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Updates and News

Vol 5 Issue 2

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Welcome to the CCTC Spring and Summer newsletter! There has been lots going on with our Unit the last few months. We've been horrendously busy with our census soaring every day we work. But we all pitch together and get the job done and by the end of the day, I am proud to say I am a CCTC nurse!

Here's what has been going on with us:

Births :

Lisa Rahaman-baby boy Micah on March 30/08
 Angela Walsh-baby boy Kaelan Thomas on March 17/08
 Julie Brochu -baby boy " Nathan" on April 17/08
 Dr. Daliah Fortin -baby boy "Owen" on April 4/08



By Nanci Donahoe and
Gina Souliere

Congratulations to Erin Visser who once again successfully completed the BOSTON MARATHON. You are inspiring us all to become active.

Special thanks to the CCTC conference planning committee for all their hard work in organizing this years conference set for June 6/08 at the Lamplighter. The conference committee includes: Pam Moores, Karen Hughes, Barb Prudhomme, Krista Shea, Susan Smith and Pamela Gladysz. Hope to see you there!

Good byes:

Jennifer Jackson PT has a new role as PPL in Physiotherapy at Parkwood Hospital.
 Joy Bumstead, Dave Ryersee as they head to PACU
 Cindy Masters, Kelley Hutchingame (Palliative Care), Sue Williams, Lynsey Slatink .

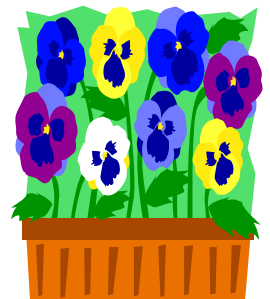
In memory:

Our thoughts and prayers go out to Leila and Jason Trotter on the loss of their son Noah Christopher.

Welcome to New RN Staff:

Paula Schmidt, Isa Americano. Carolyn Lee, Jessica Pasztor, Mark Fairweather, Stephanie Stewardson and Jane Blake. Also welcome back Robin Given! She's rejoined us from Oncology.

Also a welcome goes out to our new Unit Clerk Donna Benedict.



Special points of interest:

- Births
- Goodbyes
- New Staff

Welcome New RT Staff

By Pat Vafiades

Here are the 6 new casual Respiratory Therapy Staff members, starting orientation May 20 and will be starting clinical shifts on June 17th. Five of the six were RT students with us this last year so you may recognize them. Left to right: Keri Parkinson, Jose Contreras, Samantha Dowse, Jessica Singh, Melanie Reinhardt and Brooke Hosking



Other News

By Nanci Donahoe

Nurses Week was May 12th to 16th. What a great week it was! Monday was a breakfast provided by Judy Kojlak. Tuesday was the CACCN breakfast at Windermere Manor with guest speaker Sherry Foran. Then came Wednesday with the CCTC physician lunch and evening lunch provided by our consultants. Thursday was the big Gala with guest speaker Linda Silas at Lamplighter Hotel ...65 nurses attended and had fun with the murder mystery theme. Friday was cake day provided by our own R & R committee, along with a draw for 2 books and 2 CACCN memberships. Congratulations go out to winners. Todd Root and Jessica Pasztor who will receive ICU books and to Julie Otto and Josie DiLullo who will receive complimentary memberships to the CACCN.

The CCTC/ICU Golf Tourney is being organized this year by Dave Ryersee. It will be at the Llyndinshire Golf and CC Friday June 20th. There is a 0830 shotgun start this year. Register your foursome or just sign up on the sheets provided. It will be \$65.00 which includes golf and cart and meal. There will be prizes for the lowest score, closest to pin male and female, longest drive male/female plus a few surprises. Open to all staff and spouses. For more inquires email Dave Ryersee. All rules apply re: alcohol and dress attire.

CCTC BBQ It's that time again for the Annual CCTC BBQ at Elsie Perrin - June 12, 2008. This will be a potluck as last year. A sign up sheet has been posted in the Staff Lounge - salads will be in great demand! Please mark in your calendars and RSVP to Sandra Aucoin at your earliest. Have a great day! Reminder; The CCTC conference is quickly approaching, (June 6th). Please submit your applications to attend to members of the conference committee. There are plenty of spaces still available.

• CCTC Roller Skating Night!

By Jill Rundle

The first C.C.T.C. roller skating night was a big success if you ask any of the six people who attended. We had a blast and no one sustained any injuries if you don't include that huge hematoma on someone's derriere. Patti, Jacquie, Meaghan, Phoebe, Tim and myself boogied to all the old familiar tunes and afterward we went to Crabby Joe's for beverages and some appetizers. Phoebe and Meaghan were a huge fashion hit there dressed in their awesome 80's attire. We had a lot of fun and exercise and I encourage all of those who couldn't make it or were too afraid, to join us on our next outing. We will let you know when it will be at a later date.

