Dear All,

As the holiday season is upon us, I find myself reflecting on the many accomplishments of the past year as well as looking into what the future will bring in 2019 and beyond.

Our department is engaging in a sustainability MES (Management Equipment Service) plan to ensure for the next 15 years we will have the state-of-the-art equipment which will allow us to offer the best care to our patients and to engage and support research at the level of other major international academic centres. Please stay tuned as more information will be provided by our hospital leadership. MES will also allow to be prepared for the new revolution coming to Radiology, the most disruptive technology for the past 20 years.

Once again this year, Artificial Intelligence (AI) was the hype at the RSNA. We saw more mature applications coming from multiple equipment and software vendors who bring to market FDA approved solutions. One of the major innovation this year is the AI embedded in the modality. GE is demonstrating a portable X-ray machine which can analyze images at the bed-side and instantaneously point to pneumothoraces and misplaced lines. CT machines can flag a pulmonary embolism or a brain hemorrhage right at the modality before it goes to PACS. Many other applications are developed for MR and Ultrasound. AI competitions keep attracting numerous teams worldwide, and of the themes this year was automated identification of pneumonia.

Another major innovation is the prioritization of urgent studies by radiologists. A software that analyzes automatically all exams going to PACS and identifies the STAT priorities based on image abnormalities, and flags them to the radiologist for immediate reporting.

The Cloud, is another major revolution in the Radiology world. We saw image distribution evolving from a simple relation machine/printer, to ability to archive thanks to increasing storage capacity, followed by departmental distribution over a LAN, then enterprise distribution followed by regional networks. Now, the Cloud gives us endless technical capabilities to communicate, process, analyze images from anywhere, only limited by privacy and confidentiality concerns. A wealth of data which paired with health records and genome can at last change dramatically the way we approach and treat diseases.

Sincere congratulations to our residents and staff who made our department shine at RSNA, a great achievement to be proud of!

I hope each of you will take time over the holidays to focus on your own wellness, to reconnect with family and friends, and to celebrate the common values of generosity and community that are so essential. Each of you has made a valuable contribution to the many accomplishments of our program over the last year. Please accept our sincere gratitude for the great work you do every day. Have a safe and happy holiday season. All the best for 2019!

David Koff
Professor and Chair, Department of Radiology
McMaster University
UPCOMING: January 15th and 16th

Jadranka Stojanovska
Assistant Professor – Department of Radiology
University of Michigan Health System
Director, Cardiothoracic MR Program & Cardiac MR Service
Frankel Cardiovascular Center
Ann Arbor, Michigan

LOCATION: CAMPBELL Auditorium – Level 2 – Room T2202

Tuesday, January 15th, 2019
6:00 PM
“Imaging in Sudden Cardiac Death in Young Adults and Ventricular Tachycardia”

Wednesday, January 16th, 2019
7:30 AM
“Basic Approach to Cardiac MR”
12:00 PM noon
“Ischemic and Non-Ischemic Cardiomyopathy”

Hold these dates for more Visiting Professor series:

