



BRANDON REGIONAL HEALTH AUTHORITY

# Health Care News

Have a comment or suggestion for the Brandon RHA? Call the Comment Line at 578-2104 or 1-800-735-6596

April 2011 edition



Shown here is the Optimist soccer park, under water. The flood barricade stands ready for the water to rise.

## Managing Stress During the Flood

Emergencies, like a flood, can cause great mental and emotional strain. They can disrupt your regular routines and there may be the potential of losing your home, property or income. People naturally have many different feelings and responses when they have to cope with this kind of stress, including: panic, anxiety, fear; anger, disbelief; generosity towards others; helplessness, despair; cooperation, teamwork; sleeplessness; lack of concentration; exhaustion; loneliness; inspiration; strength in connecting with others/community.

### You and your family

Families are better able to cope if they talk about what might happen and what action could be taken.

- Be clear about priorities. The health and safety of your family, friends and neighbors comes first.
- If your home is at risk of flooding, make an emergency plan that includes moving valuables and keepsakes to the highest floor of the house to protect them from flood damage.
- Discuss what will be taken if you need to evacuate and be realistic about it. Most people take items that can't be replaced, like photos, favourite toys, and smaller family heirlooms.
- Ensure everyone has a several-day supply of medications to take if you evacuate.
- Remind each other that strong feelings are normal under the circumstances.



- Acknowledge that you're all feeling stress and talk about how it may affect your relationships.
- Let each other know everyone's doing a good job in a difficult situation.
- Continue to laugh and enjoy each other's company.

### If you need to evacuate

In some parts of the province, evacuation may be necessary. Your local authorities will give you as much notice as possible. If you must evacuate:

- Try to set up a routine with as many familiar activities as possible.
- Plan to do some basic school work with children for part of the day, if they are missing school.
- Understand and reassure yourself and family members that the disruption is only temporary.
- Talk to others who are having the same experience.
- Don't try to go home before local authorities tell you it is safe to do so.

### After the flood

Recovery from the trauma of a flood can take weeks or even months.

- It's important to allow yourself, family and others to talk about the flood and their feelings.
- Remember to take regular breaks during clean-up work; talk with your family, go out for a meal or entertainment or visit friends.

### Use outside support and resources if you need them

If you, your family, friends or neighbours are having a particularly hard time dealing with stress, you can get help from trained professionals:

### Brandon Regional Health Authority

Mental Health Intake: 204-578-2400  
24 hour Crisis Line and Mobile Crisis Unit: 204-725-4411 or toll free 1-888-379-7699  
24 Hour Child and Adolescent Treatment Centre Crisis Line: 204-727-3445 or toll free 1-866-403-5459

### Assiniboine Regional Health Authority

Mental Health Intake: 204-571-2952  
24 Hour Crisis Services: 204-725-4411 or toll free 1-888-379-7699  
24 Hour Child and Adolescent Treatment Centre Crisis Line: 204-727-3445 or toll free 1-866-403-5459

- Health Links  
Info Santé can help you find resources through your local regional health authority or community mental health services office. Call 204-788-8200 in Winnipeg; toll free 1-888-315-9257; 24 hours a day, seven days a week.
- Rural Manitobans can call the Farm and Rural Support Services Line at 1-866-367-3276 toll free; 10:00 a.m. to 9:00 p.m. weekdays. Or, go to [www.ruralsupport.ca](http://www.ruralsupport.ca).
- Clinic Community Health Centre 24-hour Crisis Line can provide counselling and referrals for all Manitobans. Call 204-786-8686 in Winnipeg; toll free 1-888-322-3019; 24 hours a day, seven days a week.
- If you or someone you know is thinking of suicide, the Manitoba Suicide Line is available to all Manitobans. Call 1-877-435-7170 toll free; 24 hours a day, seven days a week; or go to [www.reasonstolive.ca](http://www.reasonstolive.ca).

