The new hospital is a hub of activity these days as contractors press to complete last touches. Equipment is starting to get set up and our IT team has begun installing network equipment and cabling. Alongside of this Directors and key staff involved in planning for work flow simulations, department orientations, and the actual move have begun regular trips into the building to begin their planning.

We continue to target a mid-October move. Although we haven’t finalized an actual date, our move plan is largely in place. Non-clinical areas will begin moving on a Thursday and continue through the weekend followed by clinics areas starting on Monday morning and complete by Tuesday evening. Clean up from the move will be complete on Friday. As we progress through the summer detailed move plans will begin rolling out through departments. As soon as we have a date finalized we will communicate that to the organization.

## Timeline of Events at New Hospital

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Director and key staff supporting orientation/ simulation/ move planning begin on-site work</td>
<td>July 8 to 31</td>
</tr>
<tr>
<td>Facility and Department Orientation for staff</td>
<td>July 27 to August 28</td>
</tr>
<tr>
<td>Department Simulation Activities for staff</td>
<td>September 8 to October 9</td>
</tr>
<tr>
<td>Public Tours</td>
<td>September 28 to October 2</td>
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### Impressions of the New Hospital!

**Heather Segall – Director, Women’s Health/Paediatrics** and **Robin Newans – RN, Women’s Health**

**How does it feel to be finally getting into the new building?** We’re really excited. The (patient) rooms are really big with lots of room for the families and lots of room in the nursing area as well. [NOTE: Heather and Robin are talking about the ‘family zone’ and the ‘provider zone’ here. All of our inpatient rooms were designed to provide space for family members where they wouldn’t feel that they were in the way while care was being provided and ample space for providers to do their work.]

**What struck you most in your first few visits?** The openness, the brightness, and the windows! There’s so much light. That’s what struck me the most. Also I’d say the organization of the building, the flow of it; the patient flow and the staff flow.

**What are you working on now in the time you’re spending up here?** Right now we’re working on measuring the size of our carts, the size of our beds, all of our equipment so we know where everything will go. We’re trying to figure out what we’ll need in the new building and what we won’t.

We’re planning for orientations where we’ll show staff the department and show them what patient flow will be, how medications will flow, and definitely for supplies. We’ll plan for simulations where we’ll want to walk through the various scenarios we have; how does a delivery go, and we’ve got a number of outpatient services we’ll want to walk through as well. We’ll walk through how normal things go and then also what happens in emergencies or when things don’t go well.
President and CEO Message

Summer Greetings!

June 21, 2015 marked Summer Solstice and also the celebration of Father’s Day! Although we in Saskatchewan appreciate all seasons, we particularly look forward to and enjoy our summer. This is a time when children are out of school, when we plan vacations, look forward to family gatherings, camping, swimming and all activities that are enjoyed outdoors. A time when our farmers look to the skies at all times, anticipating much needed rainfall for growth of crops. In the Five Hills Health Region, as we travel throughout spending time with staff and residents, we feel a sense of renewed energy with the start of summer.

The construction of our new Regional Hospital continues on time and this month we have commenced with staff and physician tours as our teams plan for orientation and simulations of work processes for all areas. All of this work is critical for a smooth transition plan in late October 2015.

The expansion and renovations to Crescent View Clinic are progressing well and the teams will be moving into the Clinic in mid-July. Additional services will be provided at the Clinic so stay tuned for these announcements!

Throughout the Region, with all our services, our staff maintain a concerted effort of continuous improvement. With this work, changes are necessary and we continue to improve on how we advance the changes in a timely way that respects the importance of communication. To all of our staff, physicians, patient/family representatives and residents, I express my heartfelt thanks for the care and commitment each and every day.

As you enjoy the summer months ahead, be safe in all that you do – whether at work, home or play!

ASD Program Benefits from Local Generosity

The Autism Spectrum Disorder (ASD) Program was recently presented with toys and funding. A community barbecue was held at Realty Executives as initiated by Clayton Clysdale who is on a mission to accomplish 1000 Good Deeds in Moose Jaw.