February 5th and 6th
Douglas S Katz – Emergency Radiology

March 5th and 6th
Sarah (Sally) Friedewald – Breast

April 2nd and 3rd
Richard Mendelson – Abdomen

April 30th and May 1st
Peter Munk – MSK

Please go to Visiting Professor Program web page for more information and to view all of Visiting Professor group photos with our Radiology Residents at: http://www.fhs.mcmaster.ca/radiology/vpp/
# Radiology Rounds by Site 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Juravinski Hospital and Cancer Centre</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0800 Resident Rounds (all rounds in DI Conf. Rm.)</td>
<td>0800 MSK Rounds</td>
<td>0800 Resident Rounds</td>
<td>0700 Hepatobiliary Rounds</td>
<td>11:00 Head/Neck Rds JCC</td>
</tr>
<tr>
<td>1200 Rad/Path Breast Rds (Rm 106 E Wing)</td>
<td>1200 Resident Rounds</td>
<td>0800 Multidisciplinary Breast Rounds DST (3-88 JCC)</td>
<td>0800 Stroke Rds.(David Braley Centre, General Campus, Auditorium)</td>
<td>1200 Interesting Case Rounds</td>
</tr>
<tr>
<td>12:15 DI DST Rds</td>
<td></td>
<td>1230 M&amp;M Rds. (DI Classroom), set once a month</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:00 GIUP Rds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hamilton General Hospital</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1200 Radiology Teaching Rounds</td>
<td>0700 Spine Rds</td>
<td>0730 Vascular Rounds (5N Teaching Room)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0800 Regional Cardiology Rds (David Braley Centre, General Campus, Auditorium)</td>
<td></td>
<td>0800 Stroke Rds.(David Braley Centre, General Campus, Auditorium)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0815 MSK Tumor Rnds, (DI Classroom)</td>
<td></td>
<td>0800 CNS Tumor Rds. HGH (DI Classroom) once a month</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1200 Radiology Teaching Rounds</td>
<td></td>
<td>1230 Interesting Case Rnds Interesting Cases</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1200 Combined Stroke Rounds, DI Classroom, Rm 2-158</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1600 Trauma Rds (Theatre Auditorium) M&amp;M Rounds 1st Tues. of mo.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>McMaster University Medical Centre</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0800 Pediatric Hot Seat Resident Rds</td>
<td>1200 Adult Hot Seat Resident Rds</td>
<td>0800 Adult GI Rounds, Rm 2532</td>
<td>0800 Pediatric Hot Seat Resident Rounds</td>
<td></td>
</tr>
<tr>
<td>0800 Tumor Brd (3F)</td>
<td>1230 Neuro-oncology Rds 3F</td>
<td>0800 Adult GI Rounds, Rm 2532</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1200 OB Rds (Dr. Mohide) Rm 2532</td>
<td>1445 Neonatal (US) Rds Rm 2532</td>
<td></td>
<td>1200 GI Ped Rounds Room 2532</td>
<td></td>
</tr>
<tr>
<td>1200 Neuroradiology Rds Rm 3NS50</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>St. Joseph’s Healthcare Hamilton</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(All rounds in DI Conference Room T0102, unless otherwise specified)</td>
<td>0730 – 0800 Small Renal Tumour Board Rounds - 1st Tues. of each mo.</td>
<td>0715 – 0800 Colorectal Rounds</td>
<td>0730 – 0830 Radiology Respirology Rds, 2nd Fri. of ea. mo.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0800 – 0900 Vascular Difficult Access Rounds – 1st Tues. of ea mo.</td>
<td>0800-0900 Breast Pathology Rounds</td>
<td>1200 – 1300 Lung MCC Rounds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1630 – 1730 Thyroid Malignancy Endocrine MCC Rounds—1st Wed. of ea. Mo.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0700 Hepatobiliary Rounds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00 CNS Tumor Board</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00 Neuro Onc Rds (Fellows)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1200 Resident Rds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1310 Sarcoma Rounds - (3rd floor conference room) JCC</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

More info can be found on the McMaster ETA website: [https://fhseta.mcmaster.ca/](https://fhseta.mcmaster.ca/)
Hello Staff,
We had a very fun dinner event on November 8th. Our speaker Diane Tikasz introduced us to the practice and benefits of mindfulness. We enjoyed a lovely dinner and then showcased some creative videos. I am sharing the video presentation from WL and JH. Both teams did a great job! Special thanks goes out to Vida Wang from West Lincoln and Kayleigh Kulla and Irwin Cheema from JH, Diana Stenhouse from the HGH, Dana Hagar from MUMC and Teresa Parente from MDU. We have some creative technologists in our group. There were several door prizes and many JH staff were lucky. Lisa Hempel was the luckiest winning the 50/50 draw. I would like to sincerely thank our radiologist group for supporting this event.

