



Getting to know **us**  
**PUBLIC HEALTH** in Timiskaming  
2014 Annual Report



Services de santé du  
**TIMISKAMING**  
Health Unit



# Message from the Medical Officer of Health

**O**n behalf of the Board of Health of the Timiskaming Health Unit, I would like to share with you our 2014 Annual Report. During the 4 years that I have lived in Timiskaming, I have frequently been asked what it is we do at the Health Unit. Public health is different from publically funded health care. You visit your health care provider or attend a hospital to deal with your individual health care needs. Some of these interventions may be treatments and some may be prevention but the focus is on you, the individual.

In public health, we focus on communities and populations as a group, working to create and support healthy places to live, work and play. We try to reduce obstacles that make it difficult for individuals to make the behaviour changes that will improve their health. We enforce various regulations that protect the public from numerous potential health risks, and we also provide information to the public.

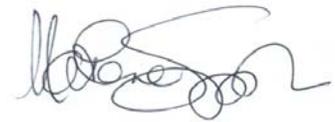
Much of our community work is done in collaboration with partners; municipalities, hospitals, community health care provider groups, workplaces, schools, other community groups and government agencies.

**“IN PUBLIC HEALTH, WE FOCUS ON COMMUNITIES AND POPULATIONS AS A GROUP, WORKING TO CREATE AND SUPPORT HEALTHY PLACES TO LIVE, WORK AND PLAY.”**

*- Dr. Marlene Spruyt, MOH/CEO, Timiskaming Health Unit*

Some of our activities are very visible like influenza immunization clinics offered every fall. However, much of the time, our work is invisible to the general public, like working with hospitals and long-term care homes to minimize outbreaks from infectious diseases or inspecting tobacco vendors to ensure compliance with the Smoke-Free Ontario Act.

In this report, we share with you a snapshot of some of the Timiskaming Health Unit staff, people in your communities and neighbourhoods, and some of the work they do to contribute to keeping your community safe and healthy.

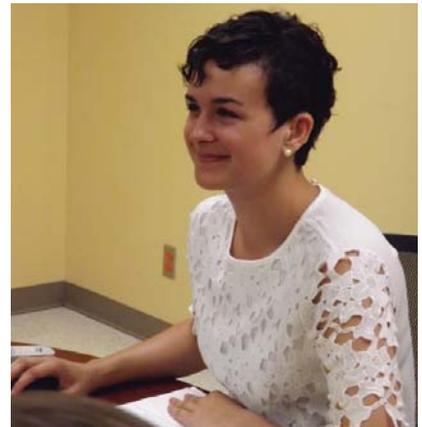




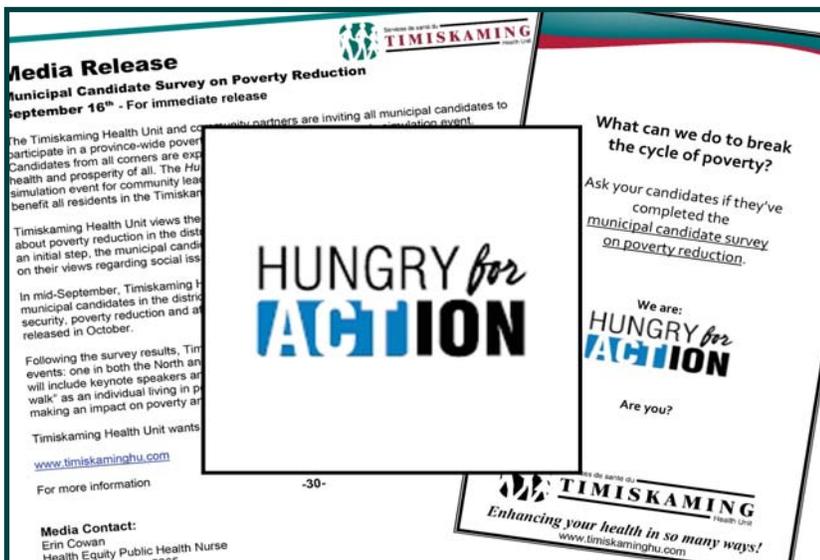
# Foundational Standards

Our Foundational Standards team works with staff and community partners to help ensure evidence informed decision making is part of the planning and implementation process for all projects.

Working to build understanding of the health needs of our local population allows our staff and community partners to focus their direction by using the knowledge they have acquired through the evidence compiled.