Baseball News

Once again we hear the crack of the bat and off we go to the diamond for a little fun. Dave Souliere is organizing this year's baseball and it's open to anyone. Come join the fun as we cheer on our team Crabby Joes and marvel at Barb's co-ordinating outfits. Schedules can be found at the front desk. Come join us if you can!

Nurses Week Poster Board

A big thank-you goes out to our own Janet Taylor for all her hard work on the great poster for Nurses Week! What a blast to see where we came from and where we are now. Is it really 3 years ago that we moved here?? Thanks Janet!

Recycling Comes To CCTC

Recycling in the C.C.T.C.!

By Jill Rundle

Well it's been a long time coming but recycling has finally come to the C.C.T.C. and judging by the overall reaction most of you are very excited by it. It is great to have the opportunity to recycle and save the landfill from all of the waste that we generate here in the unit. We are able to recycle plastic sterile water and saline bottles (and lids), cardboard, batteries as well as aluminum cans, glass juice bottles and plastic pop and water bottles. It is important though that we are diligent about reminding people not to put ordinary garbage in the recycling receptacles because if garbage is seen in the bag then the whole thing is then thrown in with the regular garbage because it can not be sorted. I know everyone will do their best with this endeavor and we can all feel as if we are doing just a little bit to help save the planet. Also, now would be a good time to remind everyone to help me with turning out all unnecessary lights throughout the unit and try to save a little energy. Every little bit helps!



NGGI-Nursing Graduate Guarantee Initiative

Starting in June 2008-4 NGGI's will be starting in CCTC. 3 out of the 4 will be familiar faces to most staff as they consolidated here from January-April 2008 which include; Julie Heersink, Thomas Washburn and Savanna Houser. Marci Holden will be a new face coming with consolidation experience from Sunnybrook Hospital in the critical care program.

So what is the NGGI?

It is a Ministry of Health and Long Term Care initiative that ensures new grad RN's will have full time employment by providing funds for this extended orientation.

How does it work?

They will be supernumery for a maximum of six months and have a preceptor during this time. At the end of this time there will be an option for continued employment in CCTC.

Please take some time to meet these 4 new staff members as they begin their nursing careers!!!!

Test Your Knowledge Of Spring

By Nanci Donahoe

1. On the first day of spring, the hours of daylight and of darkness are equal.
2. During the vernal equinox, around March 21st, an egg will stand on its small end.
3. The ancient Greeks celebrated Mother's Day in spring.
4. Finding a four-leaf clover is thought to bring you good luck.
5. The area along the California-Oregon border, is known as the "Easter Lily Capital of the World."
6. Baby birds must learn how to sing.
7. Spring Fever is a real physical condition.
8. An emerald represents spring.
9. William Wordsworth wrote a famous poem about daffodils.

Answers To Quiz:

1. True. Around March 21st, the earth's position in its orbit around the sun places its equator in line with the sun. This time period is called the "vernal equinox" and is the first day of spring in the Northern Hemisphere. "Vernal" means spring and "equinox" means equal.
2. False. Although some people would swear that an egg will stand on its small end during the vernal equinox, there's no scientific evidence to support these claims.
3. True. The ancient Greeks celebrated Rhea, "Mother of the Gods," with honey-cakes, beverages, and flowers at dawn - the earliest known Mother's Day celebration.
4. True. Four-leaf clovers are thought to bring good luck, but there's no scientific evidence to support that claim.
5. True. An area along the California and Oregon border produces 95 percent of all bulbs grown in the world for the potted Easter lily market. They produce more than 11 million bulbs annually.
6. True. Though baby birds are born with the ability to sing, they must learn the songs of their species. An isolated baby bird will learn simple songs, but not the complex songs of its species. A bird must hear in order to learn. Only a few birds can sing the songs of other species. The mockingbird seems to be the best at imitating the songs of other birds.
7. True. Spring Fever is a real physical condition which commonly occurs when a sudden warm spell follows a long cold period. When the temperature rises, the body has to get rid of heat; thus there's a dilation or expansion of the blood vessels so that blood can be carried to the body surface where heat can be lost quickly. Some people experience an energetic feeling when this change happens due to the body's reaction to the great amount of internal work going on.
8. True. An emerald represents spring, rebirth, hope, peace, and tranquility.
9. True. William Wordsworth wrote the poem, "I Wandered Lonely As a Cloud," which was about yellow daffodils.

Did You Know?

By Jo_Ann Vanderendorick

The average human body has 14 to 18 square feet of skin. The skin of the armpits can harbor up to 516,000 bacteria per square inch, while drier areas, such as the forearm, have only about 13,000 bacteria per square inch.

The air released from a sneeze can exceed the speed of 100 mph.

The average human scalp contains between 120,000 and 150,000 hairs. The average human eyelash lives about 150 days.

The average human body holds enough: sulfur to kill all the fleas on an average dog, potassium to fire a toy cannon, carbon to make 900 pencils, fat to make 7 bars of soap, 10 gallons of water, and phosphorous to make 2,200 match heads.