



**Bermuda Hospitals Board**  
CARING FOR OUR COMMUNITY

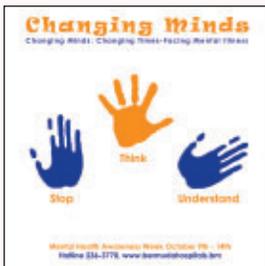
# PULSE

**B E R M U D A   H O S P I T A L S   B O A R D**

Newsletter to the Community

## Mental Health Awareness Week 2006

### Changing Minds, Changing Times - Facing Mental Illness



Bermuda is becoming better informed about mental health conditions, according to research undertaken for the Mid-Atlantic Wellness Institute (MWI). Results from a commissioned survey on mental illness and public attitudes

were announced in early October, as part of Mental Health Awareness Week (MHAW), a campaign marked here in Bermuda and by countries worldwide. This year's theme, *Changing Minds, Changing Times - Facing Mental Illness*, focused on educating the public about mental health issues.

"MHAW provided us with an opportunity to encourage dialogue in our community," said Patrice Dill, Director of Mid-Atlantic Wellness Institute. "Our focus was promoting well being and increasing awareness. Our best hope for eradicating the stigma of mental illness is the power of education."

***"Our best hope for eradicating the stigma of mental illness is the power of education. It is important for the public to understand that most people respond to proper care and treatment and go on to live, work and enjoy life within the community."***

It is important for the public to understand that most people respond to proper care and treatment and go on to live, work and enjoy life within the community."

MHAW was kicked off on October 9 with a proclamation read by Minister of Health and Family Services, Patrice Minors, in the lobby of MWI. Other events included open house activities for school children, a seminar for employers, radio and newspaper interviews, a presentation at Rotary, an Omnibus Survey on attitudes about mental illness and a Legends Ball, celebrating trailblazers in the field of mental health.

"Research from our commissioned survey confirm that a large majority of residents believe people with a mental illness can function normally in the community," explained Ms. Dill. "Over 72% of those polled believe people with a mental illness do not pose a threat to others' safety. Our efforts to educate the public about this subject have been successful. It is good news for health care professionals who have worked tirelessly promoting the truth about these issues."

**See pages 4 and 5 for more information about mental health issues.**

## New CEO Appointment

David Hill was announced as the new Chief Executive Officer for Bermuda Hospitals Board in August. Venetta Symonds was appointed as the new Deputy CEO and will train under Mr. Hill.

Mr. Hill is expected to assume his new position in early December, pending immigration approval. He comes to BHB with over 20 years of experience in healthcare and over 15 years in hospital management. Mr. Hill currently serves as CEO of the James Paget Healthcare Trust in Norfolk, England, and manages a 550-bed acute hospital with a turnover of GBP 120 million and a staff of 3,000. Under Mr. Hill's leadership, the institution has achieved the highest level of clinical excellence, accreditation in all areas and status as a Foundation Trust.

Mrs. Symonds has worked at BHB for over 25 years and has been Acting CEO for BHB since the retirement of Joan Dillas-Wright in March 2006. Previous to this appointment, Mrs. Symonds had been the Organizational Review Officer. She holds a Bachelor's degree in Radiologic Technology from the University of Tennessee, a Masters of Arts degree in Human Resource Development from Webster University and is a Certified Healthcare Executive with ACHE (the American College of Healthcare Executives).

Anthony Richardson, Chairman of BHB, noted the CEO selection process resulted in the appointment of a high quality CEO and Deputy CEO.



Anthony Richardson, BHB Chair, David Hill, new CEO, Venetta Symonds, Deputy CEO and Patrice Minors, Minister of Health and Family Services.

"Mr Hill brings extensive experience in managing relevant healthcare issues and will bring great insight as we seek to improve services in Bermuda," he said. "Mrs. Symonds has already displayed her leadership potential as Acting CEO and we are pleased that healthcare in Bermuda will be in strong and well-prepared hands today and for many years to come."

## New DIRECTOR OF ONCOLOGY Arrives at KEMH



Dr. Sparling will head up Oncology at KEMH

Oncology patients now have a permanent oncologist in place at KEMH with the arrival of Dr. Terence Sparling. Dr. Sparling joined BHB as Director of Oncology on September 5th. Dr. Sparling is a graduate of Queen's University in Ontario, Canada and a Diplomate of the American Board of Internal Medicine. He holds Certification with the Royal College of Physicians and Surgeons of Canada.

