards prevention. I look forward to what other changes are to come.” - **Cathy Campbell**

“Hallelujah: about time Capital Health took this step.” - **Janis Schwartz Marriott**

“I understand that Capital Health would like to make its cafeteria a healthier place for people to eat; however, I do have to ask, what happened to personal choice? What about taking responsibility for our own eating habits? I am a grown adult and if I want to have an order of fries now and then why should Capital Health decide it's not going to happen here?” - **Amanda Morash**

“Congratulations on taking this giant, and likely controversial, step. This group is to be commended.”
– **Pat Crocker**

“I, like some Capital Health staff, will miss the occasional helping of fries but this is a great message to send out to our staff and community: we are making healthy choices as an organization! High blood cholesterol is a major risk factor for heart disease and stroke; turning off the deep fat fryers is a great first step. Step 2: Post nutrition information including sodium in the cafeteria?” – **Gloria**

“I am so happy to hear about this positive step towards Capital Health ‘practicing what it preaches’! Just wondering: has there been any thought into offering more food options for people with food intolerances/sensitivities (such as offering grain items that are wheat/gluten free)? – **Jill Mailhiot**

“This is wonderful news. Hopefully Tim Hortons may be next to look at their healthy choices for staff and clients.” – **Nicole Wallot**

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Concurrent Disorder: You can't help one without the other

The road to recovery in any illness can be daunting, but this is especially true when health concerns cross over traditional boundaries or treatment areas. For instance, people with concurrent disorder – individuals who have been diagnosed with both a mental health concern *and* an addiction – frequently face confusing options. They may wonder where to turn for help (mental health or addiction services) or which issue to tackle first.

Helping clients navigate this challenging dual diagnosis was the goal of a new Concurrent Disorder group offered recently at Capital Health. Clinicians **Faith O'Reilly**, Mental Health Services (MHS), and **David Anderson**, Addiction Prevention and Treatment Services (APTS), teamed up to offer the group.

Faith sees many mental health clients struggling with substance use, so the group was a good fit. "The Concurrent Disorder group was a place where each person's story could be heard and legitimized by others with a similar struggle," says Faith. "We addressed questions like 'What is mental illness?,' 'What is addiction?,' and 'How do the two fit together?'"

David also has many clients with concurrent disorder. "Most have some form of mental illness. A lot of them experience depression and anxiety," he says. "When clients have issues with both addiction and mental health, you are not going to make progress in one area without considering the other."

Clients were able to apply their group experiences to the challenges they face in their lives each day. "This group helped me to understand how my addiction impacts my mental health and vice versa," says one group participant.

"I went through a tough time a few weeks after the group ended, and I got through it partly because of what I learned in the group," says another participant.

The resiliency of the participants impressed David. "I was really surprised by their strength, insight and judgment," he said. "They had a real desire and motivation to get a handle on their drug use as it impacts their mental health."

The benefits of the group extended to the leaders as well. "The variety of expertise and experience was invaluable," says Faith, noting the contributions of other APTS and MHS staff who participated in leading the sessions. "It gave the group incredible merit."

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David and Faith teamed up to offer a group for clients with concurrent disorder.

Coming together to move diversity forward at Capital Health

You're invited to connect with others who are passionate about diversity

Across Capital Health, groups and individuals are working to embed diversity in our way of being, caring and doing. Capital Health's Diversity Committee and several program-based diversity committees have made many strides, helping to change practices and ways of thinking in a way that welcomes all who come to Capital Health, whether for work or care.

It's important to connect the work that is happening in different areas of Capital Health to nurture diversity. On Oct. 23 from 8:30 a.m. to 11:30 a.m. in the Bethune Ballroom at the VG, those who are involved in diversity committees or have a desire to be involved in Capital Health's diversity initiatives are invited to come together to connect, share experiences, compare resources and find synergies that will help us move forward together.

If you'd like to attend, please contact **Mohamed Yaffa**, diversity co-ordinator, at 473-1326 or mohamed.yaffa@cdha.nshealth.ca by Oct. 19.

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What's on the fun agenda?

Fun crew invites you to come aboard the Harbour Cruise

On Sept. 25 from 7 p.m. to 9 p.m., you're invited to join your Capital Health colleagues and friends for a harbour cruise. Snacks and non-alcoholic drinks are provided. You're welcome to bring your own alcoholic beverages. If you choose to do so, please drink responsibly and make arrangements for safe transportation home.