Erin Cowan, Health Equity Nurse, provides an equity lens to various project, one being "Hungry 4 Action."



The Hungry for Action project was a provincial initiative to raise awareness about poverty and food insecurity during the municipal election.



Amanda Mongeon, Program Evaluator, assists all programs throughout the evaluation process. Starting with the first key step, "the planning stage", and ending with a final evaluation report upon completion of the project.

# Communications

The Timiskaming Health Unit utilizes various ways to ensure our messages and information reaches the public.



Tina Roy-Renaud, Communication Support, works with teams to develop all media requirements and supports social media activity. Tina is shown here with Maxine Daviau, Support Staff member.



Substance Misuse highway billboard sign created in collaboration with community partners.



# Family Health

Getting a good start to life and maintaining good health through adolescence sometimes requires additional support. Through multiple programs such as Healthy Babies - Healthy Children (HBHC), Health Smiles Ontario (HSO), Children in Need of Treatment (CINOT), sexual health clinics, travel health and flu shots, our staff works with families to make certain they are prepared, protected and safe.

Angie Manners, Public Health Nurse and International Board Certified Lactation consultant, is shown here ensuring baby is feeding well and answers any questions this new mom may have.



Nicole Mercier, Dental Hygienist, performs a dental screening. This, and other programs, provide dental services to those in need.



Trudy Kidd – Registered Nurse, explains the importance of getting the required vaccines when travelling to other countries around the world.



Annik Brown, Public Health Nurse - Sexual Health Program, collects a specimen for testing.



Julie Remillard, Public Health Nurse, visits new parents at their home. She travels with her baby scale along with a welcome bag and answers any questions new parents may have.



Tara Laframboise, Public Health Nurse (far right), with members of the Mother Goose Program which supports early child development. Also pictured on far left is Emily Reynolds, THU co-op student.

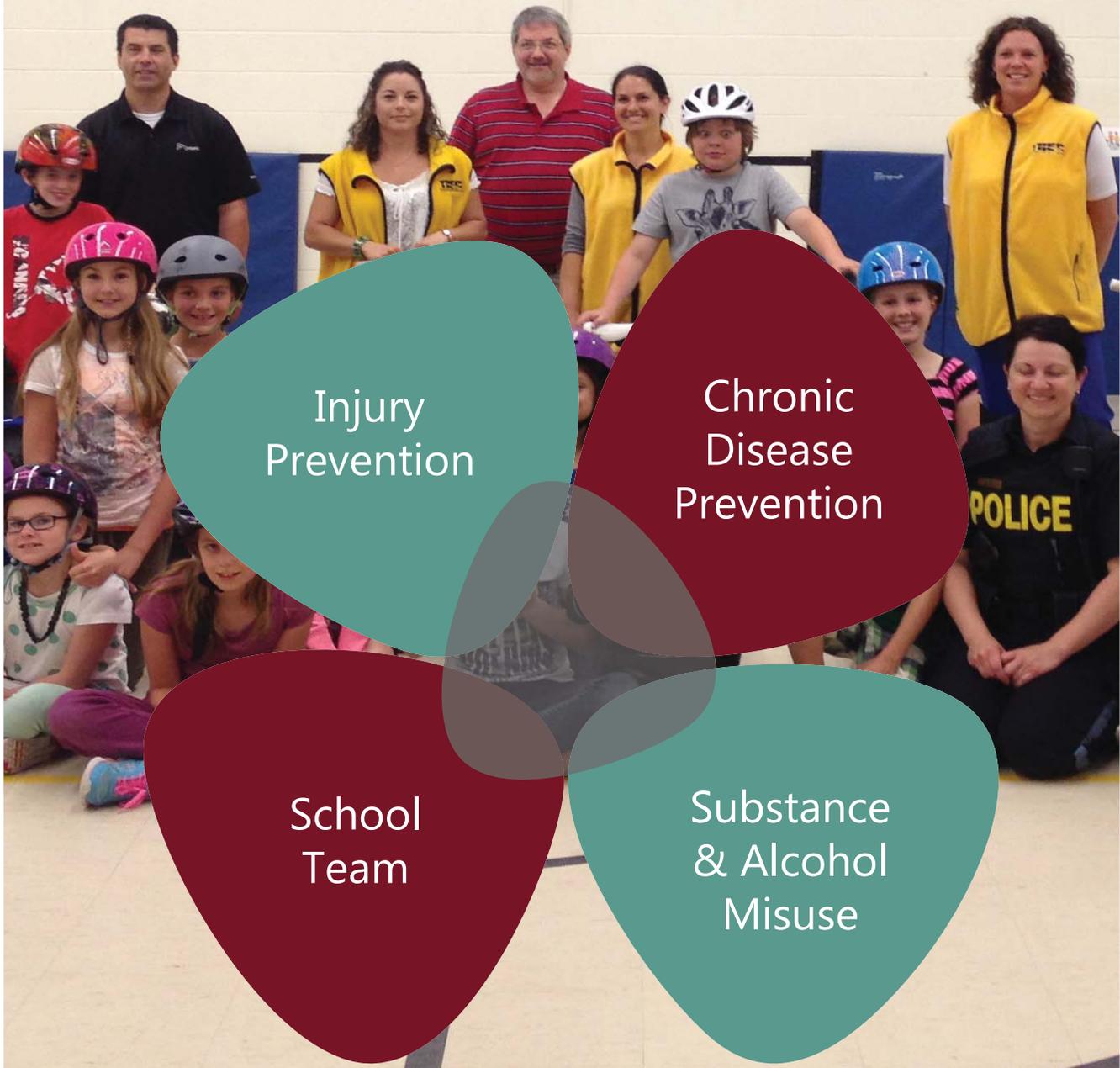
Christina Baier, Public Health Nurse Infection Prevention & Control, shown here practising what we preach, "wash your hands".