"I've been warmly welcomed by patients, staff and, in particular, by the people of this island, who have been friendly and open," said Dr. Sparling.

He gave high praise to oncology staff at the hospital, including Laverne Proctor, medical secretary and oncology nurses, Jennifer Gallo and Karen Scott. "They've done a terrific job looking after patients, especially during the transition period of the past year. Without them, it would have been much more challenging."

Dr. Sparling added, "I have a great deal of work to do, getting to know patients and assuming responsibility for their care. One of my goals is developing a multidisciplinary team approach to managing oncology patients. I hope to pull together various aspects of oncology treatment, such as the chemotherapy clinic, PALS nurses and community physicians, so that care can be well coordinated."

Venetta Symonds, Deputy CEO, is happy to see a permanent physician running the oncology department. "We are extremely pleased that Dr. Sparling has assumed his position with us. He brings a wealth of medical skill and academic experience, which will benefit the patients of Bermuda. Dr. Sparling will provide a consistent presence for patients and our oncology team."

## New Qualification For Technicians from Clinical Records Department



Kimberley Kerr-Henry, Cyrlene Wilson, Donna-Mae Williams, Clayton Busby and Carmen Roberts recently passed the American Academy of Professional Coders exam and are now qualified to code the Charge Description Master, a new accounting system being introduced at BHB in 2007. Missing from photo are Anne Marie Mollineaux and Shelagh Tasker.

## Give Your Baby a Healthy Start in Life



"This is my second baby and the nurses have been wonderful to me on both occasions," says new mom, Scymone Richardson with newborn daughter Saezjah. Kay Wilson, a midwife and RN, teaches Mrs. Richardson and other mothers breastfeeding basics.

About 85% of women leave King Edward VII Memorial Hospital breastfeeding, but there is a rapid drop off rate during the early months, according to Dr. Eugene Outerbridge, Chief of Pediatrics at KEMH. "The World Health Organisation, along with the American Academy of Pediatrics and the Canadian Paediatrics Society, recommend exclusive breastfeeding for the first 6 months of life," explains Dr. Outerbridge. "Infant growth rates are better and the incidence of gastrointestinal and respiratory infections are less in babies who are nursed.

We also know breastfeeding results in a lower incidence of obesity, heart disease and asthma later in life."

While maternity nurses educate new mothers on breastfeeding basics before discharge, Dr. Outerbridge believes that once women are home, community support is also needed. "We have very short maternity leaves in Bermuda, usually only 3 months, compared with 6 months to a year in some European and North American jurisdictions," he said. "Few companies on the island provide a dedicated space where employed mothers can express milk. Most women in Bermuda work outside the home and as a community, we need to make more efforts to support working and breastfeeding mothers."

Mothers who have difficulty with breastfeeding after discharge are encouraged to contact the maternity ward at 239-2055 ext. 1325. Other community resources include Community Health Nursing (278-6470), La Leche League (236-1120) and the Maternal Health Clinic (278-6441).

## IN PRAISE OF OUR STAFF

*"I thank you for the excellent treatment I received from various staff members. I was treated with a high degree of professionalism and care for which I am extremely grateful. My spirits were lifted on a daily basis by positive interactions with members of your staff."*

Excerpt from letter sent to the chairman of the Bermuda Hospitals Board by Larry Mussenden, Attorney General.

# Physicians Mentoring Students

Encouraging Bermudians to pursue careers in health care is a priority for the Bermuda Hospitals Board. Here are excellent examples of physicians who have helped spark an interest in the field of medicine by mentoring students.

## Learning the Human Side of Orthopedic Surgery

Dr. Joseph Froncioni, an orthopedic surgeon, was pleased to mentor Bermudian medical student, Sergio Virgil, this past summer. Sergio attends St. George's University in Grenada and shadowed Dr. Froncioni everyday for eight weeks to gain an inside view of the profession. Sergio attended Dr. Froncioni's fracture clinic, sat in on office visits and observed surgeries. He even witnessed how the doctor managed unhappy, difficult or even angry patients. "Sergio was able to experience all dimensions of this job- both the positive and negative aspects. As a third year medical student, he had a chance to learn what the day to day life of an orthopedic surgeon is about," said Dr. Froncioni.



