

# WWLHINformation

Waterloo Wellington LHIN



## Waterloo Wellington LHIN eNewsletter - September 2nd 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, to subscribe or unsubscribe, please send an email to [connie.macdonald@lhins.on.ca](mailto:connie.macdonald@lhins.on.ca).

## New Hospital Coming To Centre Wellington



Ontario is helping to build a new hospital to ensure that families in *Wellington County* area have better access to state-of-the-art health care, closer to home.

Groves Memorial Community Hospital will build a new building on a new site that will improve patient care and safety through a modernized layout and better coordination between key clinical areas.

"The best healthcare is the healthcare closest to home. Groves Memorial Hospital has been providing invaluable healthcare close to home for generations. The new Groves Memorial will now be there for us for generations to come. It will provide patients with state of the art care, in a new modern hospital that will attract generations of healthcare professionals," said John Wilkinson, MPP Perth-Wellington.

"I'm delighted the government is supporting our plan to become a centre of excellence in rural health care in a new, state-of-the-art facility, so that Fergus area residents will soon have access to the very best in hospital care," said Jerome Quenneville, President and CEO.

Photo: Jackie Ranahan, Chair, Groves Hospital Foundation, John Wilkinson, MPP for Perth-Wellington, Gord Feniak, Chair, Groves Hospital Board, Joan Fisk, Chair, WWLHIN, Chris White, Warden, Wellington County, Ted Arnott, MPP for Wellington-Halton Hills, Mayor Joanne Ross-Zuj, Township of Centre Wellington, Dr. Patrick Otto, Groves Memorial Community Hospital Chief of Staff, and Jerome Quenneville, CEO, North Wellington Health Care Alliance and Groves

Memorial Hospital.

[Click here](#) for more information.

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## Boosting Hospice Support to Benefit Waterloo Wellington Families



Ontario is helping Waterloo Wellington families support loved ones in the last stages of life by increasing funding to Hospice Wellington and Lisaard House.

The province will provide Hospice Wellington with additional funding of \$320, 000 annually and Lisaard House with an additional \$80,000 annually to strengthen their nursing and personal support services for patients. The investment will help these hospices continue to offer quality care and service within Waterloo Wellington to meet the often complex needs of patients and their families living with the challenges of a life-threatening illness.

Residential hospices play a critical role in palliative care. "Hospice Wellington's new residential service plays a significant role in providing supportive quality palliative care at end of life for Guelph patients and families. This ongoing funding will ensure that Hospice can provide the nursing and personal support services their patients need," said Liz Sandals, MPP Guelph.

"This funding will ensure that Lisaard House is able to operate at full capacity and provide the best care possible to its patients. Our government recognizes that residential hospices play an important role within an integrated palliative care system in Ontario," said John Milloy, MPP for Kitchener Centre.

Photos: Left: WWLHIN Board Chair Joan Fisk with Guelph MPP Liz Sandals and Hospice Wellington Executive Director Rosslyn Bentley. Right: Rosslyn Bentley with RPN Kendra Lewis and RN Louise Ferguson. [Click here](#) for more information on the Hospice Wellington announcement. [Click here](#) for more information about the Lisaard House announcement.

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## 'Home First' Makes Recovering at Home in Your Own Bed Possible

*Enhanced health care at home supports caregivers and reduces ALC days*

In May, Huma Sadiq received a phone call that changed her family's life. Her husband Homayoon Sharif, visiting family in Afghanistan, had been in a terrible car accident. He had multiple fractures and broke seven ribs. He was transferred to a military hospital where he underwent an array of surgical procedures and spent twelve days in an intensive care unit.

Huma and her brother-in-law flew to Afghanistan to make arrangements to bring him back home to Canada. The morning after his arrival home,



Homayoon was having trouble breathing. Huma brought him to the emergency department at St. Mary's General Hospital.

Homayoon had a tracheotomy and a feeding tube. He was in a lot of pain. His doctor ordered a number of tests and adjusted his medications. After

spending the night in hospital, his condition was stable and he was given the option to go home with enhanced care supports in place.

"All Homayoon really wanted was to be at home. He was tired of being in the hospital. He just wanted to be in his own bed, with his family," said Huma. "He was only at St. Mary's for two days before we brought him home. To him, this was incredible."

Local hospitals, in partnership with the Waterloo Wellington Community Care Access Centre (WWCCAC), have implemented the 'Home First' philosophy which makes going home from hospital, where most patients want to go, the first option. Once there, they can make informed choices about their future living arrangements. This helps patients to receive quality care in the most appropriate place, while reducing alternate level of care (ALC) days in hospitals.

[Click here](#) to read the full story.

