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1. Go to <http://hup.microsoft.com/>.
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3. Enter your corporate e-mail address and insert the following program code **B6ABAEB28F**

Note: This program code is assigned to our organization for our sole use in accessing this site. You may not share this number with anyone outside our organization.

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HEARTLAND LINK.....
KEEPING US ALL WELL CONNECTED!!

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**To the new hires in
Heartland**

Welcome to the new hires in Heartland Health Region who took part in Regional Orientation in June. Please welcome your new colleagues to the region and your facilities.

Kindersley Primary Health Services Area	Facility
Eleanore Massey—CCA	Eston Health Centre

Rosetown Primary Health Services Area	Facility
Nadine Melenchuk - RN	Rosetown Health Centre
Courtney Wipf - CCA	Rosetown Health Centre
Joy Pearl Daba-ay - ESW	Rosetown Health Centre
Tiffany Steves - MLT	Rosetown Health Centre
Tanya Baxter - RN	Biggar Health Centre
Cathy Spencer - RN	Elrose Health Centre

Unity Primary Health Services Area	Facility
Armand Gareau - MSW	Kerrobert Health Centre
Nestor Abelada - MSW	Kerrobert Health Centre
Rachel Baes - CCA	Unity Health Centre
Elisa Avena - CCA/FSW	Unity Health Centre
Kimberly Wolbeck - Grad Nurse	Unity Health Centre
Shannon Cook - PHI	Unity Health Centre

Outlook Primary Health Services Area	Facility
Jennifer Calvin - RN	Outlook Health Centre
Liby Tom - CCA	Outlook Health Centre
Amanda Pederson - CCA	Outlook Health Centre
Lindsey Haapapla - CCA	Outlook Health Centre
Christina Crone - CCA	Outlook Health Centre
Melissa Jones - CCA	Dinsmore Health Centre
Tammy Pitchko - FSW	Davidson Health Centre

Safety Talks!

HANDOUT

Infection Control ■ T1803-04

Beware of Bloodborne Pathogens

WHAT'S AT STAKE

Nearly any worker could encounter bloodborne pathogens — whether bandaging a co-worker's cut, stepping on a used hypodermic needle in the alley or helping an accident victim on the way home.

WHAT'S THE DANGER

The viruses that cause certain diseases are spread by contact with blood and some other bodily fluids. Bloodborne diseases include:

- HIV, which causes AIDS, an immune system failure;
- HBV, which causes Hepatitis B, a liver disease; and
- HCV, which causes Hepatitis C, also a liver disease.

EXAMPLES

You could be exposed by being pricked by a used needle or other medical sharp, or exposed while giving first aid — if infected blood enters your body through your eyes, mouth, nose or skin cut.

HOW TO PROTECT YOURSELF

Find out if your employer has a written safety plan. An important part of such plans is known as "standard precautions" or "universal precautions." This means dealing with all human blood and other bodily fluids as if they contained deadly viruses, even if they don't. Methods of isolating hazards may be part of a safety plan, such as safe disposal containers for sharps, such as needles.

Use tongs or brushes to clean up debris containing sharp items, even if you are wearing gloves. Never pick up broken glass with your hands.

Wear the personal protective equipment (PPE) you are instructed to use, if your job exposes you to bodily fluids. This could include gloves, gowns or lab coats, goggles with sideshields, faceshields and respiratory protection.

Clean and decontaminate any equipment and surfaces that may have had contact with infectious materials. If someone's blood gets on your clothing, try to handle that laundry as little as possible and wear gloves. (If you work in a healthcare facility, you either consider all laundry contaminated or use specifically marked receptacles for storing contaminated laundry before sending it out for washing and cleaning.)

If you are exposed to a bloodborne pathogen:

- Wash needlestick sites or cuts with soap and water.
- Flush with water any bodily fluid splashes to the nose, mouth or skin.
- Irrigate your eyes with clean water, saline solution or sterile irrigants.
- Report the exposure to your supervisor immediately so treatment can be started without delay.

