

December 2011



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Dear Staff,



Donald J. Peters, P.Eng.
President & CEO



W. David Ferguson
Board Chair

The holiday season is fast approaching and we would like to take this opportunity to offer our best wishes to you and your family.

As you look back over 2011 and what you have accomplished this year, we hope it is with great pride. Your dedication and commitment to improving the quality of care of New Brunswickers is to be commended.

Despite the fiscal challenges we have been facing, your contributions to the welfare of our patients has remained consistent. Horizon staff continues to work together to ensure quality patient care is delivered safely, compassionately, efficiently and effectively. And indeed, we continue to appreciate your feedback on how we may improve service in the future.

As we stop to enjoy time with family and friends during the holidays, we hope you take a moment to reflect on the difference you are making in the lives of patients and their families, in the lives of your co-workers, and in your community. Your efforts have not gone unnoticed.

We wish you joy and happiness this holiday season and thank you for your support.

W. David Ferguson
Board Chair

Donald J. Peters, P.Eng.
President and CEO



Horizon Board Members

Linda Aitken, Upper Kingsclear; Scott Biggs, St. Stephen; Laurie Boucher, Bouctouche; Leo Burns, Miramichi; Harry Doyle, Lower Coverdale; Lise Drisdelle-Cormier, Rothesay; Paul Elliott, Fredericton; Mavis Hurley, Upper Kingsclear; Donna Mazerolle, Saint John; Debbie McCormack, Saint John; Kathleen McMullen, Sackville; Sue Murray, Moncton; Elizabeth Neilson, Oromocto; Barbara A. Quigley, Moncton; Roxanne Sappier, Tobique First Nation and Kay Simonds, Woodstock.

Flu vaccine vital for healthy population



MARILYN BABINEAU

Manager of Occupational Health and Wellness

HORIZON — Seasonal influenza (flu) is a serious illness. Each year, between approximately 2,000 and 8,000 deaths occur in Canada from the flu or its complications. Flu symptoms include fever and cough and at least one of the following symptoms: headache, muscle pain, fatigue and/or sore throat.

The best way to prevent the flu is to have you and your family vaccinated each fall. The flu viruses change each year so it is important to get the flu shot every year to make sure that your body creates antibodies against any new viruses.

Maximum protection develops about two weeks after vaccination and lasts about six months.

Side effects from the vaccine are minor and may include some soreness at the injection site, mild fever, muscle aches or headache for a day or two. The flu vaccine does not contain a live virus and cannot cause the flu.

The Department of Health provides publicly funded flu vaccine for those at high risk of complications from influenza, as well as their household contacts. These groups include:

- Adults and children with chronic health conditions;
- People of any age who are residents of nursing homes and other chronic care facilities;
- People 65 years of age or older;
- Healthy children six months to 18 years of age;
- All pregnant women;
- Aboriginal people;
- People capable of transmitting influenza to those at high risk.

The flu vaccine is strongly recommended for health-care workers who are at risk of spreading the virus to high risk populations. Health-care

workers have a special role in the fight against influenza.

By getting vaccinated themselves, health-care workers can protect their health, their family's health and the health of their patients. High rates of vaccination among health-care workers have been linked to improved patient outcomes and reduced absenteeism and influenza infection among staff.

To date, less than 50 per cent of Horizon staff have been vaccinated. Vaccines are still available for staff. Employees who have not been immunized are advised to contact Employee Health Services to get their shot.

The role that health-care workers play in helping prevent influenza-related illness and death—especially in high-risk patients—is invaluable. Encouraging vaccination of vulnerable patients can protect them from the flu.

Protect your patients, Protect your family & Protect yourself. Get immunized.

Workplace Safety poster campaign takes off



KEVIN ROBINSON

Regional Manager Workplace Safety

HORIZON — Horizon has launched a poster campaign to promote Health and Safety in all its workplaces.

The intent of the poster campaign is to provide visible reminders to work safely at all times so that you can go home to your loved ones at the end of your shift.

The posters themes are:

1. Work Safely: Don't become your own patient.
2. Have a safe day at work, because someone special is waiting for you at home.

Two large posters will be distributed to each Horizon facility and electronic copies will be sent to facility managers and Director Councils for copying and posting in staff areas such as staff rooms, staff lockers, and staff entrances.

