

HSSC NEWS

UPCOMING OPENING OF THE SSU

A Short Stay Unit (SSU) will open in the month of January at the Lakeshore General Hospital. The SSU is a unit with 12 beds which will accommodate patients who only need a short stay in a hospital setting. The Unit will contribute to reducing overcrowding and the Average Length of Stay in Emergency. As announced in a press conference on December 1st, it is thanks to the \$500,000 donation made by the Saputo Monticciolo family to the Lakeshore General Hospital Foundation that this project was carried out to fruition.

Lucie Thomas: 514-630-2225, extension 3311

NEW BEDS IN PALLIATIVE CARE

On November 12, Ministers Yves Bolduc and Geoffrey Kelley announced that the West Island Palliative Care Residence (WIPCR) will open a satellite site with 14 new beds by March 2012. The satellite site will be located at the Vivalis. Currently, there are 9 beds at the WIPCR. The opening of the site will bring the total number of palliative care beds in our territory to 23, which will help us achieve the Ministerial objective of one palliative bed per 10,000 population. Above all, availability of these new beds will give us the opportunity to offer services that are better adapted to patients at the end of life who have special needs and require ongoing care.

Nicole Dallaire: 514-630-2225, extension 3304

MEASLES VACCINATION

The Health Network, in collaboration with the School Network, is launching a vaccination campaign in schools to respond to the return of the measles, which is back in full force. Elementary and high school students, as well as the staff from the educational field, are among those who are at highest risk. For information, refer clients to Info-Santé at 8-1-1 or to the Website of the *Agence de la santé et des services sociaux de Montréal*, in the *Healthy Living, Diseases* section. The details of the vaccination schedule will be conveyed by the schools.

Dalia Toledano: 514-626-2663, extension 4320

www.santemontreal.qc.ca/actualite/operation-rougeole

OCCUPATIONAL HEALTH AND SAFETY

On, December 13, The Occupational Health and Safety Joint Committee invites you to visit their information booths to discuss health and safety in the workplace (e.g.: back aches).

Facility	Time	Location
LGH	11 am to 1 pm 5 pm to 6:30 pm	In front of the cafeteria
DBV	1 :30 pm to 4 :30 pm	Entre-Nous Room

Paul St-Amour : 514-630-2225, extension 3320

AVOID EMPTY CALORIES!

Did you know that Canadians consume an average of about 63 g of sugar every day from processed food (Canadian Sugar Institute)? This represents more than 12% of the calories for the day! Specialists consider sugar as empty calories because it is laden with calories but is not nutritional. Several health problems, such as obesity, diabetes and cardio-vascular problems, are associated with the excessive consumption of sugar. In order to take a step further towards healthier eating habits for its clientele, the HSSC will gradually replace treats such as milk chocolate bars and candy with other products that are healthier, such as "Emilie" Granola bars and dark chocolate that is more than 70%.

Michel Paré: 514-630-2225, extension 6841

A RESOURCE FOR PEOPLE LIVING WITH CANCER

The West Island Cancer Wellness Centre for people living with cancer offers free programs and services to support cancer patients and their families. Support is offered from diagnosis to one year after treatments for women, men and children with all types of cancer. The Centre, located in Beaconsfield, offers several activities managed by volunteers, such as specialized workshops, cooking classes, support groups, coaching and yoga, all in the spirit of reminding people with cancer and their families that they are not alone.

For information or to make a donation:

West Island Cancer Wellness Centre for people with cancer: 514-695-9355

www.wicwc.org

"WEST ISLAND HSSC" OUTDOOR SIGNS

Have you noticed the new outdoor signs in our facilities? They have now been installed throughout the HSSC. The new signs bear the HSSC logo and are in conformity with the visual identity of the Health and Social Service Network.

Sandrine Charpentier: 514-626-2663, extension 4352

REMINDER: RECYCLING AND SHREDDING

All documents bearing a name, an address, a file number or a date of birth are confidential and must be shredded. Several documents deemed confidential are still being found in recycling bins or in garbage cans. Let's make sure we respect the privacy of personal information!