FINAL WORD

You can't see the viruses that cause AIDS and hepatitis. You just have to assume they are present in blood and protect yourself from contact. ■

TEST YOUR KNOWLEDGE

1. Only specialized workers need to be aware of bloodborne pathogens.
 True False
2. You can contract several diseases from exposure to human blood, including Hepatitis B and HIV (AIDS).
 True False
3. An important part of a safety policy to deal with bloodborne pathogen hazards is:
a. cost
b. paperwork
c. universal precautions
4. It's okay to pick up needles or broken glass with your hands.
 True False
5. It's good practice to always assume that blood and bodily fluids you handle contain deadly viruses.
 True False

What Would You Do?

Melanie is trained in industrial first aid. On the way to work she encountered a traffic accident before the ambulance arrived to deal with the blood-soaked victim lying in the street. She didn't have a first aid kit in the vehicle she was driving that day, so she had no surgical gloves to put on. The victim was obviously bleeding from an artery. What would you do?

T1803-04

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Mental and Physical Health: Making the Connection

An increasing number of studies are highlighting the link between mental and physical health. For example, mental health issues, such as depression, can increase the risk of developing diabetes, heart disease and stroke. Similarly, a person suffering from a chronic physical condition is more likely to experience depression, either because of the stress related to living with their condition or because of the medications used to treat it.

Mental illness → Physical pain

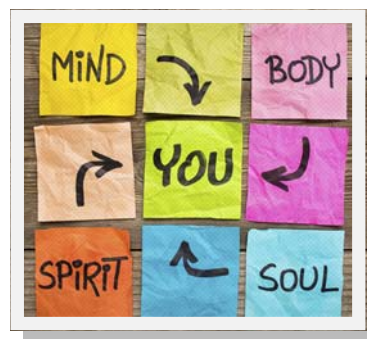
Mental illnesses not only increase certain health risks, but they can also have physical symptoms of their own. In fact, 65 percent of depressed people also experience:

- Headaches
- Stomach aches
- Muscle aches and joint pain
- Exhaustion and fatigue
- Back pain



It's been reported that more than 20 percent of adults with low back pain have symptoms of clinical depression. The exact relationship between depression and low back pain is not well understood, but individuals who suffer from low back pain and depression commonly experience insomnia, fatigue and poor physical fitness. These symptoms only aggravate the physical pain and depression.

Depression is a common mental illness worldwide, affecting more than 350 million people. More women than men suffer from the illness, and in Canada research has shown that **women with depression** are 80 percent more likely to experience heart disease than women without depression. Similarly, **people with mental illnesses** have up to three times greater likelihood of having a stroke.



Mental and Physical Health: Making the Connection

Physical illness → Mental pain

Just as people with a mental illness can experience physical pain, people with a physical illness, such as diabetes, can experience mental symptoms, such as anxiety. According to the Canadian Diabetes Association, “the biological impact of high blood sugar levels is also associated with the development of depression.” If the depression is left untreated, the individual is less likely to follow medical directions to control their blood sugar, worsening their mental and physical health.

People living with other chronic physical complaints – cancer, arthritis and asthma -- also face greater mental health challenges than the general population. So to successfully manage our health we need to keep both our body and mind in balance.

Finding the balance

How do we find this balance? Because what we do to the body affects the mind and vice versa, we need to take care of both body and mind at the same time. For example, a poor diet is a risk factor for many chronic illnesses and can contribute to weight gain. But a poor diet can also deprive the brain of glucose and the other nutrients that control mood – which can exacerbate depression. And when we’re depressed, we’re less likely to care about our physical health, which can further damage our mental health. This circularity can lead to a dangerous downward spiral, both physically and mentally.

Before we can make a change to improve our physical health, such as quitting smoking or losing weight, we need to understand *why* we smoke or overeat. Do we smoke to ease anxiety? Is our overeating linked to our emotions? While understanding alone is insufficient to effect behavioural change, recognizing vulnerabilities or needs – and finding healthier ways to meet them – can be valuable in making successful changes. And, at the same time, if we are trying to improve our mental health, we need to consider physical issues. Are we depressed because of the medication we’re taking to control our asthma? What role is our diabetes playing?

Not understanding that link between physical and mental health is one reason why so many of us fail in our attempts to make better lifestyle choices. If you’re having trouble getting started, contact your Employee and Family Assistance Program (EFAP). The professional advice and services available with your EFAP will help you make the connection between your mind, your behaviour and your body, and increase your probability of making healthy changes.



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Thank you to all those who helped to plan and setup Employee and Physician appreciation events this past month. Also a special congratulations to all those who have reached milestones in their career with Heartland Health Region this year!