Dr. Joseph Froncioni works in the fracture clinic

When asked why he agreed to provide eight weeks of intensive supervision to a medical student, Dr. Froncioni explained that he came from a teaching family. "Sharing my time with an eager student had great value. It gave Sergio an opportunity to see the human side of this profession- how to handle a patient who is disappointed with an outcome or who wants something you cannot provide. These are things that aren't taught in a classroom."

Dr. Froncioni believes working with students benefits everyone. "Through mentoring, physicians have an opportunity to instill important lessons that aren't provided in medical school, such as how to interact with patients. And imparting that kind of wisdom benefits students when they return here to practice medicine."



Dr. Daniel Stovell mentors students in radiology

## Lighting the Spark of Interest in Medicine

Dr. Daniel Stovell, Director of Diagnostic Imaging and Radiology, is a very busy man. Despite reading over 13,000 films and reports annually from CAT scan, mammogram, ultrasound, X-ray, MRI and bone density, he's been making time for the past 11 years to mentor students.

"Hopefully, mentoring students will encourage them to choose career paths in health care," explains Dr. Stovell. "When I was a student, I worked here in the hospital in the pathology department and it definitely influenced me to enter medicine. I'd love to encourage other Bermudian students to join the medical field. I just may spark some interest when I mentor them."

Providing them with a well-rounded experience, Dr. Stovell makes sure young people shadow both physicians and technologists in his department. He frequently works with medical students who might be home for a week during vacation breaks. Dr. Stovell often arranges for them to observe special procedures, such as image-guided stereotactic breast biopsies.

## Emergency Medicine Demands Fast Action



Medical Student, Tara Kessaram works with emergency physicians, Drs. Edward Schultz, Mustansir Malik and Angela Marini

Dr. Edward Schultz, Director of Emergency Services and Hyperbaric Medicine, and his team of physicians support a number of on-going mentoring programmes, from high school students spending their Career Day in the department, to medical students doing 2 to 6-week rotations.

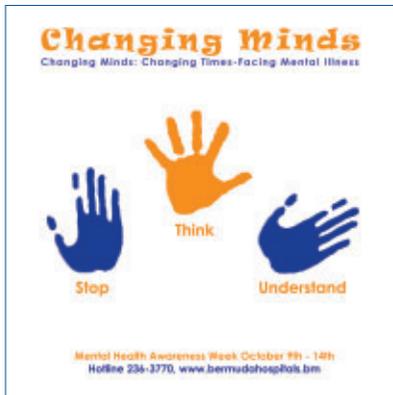
This past summer, five medical students spent time working in the emergency department. "The nature of emergency medicine demands quick action and provides students with experiences they don't get in other departments," explains Dr. Schultz. "With 33,000 visits to the emergency room annually, students have a real opportunity to see patients and discuss the diagnosis and management of a variety of medical conditions with our attending staff."

Dr. Schultz recommends that students rotate through at least some night shifts. "Although the volume of patients seen at night tends to be smaller, their acuity level tends to be much higher compared to patients seen during the day," he explains. He also suggests that they rotate through the busy hyperbaric and wound care clinics, where the physicians, nurses, and technical staff provide training in wound care, vascular assessment and hyperbaric oxygen therapy.

"Students find this a worthwhile rotation. No matter what their field of interest, they are going to see it in the emergency department. And whether they choose emergency medicine or another field, their time with us provides experiences they can draw upon throughout their career," concludes Dr. Schultz.

# Mental Health Awareness Week

## Changing Minds, Changing Times - Facing Mental Illness



Mental illness knows no age limit, economic status, race, creed or color. It is a disease that causes mild to severe disturbances in thinking, perception and behavior. One in five people in Bermuda will be affected by a mental health condition. Hospital statistics confirm the most common form of mental illness in our community is depressive

disorders. The good news is that most people suffering from depression and other mental health conditions can be treated.

Glenn Caisey, Programme Manager for Mental Health at MWI, says, "The more people understand the truth about mental illness, the faster stigma will be eradicated. The face of mental illness may well be the face of a neighbour, colleague or friend. Most people with mental illness in Bermuda are leading relatively normal lives within the community. We hope with better education, clients will meet with tolerance, acceptance and understanding from others."