WLMH Video: [https://www.youtube.com/watch?v=DAgwbsLyZNo](https://www.youtube.com/watch?v=DAgwbsLyZNo) JHCC Video: [https://www.youtube.com/watch?v=2j5ULAHVPf8](https://www.youtube.com/watch?v=2j5ULAHVPf8)

Many thanks, Jean Matone
Beginning or Deepening a Personal Meditation Practice

1. The real meditation is how you live your life.
2. In order to live life fully, you have to be present for it.
3. To be present, it helps to purposefully bring awareness to your moments — otherwise you may miss many of them.
4. You do that by paying attention on purpose, in the present moment, and non-judgmentally to whatever is arising inwardly and outwardly.
5. This requires a great deal of kindness toward yourself, which you deserve.
6. It helps to keep in mind that good or bad, pleasant or unpleasant, the present moment is the only time any of us are alive. Therefore, it's the only time to learn, grow, see what is really going on, find some degree of balance, feel and express emotions such as love and appreciation, and do what we need to do to take care of ourselves – in other words, embody our intrinsic strength and beauty and wisdom – even in the face of pain and suffering.

7. So a gentle love affair with the present moment is important.
8. We do that through learning to rest in awareness of what is happening inwardly and outwardly moment by moment – it is more a “being” than a “doing.”

9. Formal and informal meditation practices are specific ways in which you can ground, deepen, and accelerate this process, so it is useful to carve out some time for formal practice on a regular daily basis – maybe waking up fifteen or twenty minutes earlier than you ordinarily would to catch some time for ourselves.

10. We bring awareness to our moments only as best we can.
11. We are not trying to create a special feeling or experience – simply to realize that this moment is already very special — because you are alive and awake in it.

12. This is hard, but well worth it
13. It takes a lot of practice.

14. Lots of practice
15. But you have a lot of moments – and we can treat each one as a new beginning.
16. So there are always new moments to open up to if we miss some.
17. We do all this with a huge amount of self-compassion.

18. And remember, you are not your thoughts or opinions, your likes or dislikes. They are more like weather patterns in your mind that you can be aware of – like clouds moving across the sky, – and so don’t have to be imprisoned by.

19. Befriending yourself in this way is the adventure of a lifetime, and hugely empowering.
20. Try it for a few weeks – it grows on you.

For more information visit www.jonathan-zinn.com; http://franticworld.com/free-meditations-from-mindfulness/
www.tarabrach.org; www.jackkornfield.com; Apps: Calm; Headspace; Smiling Mind; Happify; The Mindfulness App; Breathe
Mindfulness Meditations  tlkasz@hhsc.ca  shinehhs.ca  centreforpeopledevelopment.ca

8 Breath Meditation
Do this several times throughout the day. Commute to times that are easy to remember. Take 8 deep breaths. Remember to have a kind and accepting attitude towards yourself as you do this. You can also extend this practice by lingering in each area while you focus your attention noticing the sensations that may be present without needing to change them in any way.

After each deep inhale:
Exhale 1: Relax your face, jaw, scalp and smile
Exhale 2: Relax your neck, shoulders, arms and hands
Exhale 3: Relax your entire back, upper, middle and lower
Exhale 4: Relax your chest and abdomen
Exhale 5: Relax your thighs and legs and feet
Exhale 6: Relax any areas of the body that still need further attention
Exhale 7: Notice the deepening relaxation spreading throughout the entire body
Exhale 8: Maintain awareness of your entire body, relaxing as much as you are able to and ending with a little smile!

Take 5 www.mindwellu.com
Steps
- Notice something new through your senses that you were not paying attention to a moment ago
- Place your focus is the soles of your feet, notice, gently press through your heels to assume your most dignified posture
- Direct attention to breath and the sensation of breathing, notice where you are experiencing your breath the most easily in your body
- Expand your breaths counting to 5 with each inhale and exhale, take 5 full breaths in this manner
- Notice what’s here for you now with curiosity and no judgement

3 Steps—Self Compassion Break: (www.self-compassion.org)
Helpful when experiencing difficult or intense emotions

1. Mindfulness—become aware of the emotions you are feeling, label and just notice them—"This is a moment of suffering"
2. Identify feelings as normal human experience—"Suffering is part of life"
3. Treat yourself with loving kindness—be gentle and caring with yourself—"May I be kind to myself or May I learn to..."—what do you need right now and offer yourself that

