

WWLHINformation

Waterloo Wellington LHIN



Waterloo Wellington LHIN eNewsletter - November 1st Edition

The WWLHINformation eNewsletter is a bi-weekly update to keep you informed of the latest news, events, and successes in health care across the WWLHIN as we continue working together to build an integrated and sustainable health system for residents in Waterloo Wellington.

As part of the eNewsletter, we are looking for your contributions. Are you looking for a new way to share information or invite the community to health care related events? Send your news and events with links to more information and we'll include it in an upcoming edition.

Please forward WWLHINformation to others who may be interested in local health care news and events. For new readers, please [click here](#) to subscribe. To unsubscribe please send an email to connie.coggan@lhins.on.ca.

Grand Opening for Sunnyside Wellness Centre



On Saturday, October 16th, a Grand Opening Ceremony and Health Expo were held to celebrate the official opening of the Region of Waterloo Sunnyside Wellness Centre. The Centre provides professionally supervised exercise for older adults in a state-of-the-art fitness facility. The centre creates a program to fit the unique needs of each participant, following a 30 minute circuit format. The equipment is customizable to the fitness level of each participant and progress is monitored by a Certified Kinesiologist to ensure that they are exercising in a safe and effective manner. The Centre also features a spa tub and Registered Massage Therapy.

Kinesiologist Laura-Lee Spaetzel is pictured with Wellness Centre client Josie Ince. For more information, including hours and membership fees, please [click here](#).

KW Seniors Day Program Celebrates Redeveloped Program Space

On Monday, October 18th, the KW Seniors Day program, independently operated and located in Sunnyside Home, held an open house to show off its newly expanded and redeveloped space. The program now has a designated

quiet area with cushy Lazy Boy chairs, a games room, expanded washroom facilities, and a ceramics studio. The K-W Seniors Day Program is a regional based, volunteer driven organization dedicated to helping seniors maintain individual health and wellness, a higher quality of life, and self esteem through a variety of group programs.

Executive Director Deanne Gillies is pictured with day program client Bertie Bechtel at the open house. For more information, [click here](#).



Stonehenge Opens New Transitional Housing Program



On October 13th, Stonehenge Therapeutic Community held an open house at Edinburgh Place in Guelph, the home of its new transitional housing pilot program.

Stonehenge provides a long-term, intensive treatment program (4-6 months) for people whose lives have been devastated by alcohol and drug abuse. As long-term treatment is completed, many participants face unemployment and homelessness as a result of fractured relationships, derailed careers, and encounters with the legal system. Faced with the

stress of finding housing and an income-source, it can be difficult to stick to the positive lifestyle changes made through treatment. This prompted the creation of a transitional housing pilot program.

Edinburgh Place provides a safe and independent place to live with supports that facilitates a smooth transition from residential treatment to independent living. Residents are able to learn re-integration skills with people who understand their unique needs and experiences. The program is being funded for one-year through a generous community donation.

"The transition house is my nest. It's a place where I can learn to spread my wings. Like a nest in a tree, I am still protected by care and support. When my time to fly arrives, I know there is always a safe place I can go back to if needed," shared an Edinburgh Place resident.

Pictured from left to right: Don Roth, Executive Director, Grand River Branch, Canadian Mental Health Association (CMHA), Liz Boston, Transitional Housing Support Worker, Stonehenge Therapeutic Community (STC), Heather Kerr, Executive Director, STC, Marc De Vos, Logistics Manager, STC, and Joe Testardi, Transitional Housing Supervisor, STC.

For more information about Stonehenge, [click here](#).

Race for Zero: Empowering Staff to Protect Patients



Increasing staff hand washing by 20% will reduce the spread of infectious diseases in health care facilities by 40%. Despite this powerful statistic, in today's fast-paced health care environment, meeting stringent hand washing guidelines is not always top of mind for front-line staff.

Grand River Hospital's Freeport site is working hard to change that with a bit of friendly competition. The "Race for Zero" pits unit against unit in a race to go the longest without the spread of an infection. Staff follow strict infection control guidelines, including hand washing at four identified stages of care.

In July, Grand River celebrated a month without hospital associated infections at its Freeport site. "To have an entire health care facility without an infection for a whole month is incredible. We also had one unit go 14 weeks without an infection and

another go 11 weeks,” said Jenn Marshman, Infection Control Practitioner at Freeport and mastermind behind the program.

“As a result of Jenn’s work, we are seeing very positive results. This is a major patient safety victory that could be very beneficial if repeated in other hospital programs,” said Dr. William Ciccotelli, Infectious Diseases & Medical Microbiology, Grand River Hospital.

Leading Grand River’s Infection Control efforts are Jenn Marshman, Dr. William Ciccotelli, and Director of Infection Prevention and Control Ruth Schertzberg, who are pictured. To read the full story, [click here](#).

Celebrating Success: Meals on Wheels Supports Independence and Safety for Seniors



Hot, fresh, and from the oven to your door in 90 minutes or less. The Community Support Connections Meals on Wheels program delivers 200 meals to seniors each and every weekday.

Even more impressive, is the fact that the meals are delivered by volunteers. For seniors like Erwin Heimpel, who just celebrated his 101st birthday, the meal service means looking forward to a fresh and hot meal, three days a week, in the comfort of his own home. Living alone has its challenges, but with the help of his son, Jerry and community support services such as Meals on Wheels, Erwin is able to live independently at home.

Erwin J. Heimpel is pictured with Meals on Wheels volunteer Shirley Hambly. To read the full story, [click here](#).

Waterloo Region’s Vital Signs Report Released

On October 5th, the Cambridge & North Dumfries and Kitchener Waterloo Community Foundations released the fourth edition of Waterloo Region’s Vital Signs Report. The report measures the vitality of the Region, identifies significant trends, and invites community supporters to assign grades to 11 key areas critical to Waterloo Region’s quality of life. Bruce Lauckner, Interim CEO and Patricia Syms Sutherland, Manager, Health System Transformation, WWLHIN participated on the Vital Signs Report’s Expert Resource Panel.

To view the report, [click here](#).



WWLHIN Staff Changes

- Bruce Lauckner, Senior Director, Health System Design and Transformation, has assumed the role of Interim Chief Executive Officer for the WWLHIN.
- Toni Lemon, Senior Manager, Health System Transformation, has assumed the role of Interim Senior Director, Health System Design and Transformation.
- Stephanie Johnston, Planner, accepted a new position with Agricorp in Guelph and left the WWLHIN effective

October 29th. Best wishes to Stephanie in her new role!



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