When all workplace parties' work together to identify, assess and control workplace hazards it creates a culture of safety that ensures every employee goes home at the end of their shift to their loved ones...safe and sound.

“Home for the Holidays” initiative brings students and recruiters together



MEGHAN OESTBO
Recruitment Officer

HORIZON — The Recruitment and Workforce Planning team will be hosting “Home for the Holidays” once again this year in locations across the entire health region.

The purpose of these events is to provide an opportunity for students who are currently away from home studying in health-care disciplines to connect with recruitment officers and various hiring managers within Horizon around the holiday season. It also allows recruiters an opportunity to provide information on

programs and services, and to promote our current and upcoming employment opportunities, all in an informal and inviting setting.

If you are aware of any local students or health-care professionals who are planning to participate this year, please pass on the information listed below. We want to meet them!

Locations :

- Upper River Valley Hospital, Waterville, Conference Room 2
- The Moncton Hospital, Moncton, Nurses Auxiliary Room
- Dr. Everett Chalmers Regional Hospital, Fredericton, EMP Boardroom (Pavilion behind hospital)
- Miramichi Regional Hospital, Miramichi, Level 5 Cafeteria
- Saint John Regional Hospital, Saint John, the Light Court (1st floor)



All events take place on Dec. 21, from 2 – 4 p.m.

Feedback or questions may be directed to: Kerry Kennedy, Regional Manager Recruitment and Workforce Planning, at 506-623-3416 or kerry.kennedy@Horizonnb.ca

Official Languages...It's the right thing to do!



FLORENCE FLOWER
Director of Official Languages

HORIZON — Horizon offers quality health services in both official languages because it's the right thing to do for our patients and the public. Horizon has implemented an Official Languages Strategic Plan to ensure this service remains front and centre and to provide ongoing support to employees in their daily tasks.

The four year plan is available on the intranet and contains three main strategic themes; 1) Cultural Awareness and Understanding 2) Quality Health Services in Both Official Languages and 3) Continuous Improvement and Accountability. Initiatives arising from these themes include an Official Languages e-learning module, which

will be used to educate all new Horizon staff about their official language responsibilities, and a pamphlet to educate the public about what they can expect when they visit a Horizon facility. The pamphlet will be available on Horizon's website as well as in health centres and selected waiting areas of hospitals and Day of Surgery Admission clinics in the coming weeks.

Quality health service in both official languages is everyone's responsibility and we all play an important role in Horizon's continued pursuit of official language service improvements.

Small process changes make a big difference



JENNIFER KIKKERT
Regional Lead, Business
Process Management

HORIZON — Horizon staff continue to identify opportunities for improvements. This month, we focus on the small things people can do, as well as the things one group did to help “small” people – our pediatric patients.

Changes to Pediatric Lactose Tolerance Test process decreases wait time for children:

Brent Lingley, Pharmacy Operations Manager in Fredericton, identified that the process for pediatric lactose tolerance tests was disorganized and involved unnecessary wait times for children. The lab would send up a stat request for a particular amount of lactose based on the child’s weight. Depending on pharmacy workload, pharmacy would process this request as quickly as possible, but it would often still involve a 30 minute to one hour turn-around time.

After meeting with counterparts in the lab, it was determined central scheduling had to be involved in the organizational process. A new scheduling process was put into place so that when the test was requested by a physician, the patient’s weight must be provided.

Now, when a lactose tolerance test is scheduled by central scheduling, a message is forwarded to pharmacy, usually giving 4 to 6 weeks notice. Pharmacy is then able to prepare the lactose for the test well in advance.

This improvement has made the whole process less stressful for staff, but most importantly, it has decreased the wait time for the children on the day they arrive for the test.

Small Process Changes

Add up: Susan Branscombe, Manager of Diagnostic Imaging in Fredericton, has been working with her team of coworkers to improve the patient experience by finding full-time equivalent hours in the day and improving flow of work through the Emergency department.

Some of the many changes implemented to improve efficiencies in recent months include:

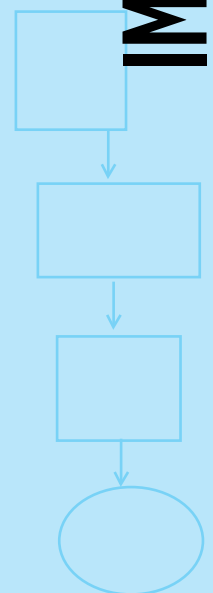
- Ordering pre-printed envelopes, which saved

\$208 per year, as well as one hour per week in labour time.