Pausing provides a way to step out of automatic pilot and reconnect with the present moment. The key skill in mindfulness practice is to maintain awareness in the present moment. Nothing else

1. Awareness: Bring yourself into the present moment by deliberately adopting a dignified posture and close your eyes. Ask yourself “What is my experience right now in regards to my thoughts, feelings and body sensations? Notice your experience even if it is unwanted.
2. Gathering and Focusing Attention: Redirect your full attention to breathing. Noticing each inhale and exhale as they follow one after another.
3. Expanding Attention: Expand the field of your awareness around your breathing so that it includes a sense of the body as a whole, your posture and facial expression.
More Celebrations!

HGH celebrated the Tech week with a delicious pizza luncheon!
Jennifer Giglia from JH retired on November 30, 2018

Tony Brandolini from JH retired on November 29, 2018

Mike Anzovino from HGH retired on November 30, 2018
Spotlight

More Retirements!

Kathy Morreale from HGH retired on November 8, 2018

Kathy Kmita from HGH retired on December 8, 2018

Elizabeth Cesar from MUMC MRI has retired as well!
Congrats to **Monica Myslin** on her new position for the role of Chief Assistant for the Dept of Critical Care. Monica’s last day is January 4th with Nuclear Medicine. Since 2014, Monica has been the administrative coordinator and program secretary for HHS and St. Joseph’s Healthcare Hamilton for the Nuclear Medicine and Molecular Imaging program. Monica supported Drs. Gulenchyn and Singurkar in their role as Chief, and C. Dunne as the Integrated Manager.

**Kelly Cunningham**, Breast/Cross sectional Fellow from JH completed her fellowship at the end of November.

Sad news - **Mario Zoysa MRT**

Mario Zoysa, one of our valued MRI MRT’s from the MUMC site passed away December 1st from a sudden heart attack at the age of 51. Mario was beyond devoted to his wife Thushara and his thirteen year old daughter Tiana and eighteen year old son Trevone. Fortunately he was able take time to visit family overseas this past month. This trip was very special to him.

Mario began his career at the JHCC six years ago and then moved to the MUMC site about three years ago. Mario touched the hearts of all of his colleagues from day one. Mario loved his work and received many positive comments regarding his excellent patient care and superb scanning skills. He will be sadly missed by his colleagues in MRI. Simply put, Mario was a very kind, compassionate and caring person, always known for putting others before himself.

Susan Kinnear and the MUMC MRI staff MUMC DI
New Senior Ultrasound Technologist Pediatric Section

Tracey Pow-Herrity has accepted the position as Senior Pediatric Ultrasound Technologist position for diagnostic imaging MUMC and UCC.

Tracey brings with her over 20 years of ultrasound experience to this new position. Tracey has proven leadership skills as she has frequently stepped in to assist as the lead sonographer at MUMC over the years. Tracey will be an integral part of building a strong pediatric team within MUMC DI. Tracey’s expertise, passion for patient care, creativity and positive attitude will be invaluable as we move forward with supporting pediatric care across HHS.

In closing, I would like to thank Tracey for supporting many sonography students through the years. She has been an exceptional preceptor for the MohMac Program.

Tracey will begin her new role effective January 7th 2019. Submitted by Sue Kinnear

Congratulations to Cheney and Big Welcome to Ana!

Ana will be covering Cheney Matteliano’s maternity leave starting January 14th. Ana started working at HHS about three years ago. She graduated from the Mohawk College Medical Admin Program in 2009 and has been working in the field ever since. The first part of her journey was at the NAC (Neuro Ambulatory Clinic) here at HHS. Also, spent some time supporting the Finance department. Please welcome Ana (she can be reached at ext. 75294 or markovica@HHSC.CA).

Submitted by Sue Kinnear
On November 5th Dr. Mensinkai embarked on the excursion of a lifetime completing a 12 day 162km trek to Everest base camp where he ultimately reached an altitude of 17,500 ft. (5364m). Everest is the highest mountain in the world at 29 029 ft (8848 m) above sea level and it continues to grow higher at a rate of 4 mm/yr.