Source: Province of Manitoba/Flood Information

# 2011 Flood

## Stay connected to flood forecasts and information at [Manitoba.ca](http://Manitoba.ca)



For more flood information and fact sheets visit [Manitoba.ca](http://Manitoba.ca) and go to Flood 2011 Information

**2010/2011 Board Members**  
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Barbara Anne Smith  
Anne Todd  
Roland Vodon

Please send feedback to:  
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[www.brandonrha.mb.ca](http://www.brandonrha.mb.ca)

# “Mental Health For All” Fact Sheet

Maintaining our mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental.

It's important to take time to think about your emotional well-being and your “mental fitness.” Assess your emotional health regularly. Consider the particular demands or stresses you are facing and how they are affecting you.

## Here are some simple ways to practice mental fitness:

**Learn ways to cope** - Negative thoughts can be insistent and loud. Learn to interrupt them. Don't try to block them, but don't let them take over. Try distracting yourself or comforting yourself, if you can't solve the problem right away.

**Do one thing at a time** - For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list.

**Exercise** - Regular physical activity improves psychological well-being and can reduce depression and anxiety.

**Enjoy hobbies** - Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks.

**Positive emotional moments** - Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.

**Set personal goals** - Goals don't have to be ambitious. You might decide to finish that book you started three years ago or to take a walk around the block every day.

**Challenge yourself** - Challenging yourself can help to increase your motivation and to set personal goals.

**Keep a journal** - Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.

**Share humour** - Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know.

**Volunteer** - Volunteering is called the “win-win” activity because helping others makes us feel good about ourselves.

**Treat yourself well** - Cook yourself a good meal. See a movie. Whatever it is, do it just for you.

**Ask for help** - Learning to set boundaries and say no is a very important skill for mental health as is asking for help.

## Types of Mental Illnesses?

**Mood disorders** - involve changes and disruptions in a person's mood and emotions. Depression and bipolar disorder are examples of mood disorders.

**Anxiety disorders** - are the most common type of mental disorder. They cause people to be overly anxious and afraid of situations or events that most people consider normal. Panic disorder and post-traumatic stress disorder are anxiety disorders.

**Schizophrenia** - involves people losing the ability to know what's real and what isn't (this feature is called psychosis). Schizophrenia also makes it difficult for people to think, speak and interact in an organized way. Psychosis is not just a part of schizophrenia, but may also be seen on its own, or with other disorders like mood disorders.

**Eating disorders** - involve a distorted body image along with serious behaviours to manage food and weight, making it difficult to nourish oneself properly. Eating disorders can be life-threatening. Examples of eating disorders include anorexia and bulimia.

**Personality disorders** - affect the way a person acts, feels and gets along with other people. They can also cause people to be more impulsive. Borderline personality disorder and antisocial personality disorder are examples of personality disorder. Substance use disorders (commonly called addictions) –occur when a person becomes dependent on a substance such as alcohol, tobacco or other drugs.

**Dementia** - involves the loss of brain cells and results in loss of memory, judgment and reasoning, along with changes in mood, behaviour and communication abilities (beyond what might be seen in normal aging.) Alzheimer's disease is the most common form of dementia.

**Attention deficit (hyperactivity) disorder (ADD or ADHD)** - can be diagnosed in adults but is usually found in children and youth and affects their ability to focus their attention. This condition may also include hyperactivity, which is when a person becomes easily over-excited.

### Do You Need More Information?

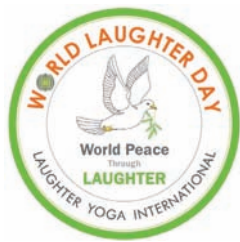
Mental Health Week is a designated week created by The Canadian Mental Health Association (CMHA) to talk, reflect, engage and celebrate mental health for all.

Learn more by visiting [www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)



# Celebrate Mental Health Week: May 1 - 7, 2011

SUNDAY, MAY 1



**Laugh Your Way to Better Health!**

**World Laughter Day Celebration**

Join Healthy Brandon - Living Well with Stress and Brandon's local Laughter Leaders to boost your immune system, relieve negative stress and learn to exercise with Laughter!!

Brandon City Hall, 2-4 p.m.  
410 9th Street, Brandon, MB  
Refreshments! Prizes!  
Cost: Free!

