

WWLHINformation

Waterloo Wellington LHIN



Waterloo Wellington LHIN eNewsletter - November 2, 2011

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.

Regional Patients Benefit from New High Risk Breast Screening Program

Lori Beth Vickery is among one of the first patients to participate in the new high risk breast screening program at Kitchener's Grand River Hospital (GRH).

In July 2011, the Ontario Breast Screening Program (OBSP) expanded to include women who are deemed to be at *high risk* for breast cancer between the ages of 30 and 69 years. Nineteen high risk screening centres, including GRH, now facilitate genetic assessment for women (if appropriate), screening mammography and breast MRI for women whose high risk status has been confirmed.

Lori Beth, a 50 year old resident of Kitchener, has been touched by cancer many times over the past few years. "After being faced with a number of breast cancer diagnoses in my family, my sister and I participated in the high risk screening program. It was through this screening process I learned I had a genetic mutation and was at high risk for breast cancer," said Lori Beth.

Women who think they may be at high risk for breast cancer should speak with their family doctor about a referral to the OBSP, or call ServiceOntario at 1-866-532-3161 for more information. Women without a regular healthcare provider should contact Health Care Connect at 1-800-445-1822 to be connected with one.

[Click here](#) for more information.

Training Opportunity for Family and Emergency Doctors

The Waterloo Region Crime Prevention Council, in cooperation with the Region of Waterloo Public Health and the Waterloo Region Domestic Assault Review Team are pleased to invite local family and emergency doctors to a half day training workshop on screening for woman abuse. This training will focus on the importance of screening, treatment, follow- up and available community resources. The training is offered free of charge. This program has been accredited by The College of Family Physicians of Canada and the Ontario Chapter for up to 2.5 Mainpro-M1 credits.

The training will be led by Dr. Robin Mason a University of Toronto associate professor and a researcher at the Women's College Research Institute that specializes in domestic violence. Dr. Mason has created an online domestic violence training tool for family physicians (available at: www.dveducation.ca). A local physician will share her expertise and experience and will be joined by a panel of community experts from the Women's Crisis Services of Waterloo Region, Waterloo Regional Police Services, Waterloo Regional Sexual Assault/Domestic Violence Treatment Centre, Family Violence Project of Waterloo Region and Family and Children's Services.

There are two training dates to choose from with lunch provided.

- **Wednesday November 23rd, 2011:** 12:00pm to 3:00pm (lunch available at 11:45am), Region of Waterloo Building - 150 Main St. Cambridge Ontario, Room 170
- **Wednesday November 30th, 2011:** 12:00pm to 3:00pm (lunch available at 11:45am), Anselma House - 700 Heritage Drive, Kitchener

Please register by emailing apiscitelli@regionofwaterloo.ca or calling 519-575-4757 x5020.

Mayor's Souper Sampler So Sweet

Despite a rainy Saturday, the Mayor's Souper Sampler for Meals on Wheels, presented by Gerdau, had a successful second year. Thanks to the support of sponsors, as well as over 400 attendees, more than \$7,500 was raised to support meal subsidy and other programs offered by Community Support Connections – *Meals on Wheels and More*. The cool and damp weather forced organisers to move most activities inside Cambridge City Hall on October 15th, where guests warmed up with soups from 11 local vendors.

The panel of celebrity judges, Cambridge Mayor Doug Craig, local food writer and broadcaster Andrew Coppolino and Gayle O'Brien from Dave FM once again, selected The Bruce Restaurant and Lounge as the winner with their Cannellini Bean, Butter Bean and Smoked Ham Soup. Honourable mentions went to Moderno Bistro and Cocktail Bar, the Galt Country Club, and KitchenWorks, who also took home People's Choice for their Spiced Butternut Squash and Pear Soup. Hundreds of dollars were raised through the People's Choice award alone, where guests could vote for their favourite using spare change.

The Cambridge Mill, Red Basil Vietnamese Restaurant, Zen Gardens, El Rinconcito Mexicano, Dee's Bakery and the Ontario Christian Gleaners also received praise from the judges for their dishes and their contributions to the event itself. On average, every \$2.30 raised equals one subsidized meal for a client who would otherwise be unable to afford the nutrition they need. For more information visit <http://soupersampler.blogspot.com/>.

Revamp of Portage's Online Presence

Portage.ca has a brand new look and feel, designed to be more user-friendly and to provide more of the information that visitors to its website are looking for. Whether you are seeking information about substance abuse rehabilitation for yourself or a loved one, or if you are interested in the organization's work and would like to get involved, there is a section designed specifically for you.