With night time temperatures at -15 Celsius / day time temps of only 2 degrees along with sub-par food this was a challenging but memorable experience.
Introducing... a MRI technologist

Naya Zaiyouna is a senior MRI technologist based at McMaster Children’s Hospital. She has been with Hamilton Health Sciences for 15 years.

What do you do?

As a senior in the area, I have a few roles. I prepare patients for their MRI scans. Preparation involves a full MRI safety screening and initiating IVs when required. I also scan patients and work closely with radiologists to triage any inpatient requests.

I am responsible for the workflow of the day, providing data that ensures we achieve ministry guidelines. MRI safety is a big part of my job. I provide MRI safety training to any hospital staff that may visit our department.

What do you love most about your job?

I enjoy working with children. There are challenging aspects with pediatric patients and MRI. The scanner is sensitive to motion and noisy, and the process can be long.

This can be a bit challenging when you have a child who is scared just to go into the MRI room. Because of these circumstances, I developed specific skills to work with our young patients so they ultimately leave happy and proud of their accomplishment.

Who inspires you?

My mother is my greatest inspiration. I saw her face her own personal challenges, which she always saw as opportunities to make a difference. She taught me to always see the positive in all people and in all situations. I apply those values every day.

As stressful as some days may be, I accept the challenge and work through it by either resolving it on my own or reaching out to my team. I also make time to celebrate the achievements.

What is the biggest challenge in your role?

My biggest challenge is to ensure all the patients (inpatients and outpatients) complete their scans within the correct time frame. We have one scanner and it can be hard to manage several requests.

The good news is I have a great group of colleagues and we work together daily to solve any problems.
RSNA 2018 – A Sunday night blizzard in Chicago could not stop the McMaster Radiology residency program from having a record turnout at this year’s RSNA meeting. Ten residents attended this year’s meeting including the ENTIRE PGY3 year. We had 4 resident presentations and an educational exhibit at this year’s meeting. Special thanks to Dr. Michael Patlas and Dr. Kelly Ainsworth for attending / supporting the residents during their presentations.

Congratulations to all!!
David Landry, MD, FRCPC
Residency Program Director, Diagnostic Radiology
Dr. Abdullah Alabousi was awarded the **Certificate of Merit** at this year’s RSNA meeting along with the co-authors: Drs. Mallory Granholm, Maryann Bushara, and Ehsan Haider.
Dr. Michael Patlas will share his McMaster experience as an invited speaker at 4 major imaging conferences next spring.


Two educational exhibits will be presented by our team at the ARRS meeting – May 5-10, 2019.


We would like to announce the launch of the clinical translation project that aims to implement pre operative MR brain maps using conventional imaging, functional MR and tractography.

The project is led by Dr Luciana Ribeiro (PI), Dr. Amy Harrison (neuroscientist) and Dr. Nina Stein (co-investigator). These maps will help neurosurgeons in the surgical pre-operative planning and execution with aim to decrease post operative morbidity after brain lesion resection.

We started acquiring studies in September 2018 and we have already performed over 10 patients. If you believe you might have a patient that may benefit from this study please contact Dr. Amy Harrison by email: harrisamy@HHSC.CA

Dr. Luciana Ribeiro  
Dr. Amy Harrison  
Dr. Nina Stein
New e-learning system now available

The link to the new learning management system (LMS) is now available in the ‘Training’ folder on your Citrix desktop.

Within the ‘Training’ folder, click on this icon:

Your username and password should be the same as before. It looks like you can pull a report of courses completed in the old system.

At this point I am not sure if the required courses will be assigned to you or if you will need to self-assign.

More to come.......
Preventing Slips, Trips and Falls – Safe Footwear Reminder!

Slips, Trips and Falls on walking and working surfaces account for a significant amount of lost time injuries – they remain in the top 5 types of incidents this year. As we move from the warmer months to the colder months, there are weather hazards that we have to contend with both inside and outside of our buildings.