The ASD Program was established in the Five Hills Health Region in 2009 through the Ministry of Health’s Framework and Action Plan for Autism Spectrum Disorders Services in Saskatchewan. The initiative builds on existing services and supports; and encourages collaboration between local, regional and provincial stakeholders to deliver evidence-based intervention and supports to children and youth 0-19 years who display symptoms of ASD. It supports the Government of Saskatchewan’s vision of building a quality of life that supports healthy people, families, neighbours, communities and full citizenship and equal participation of individuals with disabilities.

Currently, the ASD Program consists of a Psychologist (ASD Consultant), a Social Worker, two early childhood interventionists (ASD Support Workers), and an Occupational Therapist. The ASD Program Staff provide assertive outreach services throughout the Five Hills Health Region in the community, homes, daycares and school settings. They focus on building capacity of families, schools and other service providers to implement interventions in the client’s natural environment. Components include screening/assessment, consultation, individualized treatment planning, respite, and summer programming.

Referrals are accepted by the ASD Consultant and/or via Centralized Intake at Mental Health and Addictions Services.

The ASD Program Staff continues to work with children on their caseload over the summer. They provide consultation to the Moxie Club which is coordinated through the local chapter of the Saskatchewan Association of Community Living.
Let’s Make a Memory!

Are there corners of MJUH that you go by every day that you are positive are burned in your memory? How familiar are you with the building? Taking the place of this edition’s “Top 10” is a treasure hunt of sorts. Pictured below are 10 corners throughout MJUH. Complete the page below by identifying the 10 pictures and send your completed entry via interoffice mail to Jennifer Morson, Admin Office @ MJUH (or scan & email this page to engagement@fhhr.ca). All correct entries will be entered into a draw for one $50 gift certificate to a restaurant of their choice. All remaining entries will be entered to win one of four movie passes. Deadline for submissions is Tuesday, July 14. Happy Memory Making!!

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FHHR Recognizing Long Service & Retirement

FHHR honored long-serving staff members and retirees with a celebration dinner at the Heritage Inn on June 12. This year 123 individuals who have worked with the region continuously for increments of 15, 20, 25, 30, 35 and 40 years were recognized along with 41 retirees.

LONG SERVICE RECIPIENTS

40 YEARS
ISOLDE ALRAUM
LINDA FORTMAN
JOANNE FRANKS
SHARON JASPER
LUCILLE WALTERS

35 YEARS
BEVERLEY DEAN
FAIRLIE GODIN
DIANE NEUFELD
ARLENE PASSMORE
BRENDA SMITH
SHELLEY TREW

30 YEARS
KATHY BATTY
CINDY BROADIS
SUSAN DICK ANDRES
ELAINE FLEGEL
DENISE FORER
ADRIEN GAUCHER
GLORIANNE JONES
ERNA DEL LOCKYER
WENDY MARTINA
BONITA MARTYNIK
CATHERINE PECUSIK
LESLIE PERRY
BETTY PETERSON
LAURA RICE
WADE STENERSON
HELEN WATT
JACQUELIN WOLFE

25 YEARS
LAURA ADRIAN
PEGGY BERNER
WAYNE BLAZIEKO
BRENDA BROWN
DARLA BUDD WUTKE
PATRICIA CAMPBELL
COLLEEN DANCEY
CHARLENE FAFAR
MELBA GRIFFIN

15 YEARS
GAIL AKISTER
SAWSAN AYAD EL KARIEM
KRISTA BAKKE
BRENDA BEAUREGARD
DONNA BERGER
JUDY BRANDT
AUDREY CANNING
ROD COCHRANE
AUDREY DOMBOWSKY
BRAD HAGER
ERIN HEWITT
LISA HOLOVACH
SALLI KLEIN
GWEN KLEIN HARPER
PATTI JO KNIGHT
CHARLENE NELSON
TAMMY NEUFELD
RHYNO PALASCHUK
ADELE PAYNE
TARA PEDERSEN
JOANNE PETERSEN
JACKIE ROBERTSON
JILL ROGERS ZAHARIUK
WENDY ROLSTON
NICOLE RUSNAY WEEKES
OLIVE RUST
DEIGN SALIDO
WENDY SANDEN
TANNIS TOMASHEWSKI
MEAGAN TRAVES

