



WISHING LIZ PEARSON, MANAGER INFECTION CONTROL A HAPPY RETIREMENT!

It is with mixed feelings that we announce the retirement of Elizabeth (Liz) Pearson, Manager of Infection Control and Professional Practice. Liz was part of the Hotel Dieu Shaver family for over 33 years.

Liz was hired as a casual staff nurse at the Hotel Dieu in 1985. She discovered a passion for Nephrology Nursing and became a certified Nephrology Nurse in 1996. She spent many years working in the hemodialysis department and subsequently became the interim Manager of Nephrology, Pre-dialysis & Transplant, and Progressive Renal Care. In this same year Liz obtained her Bachelor of Science in Nursing.

Liz continued to expand her many interests and

changed her primary focus to Infection Prevention and Control. She became a practicing ICP in 2004. Liz has obtained a number of certificates and accomplishments including Infection Prevention and Control Certificate from Centennial College and Certificate in Elder Care from University of British Columbia.

In March 2004, Liz became the Manager of Infection Prevention and Control and in 2010 her portfolio was expanded to include Manager of Professional Practice. In 2017, Liz completed her Master's Degree in Nursing at Athabasca University.

Liz's professionalism, expert knowledge, and leadership will be missed by many. We wish her a very happy retirement where we know she will be enjoying vacation time with her husband Mike, daughter Jennifer and many nieces and nephews.



EMPLOYEE RECOGNITION EVENING

On Tuesday, November 13th Hotel Dieu Shaver recognized those employees celebrating their long service awards at Club Roma from 5 to 40 years. Congratulations to Melinda Martens on being awarded the 2018 SPIRIT Award. Melinda was nominated by her peers. Some of Melinda's many attributes are kindness, exceptional and positive interactions with patients, family members and all staff. Melinda goes over and above her job requirements and assists others to provide the very best person centered care. Congratulations Melinda for your exceptional contributions to our Mission and Values!



We extend congratulations to each of our nominees:

- Cheryl Baldin, Occupational Therapist
- Shelby Brown, RN
- Maggie LaPlante, Speech Language Pathologist
- Carly McDonald, Speech Language Pathologist
- Jordan Purves, Rehab Assistant
- Anna Rybak, Hospitality Services Aide
- Dale Winter, Electrician



MISSION & PASTORAL SERVICES



On Monday, December 3rd, the annual Caroling and Lighting of our Christmas tree was held in our front lobby. Several patients, family members, staff, volunteers and patient advisors gathered to kick off the Christmas Season. An opening reflection included remembering the various faith groups and cultures who celebrate their traditions during December. Following the caroling all were welcomed to our Boardroom to enjoy some refreshments.

MISSION MOMENT

"I attribute my success to this: I never gave or took any excuse."

FLORENCE NIGHTINGALE

AFP AWARDS LUNCHEON



Association for Fundraising Professionals celebrated National Philanthropy Day with an Awards Luncheon at Liuna Station in Hamilton. The HDS Foundation nominated one of our donors, Mountainview Homes, for the Outstanding Corporation award, and

they were selected! The Wise Guys Charity Group, another donor to the Foundation, were selected for Outstanding Philanthropic Group.

EMPLOYEE SPOTLIGHT: KRIS LIDSTONE



Current Position/ Role: Assistant

How long have you been with HDS? 25 years

What is the best part about your job: VARIETY! Work is never dull for me! In addition to the variety, I have the ability to meet, talk to and get to know almost all employees.

Any advice for someone coming

into your line of work? Well, for sure you need to be organized because of the variety. Make sure your hat isn't too tight because you will change it often. Write things down. Keep an open mind. Be kind and friendly. Listen with both ears. Don't be afraid to jump in and help out.

What are your hobbies/interests: I am half empty nested, but I have two beautiful Dobermans who keep me busy. It's like having a second round of kids! We have a Harley Davidson that we like to take trips on in the summer months and when we aren't doing that, we enjoy going camping.

Where is your favorite place to eat? Hmmm, food, I love food! I would have to say Wildfire. They have delicious steak!

What is the best book you have ever read? Wow, there are so many. I love to read. Off the top of my head I would say the Iris Johansen's Trilogy of Eve, Quinn and Bonnie. I have read almost all of Iris Johansen's books.

What is your favourite family tradition? I have an elf that I hang on the Christmas tree every year since I was a child. My mom and sister both have the same ones. I love seeing that little face when I unpack the boxes of Christmas decorations every year and it means so much because it is from my childhood. When my kids saw I had my own "special little guy" on the tree, they went around the house until they found what they wanted to use as their "special little guy." Every year since, I put theirs on the tree too.

If you could have one super power, what would it be & why? The power of healing. There are way too many people suffering in so many different ways and my ability to help them is limited. If I could have two superpowers, I'd also like the ability to travel in time. I'd like to travel back in time and maybe do a few things differently.