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## Partners to Build Research Innovation Centre for Seniors at the University of Waterloo



An ambitious partnership involving the Ontario government, postsecondary sector and Schlegel Villages will develop a centre of excellence for research, training and innovation in senior health care and wellness at the University of Waterloo. The goal is to help Canada better prepare for an aging population.

The development on Waterloo's north campus will be built in three phases, starting with a 192-bed long-term care home owned and managed by Schlegel Villages. It will include a specialized building where faculty, staff and students from the University of Waterloo, Conestoga College and the Schlegel-University of Waterloo Research Institute for Aging (RIA) will work and learn with residents and staff from the adjacent long-term home.

Two later phases will develop assisted living and independent living for seniors as well as a primary care health centre to create a full continuum of care. Total construction costs will be about \$130-million. The Ontario government will contribute \$20-million in capital funds for the 192-bed long-term care home. The province will also provide \$625,000 a year in operating funds for the learning, research and innovation centre. The provincial funding will enhance capacity and expertise in the long-term care sector, as well as improve the delivery of existing long-term care services.

[Click here](#) for more information.

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## Major Investment Announced for Louise Marshall Hospital in Mount Forest



Ontario is supporting a major expansion and renovation at the North Wellington Health Care Alliance's Louise Marshall Hospital that will provide people and families in the Mount Forest area with better access to state-of-the-art health care, John Wilkinson, MPP, Perth-Wellington announced on behalf of his colleague The Hon. Deb Matthews, Minister of Health and Long-Term Care.

"The best health care is truly the best care closest to home," stated Wilkinson. "Receiving the green light today from the province means that our community can now move forward with planning for the much needed redevelopment of the emergency department and ambulatory care area at Louise Marshall

Hospital. Inspired by the generosity of this community, Ontario is proud to be a partner with the hospital in working to improve patient access to much needed health care services. Planning and fundraising can now kick into high gear."

"We are pleased with the support of our MPP John Wilkinson and the provincial government for providing the green light to move ahead with the improvement to our hospital campus in Mount Forest," stated Jerome Quenneville, CEO, North Wellington Health Care. "The improvements will help to support our staff and serve the present and future health needs of our community."

[Click here](#) for more information.

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## Increase in Funding for New Trellis Building



Ontario is increasing funding for the Trellis Mental Health and Development Services new capital project. On Thursday, September 1st, Guelph MPP Liz Sandals announced that the Ministry of Health and Long-Term Care will increase the total approved project cost by \$5,843,100 and will also provide an additional ministry grant of \$5,250,700. This brings the revised total project cost up to \$10,175,000 and the total Ministry grant will be up to \$9,582,700.

This increase in funding will allow Trellis to demolish the existing property on 80 Waterloo Avenue, and reconstruct a new building that will fit their needs.

"Providing mental health and developmental services is a key priority of our government. With this additional funding Trellis can move forward with their vision of providing these services in a consolidated site which is welcoming and accessible," said MPP Sandals.

"We are extremely pleased with this enhanced funding because it ensures that Guelph residents can now receive help for mental health challenges in a building that is warm, inviting and hopeful," said Fred Wagner, Executive Director, Trellis.

Photo: (left to right) Fred Wagner, Patricia Syms Sutherland, Sr. Manager, Health System Transformation, WWLHIN, Peter Kastner, President, Trellis Board of Directors, France Tolhurst, French Language Services Coordinator, WWLHIN, and MPP Sandals.

[Click here](#) for more information.

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## Ontario Government Dedicates \$13M to Improve Patient Care At Grand River Hospital

Ontario is expanding services at Grand River Hospital to ensure local residents have better access to the quality care they need, close to home.



With support from the province, the hospital will be able to provide care for more patients in expanded programs that include mental health, intensive care, ambulatory care and surgical services. This increased capacity will help to decrease wait times for patients who seek care. Grand River Hospital's redevelopment project will provide more services in the following areas:

- Acute adult mental health (eight additional beds)
- Child and adolescent inpatient mental health program (4 additional beds)
- Intensive Care Unit (6 additional beds)
- Operating rooms
- Ambulatory care
- Medicine (30 additional beds)

Photo: WWLHIN Board Chair Joan Fisk at Grand River Hospital with Kitchener Centre MPP John Milloy and Kitchener Conestoga MPP Leeanna Pendergast. [Click here](#) for more information.

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## Local Health Integration Networks Launch Groundbreaking Project

*\$40 million invested in health human resources to support seniors with complex mental health needs*

Ontario's 14 Local Health Integration Networks (LHINs) are investing \$40 million to enhance services for seniors who exhibit behaviours associated with complex and challenging mental health, dementia or other neurological conditions by investing in local initiatives that will improve care. Of that, the Waterloo Wellington Local Health Integration Network is investing \$2.42 million, which will allow local health service providers to hire new staff – nurses, personal support workers and other health care providers – and train them in the specialized skills necessary to provide care for these patients with dignity and respect.

