

CCTC Newsletter

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LHSC Victoria
Hospital CCTC

St. Valentine's Day Newsletter

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Special points of interest:

- * 188 Million Valentine's day cards are exchanged annually

Over 50% of cards purchased are bought in the six days prior to Valentine's day, making it a procrastinator's delight.

History of Valentine's Day

February 14th is Valentine's Day. Although it is celebrated as a lover's day today, with the giving of candy, flowers or other gifts, it originated in 5th century Rome as a tribute to St. Valentine, a Catholic bishop.

There are varying opinions of Valentine's Day. Some experts state that it originated from St. Valentine, a Roman who was martyred for refusing to give up Christianity. He died on February 14th, 269 A.D., the same day that had been devoted to love lotteries. The Romans practiced a pagan celebration com-

memorating young men's rite of passage. A lottery was featured in which young men would draw names of teenage girls from a box. The girl assigned to each young man would be his companion during the remaining year. Legend says during his imprisonment, he fell in love with the blind girl of his jailor. Before he was taken to his death, he left a farewell note for the daughter, and signed it "From Your Valentine". Pope Gelasius set aside February 14th to honour St. Valentine.

Gradually February 14 became the date for exchanging love messages



Happy Valentine's Day!

and St. Valentine became the patron saint of lovers. The date was marked by sending poems and simple gifts such as flowers.

Commercial valentines were introduced in the 1800s and now the date is very commercialized. The spirit of good continues as valentine's are sent with sentimental verses and love.

Valentine Traditions

Valentine Traditions

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To

wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

In Wales, wooden love spoons were carved and given as gifts on February 14th. Heart, keys and key-

holes were favourite decorations on the spoons. The decoration meant, "You unlock my heart!".

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A Redneck Valentine

Frogs by the pond is green,
 My Dogs name is Blue,
 And I'm so lucky,
 To have a sweet thang like you.
 Yore hair is like cornsilk,
 A flappin' in the breeze,
 Softer than Blue's,
 Without all them fleas.
 You have all yore teeth,
 For which I am proud,

I hold my head high,
 when we're in a crowd.
 Yore complexion
 It's perfection,
 Like the best vinyl sidin'
 Yore age it keeps hidin'
 Well I'm in hog heaven.



On special occasions,
 When you shave yore arm-pits,
 I', plumb outta my wits.
 Still them fellers at work,
 They all want to know,
 What I did to deserve,
 Such a pretty young doe!

Valentine Symbols



It was formerly believed that the heart was the seat of all human emotions. The gifting of the heart signified the selfless act of giving everything to someone you love.



The rose has been the traditional choice of lovers around the world. If you juggle the letters of the word ,ROSE, you get the word EROS, who is the god of love

Cupid is the most famous of Valentine symbols. He is known as the mischievous , winged child armed with bow and arrows. The arrows signify desires and emotions of love.



Top 10 New Years Resolutions

Thought it would be fun to review the top 10 resolutions:

- 1: Spend more time with family and friends
- 2: Fit in fitness
- 3: Tame the bulge
- 4: Quit smoking
- 5: Enjoy life more
- 6: Quit drinking



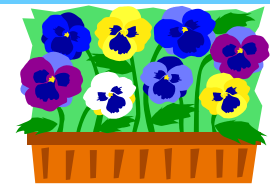
Did you keep your New Year's resolution?

- 7: Get out of debt
- 8: Learn something new
- 9: Help others
- 10: Get organized

And my personal new year's resolution which I broke at 0005 Jan 01st was to

quit swearing...didn't help that I was at work that night! I set up a swear jar and every time I swore, I had to put 25 cents in the jar....I'm now at \$52.50 and it's only one month into the new year!

I Just Can't Help Myself



Story by Natalie
Weston-Rae

Every year at this time I start to get the shakes, one would think that it would be related to the over indulgence of the Christmas season, but no.....Its because spring is coming. This year was especially hard as the snow melted and I could actually see my plants, I could smell the dirt and beautiful odour of the rotting leaves in the unusually mild weather. I immediately grabbed my rake and started to rake said leaves onto my newly formed gardens to encourage composting in-situ. I simply needed a wiff of warm weather to start my addiction again. Of course my children know of this, and play to my weakness. Simply by telling me that they saw tulips sprouting in my garden was enough to

have me racing into the front yard in only my pajamas and slippers, I can imagine my new neighbors beginning to think that a crazy lady moved in next door. Although I console myself with the idea that they may think I am crazy but damn what a nice garden she has!