- Discontinuing the use of the previous exam stamp, eliminating the need to look up each patient’s previous exams. This saves 10 minutes per day.
- Flipping the box that one of the printers was sitting on, and using it to conveniently store one case of printer paper. This saves walking time, cutting distance from printer to paper by 184 feet.
- Changing the process of registering patients returning for tests. ER patients who receive an order from a physician to return to the hospital for a test on another day are now being registered clinically, under the same doctor who ordered the test, rather than being assigned to the attending doctor by ER, as the old process entailed. This simple change results in improved service, accuracy and timely treatment with the proper physicians receiving proper reports.

Many small changes add up to notable improvements.

PROCESS MANAGEMENT & IMPROVEMENT SUCCESS STORIES



How will you reduce your waste??

If you are interested in a Process Management presentation for your department or service area; or if you are interested in attending or sending any of your staff to this workshop, please email Jennifer.Kikkert@HorizonNB.ca

Staff recognized for academic achievement



PETER PEACOCK
Quality Consultant

MONCTON — Thirty-two Horizon staff in Moncton were recognized for their academic achievement at the conclusion of the Back to School Days learning week in October. A big Horizon hooray goes out to these staff members, who have used their personal time to enhance their abilities within their profession.

This was the 7th year for Back to School Days in Moncton and it provided 35 education sessions and presentations of interest to more than 900 attendees from across the Moncton area. A highlight this year was a presentation



Horizon staff members in Moncton were recognized for academic achievement.

by retiring Executive Director of The Moncton Hospital, Sue Ness, as she shared her lessons learned on Leadership.

Search out someone who attended and ask why Sue says “you need to laugh out loud!”

Cadillac Fairview Purchases FAST Ultrasound for TMH



JULIE THEBEAU
Senior Development Officer

MONCTON — Cadillac Fairview donated \$30,000 to the Friends of The Moncton Hospital Foundation for the purchase of a FAST Ultrasound for the Trauma Department at The Moncton Hospital. The FAST Ultrasound (Focused Assessment with Sonography for Trauma) allows for the quick diagnosis of life-threatening internal injuries and assists the Emergency Room physicians in determining the most appropriate course of action for a patient.



From left to right: Robert Zwicker, Program Director Emergency and Neurosciences, TMH; Dr. Gary Duguay, Emergency Room Chief of Staff, TMH; Maria Cormie, Friends Campaign Co-Chair; Jean-François Dugal, Vice President, Operations, Cadillac Fairview; Normand Blouin, Senior Vice President, Eastern Canada Portfolio, Cadillac Fairview; Sal Iacono, Senior

Vice President Development and Eastern Portfolio Manager, Cadillac Fairview; Dr. Pam Walsh, Medical Director Emergency Services Program, TMH; Brian MacMullin, General Manager Champlain Place & Crystal Palace; Philippe Theriault, Manager, Crystal Palace Complex; and Stephanie Hansen, Director, Property Marketing, Champlain Place.

New Ultrasound providing ultra-benefits for patients



JOANNE SELLARS

*Executive Director, Miramichi
Regional Hospital Foundation*

MIRAMICHI — The Miramichi Regional Hospital Foundation recently purchased a \$200,000 ultrasound machine for the Diagnostic Imaging Department of Miramichi Hospital. The ultrasound machine is now on site and providing local patients the benefits of optimum care.

Ultrasound technology is used to image many areas of the body, has no long term side effects, and rarely causes any discomfort to the patient. With the increasing demand for ultrasound examinations, there is a need to work smarter with new technology that provides improved image quality in a shorter time period. The ultrasound machine enables staff to provide high

quality imaging in a very efficient manner.

Money for the purchase came from the Miramichi Hospital Hutchison Trust. The Miramichi Regional Hospital Foundation Inc. is the trustee of The Miramichi Hospital Hutchison Trust, and income earned each year by the trust is available to the Foundation toward enhancing health care in the region. The Board of Directors approved using allowable Hutchison Trust Funds to purchase the ultrasound machine for the Miramichi Hospital.

“We are pleased to be able to once again provide enhanced local health care services for Miramichi and surrounding area patients,” said Brad Mullin, Foundation treasurer.



