



Occ Talk

Winter
2009



Executive Message

Welcome to winter! It has been a busy time for our association and our members. We have weathered the second wave of the pandemic and the challenges that were presented along with it. We hope that all are having a bit of a reprieve to “catch your breath” as the holiday season begins!

The spring conference planning committee has met and has sent a “Save the Date” email for the conference. This year’s conference will be held on Friday, May 7th and hope that you all are able to attend. Last year’s attendance was down as many of us were unable to attend as the first wave of the H1N1 hit as well as the forest fire in Spryfield. Let’s hope for a gentle spring next year! We look forward to keeping you informed as the planning committee moves forward to plan another dynamic day of learning and networking!

As the Holiday Season is upon us, we find ourselves reflecting on the past year and on those who have helped to shape our profession and association in a most significant way. We value our relationship with you and look forward to networking with you in the year to come. We wish you a very happy Holiday Season and a New Year filled with peace and prosperity.

Donna, Cathy, Judy, Lori, Anne, Robyn and Karen

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Protect yourself and your career. Professional Liability Insurance specifically for Occupational Health Nurses.

Ontario Occupational Health Nurses have for many years enjoyed inexpensive professional liability insurance as part of their OOHNA membership.

There have been many requests from Occupational Health Nurses from other provinces wanting to take part in the plan. The insurer ENCON has recently extended this coverage to any Registered Nurse working in Occupational Health in any province in Canada.

The benefits include:

- \$5 Million Professional Liability Insurance ("Errors & Omissions")
- Legal Expense Insurance
- General Liability
- Pro bono legal advice
- OOHNA membership (includes access to job Board, publications, discount rates to workshops and annual conference –and much more.)

Cost: \$335.00 (plus tax) per year

(or \$0.92 per day) for comprehensive and affordable insurance.

For Information please contact the OOHNA office at 416-239-6462, E-mail administration@oohna.ca or website at <http://www.oohna.on.ca>

Did you know???

-COHNA/ACIIST has over 2000 members?

This national organization is made up of all current members of every provincial Occupational Health Nurse association. Each of these associations pays an annual membership fee to OHNA/ACIIST and selects one voting delegate to represent the provincial membership on the board of directors.

-Cold and Flu: Eating hot peppers promotes sweating and eases the discomfort of cold and flu symptoms. Hot peppers also help to open up clogged nasal passages. ([A hot pepper pop quiz, USA WEEKEND](#), January 7, 2001)

-Heart Health: Hot peppers may help to improve heart health by boosting the body's ability to dissolve blood clots. The capsaicin in peppers also fights inflammation, which has been identified as a risk factor for heart disease. Eating chili peppers may also improve circulation and lower blood pressure. ([A hot pepper pop quiz, USA WEEKEND](#), January 7, 2001)

-On www.workopolis.com, there are currently 12 job opportunities posted for Occupational Health Nurses.

Baked Pears with Cranberries and Walnuts

Not everyone likes pie during the holidays, so why not make Baked Pears with Cranberries and Walnuts? If you don't have pomegranate juice, use cranberry juice, red wine or apple cider instead. Enjoy with a scoop of low fat frozen yogurt or whipped topping sprinkled with a little cinnamon or nutmeg.

Ingredients:

3 ripe but firm pears, peeled, cored and quartered

1/3 cup pomegranate juice

1/2 cup dried cranberries

1/4 cup chopped walnuts

Preparation:

Preheat oven to 350 degrees. Place quartered pears in a baking dish. Drizzle pomegranate juice over pears. Sprinkle cranberries and walnuts over the top. Bake for 20 minutes, or until pears are tender. Serve with juices and fat-free or low fat frozen vanilla yogurt.

Serves 4

Occupational hazard for Father Christmas

No, this is not the dejected figure of Santa on Christmas morn, awaiting the tender ministrations of Mrs Claus after a run-in with a reindeer on Ritalin. Reindeer have large, wide hooves, while the cloven-hoofed beast behind these injuries, the fallow deer, is smaller, with sharp, small hooves. Figure A shows the back of a farmer who was trampled by a fallow deer and Figure B shows the hooves of the deer.



