



ROSS MEMORIAL  
HOSPITAL  
Kawartha Lakes

# Ross Memorial Hospital's report to the community It's Your Hospital



Foundation Board Chair **Brian Kelsey**, Executive Director **Erin Coons** and Quality & Clinical Coordinator **Tracy Mann** launch the **Tales of Hope Holiday Appeal** for 3D Mammography.

## Tales of Hope

Every patient has a story. With your help, we can turn more breast cancer stories into **Tales of Hope**.

We know that our patients' diagnosis and treatment depend on high quality imaging. That's why the Ross Memorial is replacing our aging two-dimensional mammography unit with a 3D model with biopsy capabilities.

Please consider making a donation to help RMH buy this life-saving mammography unit, so our patients can tell more **Tales of Hope**.

Make a gift online at [rmh.org/foundation](http://rmh.org/foundation) or call us at 705-328-6146.

## Attention Registered Nurses!!

Looking to join a dynamic, team-oriented environment? Look no further! Ross Memorial Hospital (RMH) is searching for dedicated, skilled RNs to join their team of clinical professionals!

Visit [www.rmh.org](http://www.rmh.org) "Join Our Team" for more information.

## Accessing Care at Christmas

The onset of flu season and the increase in social gatherings over the holidays means healthcare providers can expect a surge in the number of people seeking care at Christmas time. With physicians' offices closed for the holidays, many of these people seek help from the RMH Emergency Department, which is open 24/7. There are other health services available in the community that might be more appropriate, depending on a patient's needs.

### The CKL Family Health Organization's After Hours Clinic in Lindsay (55 Angeline Street N.)

<b>Dec. 24</b>	9am-noon	<b>Dec. 27-29</b>	6pm-9pm
<b>Dec. 25</b>	CLOSED	<b>Dec. 30-31</b>	9am-noon
<b>Dec. 26</b>	9am-noon	<b>Jan. 1</b>	CLOSED

### The CKL Family Health Organization's After Hours Clinic in Bobcaygeon (85 Bolton St.)

<b>Dec. 20</b>	5pm-8pm	<b>Dec. 29</b>	9am-noon
<b>Dec. 27</b>	5pm-8pm	<b>Jan. 3</b>	5pm-8pm
<b>Dec. 28</b>	1pm-4pm		

(Regular hours of operation are Wednesday evenings 5pm-8pm.)

The **Kawartha North Family Health Team Office in Bobcaygeon** will be **open** to all patients from both Kawartha North offices on **Dec. 28** for acute access 8:00am-11:30am (FHT patients only, no appointment necessary). Normal hours resume on Jan. 2.

### The Kawartha North Family Health Team's After Hours Clinic in Bobcaygeon (100 East St.) will be open on

**Dec. 28** 1:00pm-3:00pm. (Regular hours of operation are Tues & Thurs 5:00pm-7:00pm.)

### The Kawartha North Family Health Team's After Hours Clinic in Fenelon Falls (at the Pharmasave) will be open on

**Dec. 29** 9:00am-noon. (Regular hours are Fridays 9:00am-noon.)

### The Community Care Health & Care Network Community Health Centre in Lindsay (108 Angeline St. S.) will be open

to see registered clients of the CHC on:

<b>Dec. 25</b>	CLOSED	<b>Jan. 1</b>	CLOSED
<b>Dec. 26</b>	CLOSED	<b>Jan. 2</b>	8:30am-4:30pm
<b>Dec. 27</b>	8:30am-7:00pm	<b>Jan. 3</b>	8:30am-4:30pm
<b>Dec. 28</b>	8:30am-4:30pm	<b>Jan. 4</b>	8:30am-4:30pm
<b>Dec. 29</b>	8:30am-4:30pm	<b>Jan. 5</b>	8:30am-4:30pm

People may also speak to a **Registered Nurse** (toll-free) by calling **Telehealth at 1-866-797-0000 (TTY: 1-866-797-0007)**

You may also consider calling your family's pharmacist for advice.

## Understanding Influenza (The Flu)

**Influenza is an acute respiratory illness caused by a virus. Influenza symptoms include fever, cough, weakness, body aches and headache. Influenza can lead to pneumonia.**

Most people with the flu are strongly encouraged to avoid the Emergency Department to prevent spreading the flu to others, but it can be difficult to know when and where to seek medical help.

To help people know when to stay home and when to seek help, the Ministry of Health and Long-Term Care developed an online self-screening tool at [ontario.ca/flu](http://ontario.ca/flu). The website also offers tips for managing flu symptoms at home, which include drinking lots of fluids and taking basic pain or fever symptom relievers.

### When to seek medical help

If you do not start to feel better after a few days or if your symptoms get worse, you should:

- Call your health care provider
- Call Telehealth at **1-866-797-0000** (toll free) **TTY: 1-866-797-0007**
- Visit one of the local After Hours Clinics

### When to come to the hospital

**Adults** should come to the Emergency Department if they have flu symptoms and have difficulty breathing, can't tolerate fluids or are concerned.

**Children** should be brought to the Emergency Department if their symptoms improve and then suddenly become worse. In addition, seek care if you notice any of the following signs:

- fast or difficult breathing
- bluish or dark-coloured lips or skin
- drowsiness to the point where he or she cannot be easily wakened
- severe crankiness or not wanting to be held
- dehydration – not drinking enough fluids and not passing urine regularly.

Patients are also advised to **bring all medication** you are taking when you come to the ER.

### Protect yourself and others against Influenza

If you haven't been vaccinated, please consider getting the flu shot to protect yourself and your loved ones. Contact your healthcare provider or participating pharmacist. To help protect patients and the RMH team against the flu, RMH strongly encourages all staff, physicians, volunteers and students who are not vaccinated against the flu to **wear a surgical mask while in patient care areas.**

