

Life Line



Volume 8, April 2020



**ACCREDITATION
CANADA**

Accreditation 2020 Postponed

Statistics Average Occupancy Rate

2018/19

Month of January 2020

Year to Date
as of March 1, 2020

88%

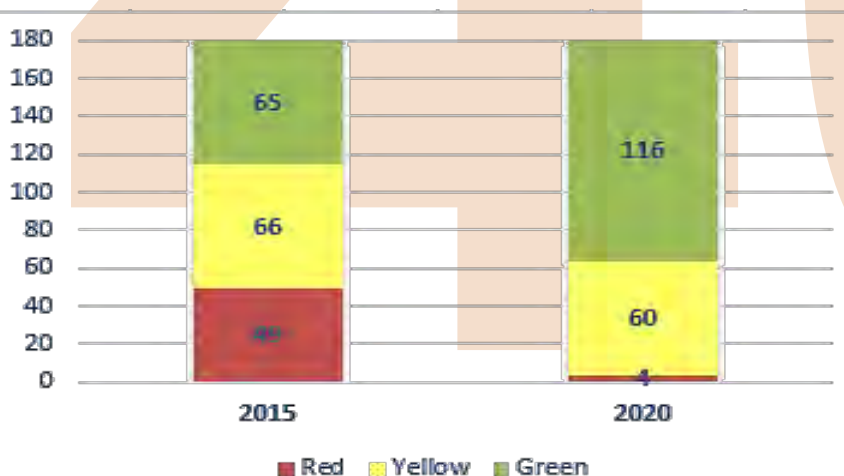
103.1%

98%

Hospital Highlights – Worklife Pulse Survey

The Worklife Pulse Tool enables the “pulse” of the quality of worklife to be taken by monitoring staff perceptions of various aspects of worklife, such as on-the-job communication, staff health and well-being, and job satisfaction. It collects information related to different aspects of the work environment that are known to contribute to individual quality of worklife and organizational performance.

Worklife Pulse Survey comparison charts from 2015 and 2020.



The total results mark a significant improvement with a reduction of the red category items from 49 to 4 and a reduction of yellow from 66 to 60. The corresponding increase to green was from 65 to 116, making up 64.4% of all possible scores, a dramatic increase from the 36% that the greens made up in 2015. Remarkably, the occupancy rate in 2015 was 68%, versus 2020 averaging 98%.

Employee Spotlight



Name: William Alexander Lickley

Department/Job Title: Clinical Pharmacist

Years of service: 0.166 (2 months)

Where did you attend school: Kitchener-Waterloo

What are the top three things you do in your job: 1. Verify orders for clinical appropriateness
2. Review patient's medication lists on admission for completeness and appropriateness
3. Answer medication questions from nursing

What do you enjoy most about your job: The collaborative community! Being able to talk with all the different health professionals about how they can provide the best care for a patient!

Why did you choose New Liskeard: Born and raised!

What would be your second career choice: The anxiety of choosing a first career was bad enough. I'm not choosing a second. Something math oriented, accounting or software engineering?

Where is your dream vacation: Australia or Ireland, but only if I could go for over a month.

What is your favourite food: Homemade low-carb lasagna

COVID-19! Is there anything else to talk about? Well, I think not! This virus seems to spread in leaps and bounds! Countries and communities caught off guard are suffering devastating consequences with over run health care facilities and high death rates. We have a choice, but our time is now to beat the COVID-19 virus! It is the time to say to COVID-19, “Not in our house!”. Together, let’s follow all the guidelines set out by such credible organizations as the World Health Organization, Ontario Health and the Timiskaming Health Unit. For more on these steps and other credible advice, please see the centre of this newsletter. I’d like to walk you through what the Team at the Temiskaming Hospital has been doing to prepare for what might come.