Mid January had me hooking up my trusty trailer heading out to A&M gardens in Lambeth, thinking I was going to get a new small delicate tree for my backyard (who needs to eat, certainly not the children). Lo and behold they had the audacity to be closed... I mean who ever heard of a garden centre closing mid January, especially when I wanted a tree. It did not concern me that the ground was still frozen, and I could not convince anyone to dig a hole in the freezing wind. I could see Dirt.....empty Dirt!

My tree plans foiled, I had to have a little dig around in my pond, I am happy to report all my fish survived the winter but where not to happy to have there surroundings disturbed. I may have been pushing my luck with the pond business as now one of my supporting plant buckets has floated to the top of the water and I once again-

cannot convince anyone to go into the water to rescue it. Now I will have to look at it floating in the middle of the pond until it gets a little warmer. The downside of this, is it spoils the imagine in my mind of my pristine pond, I m trying my very hardest to pretend it is a floating plant. I wish the children would stop pointing at it and laughing. I know they get great enjoyment telling me it looks bad.

My next problem in battling my addiction is the sudden appearance of gardening magazines everywhere. Their beautiful pictorals on the front covers has me drooling , like no chocolate cake has ever done ,in front of the Shoppers Drug Mart magazine rack. Eventually one of the children drags me away, stating " Mum just buy it or put it back...and why are you in your pajamas anyway?" They just don't understand!

I may have been able to gain a little control and perspective, If when I started my new garden beds, My new neighbor Joanne had not raced over and asked to also start a garden. Having little experience and knowledge of gardening she asked me to go to the garden centre and " help" her pick some plants. Foolishly she did not know who she was dealing with, not only could I help her pick appropriate plants but I would be happy to spend her money making "my" garden look good.....soon her children will also be going without food and we will be gardening together in our pajamas, to the embarrassment of her children and mine. I guess its a good thing I'm not addicted to twinkies, although I could still get away with the pajamas and slippers thing.

A Nursing Job Description

Team Player needed for challenging work. Candidates must possess excellent communication and organizational skills and be willing to work all hours. Must possess physical stamina and be able to walk up to sixty miles per hour. Must give advice and screen phone calls. Must be willing to write detailed nursing notes. Must always hope for the best and prepare for the worst. Must assume accountability for the quality of the end product. On the job training offered on a continual basis.

E.S.Redd RN as per Nurses calendar 2008

CCTC Stuff

The **Allied Health Team** would like to wish Kristen Abercrombie from Physiotherapy all the best in her new position at UH on Cardiac Care. Kristen has covered Erin's maternity leave and leave of absence for the past year and a half. She will be greatly missed. We would also like to welcome back Erin Blackwell and welcome a new addition to our CCTC Physiotherapy – Mike Derbyshire. Erin will be returning three days per week and Mike will be covering the other two days a week.



Births :

Cindy Brown-baby girl Sasha Joyce - Dec.28/07
 Cathy and Peter Lindsay-baby boy
 Pete Makris-baby girl
 Dianne & Vito Maiolini-baby boy

Marriages :

Erin McLeod to Greg Visser-Dec. 31/07
 Catherine Ramsey-September 2007

Welcomes:

Welcome to our **UWO students** who started in CCTC as of Jan 08-April 08:
 Danielle Hunter
 Julie Heersink
 Savanna Houser
 Thomas Washburn

To our new RN staff

Jane Blake-new to LHSC
 Jessica Pasztor-from Gen Sx. LHSC
 Caroline Lee-from ER at UH LHSC
 Paula Schmidt-new to LHSC
 Isa Americano-from Thoracics at LHSC

Please see the Bulletin Board outside the educator's office for their photos.

Awards :

Brenda Morgan-Canadian Nurses Association's top 100 nurses in Canada. Brenda was featured in the Canadian Nurses Association Publication in Jan. 2008.

Good Bye and Good Luck:

Susan Williams has left the Manager position and has taken a position as a Clinical Educator at UH. We thank Sue for her contributions to CCTC over the years and wish her well in her new endeavor.

Retirements:

Bob Reid-RRT
 Les Kinosha-RRT

CCTC Xmas Parties

Unit Clerk Dinner and CCTC Party



R & R Shared Leadership Recognizes Staff

Thank-You

Each year a Christmas collection is organized by Linda Holland with help from Inga Kraeft, Nancy Giles-McIntosh and Rosie Crawford. All funds collected went to support The Maycourt Club, The London's Children's Aid Society and the Glen Cairn Centre. Thank-you for all your time and efforts in collected and organizing for these people in need. Thank-you to all staff for your generous contributions that helped the people in your community during the holiday season.

