

Mission Moment

The Moving On After Stroke (MOST) program gave us a better understanding of the impact of stroke on our lives and an awareness that we're not alone. Participants were given ample time to share their stories freely, thus developing a caring atmosphere over time. We became more aware of the importance of keeping well through healthy practices such as exercise, meditation etc., setting goals for ourselves and living happier lives armed with a multitude of strategies! We appreciate the health/survival guide in the form of a take-home binder (bible) containing the subject matter that was covered. We have already reviewed some of the material and are taking positive steps to adjust to our new reality.

Client & Their Spouse, St. Joseph's Hospital



As we advance our vision of becoming a leader in client-centred care, we plan through the lens of Quality, Safety and Risk. Our Strategic Plan 2020-2024 will focus on four key Strategic Priorities:

Here for Our Clients

To address unmet needs through the provision of quality services.

Here for Our Partners

To transform the healthcare system.

Here for Our People

To support staff, physicians and volunteers to live our values.

Here for Our Future

To ensure continued organizational sustainability.

Here for Our Clients

Christmas Spirit in Long-Term Care Homes

The Christmas Spirit was strong at Hogarth Riverview Manor (HRM) and Bethammi Nursing Home this December, with residents, staff and families working collaboratively to decorate and make the season bright. Both Homes received generous donations from the community this year, including gifts, cards and treats from several schools and community groups. Donors included Matawa Education Centre, St. Paul Elementary School, Elsie MacGill Elementary School, St. Patrick's High School, St. Ignatius High School, St. Joseph's Care Group Mental Health Outpatient Program, Lakehead Nurse Practitioner-Led Clinic and the Thunder Bay Queens Hockey Association. Through St. Joseph's Foundation's *Be Their Secret Santa* initiative, several residents received personalized gifts, including such things as pajamas, blankets and socks.

Through the Intergenerational Programming partnership with Schoolhouse Play Care Center, HRM residents have been connected with students as pen pals since early 2022 and, throughout the month of December, the pen pals made Christmas cards, crafts, and ornaments for each other.

Supporting Matawa Students' Overall Wellbeing and Health

The Matawa Partnership Program strives to support Matawa students in a holistic way, providing opportunities to address all aspects of their wellbeing and health. The program's youth workers have developed a recreation and leisure program that is available to all students of the Matawa Education and Care Centre during their lunch hour. Every weekday, interested students attend the Sister Margaret Smith Centre gymnasium to participate in a variety of athletic activities, such as floor hockey, basketball,

and, most popular, volleyball, providing students with an opportunity to engage in activities that may not otherwise be available to them.

About 50 unique students have attended so far this school year, with daily attendance averaging around 12 students. There have been many noticeable benefits as a result of the program. The physical activity provides a healthy outlet for youth, which assists them in being more grounded and able to learn during the rest of the school day. Regular attendance has led to students returning to class on time and staying in class for the afternoon. The program has given students a safe place to engage in both community and sport during their lunch hour, and several friendships have been formed through the attendance of this program. The youth workers are able to make meaningful connections with youth who may not wish to engage in traditional mental health services, and they are then able to provide support and mentoring.

Enhanced Temporary Funding for Seniors' Supportive Housing

Enhanced temporary funding has been provided to Seniors' Supportive Housing by Ontario Health North West. This funding, which is in place until March 2024, is to assist tenants to stay in their apartments, living independently in a supported and safe environment. The anticipated outcomes are a reduction in emergency department visits and avoidance or delay in long-term care admissions. Seniors' Supportive Housing has advertised for a Client & Family Engagement Lead. The successful candidate will complete client and family engagement sessions early in 2023 to develop strategies and actions to achieve the goals of the funding. The Lead will then support the Manager, Seniors' Supportive Housing in rolling out new and enhanced programming.



Regional Wound Care Program Supports Life and Limb Preservation Demonstration Project

CorHealth, now part of Ontario Health, is responsible for cardiac, stroke and vascular care and are mandated to connect and coordinate the health care system to help provide the best possible care. Lower-limb amputation is a serious complication of non-healing wounds as a result of vascular disease and/or diabetes. Vascular disease and diabetes account for a significant number of non-traumatic lower-limb amputations in Ontario, of which up to 85% are estimated to be preventable. Successful implementation of organized lower-limb preservation efforts has shown tremendous reduction in amputation rates, saving millions in health care dollars, and, most critically, providing appropriate limb-saving care to patients and communities.

CorHealth has developed a Lower-Limb Preservation Strategy (LLPS) with the following high-level goals:

- Reduce avoidable, non-traumatic major lower-limb amputations in Ontario; and
- Improve equitable access to high-quality best-practice early screening, cardiovascular risk factor modification and integrated lower-limb wound care.