Table top planning started in early February with the Pandemic Planning Committee to address major issues, including inventory, procedures, staffing, training, etc. In early March, the COVID-19 Task Force was put together as the virus accelerated. The Task Force includes Chief of Staff – Dr. Colleen Davies, Chief of Emergency Department – Dr. Jean Corbin, Chief of Medicine and Infection Control – Dr. Ryan Sayer, myself, Erin Montgomery, Andrew Brown, Carla Scott, Mark Tysick, Jessica Stewart, Rikki Hendrickson, Natalie Rivet, Brad Sauve, Allyson Campsall, Kyle Acton, Jamey Swartz, Lisa Poeta and Cristy Knott. We review daily initiatives and directives from The World Health Organization, the Ministry Of Health’s Emergency Operations Centre (EOC) and updated releases from Ontario Hospital Association and Timiskaming Health Unit (THU). Plans and decisions are developed with input from these major resource groups. Decisions regarding managing and eventual closing of the hospital to visitors, non-essential hospital services and non-essential tenant services were developed with input from all parties, including the THU, making for stronger decisions. Changes are happening daily that impact everything from Personal Protective Equipment (PPE) to who and when people access the building. Here is the current status of major items related to COVID-19:

1. Essential Inventory – Our test kit inventory is low, but is being replenished daily. At current test levels, the inventory is manageable. Our PPE supply is also managing at current utilization rates, however, we know we are just at the beginning of this virus in our area. We are reviewing credible reuse standards as well as standards for substitute products. The Federal government announced that it is investing \$2 billion to purchase masks, gowns, test kits, ventilators and more than 3,200 companies have signed up to manufacture these items in Canada...*Continued on page 6*

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Andrew Brown, Chief Financial Officer/Director of Corporate Services Report

Phishing is a means of attempting to deceive individuals or organizations into providing sensitive information. This can occur through e-mails, calls, or text messages where someone disguises themselves as a trustworthy individual or even a member of the Hospital. The Information Technology team across Temiskaming, Englehart and Kirkland Hospitals has recently simulated a phishing campaign as part of our organizational risk assessment to cyber-attacks. Around one in four staff amongst the sites fell prey to the simulation; though market information suggests the first round will usually deceive up to 40% of those targeted. In the coming months, the Information Technology Department will be releasing basic cybersecurity education through Surge Learning.

The Transcription team in the Health Records department continues work on transitioning to the Nuance eScription platform for transcription. This platform offers providers additional means of documenting encounters, for example using their mobile device. The system uses automatic speech recognition software and should aid the organization in reducing turnaround, consistent with the organization’s Quality Improvement Plan.

Dedicated staff in nursing, I.T., maintenance, and throughout the organization continue work on a variety of projects scheduled to be completed over the next month. These include the Hill-Rom Nurse Call Replacement with integrated Vocera Smartbadges, a mold remediation and bathroom renovation, the creation of a dictation room for physicians next to the Health Records office; and the redevelopment of the Health Records department to accommodate the Transcription team.

The Organization also welcomed Marcel Boisvenue into his new role of Integrated Manager, Information Technology on March 2nd. Marcel has been with the Kirkland and District Hospital for over seven years in a technical analyst role, bringing sound technical skills, exceptional client service, and familiarity with all three sites. Louis Gravel will be transitioning into an integrated project role amongst the three hospitals, focusing on I.T. projects and leading our organizations through the upcoming regional ONE Meditech Expanse project.

Erin Montgomery, Chief Nursing Executive/Director of Patient Services Report – On-Site Clinical Pharmacist

Temiskaming Hospital has welcomed a new clinical pharmacist, Will Lickley, to the Temiskaming Hospital team. He will be replacing daytime Telepharmacy service coverage to provide for improved on-site clinical and patient service. Salary expenses will be offset by reduction in Telepharmacy service expenses of approximately \$164,000. Duties include review of admission medication reconciliation, patient therapeutic reviews, therapeutic drug monitoring, patient education on discharge, clinical consultations, and pharmacy representation in interdisciplinary patient rounds. Evening coverage from 16h00 to 20h00, after hour’s on-call services and vacation coverage will continue to be provided by Northwest Telepharmacy Solutions.