MAY 1-7



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[www.brandonrha.mb.ca](http://www.brandonrha.mb.ca)  
[www.cmha.ca](http://www.cmha.ca)

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

**Mental Health is Everyone's Concern**

Take the Time to Learn More About:

- Mental Health & Mental Illness
- Resiliency
- Stigma
- Stress

Help Brandon to Support: “Mental Health for All”

Watch & Listen to Local Media for Daily Mental Health Facts and Important Information for your Mental Health!!

WEDNESDAY, MAY 4



To Find Out More Visit:  
[www.healthybrandon.ca](http://www.healthybrandon.ca)

**Power to Inspire Award Announcement 2011**

Do you know someone in your family, workplace or community who inspires you to live a healthy lifestyle?

The 4th annual POWER TO INSPIRE award(s) are revealed. This award recognizes those who have made a personal commitment to healthy living and inspired others to make positive changes. Celebrate the “Inspiration”!!

FRIDAY, MAY 6



**Amazing Race for Mental Health  
11 am — 2 pm**

Enter your four person team by April 28, 2010 for a chance to complete the Road Tour of Mental Health Challenges mapped throughout the City of Brandon!

**Free Registration! Prizes & Lunch Included!**

**For More Information or To Register Call: Tracy at 578-2450**

THURSDAY, MAY 12



[www.suicidehelpwestman.com](http://www.suicidehelpwestman.com)

**The Circle of Remembrance**

A Special Memorial Service for Family and Friends who have lost someone to suicide. A time of Comfort, Healing and Hope.

**Makaday Ginew Memorial Center**  
205 College Ave, Brandon, MB  
7:30 - 8:30 p.m.  
Reception to Follow

**For More Information or to Book Transportation in Brandon Call: 578-2529**

# A Little Special Treatment for Fairview Residents

Once a month you will probably find Fairview resident Jennie Bowering being pampered. Last month she had her hair braided and maybe this month she will receive a relaxing hand massage but more important than all of that she will enjoy the company of some new faces. This is all thanks to Pantages On Park Salon and Spa where once a month two staff members, a stylist and esthetician come down and spend time with residents providing everything from haircuts to manicures. Stylist Kim Holland did something similar while working at a salon in Vancouver and when she moved to Brandon she pitched the idea to Pantages and staff were eager to be part of it. They rotate on a monthly basis so everyone has a chance to help out.

"It's been great for staff, they seem to really enjoy it and are invigorated after spending time with people who have some great insight into life that we don't quite have yet," says Holland.

Kim says it's mostly about spending time with the residents talking and enjoying their company.



Resident Margaret Duchart getting hair done by stylist Sasha McCarty

Jennie Bowering couldn't agree more, "I think it is a wonderful thing to do because it does perk up my day and I'm sure it does for everyone else that takes advantage of this service and bless their hearts for it."

Michelle Torr is a recreation facilitator at Fairview, she says so far feedback has been positive. Residents head back to their unit telling their friends of their experience.

Torr says, "It's wonderful to have outside



Resident Jennie Bowering enjoys getting her hair braided by stylist Kim Holland

community programs come in. We are finding that we are seeing younger residents coming into Long Term Care so it's nice to offer these programs for them."

Resident Margaret Duchart has been down twice to get her hair done, she sums it up in one word, "Refreshed."

Kim Holland says they are happy that residents leave with a smile on their face



Resident Betty Thompson receiving a soothing hand massage by Crystal Milne

and their spirits lifted but she says she loves the stories that she takes away from the visits, and even quotes some on a regular basis. She recalls putting pink lipstick on one lady and the resident looked and said "Pink, pink makes a boy wink," and it's those stories that bring a smile to her face.

# Caring For Kids Radiothon

On May 5th, tune in to KX 96 or 101.1 FM The Farm for the Astral Media National Caring For Kids Radiothon in support of the Children's Hospital Foundation of Manitoba to hear amazing stories of hope and courage like that of Matt Gray from Brandon!

Matt was diagnosed with a very rare heart condition when he was seven months old. He had to be air-lifted to Children's Hospital in Winnipeg when his heart began to fail. It was cardiologists at Children's Hospital that diagnosed his condition and Matt was sent for surgery immediately to repair a valve in his heart.

