Last week saw the retirement of Tammy Purbrick, who had worked in BGH as a Dietary Clerk for the last 34 years. She was joined by her colleagues from Food Services and from around the hospital to celebrate an amazing career. Though she will be missed, we all wish Tammy the very best as she goes on to enjoy her retirement.

Tammy Purbrick celebrates her retirement with her colleagues, (pictured left) Anita Knapp; Barry Baker, Maintenance; Sally Cross, Environmental Service Supervisor; and Angie Tessier, Stores; and (pictured right) Sarah Kittle, Clerk, and Rebecca Gardiner, Supervisor.
BGH History - The transfer of 2006

In 2006, in order to continue to provide high-quality of health care for patients of the Leeds Grenville community, St. Vincent de Paul Hospital transferred services to Brockville General Hospital. This transfer would bring the two sites under the banner of BGH.

After 119 years of service to Brockville and the surrounding communities, St. Vincent de Paul officially became BGH’s Garden Street site at the stroke of midnight on October 1, 2006.

One year later, to celebrate the first anniversary of the transfer and to embrace the Halloween season, a pumpkin-carving contest was held at each site. To commemorate the coming together of the two sites, Nancy Holmes, Dietary Aide at Garden Street, created a decorative pumpkin titled ‘Charles in the Garden.’

This tradition of pumpkin carving continues as WHAT hosts the BGH Pumpkin Carving Contest later this month. Staff can submit their carved/decorated pumpkin for consideration until October 30. If you have any questions or would like to arrange for your pumpkin to be picked up from any of the BGH sites, please email Elizabeth Murray at EMurray@brockvillegeneralhospital.ca. Submitted pumpkins will be on display at the Health Fair.

Winners will be announced on October 31. Prizes include a $20 Starbucks gift card for first place, a $10 Starbucks gift card for second place, and a $10 Starbucks gift card for third place. For more details, check out page 3!

BGH is going to Pumpkin Inferno!

When: Wednesday, Oct. 24 starting at 6:30 p.m.
Where: Upper Canada Village
Price: $12 for adults, $10 for children, children under 5 are free

This event is open to all BGH staff, physicians, and volunteers, as well as friends and family. BGH will be getting the entire Pumpkin Inferno park to ourselves for the entire night. Don’t miss out on this one-of-a-kind night!
The first week of October is Mental Health Awareness Week. To mark this important week of awareness, Morneau Shepell’s new microsite, Mental Illness and Relationships, is now live!

This microsite features resources exploring how to build and maintain healthy relationships, the benefits of support systems and relationships, how to create a support system, and the role of self-care.

Visit the Mental Illness and Relationships microsite today at www.workhealthlife.com/Home/Navigate.

Peter Kennedy, Director of Mental Health and Community Services, showcases the Mental Health Services offered by BGH.

Be sure to also visit the Cafeteria at the Charles Street site to find the Mental Health display board, full of information on Mental Health here at BGH.

The Mental Health Crisis line is open 24/7 to the public and to staff. If you are in crisis, call 613-345-4600 or 1-866-281-2911. Login or search for BGH on workhealthlife.com to visit the microsite.

Pumpkin Carving Contest

Are your pumpkin-carving skills out of this world?

Then put them to the test with the WHAT Pumpkin Carving Contest.

Carve your best design at home and bring the final creation to the Health Fair on October 30.

If you have any questions or would like to arrange for your pumpkin to be picked up from any of the BGH sites, email Elizabeth Murray at EMurray@brockvillegeneralhospital.ca.

Submitted pumpkins will be on display at the Health Fair, where visitors will get to vote on the winners.

Winners will be announced on October 31.

1st Place: $20 Starbucks gift card
2nd Place: $10 Starbucks gift card
3rd Place: $10 Starbucks gift card
In today’s online based world, you are open to risk at every click or tap. Here are some tips to keep your information safe:

- Social Media is a wonderful medium to connect with people. Make sure you know who they are before you friend or connect online. Just because you met them in elementary school, doesn’t mean you know them now. With a friend request comes access to information you share.

- If you receive an email and it sounds too good to be true, it probably is! Canadian Revenue Agency doesn’t notify you of a return via email, and you probably don’t have a long lost relative that has left you a million dollars.

- Look at the spelling, grammar, and punctuation of any message before you click on anything in the message. These are hints that the message is not from someone you know but phishing (fishing) for you to click and give them access to your information. If you question the email, delete it, if it was legit the sender will try to re-engage you.

For more helpful tips on how to protect yourself online, check out the next issue of General Happenings for part two of this three part series!

Attention Garden Street!

Don’t miss out on the Oktoberfest BBQ being held from 11 a.m.—1 p.m. on Friday, October 12.

Members of the Senior Leadership team will be serving grilled meals for event. For more details, check out page 5!

NOTICE TO STAFF: No unauthorized personnel are permitted in the construction zone. Everything inside the construction fencing is property of EllisDon and staff are reminded no one is permitted to take any materials from inside the construction zone.

