

Don't drink and drive

It wasn't long ago that parties used to routinely wind down with the host offering his guests "one more for the road."

This Christmas, that sort of farewell is likely to get the host into almost as much trouble as his guests.

The Addiction Research Foundation reports that under Ontario law, hosts and bartenders may be held liable not only for the safety of their intoxicated guests but for any damage they cause as well.

Robert Solomon is a professor of law at the University of Western Ontario. He's an expert on the civil liabilities related to serving alcohol and also acts as a consultant to the Server Intervention Program (SIP) set up by the Addiction Research Foundation.

"The host has a basic responsibility to his guest," he says.

"If you serve someone past the point of intoxications and they hurt themselves or anyone else, you can be held liable."

Deciding whether guests are capable of driving or whether to call a cab instead depends on a couple of critical factors - how quickly they consumed alcoholic beverages as well as their weight and age.

According to the Addiction Research foundation, if a 160 lb. man of average build with no

food in his stomach has about 2 1/2 standard drinks in the first hour of drinking, he'll register a blood alcohol concentration (BAC) of .05 per cent in the first hour. If that same man is over the age of 50, he'll only need two standard drinks to reach the same level. A 120 lb. female of average build with no food in her stomach, will register BAC of .05 per cent after only 1 1/2 standard drinks. And that's enough for the police.

They'll impound a vehicle and suspend the driver's license for 12 hours if they find a BAC between .05 and .08 per cent.

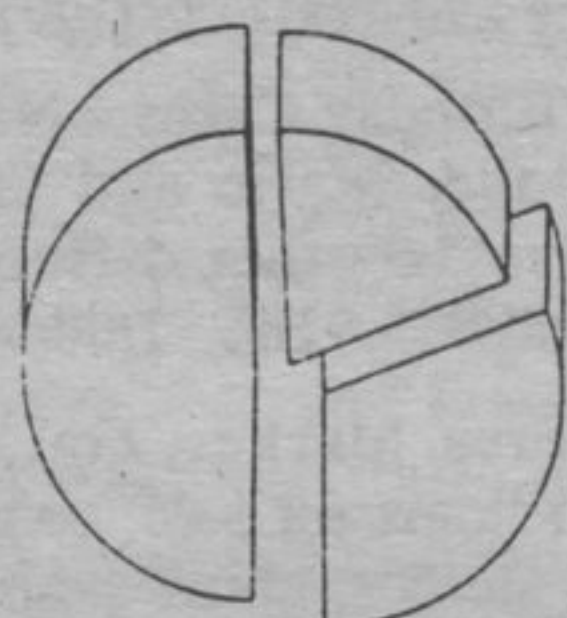
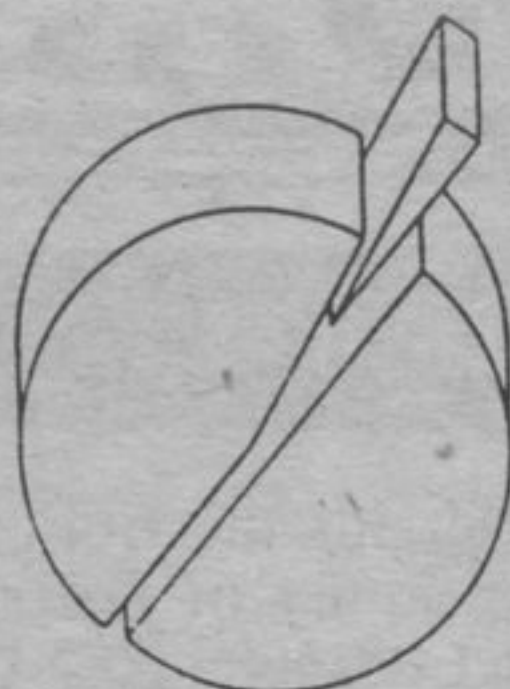
Vicki Ronald heads the ARF's Server Intervention Program. She has additional advice for anyone giving a party.

"There are a couple of things you can do to help your guest drink safely. An open bar makes alcohol too accessible so you might want to get someone who's not drinking to pour the drinks.

Have plenty of alternatives on hand - drinks that are either non-alcoholic or with low alcohol content. Stop serving alcohol well before the guests begin to leave - and finally, make sure there's plenty of food available."