Matt continues to have yearly appointments at Children's Hospital in Winnipeg for EKG tests, ultrasounds, and blood work. The Gray family is extremely grateful to the Children's Hospital for saving their only child's life. He is a miracle child!

Last year, over \$40,000 was raised in the Westman area for the Children's Hospital Foundation at the Caring for Kids Radiothon to purchase vital equipment for the pediatric unit at Brandon Regional Health Centre!

This year, we need your help to purchase a portable Otoacoustic Emissions (OAE) Hearing Screener, which will be used to screen babies through the Newborn Infant



Over \$40,000 was raised in Brandon during Radiothon.

Hearing Screening Program in Brandon. Approximately 1,400 babies are screened each year through the program. With your help, we can maximize a child's hearing before more damage occurs.

Frank McGwire from KX 96 and Tim Black from 101.1 The Farm will be live on location at Shopper's Mall for ONE DAY, May 5, 2011, devoting their time and energy to raise money for the Children's

Hospital Foundation of Manitoba. These successful on-air personalities interview parents, patients like Matt Gray, and health care professionals and bring listeners inside the walls of the Children's Hospital.

The Caring For Kids Radiothon gives listeners the opportunity to hear first-hand stories from children that have fought hard for their lives, as well as the struggles their families have faced and continue



Matt making Blizzards during Dairy Queen Miracle Treat Day in Brandon last August.

to face every day. Listeners can call into the volunteer-run RBC Miracle Lines at 571-KIDS (5437) or 1-866-953-KIDS (5437) to make a donation that will dramatically help children in hospital.

Please tune in and make a difference in the life of a child.

## Camp Bridges



**Camp Bridges Needs You!** As a volunteer you would provide friendship and support to kids age 7-17 who have lost someone they love.

Volunteers participate in all weekend activities while providing assistance and supervision as needed. Volunteers are to be available from 5:00pm on Friday, June 3, 2011 until 3:30pm on Sunday, June 5, 2011. Camp Bridges Volunteers will also be required to attend a team building day at the Carberry Health Centre, Carberry, MB from 9:30am to 4:30pm on May 14, 2011. This year camp takes place at Camp Wannacumbac, Clear Lake, at no cost to the children. For more information contact Melissa Dunkley at 578-2340.



## Children's COUNTRY FAIR

**Featuring the 15th Annual "Dash Tent"**

**Sunday, June 5**  
**10:00 am - 4:00 pm**  
 Fleming School Grounds  
 24th & Victoria Avenue




The Dudley's Ambulatory Surgical Hospital (DASH) Tent is excited to be a part of the Westman Dreams for Kids "Children's Country Fair". Join us for lots of fun and FREE activities!

# Wellness Screening

Are you proactive when it comes to your health? It's important to know if you are at risk for chronic diseases such as type 2 diabetes, heart disease, stroke and cancer and to take preventative measures against them. The Wellness Screening Program through the Brandon Regional Health Authority (Brandon RHA) can help you do just that. Trained health care providers will come to your workplace or community group and assess if you are at risk for chronic diseases.

One place that has taken advantage of this program has been the City of Brandon. Greg Brown is the Occupational Health and Safety Coordinator for the city, "It is a great thing to do because most people will not go to the doctor unless they have a problem, so this worked well because it was right there at the workplace".

Staff had their weight, waist circumference and blood pressure measured. They were also screened for eating habits, tobacco use, physical activity and depression. As a business or group all you have to do is phone and set up a time for health care staff to come out. They will meet with people on an individual basis for about twenty to thirty minutes.



Mari Kitching checks Greg Brown's blood pressure

Mari Kitching is with the Brandon RHA and is one of those people who will come out to do an assessment, "The wellness screen is important because it gets you thinking about healthy living and motivates people to be a leader in their own health plan."

She says if people are recognized as being

high risk for any of these diseases they will refer them to the appropriate health care professionals. Based on the screening tools used, participants may be referred to a dietitian, nurse or tobacco dependence counsellor.