Thank-You

A big thank-you goes out to Tim Locke for all the time and effort spent on creating the wonderful selection of music CD's we use in the patient rooms here in CCTC. Contributions such as this go a long way in creating a better work environment for patient's and staff alike. Tim was presented with a gift card from R &R on behalf of CCTC.

Thank-You

We would like to recognize Lisa Rahaman for her efforts in planning and organizing the Christmas party at Western Fair in 2007. Rumour has it all had a good time and everyone cleaned up nicely. Thank-you to all who helped collected money for this event as well.

Coffee Talk

On behalf of R&R we hope you will all have a chance to utilize the coffee maker (located in the staff room of CCTC). that was purchased over Christmas holidays. This coffee maker was originally purchased by Susan Williams and R&R reimbursed Sue for this. Another great reason to keep buying from the snack cart!!!!



Preceptor Workshop

A joint preceptor workshop was held on Jan. 31/08 in a combined effort with UH ICU.

A special thank-you to Jo-Ann Fulcher for helping with this workshop and putting together preceptor resources.

Also we would like to thank and acknowledge Eli Lilly Pharmaceuticals for sponsored the lunch.

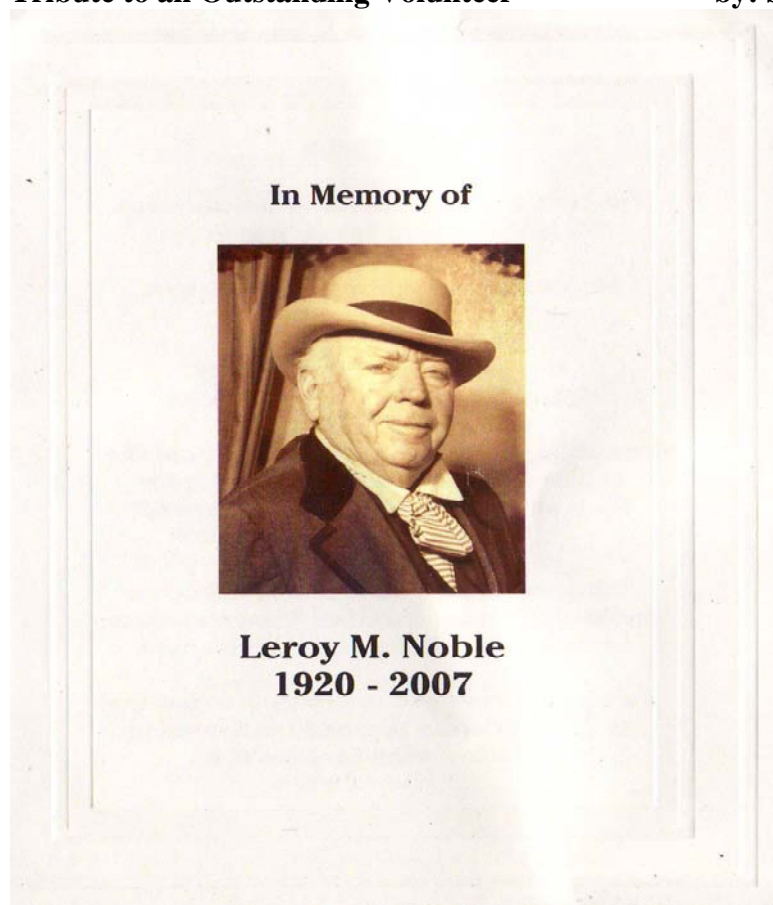
CCTC staff who have joined the list of

preceptors include:

Jodi Barnier
Barb Benedict
Phoebe Hern
Karen Hughes
Caroline Waring

Gina & Judy





Leroy was a volunteer in CCTC for 15 years. Many of you may fondly remember Leroy for his warm smile, gentle nature and of course for bringing in jellybeans every shift he volunteered!!!

Leroy was born in Leamington Ont., and joined the Navy at a young age; he was pulled from the Navy and put on reserve to resume farming. Leroy then married and settled down in London. Leroy is survived by his wife Lilly, 3 sons, 1 daughter, 6 grandchildren and 3 great grandchildren. In his spare time Leroy enjoyed woodworking and was a member of the Masons.

Leroy began volunteering shortly after visiting a close friend in CCTC, he saw how the staff provided care and the helpful role the volunteers played to staff, patients and families alike. Leroy too wanted to make a difference and graciously began volunteering his time.

Leroy was a true gem and his kindness has touched many lives here in CCTC, he may be gone but never forgotten.