# Community Health

Community Health encompasses a wide range of programs that truly have a population based approach. Whether it is through our school team, our work in injury and chronic disease prevention, or substance and alcohol misuse, our goal continues to be to change behaviour at the broader population level. Working with our communities, we drive this change through advocacy, policy development, information sharing, and specific programming for priority populations.





In celebration of Chinese New Year, with funding from the Healthy Eating Grant, over 400 samples were provided to students and staff at T.D.S.S. (Timiskaming District Secondary School). Chef Rick Sabourin provided a nutrition class from a culinary professional's point of view. Also pictured from left to right: Angela Labonté, School Team Public Health Nurse, Tara Capy, THU co-op student and Jessica Bigelow, Registered Dietitian.



Jennifer Cardinal, Public Health Nurse School Program and Diane Vinette, Registered Practical Nurse, enter student records for a clinic at École Ste. Croix.



Freggie gets excited as he helps to hand out fruit at a local school.



P.A.R.T.Y. (Prevent Alcohol Related Trauma in Youth) program delivered to 31 E.S.C.S.M. (École secondaire catholique Sainte Marie) students. P.A.R.T.Y.'s mission is to promote injury prevention through vivid clinical reality, enabling youth to recognize risk, make informed choices and identify potential consequences surrounding activities and behaviours.



Katie Kozak, Registered Dietitian, a new member to the THU team in 2014. She is the lead for the local Diabetes Prevention Project, and is shown here demonstrating a unique form of physical activity using nordic walking poles.

Timiskaming Road Safety Coalition (TRSC) and THU hosted a bike safety program including school bike rodeos at Haileybury Public School and École Ste. Croix during the Road Safety Challenge. Lynn Marcella, Public Health Promoter, demonstrates how effective helmets are by dropping a melon in a helmet.



**KLDAAC (Kirkland Lake Drug and Alcohol Awareness Community) Walk for a Drug Free Community • May 22, 2014**





Tobacco Booth at E.H.S. (Englehart High School). The program recruited 5 students to join the Youth Champions group.



Stand Up is a 12 week exercise falls prevention program geared to older adults. Seen here, participating in an obstacle course, balancing a bean bag on their head.



1 in 19

1 in 19 seniors will visit the emergency department due to a fall.



31%

of Timiskaming residents are smokers, which is higher than Ontario's rate of 18%.

# Environmental

Our Public Health Inspectors and Chief Building Inspector work as a team in all aspects of environmental health. From air, water, soil, and safe food handling and preparation, they work within our communities to keep the environment safe for everyone to enjoy.



Adrienne Gullekson, Public Health Inspector, secures a mosquito trap in a local wooded area. Monitoring for West Nile virus occurs throughout the summer.



Doug Metson, Chief Building Inspector, verifies the proper specifications for this new septic system.