High protein foods, such as unsalted nuts, raw vegetables and dip, meats and unprocessed cheese, are best because they

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slow down the rate at which alcohol is absorbed into the blood.

Alternate drinks can range from coffee and tea to eggnog made without rum and fruit punches made with soda water instead of alcohol.

Ronald adds that if guest do become intoxicated, they should be sent home in a cab or offered overnight accommodation. So-

Drinking and Driving

- in 1986 there were 17,590 motor vehicle accidents involving alcohol in Ontario
- 415 (2%) resulted in death of one or more people
- 9,148 (52%) involved personal injury
- accidents in which drivers have been drinking have a higher chance of fatalities or injuries

In Ontario in 1984, 83.4% of 628 fatally injured drivers had their blood tested for alcohol:

- 53.8% had been drinking
- 30% were more than twice the legal limit.

The average blood alcohol level of arrested drinking drivers is .16 mg%. Recent studies indicate that at this blood alcohol level:

- drivers aged 20 and older are roughly 100 times more likely to be involved in a fatal accident
- drivers aged 16-19 are roughly 400 times more likely to be involved in a fatal accident.

called remedies like coffee, fresh air or a cold shower do not work.

The Addiction Research Foundation advises that alcohol consumption be limited to less than one standard drink per hour to stay safely below the legal limit of .08 per cent BAC.

A standard drink is defined as 12 ounces of beer, five ounces of table wine, three ounces of forti-

fied wine or 1 1/2 ounces of distilled spirits.

There's a growing awareness in Ontario of the dangers associated with drinking and driving... and few people will resent a host who shows concern for their well-being. In fact, it begins to make the old offer of "one more for the road" look like the poorest form of hospitality.

Auxiliary to McCausland Hospital

Margaret Gander opened the November meeting Monday evening, of the McCausland Hospital Auxiliary by leading in the Auxiliary prayer. Brenda Cottrell to read the minutes of the Oct. meeting and Rosemary Fraser read the financial statement.

Corresponding Secretary, Heather DeCal read a letter of thanks from Kathy Woldnik for the gift of baby booties, and another from the Uniform Plus Company for the Auxiliary's handling of the uniform sales.

Heather had written a letter of thanks to Michael Moore for the use of the clothes racks to display these uniforms.

Norma Crockford reported six babies born in the McCausland Hospital since the last meeting, four boys and two girls, all receiving a gift of booties. Eleanor Dennis had turned in \$134 in her membership drive to date. The drive has not been completed.

Elaine Mannisto announced the last \$10,000 of the grant for Lifeline had been received from the Department of Mines and Northern Development. A motion was passed to pay the annual maintenance, \$720, for the Emergency Response Centre monitor.

Board Representative Sheila Cassie, reported Locums working from the McCausland Hospital are: Dr. Kim Chee until Dec. 14, followed by Dr. John O'Sullivan until Jan. 25, both in the Terrace Bay office, and lastly Dr. Samuel Berger in the Schreiber office until March 14. These Doctors are under the Ministry of Health, Underserved Area Program.

The Auxiliary will take over the selling of the 1992 lottery calendars throughout 1991.

Margaret Gander gave the financial statement on the Hospital Gift Shop.

The afghan made and donated by Beth Macadam of Schreiber had been won by Mary Madge of Schreiber. The sale of tickets on this raffle had been excellent and a letter of appreciation will be sent to Beth.

Beth Macadam has made 23 tray favors for Christmas to cover hospital patients. Another 15 will be required for the Meals on Wheels trays.

Brenda Cottrell gave the report on the Bake Sale by the Auxiliary held Sunday at the Old Fashioned Christmas Craft Sale in the Moose Hall, as well as on the orders taken for Cookie Trays, the latter to be completed by Dec. 1, delivery on the 8th. All proceeds from the days' events including the Fashion Show will be divided between the Hospital Auxiliary and the Figure Skating Club. Appreciation was expressed to Elise.

Vicky Boucher, reported on the Fall Conference of the Region's Hospital Auxiliary Association held in the Fort William Country Club.

The guest speaker, Mr. Fred Baker, Counselor and Coordinator at the Smith Clinic, said statistics of alcohol and drug addiction in this area were alarming.

Anne Andres, President of the McKellar Hospital Auxiliary, gave a craft demonstration.

Two items from each Auxiliary are requested for the Silent Auction held at the Hospital Auxiliary Association Convention with proceeds going to the Education Fund.