Access to Care - Diagnostic Imaging and Specialist Clinics eReferral

Temiskaming Hospital is proud to have recently gone live with an eReferral platform (OCEAN) for diagnostic imaging and specialist clinics referrals. This solution is also now live within a number of primary care offices. In 2018, the NE LHIN, started work on a Ministry of Health mandate to address patient wait times by improving the efficiency of the referral process via OCEAN eReferral. This solution is fully funded by Ministry of Health and is a component part of the Digital Health Playbook provided to Ontario Health Teams.

eReferral will improve wait times for patients through:

- Electronic forms containing standardized and best practice information
- Facilitating communication between providers connected to a patient referral with secure built-in messaging function.
- Removing the risk of lost referrals, misdirected referrals, or misplaced pages of referrals.
- Reducing incomplete referrals
- Ensuring providers are aware of all actions on the referral throughout the process; reducing concern that referral is missed.
- Ensuring providers have access to up-to-date wait time information

Congratulations to our Diagnostic Imaging and Specialist Clinics Teams for their hard work and leadership during this transition.

In-Patient Occupancy and Capacity

- 2019-20 year to date at February, 2020 there have been 144 days (43%) where occupancy rates were 100% or greater.
- As of March 10, 2020 there are now 33 in-patients designated ALC. 56% of our total inpatient (59) beds are occupied by patients waiting long term care home (LTCH) placement or community
- Alternate Level of Care (ALC) rates remain well above the provincial target of 12.7% at 53.4% fiscal year to date April 2019-January 2020

Welcome Announcement

Over the past few months, we have welcomed new faces to our team.

Ginette Benoit, Housekeeping Aide/Porter
James Dewar, RN
Katie Morin, RPN
Kayla Hayes, RN
Kayleigh Siernachesky, MRT
Kristin Ethier, CMHA Social Worker
Paul Lauzon, RN
Rikki Hendrickson, Quality, Patient Safety Coordinator, Clinical Educator
Sarena Pelletier, RPN
Stephanie Jolin, CMHA Social Worker
William Lickley, Clinical Pharmacist

Registered Nurse Student

Kate Chalmers
Rhianna Batchellor
Resident
Taylor Delisle
Hannah Fedechko-Conroy
Shelby Olson

Medical Student

Stephanie Moreau
Austin Elliott
Sebastien Diebel

Students

Emilie Runnals, Nurse Practitioner
Kimber King, Physiotherapy
Vicky Wiltshire, Physician Assist.
Monica Audette, Midwife

Medical Resident

Dr. Danny Aceytuno
Dr. Spencer Wilson

People Appreciation

Upcoming celebrations:

Laboratory Professionals Week: April 20-24

Volunteer Week: April 20-24

Administrative Professionals Day: April 29

Doctor's Day: May 1

International Day of the Midwife: May 5

Physiotherapy Professionals Month: May

Speech Language Pathology Professionals Month: May

Nurses Week: May 11-15

Finance Professionals Week: May 18-22

National Medical Transcriptionist Week: May 18-22

Personal Support Worker Day: May 19

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From Left, Christine Julien, Liane Brazeau-Wong, Kaytlin Perry



Departmental Highlights – Medical Transcription – Lisa Poeta – Human Resources Manager

Medical transcription is a vital step in creating patient's medical history which acts as a reference for physicians and lays the foundation for future patient visits. In addition, the work performed by transcriptionists affords physicians additional time to provide direct patient care. We are fortunate to have three very talented transcriptionists in our Transcription department. Liane Brazeau-Wong, Christine Julien and Kaytlin Perry, thank you for the outstanding work that you do. You provide a vital service and you are appreciated!