For your own safety and the safety of those working in the construction zone, please do not attempt to access the area inside the construction fencing.
Tuesday, October 23 is Breast Reconstruction Awareness (BRA) Day. In recognition of this important day, Canadian Cancer Society is hosting a free evening bringing together leading breast reconstruction experts to answer all your questions.

This once-a-year event is your chance to,

- Learn about reconstruction options available to you.
- Connect with women who have been through breast reconstruction.
- Get answers to your reconstruction questions.

The evening will include presentations from members of the breast cancer care team at Kingston Health Services and women who have gone through the journey of breast reconstruction.

**When:** Tuesday, Oct. 23, 5:30 p.m.—8:30 p.m.

**Where:** The Isabel Bader Centre for the Performing Arts, 390 King Street West, Kingston

To register for BRA Day 2018, please visit: [www.cancer.ca/en/events/on/braday/bra-day-kingston/?region=on](http://www.cancer.ca/en/events/on/braday/bra-day-kingston/?region=on)

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**WHAT?**

**Thursday, October 11**

11 a.m.—1 p.m.

Charles Street

**Friday, October 12**

11 a.m.—1 p.m.

Garden Street site

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No vegan or gluten-friendly options are available for this BBQ.

$6 meal | $4 burger | $4 sausages | $1 chips | $1 drink
Who says there is no such thing as a free lunch?

Emily Bell, Marc Pelletier, Jodi Hunter, Debbie Greenwell, and Kyara H. are the lucky winners of a free Cafeteria lunch for themselves and a friend, valued at $20! These lucky people were entered into the draw for completing the Cafeteria Improvement Survey.

Congratulations to all the winners! To pick up your prize, visit Jane Hooper in the Cafeteria.

Debbie Greenwell is sharing her free lunch with her sister Trish Cacciato (both pictured left). Jodi Hunter (pictured right) is beaming about getting her prize.

Did you miss out Cafeteria Survey draw but want another chance to win?

Then go check out this week’s Friday Photo Funday on Sharepoint for the first ever BGH Construction version of ‘Where’s Waldo?’ contest!

Simply look through the entire Photo Funday and try to find Nick Vlacholias, President and CEO of BGH, somewhere in the pictures. It’s like ‘Where’s Waldo’, but with a BGH twist.

Be the first to contact Chris Blood-Rojas in the communications department with the correct answer to win a Tim Hortons gift card.

Senior Leadership would like to thank the Facilities and EVS teams at our Garden Street site for their dedicated work during a water pipe leak this week. Your assistance with the clean-up after the leak was contained shows the dedication BGH staff have to providing the best environment for our patients.

Travis Coughlin, Kinesiologist, shows Brayson White, age 9, how to use the ‘fan’ bikes in the clinic of the Cardiovascular Program. Brayson was visiting his grandfather, who was using the services of the clinic, and wanted to try his hand at the bike. Brayson (pictured right) seems to be getting the hang of it with Travis’ help.
Construction updates and events

Inside the building

**Temporary main entrance**
Began Oct. 1 during evening hours
Access to the main entrance will be closed so work may begin for the connection of the new patient tower. Construction on a temporary entrance, located north of the current entrance, has begun during the evening hours in the Central Registration waiting area. The temporary entrance will be used until the new entrance opens in 2020. As a result, there will be appropriate precautions to protect anyone in the waiting area, or working nearby, from the external elements (heat, cold, etc.)

**Access to loading dock entrance closing**
Effective Tuesday, October 9
To ease congestion at the loading dock, the staff entrance located there will be closing. Facilities, Environmental Services, Stores, Porters, and Deliveries will continue to have access.

Other staff are asked to use the main entrance or the temporary entrance located near the west staircase.

Outside the building

**Parking gates installed**
Late October
New parking gates will be installed in the north parking lot, parking fees will resume when new equipment is installed. When the parking gates are operational, staff will be issued new temporary parking badges.

Our tower crane is now onsite and operational!

Our Redevelopment Project has been running in first gear since March. Now with the installation of the tower crane complete, it allows EllisDon and the Redevelopment Team to switch into overdrive. The crane has made a considerable change to the City of Brockville’s skyline... and so will the new patient tower upon completion in 2020.

Watch the crane in action with our 24/7 webcam on our website, www.brockvillegeneralhospital.ca/redevelopment.
Construction Photos

Top and Middle: Over the weekend, the tower crane was delivered and assembled at our Charles Street site. (Sept. 29)

Bottom: The completed and operational tower crane will allow work to progress vertically as our patient tower takes shape. (Sept. 30)

More images available at brockvillegeneralhospital.ca or on the BGH WHAT Facebook page.

Contribute to General Happenings by submitting to:

Chris Blood-Rojas, Marketing & Communications Associate

cblood-rojas@brockvillegeneralhospital.ca

Follow us on Facebook and Twitter!