RETIREES
JANET GERAGHTY 42
LYNDA DEAN 41
JOANNE FRANKS 40
BRENDA COLE 33
KERRY SWANSON 32
CATHY TENDLER 32
CORINNA DEIS 31
CHERYL FITTERER 31
BETTY PETERSON 30
ROBIN BERTHELET 29
GUY KERGAN 29
KATHY RASMUSSEN 29
JANICE GREEN 27
RITA SINCLAIR 27
VIOLET BEAUDRY 26
KATHLEEN FILPOWICH 26
LINDA LONGWORTH 26
COLETTE KRAWCZYZK 25
SHELLY LAMONTAGNE 25
DONNA MAIER 25
SHARON CLAPPISON 24
VALERIE LOVICK 24
LINDA O’CONNELL 24
WANDA SCHNOR 24
DONNA YOUNG 24
SUSAN TRUDEL 23
ROSEANNE WAGNER 23
JOYCE NASH 22
THERESA REDSTONE 22
KATHY WIRTH 22
RITA PAULHUS 21
SHERYL ZIMMERMAN 20
DOROTHY HICKS 19
ANN BENIO 18
DIANNE FRANK 18
VICKY MCGRAH 18
GAYE WELCH 18
JUDY FOSTER 17
HEATHER MAFFENBEIR 17
JANET SMILEY 17
CHARLENE NELSON 15

"You are the sum total of everything you’ve ever seen, heard, eaten, smelled, been told, forgot - it’s all there. Everything influences each of us and because of that I try to make sure that my experiences are positive.”
~ Maya Angelou
FHHR Safety Award Recipients  Claude Beauregard & Donna Smith

Claude Beauregard is the Support Services and Maintenance Working Supervisor at Assiniboia Union Hospital Integrated Facility. He has been a part of the team at the Assiniboia Union Hospital since 1994, actively working to provide a safe work environment throughout our facilities in the southern part of Five Hills Health Region.

In addition to the leadership role in his current position as a working supervisor, Claude has been a member of the local Occupational Health Committee, ensuring full involvement of the maintenance and support services teams in the resolution of safety concerns. Claude has been described as “Mr. Amazing,” by the staff and clients, always going above and beyond, ensuring safety is a top priority for all.

Donna Smith is the Education Coordinator at Moose Jaw Union Hospital. She has been a valued member of many teams in the region over her 30+ years as a Licensed Practical Nurse.

During her career, Donna participated as one of the first TLR Trainers in the Five Hills Health Region. Her commitment to the TLR program continues to this day under her direction as the TLR Instructor, providing valuable input to the TLR program on a provincial, regional, and individual level. Participants of her educational sessions appreciate her practical approach to program implementation and many have benefited from her ability to find solutions with challenges faced in their daily work.

Donna Smith was presented her award at the Long Service Awards.

Claude Beauregard was presented his award by Ngaire Woodroffe Brown, Regional Director, LTC and Community Hospital

Working Together - Employee Capital Campaign

Thank You! Employees of Five Hills Health Region have raised $60,000 to date to help “equip the hospital of tomorrow – today!” Joining the individuals, businesses, organizations and surrounding communities, employees have shown their generosity in their support of the campaign.

This is a commitment to our workplace, but more importantly it is a commitment to our community and the healthcare that we will access, not only over the rest of our lives but also the lives of our loved ones. State of the Art equipment purchased through the campaign will assist in retaining and recruiting highly trained employees and skilled clinicians who will provide our communities with the best outcomes and care.

Representatives were around during the week of April 20th offering everyone a chance to participate. If you were missed or have made your decision to contribute to the Employee Capital Campaign, please obtain a form at Volunteer Services office (MJUH Room 115) or contact Bernie at 306-691-6508.

Crescent View Clinic Update

Renovations at Crescent View are almost complete and move dates have been established. The Primary Care team, including Nurse Practitioners, Physicians and Healthy Living Consultants will be moving back on July 15 with walk-in services beginning the same day at 3:00pm. Home Care and Community Lab will move on July 24 and open on July 25 and 27 respectively. Access Centre and Community Therapies move on July 30.

