

CCTC Newsletter

Hello everyone! It's that time of year when the ghosts and goblins come crawling out of the woodwork and we start to think of Halloween...my personal favourite time of year. It's been a few months since the last newsletter so let's get everyone up to speed on what's been happening in our busy Unit.

As usual, we've been crazy busy all summer. We had a rough couple of months and thank you to everyone who helped out. It's wonderful to see how we all pitched in and helped each other out. What a great bunch of nurses and friends! We've had a few comings and goings with staff and a few babies along the way. Here we are so far:

Weddings:

Jessica Pasztor—August 2008

Jessie DeGroot—October 2008

Cathy Wade—August 2008

Babies:

Claire Newton...baby Siobhan

Carolyn Martin...baby Grayson

Annie McArthur....baby Taya

Goodbyes:

Paula Schmidt, Jamie Wilgress,
and

Rob Blanchette



Halloween Newsletter

New Staff To The Unit

By Gina Souliere

By now you'll be seeing lots of new faces around the Unit. Please welcome:

MC Walker, Valerie Small, Amy Labadie, Sara Kosatchenko, They have successfully completed their orientation and are now in our count.

Starting October 23rd we will be welcoming some more new RN's to CCTC:

Elaine Brown, Jennifer Folkema, Rebecca Park, Katie Milligan, Jennifer Dobkowski, and Kristen Schwartz.

Also, welcome to our new Coordinator Alison Rowlands. She comes from Cardiac Care service. Please give her a big CCTC hello.

CCTC Christmas Party News

People are getting excited about this year's upcoming Christmas dinner and dance to be held at Slo-Pitch City in Dorchester on Friday November 21st. Transportation to and from Dorchester is being provided by a Limousine bus that seats 28 people and that is sure to see many pre-party shenanigans. Tickets are \$40 pp for the dinner and dance and \$20.00 for the dance only. Dinner will be buffet style and the caterer comes highly recommended. Then be ready to dance the night away to all your favourite tunes. The limobus can be picked up at the Tim Horton's at Baseline and Wharncliffe or the Tim Horton's at Clarke Road and Trafalgar. A sign up sheet will be posted soon in the lounge so that you

and your party can sign up for your pick up time and location. Tickets can be purchased from Kelly Steeves, Patti Fisher or Jill Rundle, and if you do need to write a cheque, please make it out to Jill. Attire for the party is dress casual, semi-formal or all out formal, you decide, you surprise us. The limobus will allow alcohol to be brought on the bus but please keep in mind that we can't afford to lose the security deposit so please look after each other. We look forward to having a great time and hope to see you all there.

Merry Christmas!



By Jill Rundle

Updates on Staff Nanci Donahoe

I wanted to mention our co-workers who are off sick at this time: Dianne Sipprell: A big thanks to Jan for keeping us all updated. Thank you to Jane Blake for the beautiful quilt given to Dianne.

Best wishes are sent out to Carolyn Dengate who has finished her chemo and enters

By: Jill Rundle and

the next phase of her treatment soon. Several people from the CCTC participate in the CICB Run For the Cure last month and enjoyed the company of Carolyn and her family on that lovely morning. We all miss her and send her our love and positive vibes.

Thoughts also go out to Charlotte Weber-Trotter and Carol Wong. Hopefully all are feeling better.

Upcoming Events

Don't forget about our Skills Fair coming up at the end of October. What a great way to re-certify your skills and have fun too. The location of the fair has been moved to The Holdsworth Auditorium at SSC.

November 5th is our annual Take Your Kids To Work Day. Please give all our future nurses a warm welcome!

The Biggest Loser:

Cheers go out all the staff participating in this challenge. We can win this!



Halloween Medical Treatments and Superstitions

Asthma : One of the oldest treatments from the Roman times is to swallow 20 or so crickets with a little wine. Sufferers in Cornwall were advised to roll cobwebs into a ball and swallow them to affect a cure. In the 16th century, cures included consuming a raw cat, swallowing foam from the mouth of a donkey or perhaps a little more appetizing, sticking to a diet of boiled carrots.



By Nanci Donahoe

Cough: One cure for a cough, as suggested by the British superstition, is to administer barley water to the patient in which 3 snails have been boiled.