Joan O'Brien, historian for the Provincial Association H.A.A.O. stressed the importance of history and keeping archives of each Auxiliary.

Marg informed members of the passing of Fran Krasnichuk Past Regional Chairman.

Final arrangements for travelling to the Fall Convention Nov. 26 - 29, were completed. Norma Crockford will be presented with a Life Membership at this Convention.

Eleanor, Brenda, Sheila, Heather and Rosemary will work on the wreaths prior to the Christmas decorating of the Hospital Dec. 12. Patients gifts for both chronic and active care were discussed. Red Christmas stockings will be made for any babies in the nursery Christmas Day.

Disability Action Group

Shirley Mikus opened the Nov. 15 meeting of the Disability Action Group with a welcome to two new ladies from Elliott Lake and friends in from Schreiber, before introducing Ivy Cook from Independent Living Centre in Thunder Bay.

Ivy spoke on "Patient's Rights" elaborating each 'right' with examples.

She also discussed rights in different areas.

The ten basic legal rights of patients in Ontario regarding: treatment in an emergency; refusal of treatment; voluntary, informed consent; deciding whether or not to be used for research or teaching purposes; an adequate standard of care; choosing one's own doctor; treatment free from discrimination; confidentiality; being properly informed of the fee; protection of your property.

There are moral as well as legal rights and apply whether in a hospital, nursing home, senior citizens home, psychiatric hospital or any institutional care.

As well as "rights" Iva emphasized patients also had "responsibilities".

Patients should take an active role in their own health care, by asking questions until they fully understand, fully disclosing symptoms or conditions to physicians, and once under a physician's care, to follow instructions completely.

She stressed the need for quiet and diplomatic, rather than accusatory, discussions with physicians or care-givers. Show respect for their knowledge and request help.

Ivy emphasized the individual's value as a human being and their right to dignity in life. She ended by urging D.A.G. members to support others in need - to become active in some support committee.

Reporting for Lifeline, Elaine Mannisto informed D.A.G. the final payment of \$10,000 had been received from the Ministry of Northern Development and Mines. With its first full year of operation completed the monitor in the hospital was due for annual maintenance at a cost of \$750.

Pat Auger answered inquiries about the formation of a Diabetic Association in this area.

Only six people had attended this organizational meeting which was an insufficient number to warrant government support. Pat will look into the possibility of having a branch of the Thunder Bay Association or a separate chapter.

Ladies Auxiliary

Royal Canadian Legion Br. #223

President Alma Hart opened the meeting with O'Canada, minutes of last months meeting were read by Ev. Falyetta and the Treasurers report was read by Lil Belliveau. Reports on membership, publicity and kitchen were read.

New business was discussed and a donation will be made to the Christmas Tree Fund.

Membership dues for 1991 are now due.

The Ladies Auxiliary members will be having a Christmas Supper on December 14/90, any members wishing to attend please phone Stella Gusul at 5-3779.

Dolly Silko and Shirley Caron convenors of the Poppy Day Tea and Bazaar read their report thanking everyone for their help and reported that it was very successful.

All annual reports were read and the nominations for a new executive will be held at the next meeting. All members are urged to pay their new membership fee and to let their names stand for an office.

Telecare: Now your're Talking

An old bit of folk wisdom which says "If at first you don't succeed..." came true for a local group when Telecare came on line in our communities Oct. 1.

Under the guidance of David Sparks, a local Telecare Committee had worked for over a year to bring this event about and it was a cause for celebration when Telecare became a reality.

The committee was not always sure it would happen. No one denied the need for the service or the good that it would do. However it would require some local resources of time and money. It was not always certain that they were available.

Telecare is a confidential, anonymous, toll-free telephone line hooking the caller up with trained phone volunteers in Thunder Bay.

Anyone can call Telecare, for free, to talk over troubles or problems such as drugs and alcohol, depression and suicide or simply for empathetic listening.

The volunteers provide over-the-phone confidential counselling and referral to appropriate social services in the area, if needed.

Should the person calling require immediate attention Telecare Thunder Bay will notify the appropriate back-up team member who is located in the community.

They will then take appropriate action for the situation.

It all works in a straightforward manner but it does require local commitment of time and money. That is what took time getting into place.

It is all done. Telecare is a reality. Dial Operator ask for Zenith 19960.