

5th anniversary celebration next week
– five days of free educational presentations



Career opportunities at your hospital

Diabetes Educator/Dietitian
– full-time

Medical Radiation Technologist, Mammography
– part-time

Pharmacists
– full- and part-time opportunities available now

Registered Nurses
– various, full- and part-time, including: shift team leaders, ICU nurses, Emergency nurses and RNs for Complex Continuing Care

Many more opportunities available. For more information and a full listing, go to the Careers section of the hospital website, www.nhh.ca

NHH will mark its fifth anniversary this October, and to celebrate the occasion, staff, volunteers and community partners have joined forces to present something for all age groups. See below for details on five days of educational presentations emphasizing both the services available close to home, and the many things we can all do to stay healthy. Hope you can join us!

DAY 1 - Monday, September 29, 3:00 PM - Women's health [3:00 PM – 4:00 PM, NHH Education Centre, 2nd floor of the hospital, 1000 DePalma Drive, Cobourg]

Women (and men) of all ages are invited to spend an hour with NHH OB-GYN Dr. Michael Green for a presentation and Q&A session on the specific services available for women at NHH today. Want to learn more about NHH's maternal care program? Wondering what a colposcopy is? A uro-dynamic assessment for bladder problems? Mark your calendar for Dr. Green's presentation on Monday, September 29 to learn about everything from the pros and cons of the HPV vaccine for teenage girls to hormone therapy in menopause. Bring your questions.

DAY 2 - Tuesday, September 30 - Asthma prevention and management [3:00 PM – 4:00 PM, NHH Education Centre, 2nd floor of the hospital, 1000 DePalma Drive, Cobourg]

Do you have asthma or know someone in your family who may suffer from the condition? Join NHH's Respiratory

Therapist Angela Gammage on Tuesday, September 30 for a presentation offering an explanation of the condition and its causes, together with the latest thinking on how to manage the symptoms.

DAY 3 - Wednesday, October 1 - Diet and diabetes [3:00 PM – 4:00 PM, NHH Education Centre, 2nd floor of the hospital, 1000 DePalma Drive, Cobourg]

Join Registered Dietitian Cynthia Payne for a presentation and Q&A session detailing the latest research on the role a healthy diet plays in diabetes prevention and management.

DAY 4 - Thursday, October 2 - Fifth anniversary "Celebration Showcase" [1:00 PM – 6:00 PM, south lawn, 1000 DePalma Drive... free parking in the Home Depot lot]

Come on out to the big tent that will appear on the hospital's south lawn on Thursday, October 2 for live demonstrations on everything from diabetes to sport safety, smoking cessation and the benefits of exercise. Live music, free samples from our healthy cooking demonstrations and tours are also planned, as are booths presenting patient care services, a Teddy Bear Clinic, craft table for children and more. Tent activities will run from 1:00 to 6:00, with remarks from community and hospital leaders at 4:00 and cake for all shortly after!

DAY 5 - Friday, October 3 - Get fit! [3:00 PM – 4:00 PM, NHH Education Centre, 2nd floor of the hospital, 1000 DePalma Drive, Cobourg]

Have your kids been urging you to buy a Nintendo Wii?? Maybe you should listen! Spend an hour with staff from NHH's outpatient rehabilitation therapy team for an interactive session on balance and walking. Come and test your balance on the Wii system, use some of NHH's balance equipment, and learn more about the benefits of regular physical activity and walking.

Please note: with the exception of the Celebration Showcase on Thursday, October 2, all events will take place in the NHH Education Centre from 3:00 PM to 4:00 PM. Drinks and snacks will be provided, free of charge. Normal parking fees (now \$5/day) will apply, with parking proceeds going to patient care. Due to the large volume of visitors expected at the Celebration Showcase on Thursday, October 2, a free shuttle service will be running that day from the Home Depot parking lot from 1:00 PM to 6:30 PM. Visitors to the Celebration Showcase are encouraged to park in the Home Depot lot, and shuttle over to the tent on the south lawn. For information contact Jennifer Gillard at: jgillard@nhh.ca or 905-377-7757.

5th anniversary message from

President and CEO,
Joan Ross

It seems hard to believe that October 2008 marks the fifth anniversary of the day this hospital opened. As I approach my retirement and review the experiences of the past few years, I'm truly amazed at just how far we have come.

As I have noted on many occasions in recent years, it is the people who make this organization what it is today. From staff to physicians, to Foundation and Auxiliary volunteers and Directors of the Board, we have a remarkable hospital family. I find this especially impressive in an era with a critical shortage in health-care talent.

But while we have achieved much in the last five years, we now face the challenge of sustaining NHH, and growing this organization, to meet the needs of generations to come.

No one group is more essential to the future health of our hospital than the community physicians who support us each and every day. Without these family practitioners and specialists, there simply would be no hospital. We need more physicians in this community—RNs, and other health-care professionals too—and we are working with our community to ensure we are actively demonstrating all we have to offer.

As we turn to our sixth year, I extend, on behalf of all at NHH, a sincere thank you all those who work at NHH today. Together with our volunteers and an exceptionally generous community of donors, we have achieved a great deal by working together, and I know there are many more achievements yet to come.

Congratulations to the NHH Auxiliary on 85 years of service!

NHH Board Chair Sid Trevail announces name of incoming President, CEO

The result of the Board's search for a President and CEO to replace Joan Ross on her retirement this fall was announced on Friday, August 29. Robert Biron will assume the role on November 10, 2008.

With Guelph General Hospital (GGH) since 1998, Robert Biron is currently GGH's Vice-President, Diagnostic and Support Services, Chief Financial/Information/Officer.

Robert's professional credentials include a Master's of Health Science, A Health Administration degree from the University of Toronto and a Canadian Health Executive designation. He is a Chartered Accountant with a designated specialty in information technology and a member in good standing of the following

professional organizations:

- the Institute of Chartered Accountants of Ontario;
- the Alliance for Excellence on Information Technology; and
- the Canadian College of Health Services Executives.

Under Joan's leadership NHH's patient care services have grown significantly and our staff complement is now close to 600 people. In Robert we have found an excellent match with NHH's core values of teamwork, respect, integrity, compassion and excellence and we look forward to continued success in all these areas under his leadership. Please join me in welcoming Robert and his wife Doris to west Northumberland this November.

Sid Trevail, Chair, NHH Board

Upcoming NHH Foundation events

September 29 – Tickets go on sale, 8th Annual NHH Foundation Gala

October 4 - 5th Annual Meg's Ride - A Women's Only Motorcycle Trail Ride

Until October 10 - "Tree of Life" Campaign - Shoppers Drug Mart, Cobourg

October 11 – Deadline for entries, Light Up a Life Hockey Pool, ctoope@nhh.ca

November 5 - Launch of Light up a Life Campaign

November 8 – 8th Annual Gala - "Cirque Fantastique"

For more information on any of the above, or to inquire about organizing an event in support of the Northumberland Hills Hospital Foundation, please contact 905-372-6811 ext. 3065.

Upcoming NHH Auxiliary events

October 14/November 18 - Crafters' Mini Bazaar in the Kiosk, main floor beside the Bistro, NHH

October 16-17 - Little Treasure Shop - 'Tis the Season Sale - 20% off

October 20 - New Volunteer Orientation - call 905-372-6811, ext. 4630

November 23 - Annual Poinsettia Tea at the Best Western - tickets now on sale