I now want to remind those who received letters inviting them to log into our provider website to select your gift of choice, to do so on or before **July 15, 2016.**

If you have any questions, or have misplaced your log in information, please feel free to contact me directly at **1 (306) 867-9701** or email me at **HHRappreciation@hrha.sk.ca**. *Thank you, Leona Anderson—R&R Coordinator/PO/EA*



Keep your cool in the sun

Sun protection is important all year round, not just during the summer or at the beach. Take steps to help prevent skin cancer and other conditions. **Heat-related deaths and illness are preventable**, yet many people succumb to extreme heat each year. Take steps to lower your risk for heat-related illness.



Tips



- When possible, avoid outdoor activities during midday, when the sun's rays are strongest.
- Cover up with clothing and a wide-brimmed hat to protect exposed skin.
- **Drink plenty of cool, non-alcoholic fluids**
- Seek shade.
- **Wear sunscreen and lip screen with a sun protective factor (SPF) of 15 or higher.** Remember to reapply it as needed.

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SEVERE SUMMER WEATHER



Play it safe

Outdoors, we are vulnerable to severe weather conditions. This is particularly true out in nature or in open areas. When enjoying outdoor sports or activities like camping, hiking, water sports, team sports, fishing, climbing, biking or even walking, we need to know the weather forecast and be aware of the possibility of a storm developing. We should also be able to recognize the early signs of bad weather and know how to protect ourselves. As a general rule, if the sky darkens suddenly, one should seek shelter as soon as possible.



Lightning is the most common danger associated with storms. Lightning is an electrical discharge that can reach 10 000 amperes, striking the ground at about 40 000 km a second. It always seeks the easiest path to the

ground. As soon as you see lightning or hear thunder you should find shelter. Storms also generate very strong winds, hail, heavy rain, and sometimes even tornadoes.

To be safe outdoors, you must be familiar with your immediate environment and the surrounding area. For example, by marking appropriate locations to take cover, you will be able to find shelter fast if the sky darkens and you notice thunder and lightning. Do not forget that a storm can develop very quickly and you need to be able to take cover in as little as 30 minutes.

Practical advice in case of bad weather

Storm, lightning, strong winds, hail, tornado

- If you are in a tent or camper, take cover in a building such as a comfort station, washroom or community hall, or get into a hardtop vehicle.
- If there is no building close by, crouch down in a ditch or other low-lying area and cover your head with your arms.
- In the event of a tornado, leave your car immediately as the violent wind could easily flip it over. If there is no sturdy building nearby to protect you, lie flat in a ditch, ravine or other depressed area, and protect your head with your arms. Beware of flying debris.
- If you are in the water or on a boat, head for shore at the first sign of bad weather and take cover.
- Wait for 30 minutes after the storm has passed before returning to an open area or to the water.

Heavy rain, flash flooding

- Do not camp too close to streams or rivers because heavy rain may cause a rapid rise in the water level.
- Never cross flooded streams or rivers because the undercurrents can carry you downstream.
- In the event of a flash flood, head to higher ground immediately.

Learn to be safe



To better enjoy outdoor activities and to be able to protect yourself, you should keep abreast of the latest weather reports and warnings in effect issued by Environment Canada. Various tools also provide access to this information at any time, anywhere, even along your route.

The weather forecast and warnings from Environment Canada are available 24/7 on its **weather website** www.weatheroffice.gc.ca, where you can subscribe to the **RSS service**. In addition to being available from the local media, local weather conditions may be obtained using a hotline for **recorded information** in your area. You can also be in touch with an Environment Canada expert seven days a week at the weather consultation service **Weather One-on-One: 1-900-565-5555** (charges apply).

The **Weatheradio Canada** network broadcasts continuous weather reports on seven VHF frequencies at 162 MHz. The signal can be picked up by Weatheradio receivers, which are available for purchase from several retailers in Canada. At selected locations, low power broadcasts are transmitted on the regular FM or AM band. A Weatheradio receiver is not required to hear these broadcasts. For more information on Weatheradio, visit:

www.ec.gc.ca/meteo-weather/default.asp?lang=En&n=792F2D20-1.

For more information on hazardous weather conditions and how to protect yourself, visit the Environment Canada website:

www.ec.gc.ca/meteo-weather/default.asp?lang=En&n=15E59C08-1.