Hill-Rom Patient Call Bell System

Departmental Highlights – Social Worker – Mark Tysick – Clinical Nurse Manager

From complex needs to everyday issues, Social Workers support Ontarians of all ages to identify the source of stress or problems, strengthen coping skills, find needed resources and facilitate solutions. (Ontario Association of Social workers 2020). This could not be truer than here at Temiskaming Hospital where our social worker Kathy Demarce works tirelessly with patients to provide them the support they need to heal physically and mentally and build greater resilience against future stressors. Teaming up with Kathy is Kristin Ethier, from CMHA, who has partnered with Temiskaming Hospital to create an Integrated Mental Health and Addictions System Navigator role with a focus on improving transitions of care for patients with Mental Health and Addictions from hospital to the community setting. Together Kathy and Kristin work with the greater Health Care Team here at Temiskaming Hospital and our Community Partners to demonstrate to our patients that *"we care measurably"*.

#SocialWorkersLeadChange



From Left, Kristin Ethier, Kathy Demarce

Hospital Highlights – Patient Call Bell System Implementation

The Hill-Rom Nurse Call project is progressing very well with in-room installation which commenced on February 20, 2020. Training has been provided to identified Super-Users and staff February 18 to February 20, 2020. A room by room installation plan was completed over the last two months. As a second phase to this project we will also be introducing Vocera, a voice operated, hands-free communication badge, as a replacement to our existing nurse pager system. Vocera will allow for direct communication between staff members, improving work flows, patient and staff safety as well as patient care.

Erin Montgomery, Chief Nursing Executive/Director of Patient Services Report...continued

Ongoing Improvement Initiatives:

• Communication with Partners –Transitions

Meetings with Home and Community Care continue on a regular basis to review current waitlist, with opportunity for enhanced community supports and resources, including Emergency Department case management.

• Bed Capacity Improvements

A new semi-private patient room to create two additional inpatient beds has been successfully completed. Temiskaming Hospital is now operating 63 beds, 4 of which are overflow beds.

Name: Rikki Hendrickson

Department/Job Title: Clinical Nurse Educator/Quality & Patient Safety Coordinator

Years of service: 2 weeks here at TH

Where did you attend school: St. Francis College, Queensland, Australia then University at Queensland University of Technology (undergraduate) and Australian College of Nursing (postgraduate/masters).

Top 3 things you do in your job: 1) Provide education/upskill to all nursing staff. 2) Plan, implement, coordinate and evaluate an integrated Patient Safety Strategy/Quality improvement plan. 3) Prospective and retrospective analysis, monitoring of patient safety and quality indicators, in addition to reporting activities as required.

What do you enjoy most about your job: I enjoy the diversity within the role (collaboration of two roles). I am passionate about nursing education and furthermore excited that my role is clinically driven and focused on the effective delivery of bedside care. In general, the evolving world within the healthcare field is fascinating to me - I think knowledge is empowering.

Why did you choose New Liskeard: To be with my Canadian spouse, who happened to live in this beautiful town.

What would be your second career choice: An elementary school teacher or an OB/GYN

Dream vacation destination: I love to travel! My dream vacation would be anywhere warm, however Greece is next on my list.

Favourite food: Food is my focus in life (I cannot deny this). Anything Mexican or Italian! Sorry, I can't pick.

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Mike Baker, President & Chief Executive Officer Report continued VIRTUAL VISIT PROGRAM

On March 18, the hospital cancelled all visitor privileges. While we understood that this was disappointing to those who have loved ones with us, it was necessary to protect those same loved ones. Our hospital has 33 long-term care patients, representing 56% of our bed volume. These patients are in the most vulnerable population grouping to have serious effects from COVID-19. In order to provide some relief from social isolation, Temiskaming Hospital provided free television and free telephone services to all patients. But we knew we could do more to relieve the loneliness that both patients and families were feeling. On March 26, the Virtual Visit Program was launched. Two staff members from the Diagnostic Imaging department were provided two repurposed tablets to set up and deliver virtual visits for our patients and their families. The staff members called the primary contact for each long term care patient and began setting up appointments for the virtual visit. The staff set up and sit in on the calls to assist the patients with FaceTime and ensuring that all long term care patients, including those with physical or cognitive restrictions, have been able to participate in the program. This program will be extended to all acute care patients once all long-term care patients have had an opportunity to participate. Another great example of the compassionate care provided by our team at Temiskaming Hospital.