Miramichi Hospital Sonographers Jennifer Hunter, Tara Waye, Lisa Donovan and Diagnostic Imaging Director & Miramichi Regional Hospital Foundation board member Joyce Driscoll, standing around the new equipment.

The board maintains rigorous criteria in making their decisions on equipment purchases, such as patient impact and need for example. The ultrasound machine certainly met all the criteria as a priority piece of equipment that will greatly benefit local patients.

Miramichi Regional Hospital Foundation announces its new 2011 – 2012 Executive and Board of Directors

JOANNE SELLARS

*Executive Director, Miramichi
Regional Hospital Foundation*

MIRAMICHI — The Miramichi Regional Hospital Foundation has named its 2011-2012 Executive and Board of Directors. At its annual meeting on Tuesday, September 20, 2011, the Miramichi Regional Hospital Foundation welcomed the newly appointed Chairperson Belinda Thebeau, Vice-Chairperson Dr. Hermen Vonkeman, and newest member, Paddy Quinn, to join the executive members and Board of Directors.



Dr. Hermen Vonkeman, Vice Chairperson; Belinda Thebeau, Chairperson; and Joyce Driscoll, Secretary; Heather Matchett; Judy Losier; Paddy Quinn; Betty O'Shea; Geraldine Fitzpatrick; and Marilyn Underhill. Missing from photo are Brad Mullin, Treasurer; Gary Williston; and Russell Whitney.

Miramichi Occupational Therapy Department promotes equipment loan



NICOLA NAPKE
Volunteer

MIRAMICHI — October was Occupational Therapy Month and members of the Occupational Therapy Department at Miramichi Regional Hospital celebrated by raising public awareness of the community's Red Cross Equipment Loan Program.

Staff donned aprons and dusted off recipe books to make goodies for a bake sale. The fundraiser held on Oct. 19 and 20 was a success. A total of \$450 was raised with all profits

donated to the local Red Cross Loan Equipment program. The funds will be used for the future purchase of new equipment.

In addition to the bake sale, a public service announcement was placed in the local newspaper requesting patients who are no longer using equipment to return it to the Red Cross.

The Miramichi Red Cross has been supportive of the OT Department by loaning pieces of equipment that are prescribed by Occupational Therapists to patients. The equipment provided includes items such as tub transfer



benches, shower chairs, raised toilet seats, standard wheelchairs, rollators and standard walkers.

These items assist those who have difficulty with basic daily activities and help make the home environment safe.

Horizon nurses attend first PeriAnesthesia Nurses conference

HORIZON — The first ever International Conference for PeriAnesthesia Nurses (ICPAN), was held in Toronto, Ontario, October 2-5 and Horizon nurses were on hand to take in the events.

The program included 26 presenters from eight countries and 44 poster presentations. There were 474 attendees from 12 countries, including seven nurses from New Brunswick.

Sharon Peabody, BN RN, represented the Saint John Regional Hospital PACU (Recovery Room) by presenting a poster presentation entitled "Why is my Patient's Urine Dark Brown?". In the Research and Evidence based Practice Posters category, there were 12 posters presented, and Sharon's poster was the only one from Canada.



Sharon Peabody, BN RN of the Saint John Regional Hospital PACU, receives her poster presentation participant certificate from International Conference Chair, Susan Fossum, U.S.A. and Poster Committee Co-chair, Angela Winter.

Sackville Memorial Hospital OR Staff Go Online



TANYA LEBLANC
OR Core Group Leader

SACKVILLE — The operating room at the Sackville Memorial Hospital has gone live with online documentation of patients' operative records. As of Sept. 12, the nursing staff at the OR are entering patients' surgical information online, replacing manual charting.

This new process allows for real time data collection both internally and provincially, resulting in increased statistical efficiency.

Sackville Memorial Hospital runs one operating theatre daily for day surgery patients. Sackville was the pilot site for this exciting undertaking and is the first Horizon Health Network operating room to use online documentation.

Congratulations to the staff for their hard work and keen attitude towards this advancement, leading the way to a complete paperless operative record.

DECRH Speech Language Pathologist wins provincial award



ANDRÉ LAFARGUE
Manager of SLP and Audiology

FREDERICTON — In October, Sue Greer, a Speech-Language Pathologist practicing at the Dr. Everett Chalmers Regional Hospital in Fredericton, was presented with the New Brunswick Association of Speech – Language Pathologists and Audiologists (NBASLPA) Clinical Excellence Award in Speech-Language Pathology.