One important way to reduce your chances of getting hurt from a slip or fall is wearing proper footwear. Please remember that it is HHS policy to wear the appropriate footwear at work. The following is a summary of the policy:

Clinical areas including their hallways and areas where there are biological, chemical and physical hazards, all employees must wear shoes that meet the following:
1. Heel height – medium to low
2. Closed toes and closed heel with a solid upper covering
3. Flexible non-slip soles
4. Sturdy construction
5. Shoe must be maintained in good repair
6. Staff wearing a walking cast (plastic walking boot or air casts or any other leg support) will be evaluated on an individual basis to ensure they are safe for the work being performed. Responding to emergency situations will be included in any accommodation necessary.
7. Any staff, including non-clinical staff, entering a clinical area must wear the appropriate footwear as outlined above

Clerical or Office areas shoes must have:
1. Heel height – medium to low
2. Sturdy construction
3. Flexible, non-slip soles
4. Shoes must be maintained in good repair

The following workers must wear approved footwear appropriate to the task:
1. Engineering – CSA
2. Stores/Shipping and Receiving - CSA
3. Any other worker based on a task analysis hazard identification
4. CSA grade 1 footwear is required on construction sites.

Tips for Walking Safely in the Winter
Slips, trips and falls can cause serious injuries, especially when walking on snow or icy surfaces in the winter. Here are some tips to keep you safe!
- Wear a good pair of winter boots. Make sure they are well insulated and waterproof. Choose thick, non-slip soles and wide, low heels. Bring indoor shoes to change into.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.
- Stay on cleared established sidewalks and paths as it may be less likely to encounter uneven slippery surfaces which can contribute to slips, trips and falls.
- Keep your hands free, so that you are better able to maintain your balance and use handrails when needed.
- Avoid the temptation to text or check your phone; texting can be distracting not only when driving, but also when walking on snow or icy surfaces.

Resources

- HSW - Footwear and Personal Protective Equipment

| Respect | Caring | Innovation | Accountability |
December is for Staff Fan-out and Annual Code Review

HHS building satellite staff are to review and follow their building-specific Emergency Response Quick Reference Guides (Click here) for the online HHS Staff Fan-out Procedure and (click here) to complete the Quiz (Click here) to complete the Annual Code Review Quiz. Remember to complete the Monthly Fire Drill Review Quiz (click here) and participate in a monthly fire drill on-site if present.

On completion of the above, ensure you notify your Area Code Captain to include your name in the online Code Review Report for completion of the Code of the Month reviews: Staff Fanout, Annual Code Review, and Fire Drill by the end of the month.

December Reminder: Ensure your portfolio/program/dept./area staff fan-out contact list is current and addresses scenarios that can pose bottlenecks and/or identify gaps/issues and includes emergency contact information (i.e. reporting chain of command) for charge staff.

If you have any questions or suggestions for improvements for the next code version or code review, please contact bryll@hhsc.ca.

"Emergency preparedness is everyone’s responsibility.”

FEATURE

Shine Wellness Champion Committee Recruitment 2019

Looking to get more involved with wellness programming at Hamilton Health Sciences?

Interested in learning about health promotion, determinants of health, risk factors, social marketing, and behavior change theory...and more?

Shine Wellness is looking for wellness champions from a cross-section of HHS teams to establish committees at each HHS site. The members will bring together a variety of diverse work perspectives based on differing roles, levels within the organization, physical location of work, shifts/schedule and tenure.

Commitment to the Shine Wellness Committee
• Time to attend 1.5 hour orientation session in mid-January.
• Time to attend 1 hour site specific quarterly committee meetings.
• Time to promote/implement wellness programming.