The investment is part of the provincial Behavioural Supports Ontario (BSO) project, which focuses on providing quality care for individuals with these conditions, in an environment that is based on safety, high quality, evidence-based care and practice.

Four LHINs - Central East, Hamilton Niagara Haldimand Brant, North Simcoe Muskoka and South East - will be developing and implementing their local plans beginning November 1, 2011 – with the remaining ten LHINs, including Waterloo Wellington, implementing in February 2012.

One of the goals of the BSO project is to ensure that staff working in health care settings – such as long-term care homes, community services and hospitals – are supported in caring for seniors with complex mental health needs. The Behavioural Supports Ontario (BSO) project is a collaboration between Local Health Integration Networks, Alzheimer Society of Ontario, Health Quality Ontario, and the Ministry of Health and Long-Term Care.

[Click here](#) for more information.

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## New Addiction Supportive Housing Program Changing Lives Across Waterloo Wellington

Residents across Waterloo Wellington struggling with an addiction now have access to specialized Addiction Supportive

Housing units. The program, funded by the Waterloo Wellington Local Health Integration Network, is a partnership between the Canadian Mental Health Association Grand River Branch (CMHA GRB), House of Friendship – Addiction Services, Waterloo Regional Homes for Mental Health Inc., and Stonehenge Therapeutic Community.

Twenty-one units are currently open, three in Cambridge, eight in Guelph, and ten in Kitchener-Waterloo. An additional eleven units will open this fall, one in Cambridge, four in Guelph, two in Kitchener-Waterloo, and four in rural Wellington County.

The residents receive housing, addiction counselling, and other support services tailored to their needs. This can include addiction counselling, health teaching and lifestyle support, employment services, basic life skills, access to other health services, and more.

The program aims to provide those struggling with an addiction a safe, welcoming and supportive place to recover that will: increase overall health, increase housing stability, reduce the number of visits to the emergency department, reduce the number of readmissions to addiction treatment programs, and reduce use of police and ambulance services.

[Click here](#) for more information.

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## Back-to-School Planning Can Avoid Asthma Emergencies

Asthmatics who make sure they have good control of their disease before going back to school, could avoid a “September spike” in trips to the Emergency Department.

“When children go back to school, we see a big peak in asthma visits,” says Amy Massie, a Respiratory Therapist and Asthma Educator at St. Mary’s General Hospital. The spike typically begins 17 days after Labour Day when students encounter a combination of triggers. For older teens and adults, it occurs about a week later.

“Over the summer, they may not have been on their usual medication routines,” says Massie. “They go back to school and congregate and end up with a cold. For children who have allergies, ragweed is a one-two punch.”

At St. Mary’s, the regional Centre of Excellence for Chest and Thoracic care, asthma related Emergency Department visits for patients under age 25 more than doubled last September, rising to from 12 visits in August to 31 in September. St. Mary’s offers asthma education and management in the Robertson Clinic for Airway Health and to Family Health Teams and Community Health Centres through its PRIISME program.

[Click here](#) for more information

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## Innovative Program Targets a Multitude of Issues for Seniors

New research suggests that as little as 15 minutes of exercise a day helps protect against declines in cognitive function, memory loss, and dementia. All of these are growing societal concerns as studies suggest the number of Canadians who will develop dementia will double in the next 25 years.

Thanks to a generous grant from The Kitchener and Waterloo Community Foundation Community Fund and Westfall and Hill Family Fund, Community Support Connections – *Meals on Wheels and More* will launch a new program to help address these concerns. FABFIT, which stands for Functional Ability, Functional Independence Training will match trained volunteers with seniors in our community. They will visit the seniors in their homes and provide instruction in gentle exercises. These gentle exercises are designed to help enhance and maintain functional ability and mobility, while decreasing the risk of falls and other preventable home based injuries.

Providing gentle exercise classes is not new to Community Support Connections – *Meals on Wheels and More*, which also hosts the Wellness Active Living Club (WALC) program at 15 different locations across the region. “These free, volunteer-led classes have been very successful, but we learned that many of the people who would most benefit from gentle exercise were often the ones that couldn’t make it out to the group classes,” shares Dale Howatt, Executive Director of Community Support Connections – *Meals on Wheels and More*.

[Click here](#) for more information.

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## Integrated Provincial Falls Prevention Project

*Stay Up. Keep Up.*

This is the premise behind the *Integrated Provincial Falls Prevention Project*, a collaboration between Ontario's 14 Local Health Integrated Networks (LHINs) and 36 Public Health Units to reduce falls among seniors.