Lucie Dubord: 514 630-2225, extension 1280

NOVEMBER, SAFETY MONTH: WINNERS

Thank you to all employees who participated in our activities and visited our booths in the month of November. The winners of November, Safety Month are:

Name	Facility
Esther Gariépy	CLSC de Pierrefonds
Sabrina Rioux	CLSC de Pierrefonds
Ashley Greene	CLSC du Lac-Saint-Louis
Suzanne Maher	CLSC du Lac-Saint-Louis
Carole Beauchesne	Centre d'hébergement DBV
Renée Mathieu	Centre d'hébergement DBV
Igor Gregor	Lakeshore General Hospital
Barbara Kubecki	Lakeshore General Hospital

Sandrine Charpentier: 514-626-2663, extension 4352

CHRISTMAS ACTIVITIES

The Holidays are fast approaching! Christmas activities have been organized in each of the facilities for Thursday, December 15. For the night staff, breakfast will be served from 7 am to 8:30 in the cafeteria. For all other employees, a Christmas log and coffee will be served in the four facilities by the managers and directors.

Serving of the Christmas log schedule	
CLSC de Pierrefonds	12 pm to 1 pm
CLSC du Lac-Saint-Louis	12 pm to 1 pm
Centre d'hébergement DBV	12 pm to 1 pm
Lakeshore General Hospital (cafeteria)	11 am to 1: 45 pm (Day teams) 4 pm to 6:45 (Evening teams)

There will also be entertainment and prizes to be won during the week.

Diane Dufresne: 514-630-2225, extension 3335

TELEPHONE SYSTEM CHANGE

The HSSC telephone system will be changed at the beginning of 2012 to better meet the needs of users (efficiency and savings). The changes will be made gradually in each facility. It will soon be much easier and faster to reach your colleagues on other sites: you will only have to dial the extension. Externally, however, the phone numbers of the facilities remain the same. More details pending in January.

Alain Carette: 514 630-2225, extension 6299

APPROACH ADAPTED TO THE ELDERLY

In 2011, the first baby-boomers reached the age of 65. In the next few years, we will see acceleration in the aging of the population. According to the Canadian Institute for Health Information, seniors currently represent 14% of the population, but they use 40% of hospital services. It is therefore high time to adapt all the health network services to this reality. The West Island HSSC will not be left behind. The *Approche adaptée aux personnes âgées* (AAPA) will gradually be implemented at the Lakeshore General Hospital in the next few months and in the next few years. One day of immobility for a senior represents three days of recuperation. Get involved in implementing the AAPA. Every step will make a difference!

Christine Touchette: 514-620-6310, extension 727

TWO OTHER UPCOMING LEAN PROJECTS: CALL BACK LIST AND ARCHIVES

The LEAN projects are moving forward! Let's keep in mind that four LEAN projects are currently underway at the West Island HSSC: in Medicine, at the Ambulatory Centre, in the Operating Area and in the Emergency Department. They intend to review work procedures with the field teams to find concrete ways of improving them. We will soon be able to announce the good work of these teams!

In January 2012, two other LEAN projects will be announced:

- Call back list: week of January 9

- Archives: week of January 17

Marie-Andrée Saumier: 514-626-2663, poste 4376

FOUNDATIONS

LAKESHORE GENERAL HOSPITAL

The Lakeshore General Hospital Foundation is pleased to host a holiday breakfast to honour all the WI HSSC staff members on Wednesday, December 14th, 2011 from 9 am to 11 am in our office (Suite 5209) at the hospital. Join us for casual conversation and a light breakfast as we celebrate your hard work and the holiday season.

A reminder that our annual Holiday Gift Wrapping Project is underway at two kiosks at the Fairview Pointe-Claire Mall and at Future Shop Pointe-Claire until the 24th of December. Come and have your presents wrapped by our volunteers and donate to our community hospital!

Also upcoming, our holiday dinner event, *Christmas at Bellini*, will take place on Monday, December 12th at Bellini Resto Café, 2738 Saint-Charles Blvd. in Kirkland. Tickets are still available for \$100 each at 514-630-2081. All proceeds benefit the LGH Emergency Room.

The Lakeshore General Hospital Foundation wishes everyone all the best for the holiday season.

LGH Foundation : 514-630-2081

info@fondationlakeshore.ca

CLSC FOUNDATION

We are very happy to announce that the Foundation's first annual Amaryllis campaign has ended, and was a tremendous success. The Board members would like to take this opportunity to thank the many people who helped organize this event, and to extend our special thanks to Ms. Johanna Koppes for initiating the project.

Happy Holidays and all the best for 2012!

For information, contact the Foundation by phone or e-mail: fondationlslp@gmail.com.

514-697-4110, extension 1681 (CLSC LSL)

514-626-2663, extension 5245 (CLSC PFDS)



Happy Holidays from the communications team!

Next issue: January 23, 2012

Please send your text before January 9, 2012 to Sandrine Charpentier: scharpentier.odi@ssss.gouv.qc.ca.

A publication from the Communications, Strategic Planning and Information Resource Directorate