The award was presented by Jennifer O'Donnell, SLP, President of NBASLPA during the Annual Conference Awards banquet held in Moncton. Sue's nomination for this award was supported by 15 of her colleagues from Horizon.

Sue was recognized by her peers for her excellence in clinical practice and her dedication to her patients and her



Gary Foley, Horizon Vice President of Professional Services, presented Sue Greer with a congratulatory certificate on behalf of Premier Alward.

profession. One of her most notable contributions to date is her leadership in launching the Fluency Disorders Interest Group within Horizon Health Network.

Gary Foley, Horizon Vice President

of Professional Services, himself a Speech – Language Pathologist, was also on hand to present Sue with a congratulatory certificate on behalf of Premier David Alward.

Speaking Up for Patient Safety, Sharing Lessons Learned



JOHN GLIDDEN
Patient Safety Consultant

HORIZON — Across Horizon, Patient Safety Consultants work with all employees to improve the safety of our clients. In this month's article, we'll look at patient safety tips that centre on prevention of the more common types of incidents such as medication administration, falls and hospital-acquired infections.

Medications

One of the most prevalent types of incidents that Patient Safety Consultants see results from the administration of patient medication. Here are some tips based on standard practice for giving medications to patients in order to avoid an incident:

- Confirm the medication is the correct drug, route, dosage, concentration, being administered at the correct time to the right patient
- Always use two identifiers to verify the patient/client
- Ask the patient if they have any questions about the medication they are being given. Communication is vital; be an active listener, ask questions, and speak up
- Watch the patient take the medication (never leave the medications on the bed, bedside table, etc)
- Document the details

Falls

With the high percentage of elderly and low-mobility patient populations we serve, falls are always a concern for healthcare professionals. The Horizon Fall Prevention Strategy is an excellent resource for fall prevention information and interventions. In addition to all zones adopting the strategy, all employees should:

- Be aware of your surroundings and the trip, slip and fall hazards that may be present for yourself and our clients
- Don't hesitate to mop up minor spills or warn people of the hazard until Environmental Services can deal with it
- Attend a Falls Prevention Awareness Training session

Hospital-Acquired Infections

Media attention on hospital-acquired infections has really put healthcare professional's routine practice in focus and patients are much more aware of the importance of hand washing. It is becoming more commonplace for our clients to watch to see if it's being done and if it's being done properly. Hand washing, glove wearing, respiratory protection (masks) and other precautions should be a part of our routine practices. Taking the time to wash your hands is probably the most important step that anyone can take to prevent hospital-acquired (nosocomial) infections and all staff should:

- Practice and promote good hand hygiene by healthcare workers, patients, families and visitors
- Use protective equipment correctly
- Get a flu shot

- Complete the Routine Practices and Additional Precautions E-learning Program
- Complete the Clean Hands: Good Health E-Learning Program
- Be aware of potential infectious agents that could cause an outbreak and take the appropriate measures (as instructed by Horizon Infection Prevention & Control Services)

Reporting Incidents & Near Misses

For all of the incidents that Patient Safety Services review, evidence points out that we are only scratching the surface of what is happening in our healthcare system. A patient safety incident or near miss that isn't reported is a lost opportunity to make meaningful system changes that could prevent harm to the next patient.

Everyone is strongly encouraged to:

- Speak up about patient safety issues
- Report incidents and situations where incidents could have easily happened (near miss)
- Remember that incident reporting is not about blame

One of the biggest contributing factors to many incidents is lack of good communication. The Canadian Patient Safety Institute believes that good health care starts with good communication. Horizon Patient Safety Services also shares this view and we encourage everyone in our organization to ask questions, listen to the answers, talk about concerns, and come up with ways of preventing these types of reoccurring incidents.

Every Child Matters: Collecting the evidence of pediatric sexual abuse



HAIDEE GOLDIE

Coordinator Sexual Assault Nurse Examiner Program

SAINT JOHN — On Oct. 5 and 6, the Pediatric Sexual Abuse Team from the Saint John Regional Hospital, the Family Protection Unit of the Saint John City Police, and Family Plus Life

Solutions held a two-day conference called “Every Child Matters: Collecting the Evidence of Pediatric Sexual Abuse”. The goal of the conference was to educate health-care professionals, Social Workers and policing agencies to provide enhanced care and services to pediatric and adolescent victims of sexual abuse and also to their families.