Tickets are now on sale for \$20 each at the business offices at the Halifax Infirmary, VG, Dartmouth General Hospital, The Nova Scotia Hospital, East Coast Forensic Hospital and Hants Community Hospital. If you are unable to get to one of these locations, please contact **Laurie MacNeil** at 424-3678 to make arrangements to get your tickets.

Please note: If finances are standing in the way of you attending, please contact **Margaret Angus**. We are able to arrange pay-what-you-can options for Capital Health team members (not family or friends).

Annual Variety Show and Art Gallery – Call for expressions of interest

Capital Health's third annual variety show and art gallery are set for the evening of Nov. 13 at Alderney Landing. If you are interested in performing in the variety show, please contact **Margaret Angus** at 473-2726 or Margaret.angus@cdha.nshealth.ca, **Bonnie Conrad** at 473-3743 or bonnie.conrad@cdha.nshealth.ca or **Claudia Rafuse** at 792-2131 or claudia.rafuse@cdha.nshealth.ca and please specify the type of performance you have in mind (singing, dancing, comedy, etc.). We'll do our best to accommodate all who are interested in performing. If we have more performers than we can accommodate, we may draw names or hold auditions. If you'd like to display your art in our art gallery, please contact **Carrie Ricker** at 473-7537 or carrie.ricker@cdha.nshealth.ca.

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Capital Health Players – Call for production team and crew for 2010 show

Capital Health Players has begun production of its Spring 2010 musical. Many will remember last year's production of *General Hospital*, which sold out every night. This year's show takes place at Alderney Landing Theatre from May 5 to 8.

Capital Health Players are looking for talented, collaborative volunteers to help make this year's show another smash! Previous stage/production experience is great, but not required. Here's what's needed:

Production team positions

Stage manager
Production assistant
Public Relations/Media Relations

Creative team positions

Assistant director (one of two positions)
Choreographer (please bring details of your experience)
Make-up and hair (please bring details of your experience)

Set builders
 Set painters
 Props
 Costumes

Crew

Backstage crew
 Front of house crew
 People with trucks to help move sets, etc.

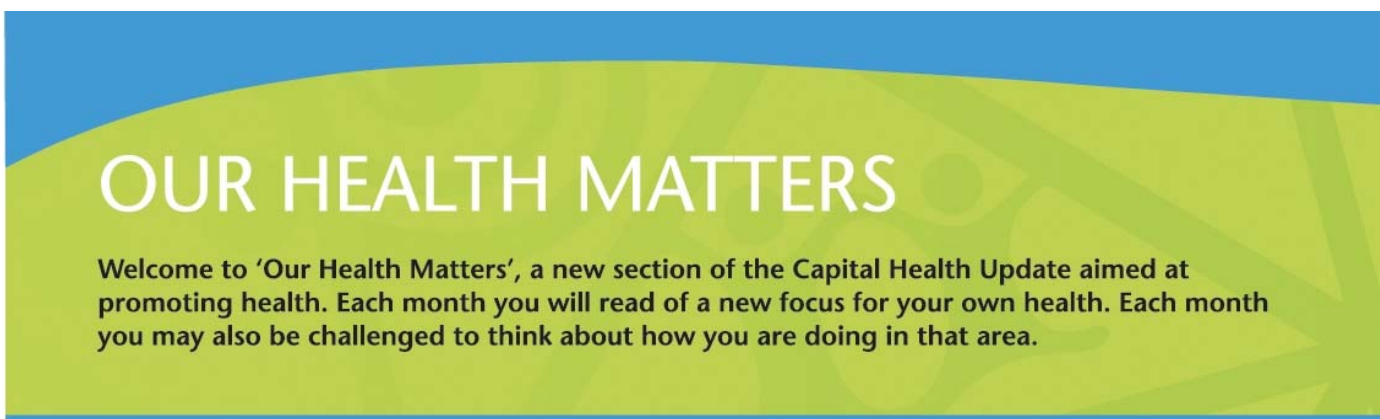
Fundraising/Sponsorships

Fundraising director
 Volunteers

Interested? Attend our Production Crew meeting: Oct. 16, 3:30 p.m. to 5:30 p.m. at 5110 Dickson Building, VG. For more information, please contact **Margaret Angus** at 473-2726.

Please note: If you're interested in trying out for an acting and/or singing role for this year's production, auditions will take place in late November. Stay tuned for details.

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Back to school for physical activity

By Maureen McVicar, physiotherapist, Cardiovascular and Pulmonary Health in Motion Program

September may be back to school for the kids but is it time for you to go 'back to school' for your physical activity? Follow the suggestions listed below to improve your activity and your health, even while at work.

