March 10, 2011

Need to know
- **Province releases budget targets for districts and IWK** – Last week, the Department of Health and Wellness confirmed that our budget for the 2011-12 fiscal year will be the same as last year's. To find out what this means for Capital Health, read a [letter from Amanda Whitewood](#), chief financial officer.

- **Business Planning update** – You may be wondering how the Department of Health and Wellness (DHW) announcement of a 0 per cent funding increase for next year impacts the business planning work now underway at Capital Health. [Click here](#) to find out.

Our Promise in action
- **Are you a leader? Yes you are.** More than 500 formal leaders have embarked on the My Leadership journey, but transforming leadership at Capital Health is everyone’s business. All of us at Capital Health can be leaders, and all of us need to engage in leadership development to achieve real change in keeping with Our Promise.

  The latest phase of My Leadership is intended for front line employees. It has been designed and developed taking into account our large and diverse population, people’s strengths and the challenges facing our organization and society. [Click here](#) to read more.

- **Mindfulness as transformative practice** – Paul Adderley, board member, responded to last week’s article on mindfulness. He writes:

  “I was excited to read the article in Capital Health This Week on mindfulness. I have been practicing mindfulness through meditation, yoga and study for many years and cannot begin to express its many benefits. I believe that introduction of mindfulness principles and practice can and will be the future of preventative maintenance for the mind and an overall method for maintaining self-awareness as it pertains to ongoing mental health and happiness.”
To read Paul’s full letter, [click here](#).

- **New territory, new learning** – Gina Duggan, youth health centre coordinator, is trying on a new role within Public Health for three months. In response to growing demands on the Communicable Disease Prevention and Control (CDPC) team, Gina was hired to focus attention on Chlamydia cases in the district. [Click here](#) to read more.

- **Capital Health dietitians focus on person-centred care** – In honour of National Dietitians Day on March 16, we’re profiling two dietitians – one clinical and one administrative.

  Marion Nickerson coordinates the production of more than 25,000 muffins a month for patient breakfasts. And that’s just one part of her job as an administrative dietitian for Capital Health.

  Marylynn Cutten loves her job. She’s a clinical dietitian working in outpatient nutrition clinics at the Dickson Centre of the VG.

  To read more about the work that Marion and Marylynn do, [click here](#).

- **Bikeways Plan Lunch and Learn** – Capital Health, Dalhousie University, St. Mary’s University, and the IWK Health Centre are working together, as the Urban Halifax Institutional District, to advance their sustainability goals through the development of a Bikeways Plan. On March 18 in room 378 Bethune, there will be a Lunch and Learn for Capital Health employees, physicians, learners and volunteers interested in knowing more about the draft plan and providing input. For more information about the Bikeways Plan or additional public sessions, [click here](#).

- **“What adults can learn from kids”** – Capital Health Ethics Support and My Leadership present the next in their series of TED talks ([www.ted.com](http://www.ted.com)) on March 25 from noon to 1 p.m. in the Royal Bank Theatre, Halifax Infirmary. Bring your lunch and watch a TED video with Adora Svitak, 12-year-old writer and literacy advocate. Discussion to follow. For telehealth requests, please contact Kim Ambrose at kambrose@cdha.nshealth.ca to help coordinate.

**Quality and patient safety**

- **You’re doing the right thing and you’re doing it right.** Share your successes at Capital Health’s Quality Week Poster Fair or Summit. [Click here](#) for details on submitting an abstract.
• Every employee, physician and learner is required to complete annual patient safety training and education in **hand hygiene** to meet Accreditation Canada’s Required Organizational Practices (ROP). For details, visit the [Intranet/Our News](#).

• **Coffee chat: hand hygiene** – When staff members Brad Kelln and Dean Smith get together for a "coffee chat" about hand hygiene, the results are hilarious. Not convinced? Check out their video at: [http://www.youtube.com/watch?v=_jU2mDwVhT0](http://www.youtube.com/watch?v=_jU2mDwVhT0)

**Celebrating our people**

• **Shawn Jolemore** begins a new challenge as coordinator, Leadership Development, following six years of work in Addiction Services both here at Capital Health and at the NS Department of Health and Wellness. In that time, Shawn has earned a reputation as a creative, energetic and interactive leader who has demonstrated the courage it takes to contribute to the Transformational Leadership strategic stream and support the achievement of Our Promise. For more information about My Leadership for employees, [click here](#).

• **Congratulations to Cathy Cormier, Ophthalmology, who is retiring.** Share your best wishes with Cathy at a retirement tea on March 31 from 2 p.m. to 4 p.m. in room 2024 (2-West) Victoria.

• **Staff at the Tri-Facilities teamed up to raise money for the Heart and Stroke Foundation’s Live Red Campaign.** Musquodoboit Valley Memorial, Eastern Shore Memorial, Twin Oaks and the Birches held a number of fundraising events in February, including bake sales, raffles, heart-o-grams, healing hearts, cookie sales bingo and tarot card readings. Staff raised $950 through the campaign – thanks to all who donated their time, energy and money so generously!

