

WWLHINformation

Waterloo Wellington LHIN



Waterloo Wellington LHIN eNewsletter - January 9th, 2012

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.

Drive, Determination and Great Achievements



Story by Kristian Partington for Axiom News

When James Murray came to live at the Village of Riverside Glen in May, he couldn't walk, let alone transfer without the use of a sit-to-stand lift.

The day of his interview, he was preparing for a Christmas visit at his son's house, and he fully intends to walk up the front stairs into the house under his own power.

In the recent past if he was visiting, his two sons would have to "pick him up like a log and carry him through the door," recalls kinesiologist Christine Hames, who's been a key part of the team helping James regain mobility

through the Program for Active Living (PAL).

"He told me it was so degrading for him." Walking through that door will be a special moment, and his sheer will and determination has made the difference over these past months.

Photo: Kinesiologist Christine Hames walks with James Murray, who's made remarkable progress in physical health and mobility through the PAL program at Riverside Glen. [Click here](#) to read the full story.

Video: Learn about eHealth Initiative - Connecting Southwestern Ontario

An overview of the Connecting South West Ontario (cSWO) project as presented at the South West LHIN board meeting on November 23, 2011, in Strathroy.

Behavioural Supports Ontario - Making it local!

In August 2011, the 14 Local Health Integration Networks (LHINs) across Ontario collectively announced the implementation of the Behavioural Supports Ontario (BSO) Project, which focuses on improving care for older adults with responsive behaviours. [Click here](#) to learn more about the project.

Developments in Waterloo Wellington

Jane McKinnon Wilson, Waterloo Wellington Geriatric Systems Coordinator, Trellis Mental Health and Development, is the Waterloo Wellington LHIN's Project Lead for the local Behavioural Supports Ontario (BSO) project. The local Responsive Behavioural Support Services (BSS) Working Group is co-chaired by the Psychogeriatric Resource Consultants, Terri Adlam and Sharon Stap, with membership from across the continuum of care. The working group is a subgroup of the Geriatric Services Network.

The Waterloo Wellington plan was developed after extensive consultation during the Fall of 2011 and submitted to the provincial Co-ordination and Reporting Office (CRO) out of the North Simcoe Muskoka LHIN on December 15. The plan has now been approved provincially and work is underway to implement. Through a request of interest, St. Joseph's Health Centre, Guelph, has been selected as the Program Lead for the local BSO project. They will sign an accountability agreement with the WWLHIN, which will outline deliverables for the project implementation.

Jane says the BSO project is exciting for providers. "The BSO project provides an opportunity for service providers in long-term care and the community to work in partnership to provide a safe environment for individuals living with responsive behaviours at home, in the community, acute care, and long-term care. The new resources will give us the opportunity to implement a system approach to support older adults with responsive behaviours and their caregivers. Health care workers will receive support and training to enhance their skills."

The Behavioural Supports Ontario 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.

Collaboration the Name of the Fundraising Game

Local not-for-profits increasingly working together to raise funds

Led by an innovative and inspiring executive director who was recently shortlisted for the national 3M Health Leadership Award, Community Support Connections – *Meals on Wheels and More* is collaborating with other non-profits and getting creative with their fundraising efforts.

With competition for fundraising dollars on the rise and the pool of donation funds shrinking, CSC is working hard to expand their community and build good-will amongst new supporters.

Guelph Independent Living and Community Support Connections – *Meals on Wheels and More*, are partnering together with the sale of a recipe calendar that's part cookbook and part raffle ticket. Both agencies hope the raffle element will boost sales to new supporters who can cook their own nutritious and easy to make recipes used for Meals on Wheels, and will see the faces of clients they helped in colourful photographs throughout the calendar.

"These collaborations allow for not only the supporter to have access to new, increasingly interesting ways of supporting their preferred non-profit, but it also helps the non-profit sector develop skills, build valuable links with the community, and build awareness in their communities," said Dale Howatt, Executive Director, Community Support Connections – *Meals on Wheels and More*.

[Click here](#) for more information.

Hand Hygiene at Guelph General Hospital



Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

Guelph General Hospital Board Chair Peter Ferraro and CEO Richard Ernst launch a life-sized reminder for staff, patients, and visitors to wash their hands.