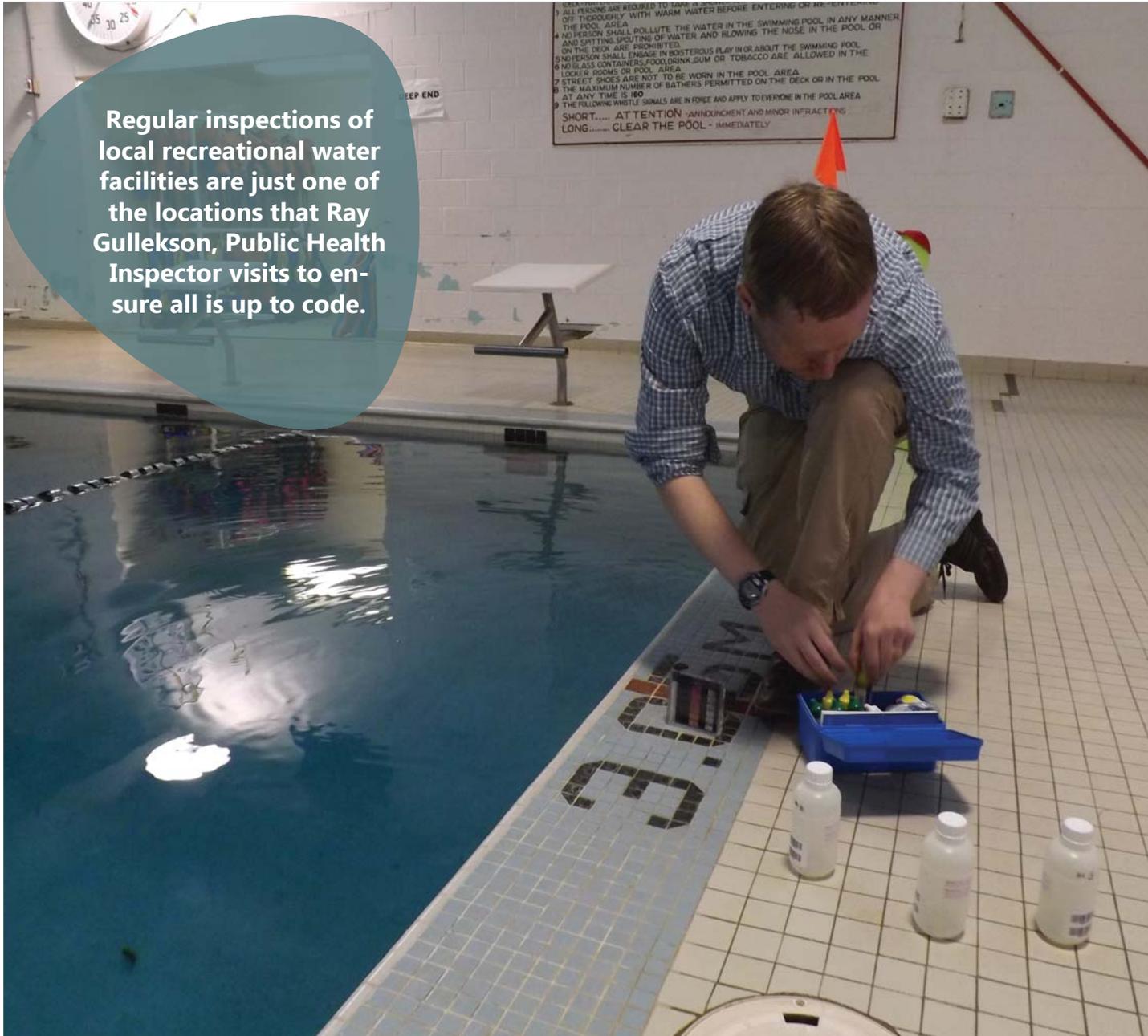


Gillian Jordan, Public Health Inspector, checks fridge temperatures as part of her regular inspection at Northdale Manor kitchen, local seniors' residence.