Northwestern Ontario has the highest incidence of amputation in the province related to many factors unique to the region, including higher rates of diabetes and poor access to care for people living in remote areas. Thunder Bay Regional Health Sciences Center, as the vascular surgery service provider for the northwest, was identified as 1 of 6 pilot sites for a 2 year demonstration project. The Manager of the Regional Wound Care Program, SJGC, in collaboration with Thunder Bay Regional Health Sciences, co-chaired a working group and engaged key stakeholders from the four Ontario Health Teams within Northwestern Ontario together with a number of Indigenous health care providers, to develop a funding proposal that aims to improve access, promote early identification, and integrate technology to promote lower-limb preservation.

The application was successful, with our region receiving a total investment of \$583,000 to move forward as a demonstration site. The pilot project will support acute and chronic wound referral integration and coordination by leveraging the existing regional wound care central intake and referral system with an enhancement to include referral to vascular surgery, promote capacity building through education and training across the region and within northern First Nations communities.



Student Recognition

St Joseph's Care Group (SJCG) supports approximately 850 student placements per year, helping to grow our next generation of skilled workers by providing a welcoming, supportive and meaningful experience. It's not just students who benefit: the students and instructors bring a richness of energy and emerging knowledge, which resonates with clients and staff alike.

A series of 17 recognition events from November 16th to December 2nd, coordinated by the Student Placement Recognition Working Group with participation from staff and management from across SJCG, were attended by 105 students and 9 instructors completing their placements as either Registered Nursing students or Practical Nursing students. These events provide an opportunity for us to say thank you for contributions of students, and a warm way to extend the relationship by making sure students are welcomed to be a part of future potential preceptored placements and job opportunities.

Future student recognition events for nursing and allied health students are planned in 2023.

Wiikwaahsahtik: Birchbark Display

In collaboration with the Thunder Bay Art Gallery (AG), St. Joseph's Care Group (SJCG) has unveiled the newest educational exhibit in the display case located in the Main Hallway of St. Joseph's Hospital.

The educational display is the third collaborative exhibit created in partnership with the AG. Throughout 2022, SJCG has showcased three previous seasonal displays with a focus on Indigenous knowledge and practices. Previous display topics include leatherworks, the four sacred medicines, and more.

Curated by sisters Jean and Leanna Marshall from the AG, the display honours the Wiikwaahsahtik, or birch tree, and the significance of the tree to Indigenous Peoples. Showcasing unique art pieces, tools, and everyday objects made of birchbark and created by Indigenous artists, some of the objects in the display include a birchbark canoe, baskets, and tikinagan, or cradleboard, to carry children.

"For many, the act of creating can bring a community together," wrote the Marshalls. "This collection features artists from all across Ontario. Some artists' names will be familiar, while others you will be introduced to for the first time. All of the pieces we have chosen are notable for their craftsmanship and beauty."

The Wiikwaahsahtik Birchbark Display touches on a number of Strategic Priorities and Walking with Humility plan, it helps to create a welcoming environment for Indigenous clients and families and educate and increase awareness of Indigenous Knowledge.



Sharing our Long-Term Care Transformational Journey

St. Joseph's Care Group (SJCG) was recognized twice in December for Quality transformation initiatives over the past two years. In mid-December, the Vice President, Seniors' Health and Director, Quality & Compliance presented "Management Practices and the Role of Leadership in an Organizational Transformation Journey" at the Institute for Healthcare Improvement (IHI) international conference.

Also in December, SJCG was awarded an additional Leading Practice from Health Standards Organization (HSO) Canada for our iCare Quality & Safety program at Hogarth Riverview Manor (HRM). This Leading Practice Award recognizes the implementation of the Visual Strategy Room at HRM.

In March 2021, HRM designed and implemented the concept of a Visual Strategy Room (VSR). The VSR is a physical space where clinical and non-clinical groups gather regularly to improve communication and teamwork by:

- Strategizing and reflecting on the priorities of the organization
- Understanding problems
- Identifying opportunities and actions for improvement
- Celebrating experiments
- Recognizing individuals and teams for their contributions
- Providing any necessary support
- Deploying resources to continue delivering client-centred care

This project is one part of HRM's quality transformation journey titled iCare, which encourages staff accountability and ownership in delivering quality and safe care every day. In the past 24 months, a total of 232 improvement ideas have been generated in the VSR, which have triggered a total of 938 unique improvement tickets across HRM. It is an integral part of our culture of recognition and celebration of our quality journey.