With the addition of these services, Crescent View becomes an even more integrated community-based service. We anticipate the close proximity of these providers will ultimately make it easier for them to access the services and expertise of other disciplines and for patients/clients to access services in a convenient location.
In an organization like ours, it’s easy to be very familiar with our co-workers but to have little awareness of individuals outside our immediate circle. Most of us will look at these pages and our first response will be to scan for faces we recognize, and of course that’s great. But push past that and read about people you’re not familiar with. We’re confident that you’ll reach the same conclusion we have – we’re surrounded by a lot of really talented individuals who are exceptionally committed to the people they serve, regardless of vocation.

This is Who We Are!

Pete Rumancik
Biomed Tech, Clinical Engineering, MJUH

What keeps you doing the work you do?

_I guess one of the key events that keeps the “Biomed” crew doing our work is that every day is full of surprises. It’s like an adrenalin rush, you never know how many curves are thrown at you. Our main goal of course is “Safety”, not only for the patients but also to staff who perform clinical operations on any piece of medical equipment. One never knows when a family member or we ourselves will require medical attention, that in itself keeps us focused on the overall picture to ensure top quality performance on all medical equipment._

Yvette Poirier
Recreation Worker, Lafleche Health Centre

What gives you a sense of satisfaction in your work?

_What gives me a sense of satisfaction in my work are the smiles I receive every day. Seeing the residents happy and smiling completes my day. To me it is all about satisfying their needs and concerns._

Allyson Johnson
MLT, Temporary Technologist III Specimen Procurement & Handling, Laboratory, MJUH

What keeps you doing the work you do?

_I really enjoy my interactions with the patients and other FHHR staff. Whether it is collecting samples from patients and instructing them in collecting their own samples, working on solutions to challenges or working with other FHHR staff, I really enjoy learning about other people. I had the opportunity to attend planning events for the new hospital and appreciated meeting other FHHR staff and learning about their jobs, planning for the future and how we all work together to provide health care for the people in the region._

Joyce Schick
Executive Assistant, Clinical Services, MJUH

When do you feel like the work you do has made a difference?

_I have been part of the Clinical Services team for the past 10 years. Working with this team in a ‘patient first approach’ is very gratifying. Whether it be scheduling meetings, developing or maintaining a chart, helping maintain the Vis Wall or helping with scheduling the nursing units to ensure that our patients are well taken care of, are all very gratifying._
Dr. George Miller
Department Head, General Surgery, MJUH

When do you feel most connected to the work you do?

_The connection to work comes from the people in that team that I work with. The team makes me stronger and better than I am. I enjoy that sense of belonging. The size of our organization makes it possible for me to interact with approximately 150 different individuals in the course of a week. Coming together with a common sense of purpose and dedication makes it possible for me to apply my skills and knowledge in the most efficient manner to the benefit of my patients and to the people of our health region. I may not know every single individual well but I really do feel that within the hospital setting, I’m more than a surgical specialist. To use a sports metaphor, I hope I am a “play maker” and be that individual that helps hold the team together, contributes to a common sense of direction and achieve the spirit that helps in so much of our work._

Arlene Schneider
Registered Nurse, Pioneer Lodge

What gives you a sense of satisfaction in your work?

_Knowing that we as caregivers are treating the residents with dignity and respect when their mind and voice are not able to express their needs anymore._

Gisele Bruce
Medical Transcriptionist, Health Records, MJUH

What gives you a sense of satisfaction in your work?

_The Pathology Department runs very smoothly and we have an excellent turnaround time with the results, so that if further treatment is required for the patient, they are able to receive it as soon as possible. That makes my job very satisfying. It’s all about the patient in the end._

_Unfortunately, the Pathology Department is on hiatus at the moment, but I look forward to working with them again in the near future. They are a great group of people to work with!_

Shannon Berger
LPN, Outpatient and Long Term Care, Central Butte Regency

What gives you a sense of satisfaction in your work?