- Think about your commuting options. Can you walk or ride your bike to work? If you must drive, can you park 15 minutes or further from your building and incorporate a brisk walk to/from your car to incorporate an additional 30 minutes of physical activity into your day?
- Think about your bus use. If you work at the QEII, do you need to take the shuttle for a short walk/bike between sites? If you take public transit to/from work, can you get off the bus a few stops early to enjoy some exercise?
- Once a week or more, make your 'coffee break' a 'walk break.'
- Challenge yourself to take the stairs rather than the elevator at least once a day.
- Use a Blackberry? Schedule in your times for exercise as you would any other appointment.

- Take time over your lunch to go for a walk. Follow your own route or join an existing walking club. Refer to the Capital Health Walking Kit for more information on how to get started: <http://www.cdha.nshealth.ca/default.aspx?page=SubPage¢erContent.Id.0=31749&category.Categories.1=323>
- Check out the various Capital Health exercise facilities/rooms for one close to you. These facilities all have extended hours, are reasonably priced and many offer lunchtime classes.

Think you're active enough? Try wearing a pedometer at work and home. Are you reaching the recommended 10,000 steps/day for good health? If not, challenge yourself to get there. Many of the suggestions above will see your numbers increase, and your health as well!

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Congratulations to **Laura-Lee O'Connor**, who has accepted a position as project leader with the Cancer Care Program. In this position, she will lead several key projects for the program in the upcoming year; including Systemic Therapy Scheduling and Process Redesign. Laura-Lee comes to the position from Radiation Therapy, where she has been manager since 2005. Thanks Laura-Lee, for your work in this role, and best wishes in this exciting new position.

Congratulations to **Donna MacInnis**, manager of Food Production and Procurement, who was named Internship Mentor of the Year. This award is presented to a dietitian facilitator who establishes a developmental, caring, sharing and helping relationship, investing time and effort in enhancing the knowledge and skills growth of a dietetic intern.

Congratulations to **Margaret Champion**, who recently graduated from Dalhousie University with a Master of Health Administration. Margaret was awarded the Canadian Council of Health Service Executives Bluenose Chapter Award, which recognizes high academic standing and a high degree of professionalism. She also earned the Dr. A. Peter Ruderman Award for high academic standing and greatest originality and creativity in class, residency, papers and projects. Well done, Margaret!

Congratulations to **Carol Adderson**, whose poster "Not Just a Nurse" won first place at the Operating Room Nurses Association of Canada Conference. Carol has worked as an OR nurse for many years and retires in early October.

Congratulations to **Scott Fotheringham**, Connections Halifax, who was awarded first prize in the novel category of the Atlantic Writing Competition for unpublished manuscripts. **Margaret Angus**, Marketing and Communications, received an honourable mention in the same competition and category. Scott and Margaret will receive their awards at the Writers' Federation of Nova Scotia Gala on Sept. 26.

Congratulations to **Margaret Merlin-Wilson**, director of Health Services for Cobequid Community Health Centre, Nova Scotia Environmental Health Centre, the Health and Wellness Centre in North Preston and Dalhousie Family Practices, on achieving the designation of Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute. The CPCC requires successful completion of five foundational courses, 24 weeks of supervision and certification training, 100 hours of practice, a written and an oral exam.

Eight very deserving individuals in the Department of Medicine received a promotion in July 2009.

Check out the latest issue of the Department of Medicine Bulletin to find out why:

http://dom.medicine.dal.ca/publications/Promotions_2009_Newsletter.pdf

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Rock for Dimes

Support Halifax Rock for Dimes and rock with Capital Health's best! Celebrating the 40th anniversary of Woodstock, this event on Oct. 22 will keep you rocking – and all for a great cause, the March of Dimes! Loose Garage, one of nine bands to rock for charity that night, is a band made up of Capital Health employees **Andrew Starzomski**, **Glen Edwards**, **Scott Maughn**, **Barry Banks** and young guitarist Nick Briggs (13-year-old son of Capital Health's **Trevor Briggs**).

Also featured are friends of Capital Health Mark Gillis and Rob Bauer. And you won't want to miss our very own CEO, **Chris Power**, providing lead vocals on "The Night They Drove Old Dixie Down." Whether you're a fan of Van Morrison, Jimi Hendrix or Joan Baez, there will be tunes that please. Come as you are or dress in your best 60s-style garb!