Temiskaming Hospital president/chief executive officer Mike Baker, left, and Bikers Reunion lead organizer Barry Phippen unveiled a sign at the hospital acknowledging the \$2 million mark in donations to the hospital and Community Cancer Care. (Staff photo by Sue Nielsen)

Two Million and Counting...

The Bikers Reunion recently reached a milestone of donating over \$2 million for hospital and Community Cancer Care.

Barry Phippen understands the community benefits from the fundraising and is looking forward to many more years of collaboration. A sign has been placed at Temiskaming Hospital acknowledging \$2 million worth of donations to date.

The government does not fund hospitals to purchase the much-needed equipment required to provide quality patient care close to home. One of the major contributions was a donation of \$150,000 to the Hospital to purchase a second upgraded ultrasound machine.

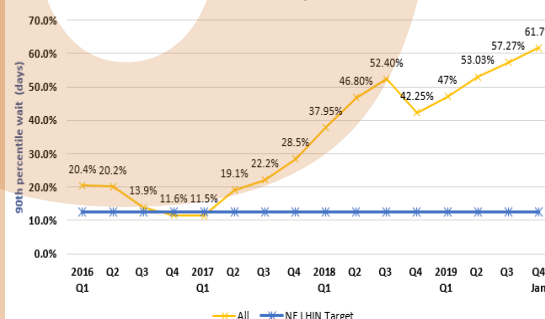
Temiskaming Hospital is pleased to have the Community Cancer Care office located back in the hospital for easier access.

Picture from the Temiskaming Speaker.

Statistics Alternate Level of Care Occupancy Rate

2018/19	Month of January 2020	Year to Date March 1
41.2%	52%	50.9%

Temiskaming Hospital Alternate Level of Care (ALC) Rate - ALL (Acute/Post-Acute)



Newsletter Editorial Team:

Mike Baker Patrick Rieux
Carla Scott Jackie Holtz

Suggestions and comments are welcomed, please email jholtz@temiskaming-hospital.com

Temiskaming Hospital
Life Line

421 SHEPHERDSON ROAD
NEW LISKEARD ON P0J 1P0

TEL: 705-647-8121 BUS. LINE: 705-647-1088 FAX: 705-647-4154

Dr. Colleen Davies, Chief of Staff, Temiskaming Hospital

Learn CPR/AED and Help Save a Life

As many of us working in the health care field know, cardiovascular disease is the number one killer of people over the age of 45, and is a risk factor in sudden cardiac arrest, which kills over 300,000 people every year. Eighty percent of all cardiac emergencies happen outside of the hospital so community wide CPR/AED training can mean the difference between life and death in a cardiac emergency. That is why the AC15 CPR/AED education event was developed.

This FREE training session will include a variety of hands on stations to learn the basics of CPR and how to use an AED. You will have the opportunity to practice on the latest technology in CPR manikins and apply and use an AED. There will be paramedics and instructors from our local hospital and the TDSS Health Care Class working alongside you. There will also be information on cardiac disease, signs, symptoms and prevention, along with a station that lets you listen to a 911 call to familiarize people with how 911 works and what an emergency call might sound like. Our hope, our goal is to have as many people as possible in our community taught how to recognize an emergency, call for help and perform CPR/AED. Anyone can start CPR, anyone can apply and use an AED. Protect your loved one and come out to learn, stay for 10 minutes or 30. It is an education event, not a certification, it is casual and fun and it is FREE!

Knowing how to perform CPR and how to use an AED are essential life skills that everyone needs to know. Please keep your eyes open for upcoming activities in the community to partake in and expand your life skills.

