

Vol. 8, N° 1 – January 2012

HSSC NEWS

OPENING OF THE SSU

The Short Stay Unit (SSU) of the LGH opened its doors on January 3. One of its objectives is to free up the overcrowding in the Emergency. The SSU admits patients with a condition that requires a 24-to 48-hour hospital stay. Located in 1 North, it operates 24 hours a day, 7 days a week, and can accommodate 12 patients. The manager of the Emergency, Claude Coupal, is responsible for the SSU.

Claude Coupal, 514 630-2225, extension 1191

INCREASE OF PARKING FEES

New parking fees for employees are in effect at the hospital. The fee increase, the first since 2007, will contribute to maintaining safe and high quality maintenance services. The revenue covers the costs of snow removal, excavation work and parking equipment.

	Annual	Per work shift	Without Proxi card
Former fees	\$196.97	\$0.91	\$1.15
New fees	\$270.56	\$1.25	\$1.50

Technical Services: 514-630-2225, extension 6666

BOD REAPPOINTMENTS: CO-OPTATION

The process to reappoint members to the Board of Directors (BOD) ends this month. In December, two members were appointed by the *Agence de la santé et des services sociaux de Montréal*: Richard Legault and Sheila Laursen. The final step is the co-optation of six members, including at least one member chosen from a list provided by the community organizations identified by the Agence. The new BOD will take effect on February 1st. Consult the Internet or intranet sites for the complete list of the members.

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

2012 CHALLENGES – FOR A HEALTHY YEAR!

The *Quit to win!* and the *5/30 Health and Wellness Challenges* invite you to take action for your health. Their objectives? Help you quit smoking, eat at least 5 servings of fruits and vegetables and do physical activity for at least 30 minutes a minimum of 5 days a week, and improve your overall **health and wellness**. Register and talk to your clients about it! By registering, you have the chance to win prizes!

An information booth will be held on **January 24** at the hospital near the Windmill, **from 2:30 pm to 7:30 pm**.

5/30 Health & Wellness Challenge:

www.defisante530equilibre.ca

Quit to Win! Challenge: www.defitabac.qc.ca

Centre d'abandon du tabagisme : 514-626-2572, ext. 4463

Centre d'éducation pour la santé : 514-626-2572, ext. 4566

ADMINISTRATIVE AND TECHNICAL DOCUMENTS

The intranet page containing all the administrative and technical documents has been improved to facilitate research. Formerly known as *Policies and Procedures*, the new *Administrative and technical documents* section contains several types of documents: policies, procedures, regulations, protocols, prescriptions, healthcare rules, etc. Go take a look! Don't forget to inform the Communications Department if you notice any omissions or errors.

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

BEWARE OF LIQUID CANDY!

Did you know that soft drinks are the main source of sugar consumed by Canadian adolescents? Studies show that consuming at least one soft drink a day considerably increases the risk of obesity, being overweight, coronary disease and diabetes. These soft drinks are simply liquid candies whose main ingredients are sugar and water. They have practically no nutritional value! This fact explains the next step of the food policy, which will consist of eliminating soft drinks to make room for healthier beverages.

Sources: Statistics Canada and Dept. of Public Health of the Agence de Montréal

Michel Paré: 514-630-2225, extension 6841

YOU ARE WHAT YOU EAT CONTEST

The contest *You are what you eat* is currently underway at the LGH. Answer the question: *What do you do to adopt healthy eating habits?* for a chance to win a fruit basket! Fill out the reply coupon that you can pick up at the cafeteria of the LGH and deposit it in the box intended for this purpose.

For information, go to the page *Advisory Directorates / Technical Services / Food Services*. The contest ends on February 28, 2012.

Michel Paré: 514-630-2225, extension 6841

ACCREDITATION

The HSSC has received a response from Accreditation Canada who congratulates us and underscores our commitment and determination regarding continuous improvement of quality. There are only 14 criteria that will still be followed up. The HSSC has until the month of May to provide proof of compliance on the Accreditation Canada portal. All the details will be posted on the HSSC's Internet and Intranet Websites at the beginning of February.