Many website visitors are going through a hard time in their lives. A person contemplating drug rehabilitation treatment has

many questions and concerns. Portage hopes that the self-evaluation, videos, FAQ pages, testimonials, and general information sections will make it easier for visitors to get the information they need and to feel better about their decision to seek rehabilitation therapy.

GRH Honours Stroke Survivors Helping Peers with Recovering Speech and Language Abilities

Grand River Hospital marked World Stroke Day (October 29th) by honouring survivors in the Waterloo Region who are helping other stroke patients to improve their speech and reading abilities throughout their recovery.

"About one in three stroke survivors will experience aphasia, a language disruption that makes it difficult to understand conversation, speak, read or write. It can greatly affect daily life and lead to social isolation when the survivor avoids communication situations. Speech therapy, educating others to help by using conversation strategies, conversation groups and other supports can help survivors recover," said Norine Lum, a speech language pathologist at Grand River Hospital.

One survivor is Frank Austin from Elmira. Frank had a stroke in April of 2008 just before starting a new career as a personal support worker. Frank now meets with stroke survivors at Grand River Hospital as they begin their recovery. He also started the Expressive Café this September, a support group for stroke survivors to have conversations and adjust to life in the community.

[Click here](#) for more information.

Random Acts of Kindness Day November 4th



Random Acts of Kindness day is *not* a fundraiser, just an opportunity to be extra kind and to encourage staff, co-workers, clients, friends and neighbours, etc. to follow suit. This year, it takes place on Friday, November 4th. Random Acts of Kindness Day was initiated by the Kitchener Community Foundation four years ago. The project has now grown to include Guelph, Cambridge and North Dumfries, London, Orillia, Windsor, Brantford and other communities.

Get out there and pay it forward - Organizations can participate in many ways. [Click here](#) for more information.

Training Opportunity for Clients and Family Members

The Centre for Addiction and Mental Health is offering a **two-day training session in public speaking skills for consumers/family members who have lived experience with opioid use and recovery**. This training is being offered at no cost to the participant, all travel and accommodation arrangements and expenses are covered by CAMH as per CAMH's travel policy. This training is for people who want to share their story of opioid use and recovery with the public, policy makers, government, doctors, pharmacists and other health care professionals.

The training will teach participants public speaking skills and how to develop and deliver their story in a compelling fashion. [Click here](#) for more information.

House of Friendship Annual Stewardship Report

[Click here](#) to read the House of Friendship's Annual Stewardship Report 2010 - 2011.

WWLHIN Staff Changes

Welcome to a new WWLHIN Team Members:

- Laura Zilney joined the WWLHIN on September 12th as Program Lead for Health System Design and Transformation. Laura joins the WWLHIN from the Ontario Public Service where she was employed in a variety of capacities for over nine years. She has held roles in issues management, business reengineering, policy development and analysis, and program evaluation. Laura has worked at Management Board Secretariat, Cabinet Office, the Ministry of Health and Long-Term Care, and most recently the Ministry of the Attorney General. Laura has a Bachelor of Arts in Sociology, a Master of Arts in International Affairs, a Master of Arts in Counselling Psychology, and a Doctorate in Human Sexuality. Laura can be reached at 519-650-4472 x239 or laura.zilney@lhins.on.ca.
 - Zeynep Danis will join the WWLHIN as Director of Business Management on November 8th. Zeynep is currently Business Manager for another Crown Agency, Legal Aid Ontario. Prior, Zeynep held finance roles at Legal Aid Ontario and the Canadian Depository for Securities. She has also held business consulting roles with the Canadian Imperial Bank of Commerce. Zeynep is a Certified Management Accountant, has an Honours BA in Science and Business and is currently completing her MBA at Queen's.
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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.

- **@pfthurley:** First, @energyontheist, Chair of the Community Council at @WW_LHIN had some great thoughts on community engagement to share with me. Thanks!
 - **@Energyontheist:** Another great Community Council meeting @WW_LHIN tonight. Thanks to board/staff for support on journey re social determinants of health
 - **@PreventingCrime:** And more super tweeps & RT-ers at last week's #crimeprevention & placemaking events... Thx! @margjohnst @zsKW @WW_LHIN #WRCPC
 - **@CSCMOW:** Wow, so much support for our #SouperSampler! Thanks @GayleOBrien @BKammUWAYKW @WW_LHIN @GibsonSV @khrystena @tstonemail & @nate_rayner:)
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