Diane Vachon-Chartrand, President of the Auxiliary

A Message from the Temiskaming Hospital Auxiliary

A brief update from the Temiskaming Hospital Healthcare Volunteers (known as the Auxiliary)

April was going to be a very busy and exciting month for us. On April 24th, 25th, and 26th, we were supposed to have the pleasure of hosting the North Central Spring Conference at the Dymond Community Hall, however with the recent developments of COVID-19, the conference has been deferred. Our last North Central conference in Temiskaming Shores took place in April 2012. Our Region extends from Sault Ste. Marie to Wawa and entails fourteen Hospital Volunteer Associations. The Conference was to begin on Friday evening with a "Mix and Mingle", a fun activity that allows participants to relax, meet other delegates and chat together. Saturday would have been a full day starting with an opening welcome by local guest speakers. Immediately following the Regional AGM, three interesting and enlightening topics were to be presented: the "Project Lifesaver", "Laughter Yoga" and "It's Not Right". In the evening, a banquet and entertainment were also on the agenda, an excellent way to end this enjoyable and informative day. On Sunday morning the President's Meeting was set to be held in the hospital auditoriums, while delegates not attending the meeting would have the opportunity to visit and shop at our superb Gift Shop.

We would like to take this opportunity to thank our dedicated volunteers working relentlessly in the ED, Hairdressing and Gift Shop. In 2019, profits from the Gift Shop allowed us to purchase three pieces of medical equipment for a total of \$20,807.

As volunteers we are fortunate and pleased to help make our Hospital a better place for patients, staff and the dedicated Healthcare Providers.

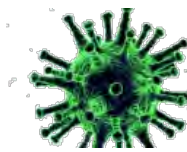


ER Trauma Stretcher valued at \$6,500

**Purchases in 2020
Total \$8,112**



Ultra Sound Therapy Unit valued at \$2,500



COVID-19: NOT IN OUR HOUSE

Current status of major items related to COVID-19 continued

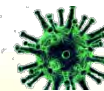
2. Surge Capacity Planning – Temiskaming Hospital has applied to Ontario Health North to develop a surge capacity plan.
 - a. In phase 1, three actions are being implemented. First, the families of all Alternative Level of Care (ALC) patients will be asked if they would be able to safely care for their loved ones at home for a temporary period. They would be advised of proper COVID-19 precautions to take with their family member. Second, the current Complex Continuing Care (CCC) area is being converted into a COVID-19 isolation ward by co-locating ALC patients in the Med/Surg area. As well, Special Care Unit (SCU) beds will be designated a COVID-19 testing and intubation procedure room. The final action will be to further move the ALC patients to other areas within the Hospital building, including the former Health Unit space. This will free up as many as 32 additional beds in the hospital.
 - b. In phase 2, the ALC patients would be evacuated to a local hotel, freeing up a total of 32 beds for a further surge in COVID-19 patients. Although it is unlikely we would need this phase, we have still planned for it. In total, we would be able to care for 64 additional patients.
3. Assessment Centre – On March 20, the Temiskaming Hospital was approved to open a COVID-19 Regional Assessment Centre (RAC). The centre will be a drive through testing centre at the entrance to the Specialty Clinics area. The drive through aspect will achieve many operational objectives, including removing traffic from the Emergency Department (ED), minimizing staffing logistics, minimizing supplies logistics, minimize the chance for COVID-19 introduction in the hospital and optimize infection control requirements, like housekeeping. All members of the public will be screened by Telehealth or the Temiskaming Health Unit to ensure their eligibility for testing, prior to being given an appointment at the RAC. We will open the RAC once testing volumes indicate stress on ED resources or when testing eligibility criteria change, creating more testing volume.
4. Non-Essential Services – Effective March 18, Volunteer services were suspended and the Auxiliary gift shop was closed, patient visitation was closed with the exception of Paediatric, Obstetrical and Palliative patients. All visitors, including those presenting to the ED, will continue to be screened. The Virtual Visit Program is in its infancy, but appears to be a huge success for the patients, family and the staff who are coordinating the program. The Pulmonary Function Testing Lab was closed as well. Other non-essential services were suspended on March 23 so that patients could be notified ahead of time, including surgeries, Specialty Clinics, Physiotherapy, Laboratory, Diagnostic Imaging, stress testing and Cardiac Rehabilitation. The cafeteria remains open for staff, but closed to the public. Social/Physical Distancing has been implemented and 50% of the chairs have been removed from the cafeteria and meeting rooms to ensure a 2 meter gap. Meetings where the attendance would exceed the physical distancing standards, the remaining members attend by teleconferencing services. In keeping with the no visitor policy, the March 24 Board of Director's meeting was held virtually and so will any upcoming Board and committee meetings.
5. Chemo Therapy, Dialysis & Day Medicine services will continue.
6. Staff Travel Isolation procedures have been implemented and all staff who have travelled internationally will complete their 14 day self- isolation, without showing symptoms, prior to returning to work. All of our staff have completed their isolation.
7. Staff Reassignment has begun to supplement new operations and increase staffing in areas that require help during COVID-19. We appreciate everyone's proactive approach to this as we all work together to support our team efforts to beat COVID-19.
8. Communications have been ongoing with daily training and huddles, mock training events, weekly reports and memos as well as posts on Facebook continue. The community reaction to our Facebook page has been tremendous, especially the post with our team holding signs of encouragement. – **See page 7.**
9. Child Care is being arranged as the Province lifted its initial designation of Child Care as non-essential services, but only for essential front line workers. The daycare will open at the Hospital with limited spaces available. Home child care can also be arranged by calling Lisa Poeta in Human Resources. The daycare access from the Hospital will be locked as stringent cleaning standards are implemented by both parties.
10. Training programs have been implemented, including mock training program and video training for everything from donning and doffing PPE to intubation of patients.
11. Extra Safe Guards – Starting on April 6, all staff will be screened when they show up for work. The Hospital patient areas have been zoned in Hot (confirmed COVID-19 patient); Warm (Asymptomatic); and Cool (confirmed not COVID-19), making it easier to know PPE requirements.