Applications Due By Dec 31st 2018

Qualifications and Requirements
• Minimum 1 year employment at HHS.
• Minimum 1 year commitment to the committee.
• Sponsorship from immediate manager.
• Respected by co-workers as a collaborative member of the team.
• Effective communication and interpersonal skills.
• Supports co-workers to identify stressors and challenges in the work setting and to seek strategies for positive coping and wellness.
• Trustworthy and respected by coworkers as a leader.
• Contributes to a safe, healthy and supportive work environment

Questions?
Melissa Cummings Ext. 77090 cummingsme@hhsc.ca
Supporting Resident Research

As many of you know, radiology medical residents are required to complete a research project during their residency. This project can be in a clinical context – to make a contribution to patient safety or quality improvement in adherence to imaging guidelines. It can also be in an education or assessment context – such as understanding competency based assessment or improving the experience of clerkship. In addition to your clinical supervisor, you may also find it helpful to plan your study with the help of MERIT (www.merit.mcmaster.ca). MERIT offers education rounds on relevant topics in education. Check out the website for recent events and updates. Staff are also welcomed and encouraged to reach out to MERIT as well!

Sandra Monteiro, a scientist with MERIT, is also an Associate Member of the Department of Radiology and has been working with Radiology Residents and Staff to improve education design and interpret statistics since 2014. An intake form has been developed to help facilitate your discussion with Dr. Monteiro. If you wish to connect with Dr. Monteiro please complete this Google Form to help summarize your research plans.

https://goo.gl/forms/oYCRiXB16TKj3M732

Once this form has been completed, Dr. Monteiro will contact you, however you may also email her directly (monteisd@mcmaster.ca).

Submitted by:

Jane Castelli & Sandra Monteiro
**Upcoming FREE Massage Clinics**

If you like massages and could use a relaxing break, then you are in for a treat! We are pleased to offer FREE 15 minute table massages to interested HHS staff.

- Mon Jan 14 - KW
- Mon Jan 21 - Critical Care
- Mon Jan 28 - MUMC
- Mon Feb 4 - UCC
- Mon Feb 11 - JHCC
- Mon Feb 25 - WLMH

See Shine website for locations

---

**3rd Annual Mission Services Collection in JHCC DI - Christmas 2018**

We are taking up a collection once again for Mission Services.

Last year during Christmas, we raised $230.00!! Enough money to provide 63 people with a hot and healthy meal.

If you wish to donate to this special cause again this year, please see (Andja or Osy). We will be collecting for Mission Services until Friday December 21st.

---

Throughout the month of December, the Juravinski Hospital welcomes schools, organizations and choirs to provide music of the season for our patients, visitors and staff.

Extending a warm welcome to all, to join us in the main lobby of the hospital, to enjoy some festive music.

---

Friends, as you know, Mission Services has been preparing for the busy Christmas season since October!

I’m seeing the need increase in Hamilton. I’m noticing more and more people visiting our locations.
January Lunch and Learn:
Sweat In 30 with Morgan Kate

An efficient and effective workout doesn’t have to cost you hours at the gym. Let Morgan Kate show you with the right intention and the right focus. How a well-planned 30 minute workout can crush results, build strength and move you closer to your fitness goals. Flyer

The lunch and learn will be held
on: Thurs Jan 3 (MUMC), Mon Jan 7 (KW), Tues Jan 8 (HGH), Wed Jan 9 (SPH), Thurs Jan 10 (JHCC), Fri Jan 11 (WLMH), Wed Jan 23 (PHRI)

“Stretch to Shine!”

Do you want to add some fun and energy to your day? If so, you are invited to Stretch to Shine!

Please join your coworkers for a fun and invigorating 5-10 minute stretch session to keep your back healthy, your core strong and your body limber. This session will provide you with exercises and stretches you can do everyday to help prepare your body for both work and play.

The sessions will be available on Wednesdays at MUMC, JHCC, and HGH through the Mohawk Health, Fitness, and Wellness Students from 1-3:30pm.

^ SPH and WLMH will start in Jan 2019^

2019 Is The Year For A Healthy YOU!

With a new year comes a new HEALTHY YOU! Healthy You is an 11-week program, led by a Registered Dietitian, that uses a non-diet approach to help you reach and maintain a healthier version of you! Flyer

Tuesdays (Jan 15th - Mar 26th 2019)
JH Aud A4-4
5:15 - 6:45 PM
Cost: $45
REGISTER HERE

DO YOU HAVE A STORY IDEA TO SHARE?

Email: grisafie@hhsc.ca