The presenters were Dr. Amy Ornstein, Medical Director of the IWK Child Protection Team, and Tanya Smith, Nurse Practitioner with the Suspected Child Abuse and Neglect Program of The Hospital for Sick Children in Toronto. The conference was well received by all participants.

The Pediatric Sexual Abuse Team at the SJRH provides assistance to victims of sexual abuse in the local area. Contact for information can be made through the Sexual Assault Nurse Examiner Program at the SJRH Emergency Department.

The conference committee would like to thank the event sponsors that made the conference possible: The Dr. David Stephen Memorial Foundation, The Saint John Regional Hospital Foundation and the New Brunswick Medical Society.

Pulmonary Rehab Program helps Harvey clients



ANDREA BRAGDON

Physiotherapist

FREDERICTON — The Pulmonary Rehabilitation Program at the Harvey Community Health Centre has recently graduated its first class.

The eight-week session of pulmonary rehab was attended by four participants. They participated in twice-weekly exercise sessions and education each week. Feedback was excellent and all patients improved physically and in their abilities to cope with their respiratory disorder.

The next session is planned for April 2012.



From left: Andrea Bragdon, Physiotherapist; Betty True, RN; clients Doreen Pierce, Gary Bunnell, Bev Weeks, Carmen Little; Nancy Oxner, NP; Shirley Moffat, Nurse Manager.

New Brunswick and Prince Edward Island Perianesthesia Nurses meet



VANNA WASSON
Nurse Manager

HORIZON — Approximately 50 perianesthesia nurses from New Brunswick and PEI met this fall in Moncton to network and learn about the latest best practices and innovation in the field. The education sessions included discussion on peripheral nerve blocks for post-operative pain management, the role of the acute pain nurse, and the latest in minimally invasive and vascular surgery.

The participants were also given an inspiring presentation by Lynn Casey, RN.

This organization is active in both Horizon Health Network and VitalitéNB under the organization of Perianesthesia Nurses of New Brunswick and Prince Edward Island (PANNB/PEI). If interested in learning more, please visit the national website at www.napanc.org



Perianesthesia nurses from across New Brunswick and P.E.I. gather at The Moncton Hospital.

Run for the Cure has Horizon contingent



MARIA COUTURE

Supervisor, Bone Densitometry and Screening/ Diagnostic Mammography

MONCTON — The annual CIBC Run For The Cure in Moncton was held at Centennial Park on Oct. 3, and as in past years, the Radiology-Breast Imaging Department had a team participate in this event to help raise funds to battle breast cancer. The team, nicknamed the Digital Compressors, consisted of 10 participants.

Also, for the second year, the Breast Imaging Staff organized an on-site Katherine Wright Center Information Booth. The purpose was to help increase awareness of the Breast Screening Services offered at the

Moncton Hospital, to promote the importance of breast health and to encourage participation in regular screening for early detection of breast cancer.

The colorful booth provided information pamphlets on breast health, breast

cancer and also a model breast to help increase awareness of how a breast lump can feel. The team is already preparing and looking forward to next year's event and booth set-up, which may include a few added features.



Breast Imaging Staff organized attend the Katherine Wright Center Information Booth at the annual CIBC Run For The Cure in Moncton

Clients helping clients



DEBBIE LEBRETON

Occupational Therapist

FREDERICTON — The Annual SPIRIT Run for ALS was held in Fredericton at Officer's Square on November 6 and was supported by staff and clients from the Stan Cassidy Centre for Rehabilitation (SCCR).

As part of their inpatient therapy at SCCR, while working with an

occupational therapist and a recreation therapist, a few clients participated in a baking group and sold their baked goods to raise funds for the SPIRIT Run.

This allowed inpatient clients to practice their standing and hand function skills, and at the same time they had an opportunity to socialize and support a good cause. In total they raised \$110 for the ALS Society.



Debbie LeBreton (OT), Rebecca McCoy (Rehab Assistant), Richard Carney (Patient SCCR) and Melony Jones (PT), pose with the proceeds from the bake sale for ALS SPIRIT Run.