The program came about due to the

growing number of type 2 diabetics in Manitoba. A provincial diabetes strategic planning process was initiated in 1995. Initially a diabetes screening program came from that and in 2007 the Diabetes Health Screen was changed to Wellness Screen to broaden the goal to chronic disease prevention. This service is free of charge to anyone wanting to be assessed.

About 12 people from the city participated in the initial screening and Brown is hoping to expand it to other areas such as the police service.

"Having a person come to your place of business or group just makes it more convenient and allows people to get some good information about their state of health", says Brown.

Kitching encourages business and community groups to take advantage of the service. "It empowers people to take charge of their own health and to make healthy choices and to find out ways to make the healthy choice the easy choice."

For more information on Wellness Screening contact Health Promotion, Brandon RHA, Unit C5-800 Rosser Avenue, Brandon, Man. R7A 6N5

Phone (204) 578-2194 or 578-2195.

# Staff Profile - Terry Morris



To do his job Terry Morris says you need to be flexible in your thinking and able to roll with the ever changing challenges that face young children and adolescents. Terry is a Community Mental Health worker with the Children and Adolescent Treatment Centre (CATC) in Brandon. For 16 years he has worked in the area of children's mental health first at the Brandon Mental Health Centre and then moving to CATC.

With a degree in Social Work, Terry works with children and adolescents usually between the ages of five to 17. "I will see kids in my office, visit many of the schools working with teachers and school counselors as well as some family counseling," says Terry.

He says young people face many issues

such as anxiety disorder, attention deficient disorders, anger and depression. Terry says he is part of a team of professionals that include psychiatrists, psychologists, occupational therapists and intake workers all coming together to best serve the needs of their clients.

Terry says it can be challenging work because trends in youth culture move at such a fast pace. Things like having therapies designed to be delivered by text message to better reach youth are being explored. He says you have to be able to change with the times and the individual, "So what worked today medication and treatment wise has to be reevaluated. As they grow that medication may not be doing what it did a year ago so you have to constantly be

on top adjusting what worked for a 10 year old who is now 13 isn't the same."

Terry says his job can be very rewarding especially when he see young kids develop and pick up the skills that they have worked on together to improve their life. Being successful socially with their peers and at recess time and hearing their teacher talk about their improvement in the classroom is what makes his work fulfilling.

"I have had kids come back to me as adults and I refer to it as planting seeds," he says. "Sometimes I plant seeds when they are 14 and then they come back when they are 20 to thank me for the help and getting them through that rough time in their life."

# Volunteer Profile - Bob Knight



From delivering library books to discussing the day's events with a group of men at Fairview Personal Care Home volunteer Bob Knight spends a couple days a week making a difference. For the last seven years Bob is one of about 138 volunteers who take time to help others. After he retired from his job at the hospital he said he wondered what he was going to do.

"I thought, do I get another job, volunteer or sit around but my wife says you aren't sitting around so I thought maybe I will volunteer."

And that's just what he has done. Bob fills a number of rolls at Fairview from one on one visits with some of the residents, taking the library cart around or helping out with Pub night. He was also asked if he would run a men's club, which he now does on the first and fourth floor of Fairview.

"We sit around and pick topics out of the paper and discuss them and we also do some trivia." He says the men's club may be good for the residents but he's also learned so much because you meet many people from all walks of life.

Susan Boisvert is the Volunteer Coordinator at Fairview, she says any task that she asks Bob to take on he will, "Bob is great; he goes about his job and knows exactly what to do." She says that Bob is well known by many of the residents and they look forward to his visits.

Bob says after working in the hospital in laundry for 36 and a half years he just wanted to give back. Like many who volunteer he says he gets back more than he gives.

"I just love it; I don't know what I would do without this."

**Manitoba  
Farm & Rural  
Support Services**

www.ruralsupport.ca stress line: 1-866-367-3276

Telephone and on-line counselling

## Planning to Travel?

**Travel Health Clinic at the Town Centre**  
A5-800 Rosser Ave. Brandon, MB R7A 6N5  
Call 578-2521 for questions or to make an appointment  
Fee for services and vaccines. Prices are subject to change without notice.