_I feel very fortunate to have quite a diverse position in this facility. I have the opportunity to work in LTC for part of my day and in the Primary Health Clinic for the rest of my day. What gives me the most satisfaction is that knowing even if only in a small way, I have maintained or improved the quality of someone’s life. In long term care I always try to work with the clients in a kind and compassionate manner assisting them to meet their needs of daily living, paying close attention to their social and emotional needs._

_Working in a smaller facility you have the opportunity to become very close to your ‘working’ family. The staff I work with are an important part of my life. I try to stay positive and supportive to them, and even try to add a little humour (as bad as that may sometimes be) hoping it helps to improve the quality of their work life. This is a wonderful place to work and I’m grateful for the people I care for and the people I work with._
Employee Lifestyles Committee

Annual BBQs were held throughout the second week of June in Central Butte, Rockglen and Moose Jaw! Burgers, salad and ice cream were on the menu and the Saskatchewan weather cooperated. A great time was had by all who attended. This year, draws were made at each BBQ for a ‘Summer Picnic Pack’ for those who participated in the “Get To Know You” bingo game. The winners were Ajay Chawla (Moose Jaw), Denise Sawyers (Central Butte) and Johanne Rust (Rockglen).

Fitness BINGO
In the month of April 2015, 11 teams took the challenge to rejuvenate their mind, body and spirit! 51 employees embarked on the fitness bingo journey to complete 25 squares in 30 days. the challenge was difficult but in the end there were 6 blackout cards completed (with one team completing 2 cards)! All teams who blacked out the card were entered for a prize... and the Physiotherapy team won (pictured right). Congratulations! It was a great month of exercise and we hope to launch it again due to the positive reception and feedback from the participants. Thank you everyone.

Celebrating FHHR Mothers & Fathers! All moms and dads who worked on Mother’s Day and Father’s Day were recognized with a gift from the ELC committee. Whether working or not, we hope you all enjoyed your special days!

Kindness Grams - Planting the Seeds of Gratitude
Gratitude is a thankful appreciation for what a person receives and may be one of the simplest ways to feel better. Express your gratitude by recognizing a colleague by sending them a packet of flower seeds along with a message of gratitude.

This project was well received with more than 250 Kindness Grams handed out at the end of May. Kindness Grams will be ongoing until further notice. To send your Kindness Gram, please complete a form, email to lifestyles@fhhr.ca or send by interoffice mail to Kendra Kittler at MJUH. Forms can be found on our webpage http://www.fhhr.ca/Lifestyles.htm

Welcome to Our Newest Physician
Five Hills welcomes you and your family to the region!

Dr. Felix Aghamelu
Psychiatrist
Moose Jaw

Register to receive the TAKE FIVE to your Inbox!
Please register your name and home email address by emailing engagement@fhhr.ca

Submit your newsletter article and picture by emailing
engagement@fhhr.ca
please cc: your director/manager and Senior Leader

Are you looking for a family physician? A current listing of the region’s family physicians who are accepting new patients is available at www.fhhr.ca, click on “Our Physicians.” Specialists require a referral from your family physician or other health care provider(s).
Change Information, Question & Answer Posters

Having an awareness of a change is critical and must happen before we are able to understand and to accept the change. To increase our awareness, we need answers to our questions. Some of our questions are:

- Why does this change need to happen?
- What is the nature of the change?
- What is the risk of not changing?
- When will this change happen?
- How will my job be impacted by the change?

Awareness requires good communication, and this good communication is the key to success at this stage of the change.

With all the changes underway getting ready to transition to the new hospital, we wanted to give people an opportunity to ask questions on all levels of change - from the practical change related to RPIW implementation to the personal change process to questions about how things will work in the new hospital.

On Vis Walls at MJUH, you will notice Change Information, Question & Answer posters, similar to the picture. The purpose of these posters is to increase each employee’s awareness. The posters do this by providing information on change, the opportunity to ask questions and the answers to these questions.

If you have a question, other employees probably have the same question, so go ahead and ask it.

B E S U N S M A R T !

Sun protection is important year round. Not only on sunny days, protection is also recommended near reflective surfaces such as water, snow, sand, concrete and ice. Find ways to protect yourself and your family from harmful UV rays. Sun Smart tips developed from Sun Smart Saskatchewan, visit www.sunsmartsk.ca for more information.