Inaugural Horizon Photo Contest a Great Success

The Communications Department is pleased to announce the winners of the Horizon Summer Family Photo Contest.

Sandie Dunn of the OSI Clinic in Fredericton took home our Grand Prize, an Apple iPad2 sponsored by the Shops of the Auxiliary.

In accordance with our rules, judging took place with the judges having no knowledge of the entrants name or location. We have 10 winners in the 16 categories, with four entrants winning more than one category.

The quality of the photographs submitted were exceptional and the judges did not have an easy time. As the primary purpose of the contest was to create a Horizon photo archive, you will begin to see photographs submitted to the contest appearing in Horizon publications. If you see a name you know we hope you'll give them the congratulations they deserve for sharing their talent.



Sandie Dunn, second from right, is presented her prizes of a commemorative plaque and an Apple iPad2 from Michael Brannen, Executive Director of the Saint John Regional Auxiliary; Natasha Doucette, President of the Auxiliary; and, Donn Peters, President and CEO of Horizon Health Network

Grand Prize Winner / Fall Activity Category

**Sandie Dunn, Administrative Assistant
OSI Clinic, Carriage Place, Fredericton
Oromocto, New Brunswick**

Teen with a hockey stick:

My son and I were going out to take fun photos of him doing hockey tricks and he was carrying too much. We wrapped his gear in a towel and I threw it on the end of his stick as a joke. That inspired this shot... so we ran to a good location trying to beat the sunset and get a silhouette. Down on my tummy I went to put more of him in the sky area, and ...got it!



Healthy Eating - Adult

Sandie Dunn, Administrative Assistant
OSI Clinic, Carriage Place, Fredericton, Zone 3
Oromocto, New Brunswick

Spice rack:

Whenever I get a new camera, I sit with the manual in my house and do a lot of test shots to learn the specs. This was one of the test shots. This is my spice rack on the back of my stove. I loved the way the light from the range hood fell on the spice rack. I flipped it to a sepia tone to give it a still life feel.



Season Activity - Summer

Sandie Dunn, Administrative Assistant
OSI Clinic, Carriage Place, Fredericton, Zone 3
Sussex, NB

Hot air balloon festival ride:

My mom and I went to the hot air balloon festival in Sussex this year; my first time ever. We had so much fun running around with our cameras taking pictures of rides and hot air balloons. The sunset that night was intense and made for a great backdrop to this ride. I underexposed the shot to darken the ride and sky a bit for a slightly silhouetted effect.

Gardening

Sandie Dunn, Administrative Assistant
OSI Clinic, Carriage Place, Fredericton, Zone 3
Fredericton, New Brunswick

Tulips:

I love taking photos with my family. My dad and I go out early in the mornings and do photography together. We love sunrises in particular. On this day, we went to Wilmot Park, Fredericton and found some tulips. I decided to put the sun behind them for a backlit shot. For drama, I darkened the background. I love the detail that came out in the flowers.



Exterior of a Horizon Facility

Susan Mulhall, IVRN
Saint John Regional Hospital

Saint John Regional Hospital

This is the Saint John Regional Hospital on a warm September morning. After enduring the parking changes throughout the summer, it was so nice to have new pavement and things back to normal. Nice curb appeal!



Senior Activity

Susan Mulhall, IVRN
Saint John Regional Hospital
Rockwood Park, Saint John

Elaine in the Park

This is a photo of my Mom, taking a little break while walking around Lily Lake in Rockwood Park. She came from the Miramichi for a visit. Elaine was diagnosed with colon cancer in February 2011 and walking is a big part of her recovery. I am so proud of her for keeping such a positive attitude and finding the strength to be a cancer survivor. Love You Mom!



Season Activity - Winter

Treasure Waite, Administrative Assistant
DECH
Deer Park outside skating rink –
Oromocto, NB

SHADOW SKATING

“From professional hockey, football, soccer and baseball... many of our past family members have had great sporting successes, some even making their way to various local sports halls of fame. Early in life, my son made it his dream to play professional hockey. This picture has captured how his once wobbly little ankles have since strengthened to play vigorous hockey 4 hours every weekend, both at OMHA and at UNB. To me, his footsteps are simply following our family shadows!”