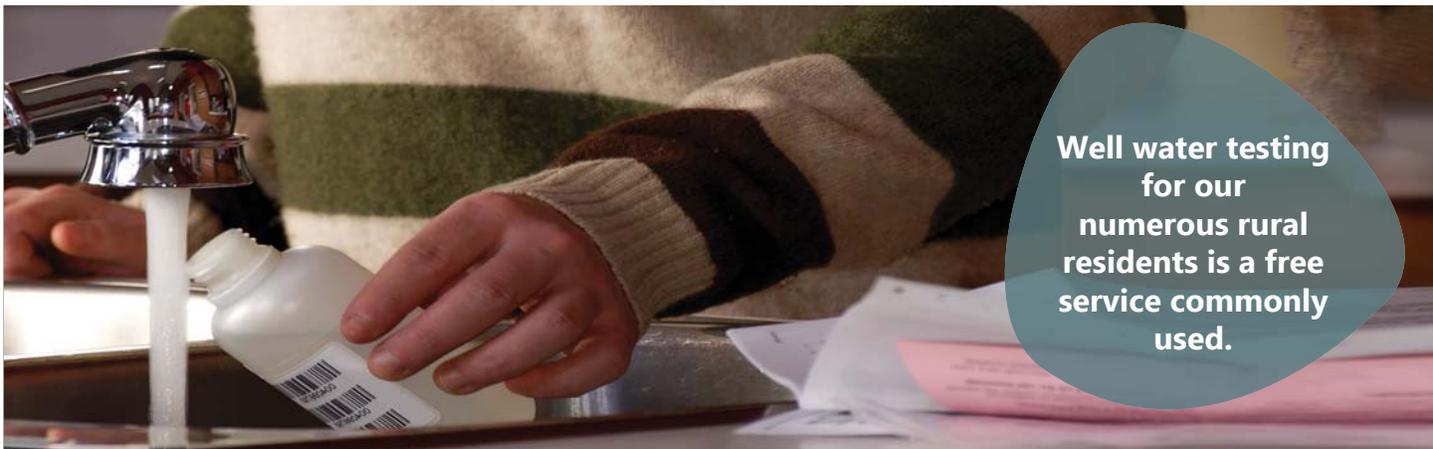
11 public beaches, within the district, are checked regularly to ensure water is safe for the public to enjoy.



Regular inspections of local recreational water facilities are just one of the locations that Ray Gullekson, Public Health Inspector visits to ensure all is up to code.



Well water testing for our numerous rural residents is a free service commonly used.



# Addiction and Mental Health

Unique to our Public Health Unit, our mental health and addiction program offers a wide range of counseling, case management, and social recreation services to assist people in need. The program also works with community partners, consulting Psychiatrists, regional health hubs, and various provincial clinics and centers.



Rendez-Vous Place, THU's social recreation centre, is open to Timiskaming District residents.

Front row from left to right: Marcel Bouffard, Arthur Archambeault, Christine Keith. Back Row from left to right: Kim Knox, Sharon Aquilina, Brenda Coe, Yvon St George, Ian McPherson.



Jessica Paquette, Mental Health and Addiction Clinician, preparing for one of the many client group sessions put on by the team.

1 in 5

PEOPLE WILL EXPERIENCE MENTAL ILLNESS AT SOME POINT IN THEIR LIFE

42%

MANY PEOPLE DEAL WITH BOTH ADDICTION AND MENTAL HEALTH ISSUES - 42% OF OUR CLIENTS RECEIVE SERVICES FROM OUR CONCURRENT DISORDERS PROGRAM



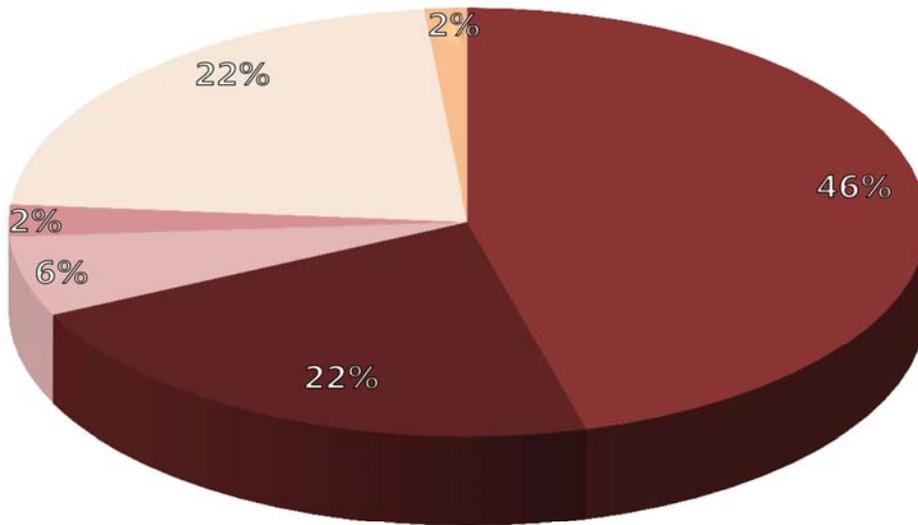
# Financials

Randy Winters, Manager of Corporate Services, ensures that budgets are set and balanced each year.