Many mental illnesses are believed to have biological causes, just like cancer, diabetes and heart disease, but some mental disorders are caused by a person's environment and experiences. While progress has been made over the last century to understand, cure and eliminate the causes of many diseases, some functions of the human brain remain a mystery. We still do not fully understand how the brain works or why it malfunctions.

Researchers have determined that many mental illnesses may result from chemical imbalances in the brain. These imbalances may be inherited, or may develop because of excessive stress or substance abuse. Our brain, like all of our other organs, is vulnerable to disease.

People with mental illness may exhibit extreme sadness and irritability. In more severe cases, they may also suffer from hallucinations and total withdrawal. Instead of receiving compassion and acceptance, people with mental illnesses may experience hostility, discrimination, and stigma.

Stigma results from many sources. The media often sensationalizes crimes when people with mental illness are involved. Comedians make fun of people with mental illness, using their disabilities as a source of humor. Even advertisers use stigmatizing images to sell products. The first step toward changing misconceptions about mental illness is better education. Knowing the truth about mental health will go a long way toward removing these unfounded stereotypes.

***"The face of mental illness may well be the face of a neighbour, colleague or friend. Most people with mental illness in Bermuda are leading relatively normal lives within the community. We hope with better education, clients will meet with tolerance, acceptance and understanding from others."***

## Mental Health Conditions

### Anxiety Disorders

Anxiety disorders are the most common mental illnesses. The three main types are: phobias, panic disorders, and obsessive-compulsive disorders. People who suffer from phobias experience extreme fear or dread from a particular object or situation. Panic disorders involve sudden, intense feelings of terror for no apparent reason and symptoms similar to a heart attack. People with obsessive-compulsive disorder try to cope with anxiety by repeating words or phrases or engaging in repetitive, ritualistic behavior such as constant hand washing.

### Dementias

This includes Alzheimer's, which leads to loss of mental functions, including memory loss and a decline in intellectual and physical skills.

### Schizophrenia

Schizophrenia is a serious disorder that affects how a person thinks, feels, and acts. Schizophrenia is believed to be caused by chemical imbalances in the brain that produce a variety of symptoms including hallucinations, delusions, withdrawal, incoherent speech and impaired reasoning.

### Eating Disorders

Anorexia nervosa and bulimia involves serious, potentially life-threatening illnesses. People with these disorders have a preoccupation with food and an irrational fear of being fat. Anorexia is self-starvation while bulimia involves cycles of bingeing (consuming large quantities of food) and purging (self-inducing vomiting or abusing laxatives). Behavior may also include excessive exercise.

### Substance Abuse

Substance abuse is a dependence on drugs or alcohol. Symptoms include a compulsive craving or irresistible desire to use a substance on a regular or continuous basis. This often requires increasing amounts to experience the effects. People suffering from substance abuse also develop withdrawal symptoms in the absence of use. Despite the knowledge of negative health and social consequences, using drugs or alcohol becomes the most important activity, even at the expense of other pleasures and responsibilities.

### Mood Disorders

Mood disorders include depression and bipolar disorder (or manic depression). Symptoms may include mood swings such as extreme sadness or elation, sleep and eating disturbances, and changes in activity and energy levels. Suicide may be a risk with these disorders.

# 2006

## Common Misconceptions About Mental Illness

**Myth:** *Young people and children don't suffer from mental health problems.*

**Fact:** *Young people can suffer from mental health disorders that severely disrupt their ability to function at home, in school, or in their community.*

**Myth:** *People who need psychiatric care should be locked away in institutions.*

**Fact:** *Today, most people can lead productive lives within their communities thanks to a variety of supports, programs, and/or medications.*

**Myth:** *A person who has had a mental illness can never be normal.*

**Fact:** *People with mental illnesses can recover and resume normal activities. For example, people diagnosed with clinical depression who receive treatment often go on to lead enriched and accomplished lives.*

**Myth:** *Mentally ill people are dangerous.*

**Fact:** *The vast majority of people with mental illnesses are not violent. In rare cases when violence does occur, the incidents typically result from the same reasons as the general public, such as feeling threatened or excessive use of alcohol and/or drugs.*