To order tickets (\$30 or \$15 for students), call 1-800-263-3463 or visit www.rockfordimes.ca (or buy at the door).

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Premarin and Premplus removed from coverage

Recently, Medavie Blue Cross made the decision to remove coverage for Premarin and Premplus (used in the treatment of menopausal symptoms), meaning they are no longer eligible benefits under the Capital Health medical plan. For new claimants, Premarin and Premplus are not available. For existing claimants, Premarin and Premplus will be available until September 25 only.

If a claimant gets a new prescription for Premarin or Premplus and tries to fill it at the pharmacy, there are two options:

1. The pharmacist could call the physician to change the prescription to an alternative therapy; or,
2. The claimant returns to the physician to get a prescription for an alternative therapy.

For more details, [click here](#).

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Nova Scotia Public Service Long-term Disability plan changes

As a member of the long-term disability (LTD) plan, you can now benefit from increased coverage at a reduced cost. To learn more, [click here](#).

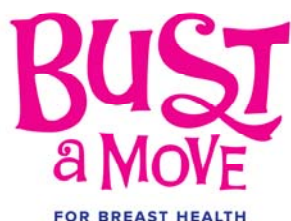
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Get ready to *Bust a Move*

Six hours of exercise led by local and celebrity fitness instructors, world record-setting activities, and the chance to make a huge impact in the lives of Nova Scotia women. On Jan. 30, these three things will combine to create an event unlike any other.



The QEII and IWK Foundations invite you to join them for *Bust a Move* - a very special one-day fitness extravaganza designed for every fitness level - from beginners to fitness buffs. The Halifax Metro Centre will come alive when 1,000 participants and hundreds of volunteers unite in support of world-class breast health services in Nova Scotia. There will be fabulous hourly prizes, inspiring patient testimonials and the chance to set two Guinness World Records – a Nova Scotia first! Healthy refreshments and essential services such as first aid and massage therapy will be on site to ensure participants' comfort, safety and enjoyment.



A unique, home-grown event, *Bust a Move* will raise funds to help deliver critical, life-saving digital mammography equipment for breast health services. In honour of the women whose lives are impacted by this disease, we are asking you to help enhance the standards of excellence and make the journey through breast cancer easier for the approximately 700 Nova Scotia women who are diagnosed with this disease each year.

Visit www.bustamove.ca to learn more, to register, or to sponsor a participant for *Bust a Move*!

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Winning is in the air with the 2009 QEII Home Lottery

Tickets are now on sale in the 2009 QEII Home Lottery! New this year: 6,005 winners in all with a one in 10 chance to win! Two grand prize show homes, cash prizes, vehicles, entertainment packages, trips and more are up for grabs. To view all of the prizes or to order your tickets online, visit www.qe2homelottery.com. Tickets are \$100 each or three for \$250. Get your tickets before Oct. 29 to be eligible for the Early Bird Prize - your pick of a 2010 Porsche Cayenne or a 2010 Porsche Cayman or \$75,000 in cash!

Proceeds from the 2009 QEII Home Lottery will help fund the purchase of much-needed patient technology and equipment in departments including Diagnostic Imaging, Cardiac Care, and Brain Repair. Thank you on behalf of the QEII Health Sciences Centre and the many patients who will benefit from your support.



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Read all about it in *Living Healthy in Atlantic Canada*

Eye examinations, artificial hips and knees, nutrition, flu advice and radon gas are just some of the hot topics covered in the new issue of *Living Healthy in Atlantic Canada*, produced by the QEII Foundation in partnership with Saltscapes Publishing Limited. Visit www.qe2foundation.ca to view the magazine online or to request your copy today!

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Join the QEII Foundation and the Department of Anesthesia – Pain Management – at the 2009 Excellence in Research Gala

More than 1,000 guests will be amazed, enlightened and inspired as they are taken on a journey of research – one built on hope and fuelled by passion. You will get a glimpse of the hearts, souls and minds of pain



research – the people that make it happen and those whose struggles and triumphs drive their work.

Join us Nov. 6 for an evening complete with an auction, fantastic entertainment, a delicious meal and the chance to dance the night away to the sounds of Mike Cowie. Reserve your table today!

Proceeds will support pain research at the QEII Health Sciences Centre. For more information, contact the QEII Foundation at 473-7920 or visit www.researchgala2009.com.

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If you'd like to share your thoughts and perspectives on any of the stories that appear in *Capital Health Update*, please e-mail capitalnews@cdha.nshealth.ca fax to 473-4183, or mail to **Margaret Angus**, room 365 Bethune Building, 1276 South Park Street, Halifax B3H 2Y9. We'd love to hear from you! **Want to share a story?** Please send submissions (max. 250 words) to the location noted above. The editor reserves the right to edit for content, clarity and length.