Which four individuals, living or dead, would you like to eat dinner with the most? That's easy, my dad – he passed 10 years ago, both my grandfathers – miss them so much. They both passed before I was 18. Lastly, Charlie Hunnam!

NIAGARA GOLF MARATHON CHEQUE PRESENTATION



The Niagara Golf Marathon committee presented their cheque to Hotel Dieu Shaver Foundation for \$23,800. The “golf 100 holes in one day” signature event saw 15 golfers raise over \$35,000, which was split between Hotel Dieu Shaver, Community Care and ProAction Cops for Kids.

SANOFI DONATION



Recently Ms. Kerry Radigan, from Sanofi Pharmaceutical, presented Dr. Luce and Janice Wright, NP, with a cheque in the amount of \$5000 to support the Hotel Dieu Shaver Medical Staff Association Third Annual Update in Rehabilitation Medicine scheduled on February 27, 2019.

3RD ANNUAL TREE LIGHTING CELEBRATION



Our annual kick-off to the Snowflakes and Angels Christmas Campaign was a huge success! Over 300 guests enjoyed free pizza, coffee, hot chocolate, wine and beer, a photobooth, kids’ crafts and a special visit from Santa! The event showcased our patient story, Celine Labrie, and her experience at Hotel Dieu Shaver and our AAC clinic. The tree was lit in spectacular fashion with help from country star and St. Catharines native, Tim Hicks!

PATIENT SPOTLIGHT: MEET NICOLE



In sickness and in health – just one of the vows Nicole and her husband Chris swore to each other when they married. Just six months later, this vow would be put to its first test.

It was a usual Saturday - Nicole was at work when she started feeling dizzy, and hives appeared on her neck and chest. Taking the rest of the day off, she took the bus home. What should have been a seven minute walk took her half an hour. “I don’t even remember the time going by.”

Over the past few months, Nicole had been working 60 hours a week at two different jobs, so she thought she just needed some rest. By Sunday, Nicole was so exhausted she could barely walk and needed her husband to help her out of bed. When she woke up on Monday, she felt even worse. “My feet and legs went from tingling to numb.” It was then that the couple decided to go to the hospital.

After bloodwork, doctors told Nicole that she was just stressed and sent her home. Over the next two days, Nicole got progressively worse. She broke down crying as Chris once again helped her get out of bed. “I just knew something was really wrong.”

Her husband wrapped her up in her winter coat and boots and back to the hospital they went. More blood tests, then a CT scan, MRI and lumbar puncture. “I’m terrified of needles, so the lumbar puncture was definitely the worst,” she says. “My husband bribed me by promising to go skydiving with me. He hates heights!”

As the tests continued, doctors were ruling out meningitis, Multiple Sclerosis, and Lyme disease. Ten days later, she was sent to a neurologist who told her the diagnosis – Guillain Barre Syndrome or GBS.

GBS is a disease that attacks the nerves. Its first symptoms are usually mistaken for the cold or flu, and the disease starts mostly in the legs. If not treated, weakness and tingling followed by numbness can paralyze the whole body, including the lungs. The exact cause of Guillain Barre Syndrome is unknown.

After the diagnosis, Nicole was sent to ICU so doctors could monitor her for any respiratory difficulties. Thankfully, there were no further complications and she was in a regular room the next day.

While she did a little physiotherapy in the an acute hospital, she was soon transferred to Hotel Dieu Shaver. Nicole had three hours of therapy a day, and part of it included the Therapeutic Pool. “I finally felt weightless - I just wanted to be in the pool all the time,” she remembers.

On her first day at Hotel Dieu Shaver, Nicole had arrived in a wheelchair, needing help to get in and out. On her last day, she walked out with only a cane for support. A year later, she ditched the cane.

Nicole is determined to make up for lost time, and she and her husband have since travelled extensively. They’ve been horseback riding, whale watching, and are planning a trip to Europe. Nicole decided to go to college, and graduated in June. She also joined a support group for GBS to help others understand the disease and how to manage it.

“I just can’t imagine what would have happened if I didn’t come here,” she says. “I’m back. Hotel Dieu Shaver gave me a sense of normalcy.”

Hotel Dieu Shaver Night at the IceDogs

Thursday, January 31st, 2019

7:00pm

Meridian Centre
St. Catharines, Ontario



Sault Ste. Marie Greyhounds

Niagara IceDogs

The Niagara IceDogs return NHL draft picks Akil Thomas, Ben Jones, and Kirill Maksimov this season. Touted as one of the top teams in the league, the IceDogs are setting high expectations for themselves in the 2018-19 season!

The Hotel Dieu Shaver community is welcomed to join in for a pre-game skate on the Meridian Centre ice from 5:00pm-5:50pm on the night of the game. Afterwards, the hospital will be running our second intermission puck toss. All incoming money will remain with Hotel Dieu Shaver as fundraising dollars!



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	Ticket (HST included)	# of Tickets	Total Charge
Patients, Staff, Family, & Friends	\$14.00		
Name:	Phone #:		
E-Mail:			