**Myth:** *People with mental illnesses can work low-level jobs but aren't suited for really important or responsible positions.*

**Fact:** *People with mental illnesses, like everyone else, have the potential to work at any level depending on their own abilities, experience and motivation.*

## Maintaining Mental Health

**Be proactive. Here are recommendations by health care professionals for remaining healthy in mind and body:**

- Eat well-balanced, nutritious food
- Make time for adequate sleep and rest
- Exercise regularly
- Develop a social network of family and friends and spend time with people you care about and who care about you.
- Engage in leisure and recreational activities
- Learn to recognize, prevent and manage stress
- Avoid over-indulging in drug or alcohol use
- Appreciate nature
- Learn to accept and forgive
- Engage in random acts of kindness
- Count your blessings
- Give thought to what you want in life and set a course of direction

## The Mental Health Programme at MWI

MWI provides a wide range of care that includes child and adolescent services, substance abuse treatment and the learning disability programme. The following services make up the Mental Health Programme.

**Acute Community Mental Health Services** (Psychiatric Out-Patient Clinic) offers psychological, emotional and mental health assessment and treatment interventions to the adult population. Services include management of depressive disorders, bipolar affective disorders and anxiety and stress, mental health education and wellness groups, cognitive psychotherapies, supportive counseling and counseling interventions, individual and group therapies and psychosocial support. A crisis intervention team is available to respond to after hour's emergencies. The service deals with approximately 425 clients.

**Community Rehabilitation Services** provides a life skills development and training programme, which is designed for individuals who have experienced severe and enduring mental health disorders, such as schizophrenia, manic-depressive disorder and refractory depression. Support and life skills training for community living are provided and may include preparation for vocational skills training. Mental health education pertaining to the management of wellness is also offered. The service provides follow-up support, designed to monitor clients living in the community. Group and individual therapies aimed at promoting self-care skills, social skills, coping techniques and recreational engagement are offered. The clinical team advocates for the psychiatrically disabled, with particular emphasis on housing, financial support and social equality. This service has an average of 280 actively registered clients.

**Acute Inpatient Services** provides 19 short-term admission beds for clients suffering with acute mental health symptoms. In addition there are five beds available for intensive psychiatric services.

**Rehabilitation and Continuing Care** (Inpatient Services) consists of two units. Devon Lodge, a 17-bedded unit, focuses on a rehabilitation programme designed for people with enduring mental health disorders. Reid Ward, a 25-bedded unit, offers continuing care services for elderly and infirm clients with mental illness. This service promotes and maintains the optimum physical and mental well being of long term residents of the hospital.



# MWI Clients Showcase Their Artistic Talent

Mid-Atlantic Wellness Institute (MWI) hosted a very successful display of client's art and crafts during the last week of July in the lobby at MWI. Entitled Mind Frame, the exhibition included over 70 submissions from various mediums, produced by 30 clients from Mental Health Services. Paintings, drawings, collage, sculpture, cartoons, photographs and jewelry were showcased.

Both in- and outpatients of all ages engage in art and craft therapy several times a week at MWI. "Many of our clients are extremely talented. Their work ranges across the spectrum. They have produced some excellent pieces," said Teresa Law, occupational therapist.

Occupational therapist Margaret Tattan said, "Art is an excellent activity, used extensively in our therapies. It allows clients to express themselves doing something really enjoyable. It also serves as a useful assessment tool in determining how well clients can concentrate, follow instructions and make use of fine motor skills. The exhibition did a great deal to boost clients' confidence and self-esteem."

Gladwin Daniels, who has submitted several pieces for the exhibition, said, "Creating art gives me a sense of freedom. Capturing the imagination of other people through my work is very satisfying."



Collage of photos of artwork

## Changing Careers - Choosing Healthcare

As any of our healthcare professionals will say, a career in healthcare is one of the most rewarding employment choices you can make. With a global shortage of healthcare professionals, it also helps sustain Bermuda's healthcare service. In recent years, people have been changing occupations later in life and finding a new career tack. Here is an example of one woman who followed her dream and switched careers in mid-life.



Paulette Anderson loves caring for patients.

Bermuda in 1980 for a visit and fell in love with the island. She later married a Bermudian and has lived here since 1989.