Thank you to everyone for all that you are doing to work safely and provide care in this difficult environment. Thank you to all the members of the community who have followed the prescribed actions and are keeping each other safe.

There is a limit to all resources and the best way to ensure we have enough staff, personal protective equipment, ventilators, etc. is to flatten the curve by following the prescribed actions outline later in the newsletter and by saying to COVID-19 "Not in Our House!"

Take care and be safe.

Mike



IMPORTANT MESSAGES THE 6 TRUTHS

There are 6 actions you can take to help keep the spread of COVID-19 from getting deeper into the community, which could eventually over run our health care system.

1. **Self-Isolate** – eliminate all unnecessary travel, regardless of having travelled outside the country, regardless of whether you feel well or unwell and regardless of whether or not you have tested positive for COVID-19. COVID-19 is in our community and the more time you spend out in it, the higher chance you have of getting it. Keep gatherings to 5 people or less. If you have travelled outside the country or have tested positive for COVID-19, fully self-isolate for 14 days, meaning no visitors and no visiting. Have someone pick up groceries for you.
2. **Self-Monitor** – manage your own health care by checking your temperature, being aware of a developing cough, runny nose or sore throat. If you are concerned, call Telehealth at 1-866-797-0000 or the Timiskaming Health Unit at 705-647-4305. They will provide you with information as to what your next steps should be.
3. **Physical Distancing** – When you do have to go out, ensure you keep a safe distance of 2 metres or 6 feet between you and other people. This is based on scientific research that the virus is heavier than air and will fall onto surfaces rather than suspend in the air.
4. **Wash Your Hands** – If you only remember one of these six things, WASH YOUR HANDS! Because the virus is heavier than air, it falls onto surfaces. When you touch that surface, your hands pick it up and transfer it. Completely washing your hands with soap and water for more than 20 seconds or using a hand sanitizer with 60% alcohol or higher will destroy the virus.
5. **Do Not Touch Your Face** – The virus does not infect you through your skin. It gains access through mucus membranes, like in your mouth, nose and eyes. If you have COVID-19 on your hands and you touch your face without washing your hands, you will get the virus.
6. **Cough or Sneeze Into Your Sleeve** – a cough or a sneeze pushes the virus outward and increases the chance of others catching it. Turning your head away from people and coughing or sneezing into the elbow of your sleeve provides the greatest chance of keeping others from catching the virus.