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Happenings

1. **Inter-Professional Pain Conference**
2. **Healthy Living Series**
3. **Central Venous Access Devices Workshop**
4. **Harvest Moon: An Evening of Humour, Dance and Song**
5. **Oceanview Manor Foundation Conference**
6. **Finding Health in Illness: Introduction to Mindfulness Meditation**
7. **Transplant Atlantic 2009**
8. **Fully at the Table: Bringing New Life to Physician Leadership**
9. **NSCC Continuing Education Catalogue**
10. **Offering a Legacy of Life: Meaningful Donation Experiences**

1. Inter-Professional Pain Conference

The Atlantic Provinces Inter-Professional Pain Conference takes place Oct. 2 and 3 in Halifax. For more information, [click here](#).

2. Healthy Living Series

Cole Harbour Library and Cole Harbour Eastern HRM Mental Health Services present the following sessions at the Cole Harbour Public Library as part of their Healthy Living Series:

Body Image and the Media, Sept. 23, 6:30 p.m.

Self Esteem and Self Image for Teens, Oct. 15, 7 p.m.

Understanding Bipolar Disorder, Oct. 21, 6:30 p.m.

3. Central Venous Access Devices Workshop

Professional Practice, in collaboration with Bard Canada, offers a one-day workshop for staff on the nursing management of patients with Central Venous Access Devices (CVADs). The workshop takes place Sept. 24 from 8 a.m. to 4 p.m. in room 1613 Veterans' Memorial Building. For more information, [click here](#).

4. Harvest Moon: An Evening of Humour, Dance and Song

On Oct. 2 from 7 p.m. to 9 p.m., the Nova Scotia Environmental Health Centre presents Harvest Moon:

An Evening of Humour, Dance and Song at Alderney Landing Theatre. Tickets are \$20 and proceeds will support research into environmental illness. Tickets are available through Alderney Landing, the Environmental Health Centre and Margaret Angus, 365 Bethune Building, VG (473-2726). For more information or to see a list of performers, see the attached flyer.

5. Oceanview Manor Foundation Conference

This conference takes place Oct. 2 and will explore dermatological issues, incontinence management, fractures and more. For more information, phone 465-6020, ext.163; e-mail pleslie@ovm.ca; or visit www.ovm.ca.

6. Finding Health in Illness: Introduction to Mindfulness Meditation

The practice of mindfulness opens up the possibility of being more fully present in each moment. It is a way to work directly with the challenges of daily life and the stress and pain of illness, rediscovering a basic sense of healthiness. This series is open to patients, family members and staff. For more information, [click here](#).

7. Transplant Atlantic 2009

Transplant Atlantic 2009 kicks off Oct. 14 at 6:30 p.m. at the Lord Nelson Hotel with a public forum. Plenary sessions take place Oct. 15 and 16. This event is open to health care professionals, industry representatives, hospital administrators and government representatives. Online registration is available at www.MOTPHalifax.ca.

8. Fully at the Table: Bringing New Life to Physician Leadership

On Oct. 16 from 2 p.m. to 5 p.m. Capital Health and the IWK invite you to participate in the official launch of Fully at the Table: Bringing New Life to Physician Leadership. This interactive leadership development program includes a series of seven engaging sessions – the first of which is open to invitees beyond the physician participants. Please join special guests Brian Postl and Danny Graham for *Leadership: Provocative Perspectives*. RSVP to Alice Sandall-Holt by e-mail at alice.sandall-holt@cdha.nshealth.ca or by fax at 473-2980. The deadline to register is Oct. 1.

9. NSCC Continuing Education Catalogue

The Nova Scotia Community College (NSCC) continuing education course catalogue is now available. Please visit http://www.nsc.ca/Learning_Programs/Part-Time/fliers/NSCC_F09_MetroCalendar.pdf.

10. Offering a Legacy of Life: Meaningful Donation Experiences

The Critical Care Organ Donation Program and the Legacy of Life: Nova Scotia Organ and Tissue Donation Program present this workshop on Nov. 5 from 8 a.m. to noon in room 1613A Veterans' Memorial Building. It is designed to provide Critical Care and Emergency Department staff with knowledge and skills to improve communication with families of potential organ and tissue donors. Please register by Oct. 30 by 473-5523. Coffee and lunch will be provided.