Paulette has had a passion for taking care of others since she was a little girl. Volunteering with her church for many years, she enjoyed

As any of our healthcare professionals will say, a career in healthcare is one of the most rewarding employment choices you can make. With a global shortage of healthcare professionals, it also helps sustain Bermuda's healthcare service. Paulette Anderson is thrilled to fulfill her dream of becoming a nursing aide at BHB. Born in Jamaica, Paulette came to

working with the elderly. After spending two decades working in various jobs, including positions at Elbow Beach and Trimmingham's, Paulette made a decision in 2002 to follow her true calling. She enrolled at Bermuda College and earned a nursing aide certificate.

This year marked her official entry into health care, when she took on the post of nurse's aide on Perry Ward. **"I'm in my glory. I love what I do!" she says.** "I am always running around looking for ways I can assist, because I enjoy my job so much." Her patients agree- Paulette has a reputation on the ward for being caring and concerned.

Loretta Santucci, Programme Manager for Surgical Care, points out that many mature Bermudians are looking for something new. "Choosing health care is a natural decision for people who want rewarding work in a caring environment," she said. "There is an untapped pool of older adults who would find work at the hospitals very rewarding."

With a new nursing assistant certificate programme being offered through Bermuda College, even employed people can now qualify in a reasonable amount of time. There are many job opportunities at the hospital for people seeking a change in careers.

# Your Health - Your Hospital



Terri Farnan, radiology technician, screens approximately 1200 patients annually in bone densitometry.

## Osteoporosis and Bone Density Testing

Osteoporosis affects approximately 25% of women in Bermuda. In addition, one in two women and one in four men over the age of 50 will have an osteoporosis-related fracture in her/his remaining lifetime.

Often called the silent disease, many people do not know they have it because bone loss occurs without symptoms. Osteoporosis may not be detected until bones become so weak that a sudden strain or fall causes a fracture or a vertebra to collapse. Untreated, osteoporosis can

result in disfigurement, lowered self-esteem, reduction or loss of mobility, and decreased independence.

Bone mineral density testing (BMD), a simple, accurate, painless and noninvasive procedure, is a service offered at BHB. This diagnostic tool is essential for determining bone health in post-menopausal women, as well as anyone with risk factors for osteoporosis. Risk factors include low bone mineral density, prior fragility, fracture, age, family history of osteoporosis, early menopause, life-long low dietary intake of calcium and Vitamin D or lack of sunlight exposure, inactivity, smoking, and excessive caffeine and alcohol intake.

Bone density tests can detect osteoporosis before a fracture occurs. They will also predict the chances of fracturing in the future and can

determine the rate of bone loss, while monitoring the effects of treatment. Since osteoporosis can develop undetected for decades until a fracture occurs, early diagnosis is important. BMD tests measure the density of bones (bone mass) and are necessary to determine whether medication is needed to help maintain bone mass, prevent further bone loss and reduce fracture risk.

Although there is no cure for osteoporosis, there are medications approved for postmenopausal women to prevent and/or treat osteoporosis. Checking with your physician will determine whether medication is appropriate for treating or preventing osteoporosis.

It is important for post and peri-menopausal women to schedule regular bone density tests. Talk to your health care provider about your risk of osteoporosis. To make an appointment for a bone density test at KEMH, call 239-2055, ext. 1702

### Here are important steps for the prevention of osteoporosis

- **Take the daily-recommended amounts of calcium and vitamin D**
- **Engage in regular weight-bearing exercise**
- **Avoid smoking and excessive alcohol**
- **Talk to a healthcare provider about bone health**
- **Have a bone density test and take medication when appropriate**



Summer students and student volunteers attend a 'Thank You' luncheon in July.