The deer assures us that the whole thing was an accident.



A quote from the book, **The 776 Stupidest Things Ever Said,**

On Accidents, Causes of:

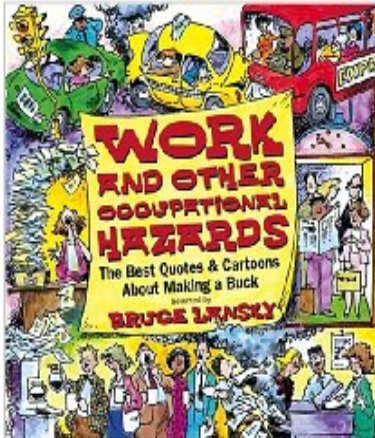
"...hazards, are one of the main causes of accidents.

From the U.S. Occupational Safety and Health Administration's booklet,

"Safety with Beef Cattle, 1976"

Need Gift Suggestions??

Click to **LOOK INSIDE!**



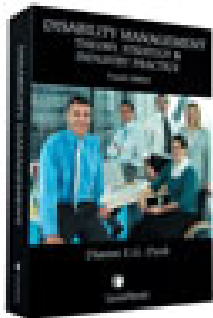
Work And Other Occupational Hazards

By [Bruce Lansky](#)

Description

A gift of laughter for anyone who has to work for a living

Here are the funniest comments and cartoons about work by Scott Adams, Dennis Miller, Woody Allen, Ronald Reagan, Mark Twain, Ann Landers, Robert Frost, W.C. Fields, Rita Rudner, Muhammad Ali, and many other folks who've been punched by a clock.



Another suggestion is the fourth edition of **Disability Management: Theory Strategy & Industry Practice** by Dianne E. Dyck, OHN and OH&S Specialist.

A much expanded version, this edition addresses:

- The planning, creating, implementing, operating and evaluating of an Integrated Disability Management Program;
- Documentation needed to customize a Disability Management Policy and Procedure manual;
- Program evaluation techniques and terms;
- Necessary linkages to integrate the Disability Management Program with the Employee Assistance Program, Occupational Health & Safety Program, Human resources Program, workplace Wellness program and management practices;
- Program marketing and communications;
- Disability management education;
- Illness/injury prevention techniques;
- The effective management of disability management claims;
- Nursing best practices in disability management;
- Ethical and legal considerations relative to disability management claims;
- The cultural implications relative to disability management;
- Outsourcing disability management services;
- Best practices in disability management;
- Professional skill development topics such as career development, internal external consulting skills, and educational opportunities

Congratulations To:



- **Jeanette Combes** for her participation in the CNA Occupational Health Nursing Certification Exam Committee. Jeanette has a wealth of knowledge and expertise in Occupational Health Nursing as well as a dynamic personality that will fit the OHN exam committee well.
- The following recipients of the 2009 October Halifax Chamber of Commerce Health Business Awards with whom members are employed:

-**Capital Health District Authority** –Ruth Streight and Bonnie Walker

-**IWK Health Centre** –Cathy Lockhart and Karen Green

-**Northwood** –Kathleen Gentile, Sandy Cameron, Catherine Swimm

-**Workers' Compensation Board of Nova Scotia** –Donna Langille

- The following recipients of the 2009 WCB Mainstay Awards with whom members are employed:

- **CFK Transformation** – Suzanne Reid

- **Michelin North America** – Judy MacConnell, Anne Brett, Chelsea DeGruchy

- **Harbourstone Enhanced Care**- Marion Turner

- **Northwood**- Kathleen Gentile ,Sandy Cameron, Catherine Swimm

-**Each and every one of us** as we weathered the second wave of the pandemic demonstrating the flexibility and willingness to do what was needed to be done!!

Keep Us Posted!!



If you have changed any of your contact information, please try to remember to forward those changes to Anne Brett, Membership Chair. It is important for us to keep our database as current as possible. Emails are expedient and inexpensive modes of communications. The more accurate our system is, the quicker and easier it is for us to share information with you.

Please forward all changes to Anne Brett at anne.brett@ca.michelin.com