• **March 8 was International Women’s Day.** As an organization made up of more than 80 per cent women, we celebrate the many ways that women contribute to Capital Health and to healthy communities!

**Laboratory Services**

• **Knowing matters** – When it comes to your health, that of a patient, or a loved one, knowing matters. The reason you know is because of the diligent work done inside the lab. Medical laboratory professionals are the third largest group of health care professionals in Canada, yet most people don't know what they do. Visit
www.knowingmatters.ca to view and share a video about the medical laboratory profession. If the video receives 25,000 views, it will air on CBC’s broadcast of The National during National Medical Laboratory Week (April 24 to 30).

**Mark your calendar**

- **Older Adults and Emergency Care** – The Dalhousie School of Health Administration Alumni Association is pleased to present the following events:
  - Lecture: *Can We Talk? Caring for Older Adults in the Emergency Room?* with Brian Goldman, ER physician, author and host of CBC Radio’s *White Coat, Black Art*. March 23, 7 p.m. to 9 p.m., Imperial Ballroom, Lord Nelson Hotel.
  - Public roundtable: *Older Adults and Emergency Care: Why We Need to Get It*, also with Brian Goldman and Kenneth Rockwood. March 24, 3:30 p.m. to 5 p.m., Imperial Ballroom, Lord Nelson Hotel.

**Voice Services**

- **Don't forget about “0”** – Last week, we provided you a list of important phone numbers to remember. We forgot to include one very important one. Within Capital Health, please dial “0” for patient and general inquiries.

  For important information about phone numbers and phone calls, please visit the Intranet/Our News.

**Ask the grammar geek**

- It's two-for-one day with the grammar geek. This week’s special? A couple of oft-misused contractions and their non-contraction counterparts.

- **Let's and lets** – "Let's" is a contraction of the words "let us" – the apostrophe replaces the letter "u." For example: "Let's submit a presentation abstract for Quality Week."

  "Let's" (note the absence of an apostrophe) is a form of the verb "to let," meaning “to allow.” For example: "Performance Excellence lets us submit presentation abstracts until April 1.”

- **“Your” and “you’re”** – “You’re” is a contracted version of “you are” and so is used when you want to say something like, “You’re welcome.”

  “Your” indicates ownership of something, like “I like your running shoes.”
**Fun Crew**

- **Variety Show tickets on sale now** – Tickets are now on sale for this year’s variety show. There are 100 advance tickets available for $10 each at locations throughout the district. Visit the Intranet/Our News to find out where you can buy them. The remaining tickets (approximately 175) will be sold through the Alderney Landing Box Office and at the door at a cost of $13 plus tax ($14.95). This year’s variety show features an impressive lineup of your talented colleagues. Click here to see who’s performing.

- **This week’s Fun Award winner is Sandy MacDonald** – Sandy, who works in the Provincial Drug Distribution Program, was nominated by Krista Paquette:
  “Sandy is hardworking, meticulous and fair. But besides all the qualities of a supervisor he is humorous, always pleasant with a smile on his face. He always lends a helping hand and always likes a good joke – not that we have any – they are all bad! Most of all I like it when he says... ‘There are no issues...just opportunities to make things better.’ I feel that he is a positive and energetic person. He makes our environment very fun and enjoyable every day!”

Sandy is pictured above (holding his Fun Award certificate) with his colleagues, including Krista, front right.

**Foundation news**

- **QEII Lifestyles Lottery Tickets on Sale** – With one in 10 chances to win and more than 6,500 prizes, you're going to want to get your tickets now. You can buy tickets at entrance kiosks, at the QEII Foundation office in the Centennial Building (room 1-040) or the Halifax Infirmary (room 1128), or at www.qe2lifestyleslottery.com.

- **Reminder: Palliative Care Bursary Applications** - The Foundation is accepting applications for the Gillian MacMichael Endowment Fund Bursary on palliative care education. The bursary is open to any Nova Scotia interdisciplinary health care professional continuing his/her education in palliative care. Interested applicants are encouraged to apply by March 18 at 4:30 p.m. Click here for details.
- **Silent auction to support Bust a Move for Breast Health** - The QEII Foundation’s Rhythm and Boobs team for Bust a Move is holding a silent auction on March 10 from 10 a.m. to 2 p.m. in the Halifax Infirmary (Summer Street entrance, 2nd floor mezzanine area). There are lots of great items – score a great deal and support Bust a Move for Breast Health.

- **Lottery Winners** - The winner of the QEII Foundation Grand-a-Week lottery for March 4 was Kathy Kartlen.

**Announcements and events**
- To find out about upcoming events at Capital Health, visit the Announcements and Events section of the Intranet or public website.

**Submissions and feedback**
- If you have a submission for Capital Health This Week, please send your item (100 words maximum) to capitalnews@cdha.nshealth.ca by Tuesday at noon.

- If you have feedback about Capital Health This Week, please email capitalnews@cdha.nshealth.ca or call Margaret Angus at 473-2726.