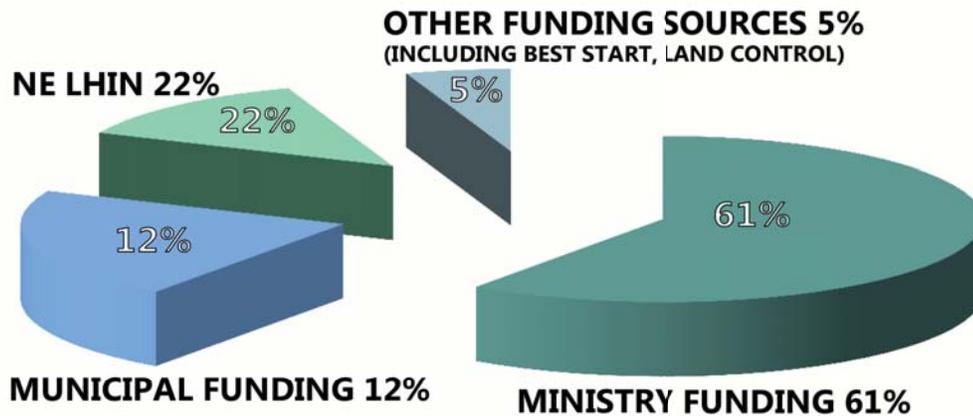


## 2014 TOTAL EXPENDITURES

- Public Health Cost Shared • Municipalities (46%)
- Nursing Stations (6%)
- Mental Health & Addictions (22%)
- 100% Funded Mandatory & Related Programs (22%)
- Best Start Programs (2%)
- Land Control (2%)



## 2014 TOTAL REVENUES



## Current Board of Health Members (December 6, 2014)

Carman Kidd  
*City of Temiskaming Shores, Chair*

Tony Antoniazzi,  
*Town of Kirkland Lake, Vice-Chair*

Jean-Guy Chamaillard,  
*Town of Kirkland Lake*

Sherry Yee  
*Township of McGarry/Gauthier & Town of  
Larder Lake*

Sherri Louttit  
*Provincial Appointee*

Kim Gauthier  
*Townships of Armstrong, Hudson, James,  
Kerns & Matachewan*

Audrey Lacarte  
*Townships of Brethour, Harris, Dymond,  
Harley and Casey, Village of Thornloe*

Mike McArthur  
*City of Temiskaming Shores*

Jesse Foley  
*City of Temiskaming Shores*

Sue Coté  
*Towns of Cobalt, Latchford, Municipality of  
Temagami, and Township of Coleman*

Merrill Bond  
*Town of Englehart, Municipalities of Charlton  
and Dack, Chamberlain, Evanturel & Hilliard*

Maria Overton  
*Provincial Appointee*

## Office Locations

**New Liskeard**  
43-247 Whitewood Avenue  
(705) 647-4305  
1-866-747-4305

**Dymond**  
883317 Highway 65 • Unit 3  
(705) 647-4305  
1-866-747-4305

**Englehart**  
81 Fifth Street  
(705) 544-2221  
1-877-544-2221

**Kirkland Lake**  
31 Station Road  
(705) 567-9355  
1-866-967-9355

## Nursing Stations (Administrative support by THU)

**Elk Lake**  
71 Front Street  
(705) 678-2215

**Matachewan**  
81 Matheson Street  
(705) 565-2351

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



[facebook.com/timiskaminghealthunit](https://facebook.com/timiskaminghealthunit)



[twitter.com/timiskamingmoh](https://twitter.com/timiskamingmoh)

### We would like to thank the following members whose term ended in 2014:

Merdy Armstrong, *Townships of Larder Lake & McGarry and Gauthier*  
Louise Hayes, *Township of Armstrong, Townships of Hudson, James, Kerns and Matachewan*  
Norm Mino, *Town of Kirkland Lake*  
Jamie Morrow, *City of Temiskaming Shores*  
Sue Nielsen, *Town of Cobalt, Latchford, Municipality of Temagami and Township of Coleman*