Healthy Eating - Children

Valerie Allen, RN

The Moncton Hospital MSICU 5400

Picking Apples
Memramcook, NB

Picking Apples

Every year my friends go picking apples, bringing their children along for the fun. Having no children I always bring my camera. It was a beautiful day, with everyone having a blast climbing to reach that “perfect apple” to eat. Rankin was a bit more timid than some, but when he climbed up to where these apples were he was so proud of himself. He glanced over to see if anyone was watching, I was, and that moment was captured.



Family Activity - Game

Anna Cline, RN

Deer Island Health Centre
Potty training

Photo of Rachel

“Grandma, I’m a big girl now!”



Forces of Nature

Christine Bidlake,

Physiotherapist
The Moncton Hospital
Weathervane
Beresford, NB



Most people know the expression “a picture is worth a thousand words”. I believe this picture depicts the “Forces of Nature” beyond the simple object portrayed: a weather vane. This photograph was taken in Beresford, NB near the Northumberland Strait, where the winter weather can be blistering cold with strong winds. We can see how the weaker base has succumbed to the strength of the wind with a slight but obvious tilt. Taking a closer look at the base upon which the weather vane rests, you can see the effects of Mother Nature; the paint has not been able to withstand the “Forces of Nature” and as a result has started to peel away.

Family Activity - Travel

Scott Reeder

**Husband to Michelle Reeder, Supply Tech
The Moncton Hospital
Mount Carleton, NB**

“My family and I went to Mount Carleton in the summer of 2010. This picture was taken after an adventurous day of hiking Mount Carleton (the highest mountain in New Brunswick). The hike took us nearly eight hours, and Samuel hardly complained at all. The key was lots of snacks and a fair amount of breaks. It was an excellent vacation.”



Healthy Play

Scott Reeder,

**husband to
Michelle Reeder, Supply Tech
The Moncton Hospital**

“This photograph was made in Dover Park, Dieppe. Samuel wanted me to give him a push on the swing and it gave me the idea for the picture. We also visit this park each summer for the Kite Festival.”



Community Focal Points

Karen Balland, RN

**Fredericton Dialysis
Keswick Ridge, NB- Mactaquac
Headpond**

The photo “Keswick Ridge” was taken from the west-facing slope of Keswick Ridge overlooking the Saint John river and Mactaquac Provincial Park. The photo was taken in the summer, but the view is breathtaking in any season. The large unique barn belongs to one of the older farms in the region which is well-known for apple-growing.

The Keswick Ridge Historical Society has more information and historic photos of this beautiful community on their website: www.keswickridge.ca



Care for the Environment

Karen Baird, SLP

The Moncton Hospital
Beach Clean-up
Boudreau-Ouest, NB

Beach Clean Up

I heard David Suzuki say we can save the planet if we take care of our own backyards. The Northumberland Strait is in our family's backyard. The melting of the sea ice and reemergence of the shorelines each spring reveals the strait's hidden "treasures." My children took it upon themselves to beachcomb with garbage bags last spring. Collected treasures included an abundance of broken bottles, aluminum cans and mounds of broken plastic. They left behind a clean beach and took with them mixed emotions of disgust and satisfaction.



Family Activity - Sport

Karen Baird, SLP

The Moncton Hospital
Rappel
Cape Enrage, NB

Rappelling

When your sister from Ontario comes to visit and asks to do something "challenging and exciting" the answer is rappelling at Cape Enrage. The adventure was a family affair including me, my husband (pictured), my 2 children and my sister. Watching my children ages 11 and 13 disappear over a 43 m cliff , albeit with safety gear and expert instruction, caused an adrenaline rush as strong as the one I got rappelling down the cliff myself. By the end of the afternoon we were exhausted, proud and already planning the next time we could enjoy the challenge of Fundy.

Seasonal Activity - Spring

Eric Ingersoll,

Common Law to
Melissa Brown, LPN
Grand Manan Hospital
Grand Manan





RÉSEAU DE SANTÉ

Horizon
HEALTH NETWORK

LEADING FOR A HEALTHY TOMORROW
OUVRIR LA VOIE À UN AVENIR EN SANTÉ

OUR MISSION

Care for People,
Educate, Innovate
and Foster Research

NOTRE MISSION

Soigner, éduquer,
innover et favoriser
la recherche

OUR VALUES

Compassion, Respect,
Integrity, Collaboration,
Excellence, Sustainability,
Innovation

NOS VALEURS

Compassion, respect,
intégrité, collaboration,
excellence, durabilité,
innovation