- Apply sunscreen on cloudy days when involved in outdoor activities.
- Wear a wide-brimmed hat.
- Teach children about the importance of sun safety, model by example.
- Wear a broad-spectrum (UVA & UVB) sunscreen of at least SPF 30.
- Wear loose and closely woven fabrics to cover your arms and legs.
- Check your skin regularly and talk to your healthcare provider about any suspicious spots on your skin.
- Apply sunscreen 15-30 minutes before going outdoors and reapply every few hours!
- Seek shade or create your own with umbrellas, trees, awnings and portable tents.
- Sun protection is important year round! Particularly late spring to early fall (April to September) from 11am to 4pm when the UV index is 3 or higher.
- Remember to pack your sun protection when vacationing.
**Getting To Know Kate Demeuleneare**

**Director of Client Services, Home Care South**

**In your role within FHHR, who and what are you responsible for?** I am responsible for a great team of staff and clients, including Community Care Coordinators, Schedulers, Community Care Assistants, and Registered and Licensed Practical Nurses. I work out of Assiniboia Union Hospital, however our staff also bases out of Gravelbourg, Lafleche and Rockglen, and many rural surrounding areas.

**Tell us how you ended up in your current position – what brought you to Five Hills and how did you end up in a leadership role?** I came to Five Hills Health Region in June 2014 after marrying my high school sweetheart. We are both from Ontario, however loving life in Saskatchewan. I started my RN career as a Critical Care Nurse in Ontario. After moving to Assiniboia, I worked as an RN for both Assiniboia Union Hospital and Home Care. I became very inspired with Home Care, and the philosophy behind FHHR’s Continuing Care and Patient First Initiatives. I have been very fortunate to be able to continue this passion in a Director role.

**What is your biggest fear as a leader?** Losing sight of the “big picture”. On a daily basis, I ask myself, “What is best for the clients”, and that helps guide all decisions.

**What advice would you give someone considering going into a leadership position for the first time?** Go for it! If nothing else, the experience and knowledge gained from simply making a resume, cover letter and preparing for an interview will be an incomparable asset in future experiences!

**What are three words that describe YOU?** Optimistic, Transparent, Dedicated

**Which historical figures or celebrities would you invite to a dinner party and why?** That amazing 90 year old nurse that was a YouTube sensation recently. I would love to hear her stories, and learn from her commitment to the true profession of nursing.

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**Getting To Know Stephanie Smith**

**Central Sterile Supply, Manager**

**In your role within FHHR, who and what are you responsible for?** I am the manager of CSR and I’m responsible for the decontamination and sterilization of instrumentation throughout our region.

**Tell us how you ended up in your current position – what brought you to Five Hills and how did you end up in a leadership role?** I started at FHHR in CSR and the OR in early 2007 and came to the manager role due to the unfortunate passing of our previous manager Joanne.

**What advice would you give someone considering going into a leadership position for the first time?** Take it one day at a time. You will fall down, but get up, learn from it and keep going. Also there are lots of supports around you, take advantage of it.

**What are three words that describe YOU?** Honest, Sensitive, Peppy

**Which historical figures or celebrities would you invite to a dinner party and why?** The Super Heroes of course! And my son, just so he can have an opportunity to meet his idols.
Getting To Know Judy Wicharuk  
Integration Leader, Surgical Services

In your role within FHHR, who and what are you responsible for?  
My title is Surgical Integration Leader. I am the Director of the Surgical Unit.

Tell us how you ended up in your current position – what brought you to Five Hills and how did you end up in a leadership role?  
I have lived in Moose Jaw since I was 11 years old. I started nursing at Five Hills in 1987. I have worked in numerous areas. I worked in Paediatrics for six years. For the last twenty years, I have been in Day Surgery and Surgical units. After years of bedside nursing which included lots of mentoring and preceptoring new nurses, I felt it was the next step in my career to share my passion for nursing as well as my experience in more of a leadership role! I have been in this new position for the last two years!!

What is your biggest fear as a leader?  
That I will miss something that is key to the overall success of the team.

What advice would you give someone considering going into a leadership position for the first time?  
You can never communicate too much!! Always be open to and welcome advice from people who have been in similar roles.

What are three words that describe YOU?  
Dedicated, Passionate, Honest

Which historical figures or celebrities would you invite to a dinner party?  
Elton John and Rush.