[Click here](#) to learn more about hand hygiene.

Symphony Brings 'Heavenly Music' to Trinity Village

Story by: Deb Bartlett, Submitted by the Ontario Long Term Care Association

Residents of Trinity Village are reaping benefits from the Kitchener-Waterloo Symphony's music and wellness program.

The home's program director and volunteer co-ordinator Maria Menounos says she was approached by a symphony representative to discuss the possibility of starting a small-scale music-and-wellness program for seniors living in long-term care. The initiative was part of the symphony's community outreach programs.

Trinity Village residents will enjoy four visits from symphony members between October and March. Members from different sections play in small groups at the home's gathering place, and staff members are enjoying the reaction from residents.

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

Video: Top 10 Tips To Avoid Catching The Flu

1. The best way to avoid the flu: Get the flu shot. It's free.

The flu shot helps your body build the defenses it needs to protect you from the flu. It can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2. Wash your hands with soap and water thoroughly and often.

Proper hand cleaning guards against and limits the spread of many illnesses. Viruses can live on your hands for up to five minutes and they can live on hard surfaces – like counter tops and telephones – for up to two days. Wash hands for at least 15 seconds.

3. Keep alcohol-based hand sanitizer handy.

Hand sanitizer needs to be at least 60 per cent alcohol to be effective. Alcohol-based hand sanitizers are as good as soap and water to clean your hands. But if your hands are visibly dirty, wash with soap and water.

4. Cover your mouth and nose when you cough or sneeze.

Cough into your upper sleeve if you don't have a tissue. The droplets that come out when we cough or sneeze can carry the flu virus and land on other people or surfaces.

5. Stay home from work if you are sick.

When you're not feeling well, the best thing you can do for your own health and the health of your co-workers is to stay home.

[Click here](#) for more tips.

Chronic Kidney Disease System Atlas

Cancer Care Ontario's Ontario Renal Network has launched phase one of the first system atlas for chronic kidney disease (CKD) in Ontario. For the first time in this province's history, Ontarians will have easy to understand information on CKD system capacity and resources as well as measurements related to service delivery, outcomes of care and quality. The information can be viewed in several ways, including at the provincial, LHIN and program (hospital) levels.

The CKD System Atlas is a web-based, interactive tool that advances along the trail blazed by CCO and the Cancer Quality Council of Ontario (CQCO) with the Cancer System Quality Index. And like that index, the CKD System Atlas will be a useful tool for clinicians, administrators, policy makers and patients in achieving excellent care for all in Ontario.

Visit this interactive web tool at the [CCO ORN website](#).

Waterloo Region Suicide Prevention Council Newsletter

[Click here](#) to read the December Waterloo Region Suicide Prevention Council Newsletter.

WWCCAC Newsletter - Reach

[Click here](#) to read the Waterloo Wellington Community Care Access Centre's (WWCCAC) latest Newsletter Reach.

OACCAC Newsletter

Read the [November/December issue](#) of OACCAC News.

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.

- @SchlegelVillage: Thanks! @ww_lhin: Congrats Lianne! MT @SchlegelVillage: 'It's an exciting time 2 be in this biz' [ow.ly/8keuI](#) #LHIN #longtermcare
- @SMGHF: @WW_LHIN Thanks for the retweet and compliment! the new site [supportstmarys.ca](#) is helping us tell the stories of our community!
- @levittmike: @WW_LHIN Thanks for the retweet, and have an awesome 2012! Remember that you are making a positive impact on healthcare access!
- @aubreywalters: Had the pleasure of working for Jagoda in a previous life. Great lady. MT @WW_LHIN: Welcome Jagoda Pike, new Prez & CEO at Homewood Health
- @ILCWR: @WW_LHIN @CSCMOW RT: Great letter! So nice to see such a selfless 11-year old who already appreciates in-home support! [goo.gl/HnDoD](#)
- @kidsLINK: @ww_lhin Thanks for the retweet!
- @HOFKW: @WW_LHIN Great way to pitch in! I supported Food Bank at grocery store. There's many ways to help during #12days: [bit.ly/amU4r9](#)
- @Life_Literacy: @BrantSkills @WW_LHIN Great gift ideas! Always important to save for education as early as possible!



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