These six truths will slow the spread of the virus. It is the only way to ensure that COVID-19 does not overwhelm our health care system. **Together, We Can Flatten the Curve.** Thank you to all of you who are doing their part!

COMMUNITY CHAMPIONS WALL!

Several community members have come forward to help Temiskaming Hospital during the COVID-19 pandemic and we would like to recognize them here, for their community spirit:

Econolodge	Waterfront Inn	Leisure Inn	Wheel Inn	Dan Cleroux
Insulcana	North Cobalt Flea Market	Helene Culhane	3H Manufacturing	Pizza Hut
Frog's Breath Foundation	Timiskaming Health Unit	New Liskeard Lions Club	Bumstead Trucking	
Harvey's	Kent Fielder	Wajax Power Systems	Doug Jelly	
Northern College	Carole Seguin	Precision Autobody	Englehart Animal Hospital	
Tom McLean/TDSS	Manitoulin Transport	Ray Snarr	Tanner Graydon	
Cornelius Holzamer	Breault's Discount Warehouse	District School Board Ontario North East		

ANXIETY

COVID-19 has created an unprecedented amount of anxiety in our community. Believe me, we feel it too at the Temiskaming Hospital. It is quite normal to feel anxiety in the face of what is going on. We would like to remind members of the community who are feeling overwhelmed, there are resources available to you.

Here are some community resources offering support:

The Timiskaming Crisis Response System by calling 1-888-665-8888 24 hours per day, 7 days per week;

The Regional Warm Line 1-866-856-9276 is available from 6 pm to 12 am, 7 nights a week; and

The Kids Help Phone by calling 1-800-668-6868.

Credible information sources can be found on the hospital website at temiskaming-hospital.com.

To date, The Temiskaming Hospital Foundation-Care Close to Home has raised

\$4,710,353

Thank you to all donors

Foundation Highlights

The Temiskaming Hospital Foundation's 6th Annual Valentine's Day Radiothon took place on Saturday, February 8, 2020.

\$27,355 in pledges were made during the five-hour long event.

Since then, additional donations have brought our total raised to over \$32,000.

The Temiskaming Hospital Donation was chosen as the latest recipient of the 100 Women Who Care initiative receiving over \$11,000 from over 100 women in Temiskaming Shores.

These recent donations have allowed us to reach our goal of being able to purchase 3 new ECG Machines needed for Temiskaming Hospital. Thank you!

Left to right:
Mike Baker
Norma Hughes
Andrew Brown
Lesley Kaross.
Bailey Phaneuf
Jackie Holtz
Jocelyne Julien



Thank you to everyone who donated to our 2019 Holiday Wish List campaign.

We raised \$8,300 during the month of December which will go towards purchasing essential pieces of equipment for Temiskaming Hospital.

Here's André Gervais, of New Liskeard, donating \$5,000 to the campaign which will allow us to purchase a brand new IV Pump for Temiskaming Hospital. Thank you, André.



Our Gastro-Sponsorship fundraiser was a huge success, and the Temiskaming Hospital Foundation raised the \$38,000 needed to purchase this life-saving piece of equipment.

Morgan Dewar dropped by with a cheque for \$1,000 for our Gastro-Sponsorship fundraiser on behalf of Fidelity Investments.

Morgan also brought with him a cheque from Assante Wealth Management who have committed to donating \$10,000 to the Care Close to Home Campaign.

Thank you, Morgan, and thank you, Fidelity Investments and Assante for your support.

Thank you to everyone who donated.

How to Donate

In Person: Temiskaming Hospital Foundation Office

By Phone: 705-671-1088 Ext. 2030

Online: www.temiskaminghospitalfoundation.org