## Summer Students at BHB

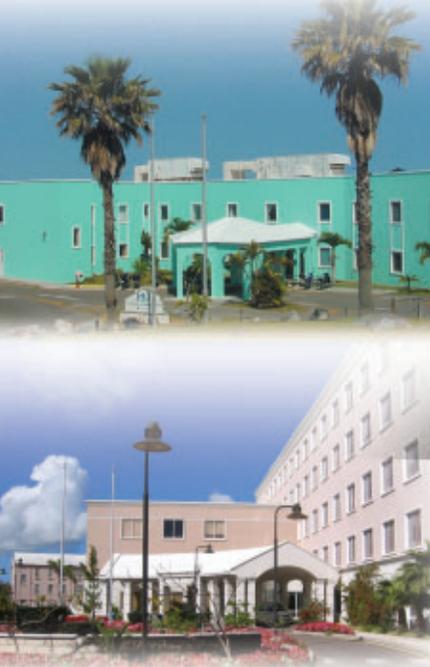
BHB offers opportunities to students over the summer months through both volunteer programmes and paid positions. Students worked throughout KEMH and MWI in July and August, shadowing physicians, assisting in rehabilitative services, pathology and pharmacy and helping on the Continuing Care Units and at Agape House. They also worked alongside clinicians, technicians and support staff and volunteered for the Hospitals Auxiliary of Bermuda. There were 38 paid summer students and 124 student volunteers participating this year.

## TWO GENERATIONS Lend a Hand at MWI

Last summer, Madeleine, Christopher and Charles Sullivan volunteered about 70 hours at MWI, assisting in the pharmacy, helping with special projects and interacting with learning disabled clients. They are the second generation in their family maintaining a tradition of helping out at the hospital. Their mother and aunt have also volunteered at MWI. The Sullivans live in New York but spend summers in Bermuda.



Charles Sullivan, Phillip James, community nurse, Christopher Sullivan, Giselle Burgess, pharmacy technician and Madeleine Sullivan.



## New Service at the Pink Café

The Pink Café, located on the ground floor of KEMH, has a new look and a new format. Run by volunteers, this popular spot now offers table service, in addition to take-out service.

The Pink Cafe has been a tradition at the hospital for over 40 years and caters to staff, relatives of patients and members of the public. Long known for their appealing soups, sandwiches, grill items and desserts, it is a busy place, doing a brisk trade. Operated by the Hospitals Auxiliary of Bermuda (HAB), proceeds from sales go toward purchasing needed equipment for BHB.

Liz Titterton, Vice-President of HAB, explained the reason behind the change: "We wanted to provide table service so people could sit down, relax and have food brought to them. We think this will create a convenient and customer-friendly environment. Visiting a loved one who is sick can be stressful. Being served by friendly and caring volunteers should be more comfortable."

The Pink Café is open from 9:00am to 3:45pm daily and from 9:00am to 1:30pm on Saturdays. They serve breakfast, lunch and afternoon tea.



Striper, Kai Edwards, pours coffee for customers at the newly designed restaurant. Kai has been volunteering for 3 years and has logged over 150 hours.

## INTERESTED IN A REWARDING CAREER IN HEALTH CARE?

To find out more visit our website at:

<http://www.bermudahospitals.bm>

*PULSE* is produced by the Bermuda Hospitals Board Communications Department.

### EDITORS

Anna Lowry & Lena Ostroff

**WE WELCOME YOUR QUESTIONS OR FEEDBACK.**

YOU CAN REACH US AT:

[media@bermudahospitals](mailto:media@bermudahospitals)



HAB treasurer, Heidi Augustinovic and HAB president, Josephine Wright, present a cheque to BHB chairman, Anthony Richardson

## The Hospitals Auxiliary of Bermuda Donates Over \$400,000 to BHB

Funds will purchase a water purification plant for the dialysis unit, a stress treadmill for the cardiac care unit, a computer aid device for mammography, special chairs for the wards, fetal monitors, cardiac transport monitors and resuscitators for the special baby care unit.

## BHB Scholarship Recipients



Students received scholarships during a ceremony at MWI in September.

BHB awarded \$175,000 (over a 4-year period) to thirteen students pursuing careers in healthcare. Four scholarships will be given to nursing students and nine will go to young people seeking degrees in allied health fields, such as medical technology, radiography, physiotherapy, diagnostic medical sonography and clinical social work. The scholarship winners have all demonstrated a strong

commitment to service in the community and the hospitals, as well as maintaining a strong academic performance. Winners included Erinn Smith, Erin Ingemann, Cheykhun Smith, Keenan Van Putten, Kishana Outerbridge, Shayna Smith, Kamala Burns, Akilah Lapsley-Dyer, Roche Wolffe, Nacole Lambe, Shanay Scott, Trina Daniels and Lucy Douglas.



**Bermuda Hospitals Board**

CARING FOR OUR COMMUNITY