Venise Calluzzo: 514-626-2663, extension 4575

RESULTS: HEC SURVEY

In November, we received the report from the survey on the working climate at the HSSC, conducted in 2010 by researchers from HEC Montréal. The HSSC's strong points include support and recognition from superiors, colleagues and patients, the opportunity for affiliation, leadership, and the importance bestowed on values and quality. In addition, there has been a decrease with regard to climates of conflict and the intention to leave the organization since the first study, conducted in 2007. On the other hand, some points were identified for improvement, such as skills development, work overload, conflict with roles and stress. An action plan will be implemented this year to answer the survey's results. For information, consult the intranet page *Continuous Improvement*, under *Human Resources*

Diane Dufresne: 514-630-2225, extension 3331

SEASONAL FLU VACCINATION

Population

The Seasonal Flu Vaccination campaign was held from November 7 to December 17, 2011. A total of 16,000 people received the flu vaccine in one of the 6 vaccination centres, as well as 2,000 people at home and in our CLSCs (35 % more than last year). The HSSC teams were warmly received at the vaccination sites and their cooperation was greatly appreciated. According to our survey, our clients reported to be very satisfied of the services they received from the nursing staff, which proved to be professional and welcoming. Our thanks to the HSSC employees, who came together to ensure the campaign's success.

Dalia Toledano: 514-626-2663, extension 4320

Employees

To date, 29% of HSSC employees received the flu vaccine. It's a slightly higher rate than last year (27%), but lower than the recommendation from the government (60%). The vaccine is available until March 31, 2012, by appointment, during office hours. You can receive the vaccination at the CLSC du LSL (extension 1330) or at the LGH (extension 3324).

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

CYCLING TO RAISE FUNDS

Do you like biking? Whether you are an accomplished athlete or a fan of little outings, we would like to organize a bicycling activity to raise funds for the LGH Foundation. Before planning the activity, we want to know the number of employees who may be interested. To participate, contact:

Claude Coupal, 514-630-2225, extension 1191

2012 RESOLUTIONS

To help you keep your 2012 resolutions, here are some of the services offered at the HSSC:

- To help you adopt a healthy lifestyle, the **Health Education Centre, 514-626-2663, extension 4566.**
- To quit smoking, the **Smoking Cessation Centre, 514-626-2663, extension 4463.**
- For information or to register for **smoking cessation groups, 514-849-3804.**

RETIREMENTS

We wish Happy Retirement to:

- **Claude Drapeau**, departure in December 2011
- **Lynda Fournier**, departure on February 23, 2012

FOUNDATIONS

LAKESHORE GENERAL HOSPITAL

The Annual Holiday Gift Wrapping Project, held at Fairview Pointe-Claire Mall and Future Shop Pointe-Claire until December 24th, 2011, was a record-breaking success, raising \$37,000! All proceeds will benefit the LGH Emergency Room. Thank you to all of those who gave generously in the spirit of the holiday season.

The Foundation's brand-new holiday event, *Christmas at Bellini*, took place on December 12th, 2011 at Bellini Resto-Café in Kirkland. The delightful holiday dinner celebration raised \$16,000 for the LGH Emergency Room. We are grateful to all who attended in support of the ER.

2012 will be an exciting and busy year at the LGH Foundation. All of our events will raise funds to develop and maintain health care excellence for our community. We hope to see you at all of our events!

We always need volunteers. If you would like to volunteer or for more information about our events, please contact the Foundation office.

LGH Foundation : 514-630-2081

info@fondationlakeshore.ca

CLSC FOUNDATION

Happy New Year to everyone from all the members of the Foundation! May 2012 be a happy and healthy year for all!

The final numbers are in from our first annual Amaryllis campaign, and we are very pleased to announce that the campaign generated nearly \$6,500.00! We would once again like to thank the many people who worked very hard to make this such a successful event. Special thanks as well to Johanna Koppes for coming up with the idea and presenting it to the Board!

Our next event will be our 3rd Annual Breakfast Fundraiser, which is scheduled for May 15th 2012. More details to follow in the next few months, but please mark that date in your agenda now. Thank you!

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)

Next issue: February 20, 2012

Please send your text before February 6, 2012 to Sandrine Charpentier: scharpentier.odi@ssss.gouv.qc.ca.

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