Take 5!  
Favourite Movie: The Sound of Music  
Favourite Book: Too many to mention!! “Love You Forever” (for my kids)  
Favorite Sports Team: Montreal Canadiens  
Favourite Drink: Double Double  
Favourite Food: Any kind of salad!

Getting To Know Marv Huber  
Regional Director, Maintenance Services

In your role within FHHR, who and what are you responsible for?  
Regional Director of Maintenance Services

Tell us how you ended up in your current position – what brought you to Five Hills and how did you end up in a leadership role?  
Close to thirty years ago I started work as a nursing orderly at MJUH. Due to healthcare cut backs I was layed off for a short time. I then returned to work as an ER orderly for year on night shifts. I then bumped into the Maintenance department, a few years later I became a supervisor, then the Manager and then a Director, and finally the Regional Director.

What is your biggest fear as a leader?  
Not empowering my staff to become successful and creating leaders out of them so they are happy and successful in their rolls.

What advice would you give someone considering going into a leadership position for the first time?  
Don’t rush or panic for something or someone. It will take over a year to be comfortable, successful in the new position.

What are three words that describe YOU?  
Decisive, Dedicated, Analytical

Which historical figures or celebrities would you invite to a dinner party and why?  
My 90 year old father. He has been the inspiration to me and my life; he is the one and only true celebrity I know. To reminisce about the past and good times we had all our lives. My father has taught me more than any other person.

Take 5!  
Favourite Movie: Casablanca  
Favourite Book: I don’t read books for enjoyment. Internet research and technical manuals for the things I fix.  
Favorite Sports Team: I am not a sports person but I would be remiss if I didn’t say the Saskatchewan Roughriders  
Favourite Drink: Nothing finer than a Rye & Coke  
Favourite Food: Fried Chicken. I have been searching the world for the true best.
After a successful first year, our family medicine residents (medical school graduates in the internship portion of their education) will be starting the 2nd year of their residencies July 2. We will also be getting our next cohort of 4 1st year residents. They'll be with us for the entire length of their program, rotating through different departments and local clinics with a rotation in a rural community for 8 weeks in their 2nd year.

Through CaRMs (the Canadian Residency Matching Service), which started last September and culminated in our match early in March 2015, we have been fortunate enough to receive candidates we ranked high on our list to join us here in Moose Jaw.

As the 2nd year of our Family Medicine Residency Program rolls out, we will continue to hold Faculty Development sessions. These will be presented by a variety of guest speakers from the department of Academic Family Medicine and will be an integral part in delivering the most comprehensive experience possible to our learners.

Our program has so far been successful with our first postgraduate learners this year. We hope to continue in the same vein with our 4 new 1st year residents and eventually take undergraduate medical students as well.

Howdy Moose Jaw. My name is Samantha Henley. Fresh from the Highlands of Scotland, I’m your only new resident who trained abroad. Remote and rurally trained, I love my fishing, hunting, and kicking back outdoors. I’m also a mean softball pitcher. I’m stoked to be a member of the Moose Jaw community, so don’t be shy, please say hi!

Hi Moose Jaw! My name is TJ Tetlow, I was born and raised in Regina, and graduated with a biology degree from the U of R before moving to Saskatoon for medical school. My lovely wife and I look forward to starting this new chapter of our lives together in Moose Jaw. My first stop will be for some wings at Deja Vu, followed by some fudge from the Fudge Factory.

Hi! My name is Alex Watts. I'm originally from Erickson, a small town in Western Manitoba, but I have been living in Edmonton for the past 7 years. Prior to starting medicine, I had several adventures, the most prominent of which was a trip to Peru where I met my wife. Peru is actually where I am right now, on vacation with my wife and baby daughter before starting residency in Moose Jaw. Here's a picture of me (complete with extra-long vacation beard) on the roof of my wife's family's house, with suburban Lima in the background. I'm really looking forward to getting to know Moose Jaw and everyone who lives there. See you all soon!

Hey Moose Jaw! My name is Tamara Webster, I grew up in the town of Imperial, SK and after spending the last few years studying in Saskatoon I'm excited to be moving a little closer to home. I couldn't be happier to be given the opportunity to pursue my passion for rural family medicine in Moose Jaw. I like to spend my nights off getting some exercise with my four legged pal, Kali and I am looking forward to getting to know our new home come July!