As you are probably well aware, falls are the leading cause of injury and death among seniors. One in three seniors is likely to fall at least once per year – a risk that increases with age, with seniors 85 and older 3.4 times more likely to fall than the general population.

Falls can have a devastating impact on the quality of life for our seniors, affecting their mobility, health and independence. Falls also cost the Ontario health-care system billions of dollars, resulting from avoidable Emergency Department (ED) visits, hospitalizations and all too often, admission to long-term care homes.

And yet, most falls are avoidable, with proper education, awareness, screening, assessment, intervention and prevention. Keeping in mind that we have an aging population, this initiative is even more important and timely. That's why the *Integrated Provincial Falls Prevention Framework & Toolkit* has been developed. Please read the *Integrated Provincial Falls Prevention Framework & Toolkit* and apply it to your work with seniors.

[Click here](#) for more information.

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## Photos from AMO 2011



Left: WWLHIN Board Chair Joan Fisk with Cambridge Mayor Doug Craig and Waterloo Mayor Brenda Halloran.



Right: Joan Fisk with Minister of Health and Long-Term Care Deb Matthews at the Ontario LHINs booth at AMO 2011.

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## Ontario Government Supports the Implementation of the Shelldale Satellite Community Health Centre (CHC)

Ontario is increasing funding for the Shelldale Satellite of the Community Health Centre in Guelph.

To support the ongoing construction project, the Ministry of Health and Long-Term Care will provide a grant increase to the previously approved grant. The grant increase is up to \$734,197 which, when combined with the previously approved grant of \$1,005,000, brings the total ministry contribution for the entire project up to \$1,739,197, representing 86% of the total project cost.

In addition, the Ministry will be funding \$36,400 in one-time funding for the 2011/12 funding year for computers and software.

The Shelldale Satellite staff includes physicians, nurse practitioners, dietitians, social workers, community health workers, registered practical nurses, and administrative staff. In November 2005, the provincial government announced funding for a new satellite Community Health Centre (CHC) at Shelldale, administered by the Guelph Community Health Care Centre. The new satellite has been providing full primary health care services since January 2006.

[Click here](#) for more information.

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## Waterloo Wellington CCAC Newsletter: REACH

[Click here](#) to read the latest edition of the WWCCAC's newsletter Reach.

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## Champions of Change is Changing!

This past May, the Waterloo Wellington Local Health Integration Network (WWLHIN) celebrated the 11<sup>th</sup> iteration of our popular community learning day – Champions of Change.

As part of our commitment to provide quality networking and learning opportunities, we continue to seek input from participants. Over the last few years, our audience spoke up and told us that this event was evolving, and that we needed to make changes to the format to better meet the learning and collaboration needs of local health service providers, our partners and our broader community.

Through our event surveys, we received positive feedback that Champions of Change should continue to grow and evolve, but that it also needs to be supported by smaller, targeted, hands-on learning opportunities for local health service providers.

To respond to this feedback we will be making the following changes to the Champions of Change event series:

- The next Champions of Change event will be held in the spring of 2012, and will be held as an annual symposium going forward.
- Champions of Change will be supported throughout the year by focused and strategic learning opportunities for local health service providers.
- The new learning sessions, **Change Labs**, will provide health service providers with the opportunity to learn with each other about new opportunities and tools available to you in the local health system.
- The vision of Change Lab is to inspire the people of our local health system to become the Champions of Change that we celebrate at our annual symposium.

Please visit the Champions of Change section of our [website](#) for more information and updates.

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## WWLHIN Social Media: Feature Tweets and Posts

Follow [@WW\\_LHIN](#) on Twitter and become a fan on [Facebook](#). Many thanks to our fans and followers for their feedback. Use the #access2care hashtag to share your good news.

- **@StMarysGenHosp:** @WW\_LHIN: work in progress, but good news for patients. TheRecord: Progress being made in reducing emergency room waits
  - **@EnergyontheNet** Great leadership from @WW\_LHIN on supporting community conversation around the importance of social determinants of health + local impact
  - **@Deputy\_BLarkin:** @WW\_LHIN Mtg underway: Dr. Mercer, Med Ofc Health spking 2 social determinants of health + local impact" includes neighbourhood safety.
  - **@karencian:** Off to #amo2011 in London: Looking forward to seeing @firechieftim (OAF), @CRCSaunders (Red Cross) and @WW\_LHIN at the trade show.
  - **@Deb\_Matthews:** At the LHIN booth at #AMO2011with @SouthWestLHIN, @WW\_Lhin! Drop by and see why ...
  - **@PreventingCrime:** Thx for the RT of our blog post "on crime" [goo.gl/aO3Ov](http://goo.gl/aO3Ov)  
@WW\_LHIN @ReducingCrime @judahoudshoorn
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