Doctors: Among the traditions that survive into modern times are the notions that consulting a doctor on a Friday is bad luck and may lead to the patient's death. Being the first patient in a clinic or the first of the morning is a guarantee of a cure. Also, a doctor's bill should never be paid in full for fear of tempting fate!

Headache: Treatments include: wrapping the skin of a snake or a hangman's rope around the temples. Holding tightly onto some scraped horseradish and pressing one's thumb against the roof of your mouth. Also, remedy's of drying and powdering some moss found in a human skull and inhaling it like snuff are recommended. In England, a poultice of cow's dung may be a cure for some.

Flu: Among the many remedies were feeding a patient spoonfuls of holy water , applying poultices

Fever: The consumption of spiders is considered the best treatment. Also insects eaten alive in slices of apple or with jam is recommended. Cobwebs may rolled up into pills and eaten or a spi-

Gallstones: Superstition offers treatment to boil sheep droppings in fresh milk and drink the concoction daily.

Jaundice: Remedies range from eating nine lice on bread and butter and drinking hen's droppings in white wine.

Rheumatism: Stripping the sufferer naked and repeatedly burying him vertically in the churchyard for 2 hours at a time until the problem has disappeared is one treatment.

Sneezing: Superstition claims that when a person sneezes they are temporarily deprived of their soul. This is where Bless You comes from. Care should be taken about the direction in which one sneezes: to the right is lucky but to the left is unlucky. Someone who sneezes while talking is telling the truth.



A man was walking home alone one foggy night, **W**hen behind him he hears:
Bump, Bump, Bump.

Walking faster, he looks back and through the fog he makes out the image of an upright casket banging its way down the middle of the street towards him....

Bump, Bump. Bump.

Terrified, the man begins to run toward his home, the casket bouncing quickly behind him. Faster, faster....Bump, Bump, Bump

He rushes up to his door, fumbles with his keys, opens the door, rushes in, slams and locks the door behind him. However, the casket crashes through the door, the lid of the casket clapping: clappety-Bump...clappity-Bump....clappity-Bump. On his heels, the terrified man runs. Rushing upstairs to the bathroom, the man locks himself in. His heart is pounding, his head is reeling, his breath is coming in sobbing gasps. With a loud crash the casket breaks down the door. Bumping and clapping towards him. The man reaches for something, anything, but all he can find is a bottle of Robitussin. Desperate, he throws the cough syrup at the casket.....are you ready for this??..... The Coffin Stops!!!!



Thanks to Joy B

Favourite Halloween Movies By Nanci Donahoe

Let's just start off by saying I LOVE horror movies. I couldn't resist having a section on movies especially at this time of year. Even though these movies are classified as horror, they are more comedy than scary:

Young Frankenstein: Here's Mel Brooks as his best in spoofing Frankenstein.

Dracula: Dead and Loving It: A delightful giggler and groaner starring Leslie Neilson "Oh Renfieeeeeeeeld...."

Love At First Bite: Gotta love George Hamilton with his perma tan.

Rocky Horror Picture Show: "Dammit Janet" and who can forget..."It's just a jump to your left and then a step to the right...."

Hocus Pocus: Bette Midler makes this a great movie by Disney. Funny movie for the whole family.

Ghostbusters....love them both though the first one I thought was funnier. "I ain't afraid of no ghosts" :Who you gonna call? Ghostbusters"

And a few assorted zombie flicks: Shaun Of The Dead, 28 Days Later. Night of the Living Dead (B/W version)

Here are a few genuinely scary movies that continue to give me the creeps no matter how many times I see them.

The Haunting: The original is the best. 'Join the good doctor and his unsuspecting subjects and see what happens when it gets dark'.

The Sixth Sense: Do you see dead people?

Psycho: This movie is a masterwork of suspense and horror. Murderous psychos don't get any scarier than Norman Bates.

Night Of The Living Dead: I love the B/W version. "They're coming to get you Barbara"

The Entity: I don't know what it is about this movie but I need to sleep with the lights on after watching this.

The Shining: Jack Nicholson at his creepiest best. Stunning psychological horror.

The Legend Of Hell House: Ask Kris P. about this movie.....great British haunted house movie.

The Changeling: My personal scariest. I still hate wheelchairs. They spook me to this day.

