



South & Central Health Foundation

# Foundation Forum

*With our Hands we Build our Future*

[www.schf.nl.ca](http://www.schf.nl.ca)

Office: Main Lobby, CNRHC  
PO Box 739  
Grand Falls-Windsor, NL, A2A 2K2  
Phone: (709) 292-2360  
Fax: (709) 292-2193  
Charitable #: 1191 56909 RR001

Donor Newsletter

Fall 2009

Your Health, Your Community, Your Generosity, Our Thanks!

## Introducing Our New Website

### Connecting You with Opportunities to Enhance the Health of Your Community

The South and Central Health Foundation is excited to share with you its new website. By adding an online presence for our Foundation we hope to make it easier for our donors and supporters to stay in touch with what is happening within our organization.

Our new website at [www.schf.nl.ca](http://www.schf.nl.ca) is the result of a year of analysis, design, and programming - all with our donors in mind. The site is easy to navigate and user-friendly. The Foundation developed this new tool to create greater awareness about our goals and objectives, and our efforts. Our website has two key objectives: to provide our visitors with information on how we spend your donor dollars as well as to identify the priorities we are currently working on.



We welcome you to explore the South and Central Health Foundation's new website. Donors will have access to our newsletters and press releases online and can browse our photo gallery of special events. You will be able to find information on upcoming special events and print related registration forms, print Flight of Life brochures, In Memoriam cards, Celebration Giving forms and Tribute cards as well.

There are sections that introduce you to our Board of Directors and our Healthcare Auxiliaries, and pages that take you to our Health Centres throughout the region. A great new feature we are excited about is the ability for our supporters to make **secure online donations** to our Foundation. We also welcome you to submit your positive personal stories about how you have been affected by the many health programs and services which have received donor support through our Foundation.

Please take a moment today to visit our website at [www.schf.nl.ca](http://www.schf.nl.ca). Our site will help keep you better informed about our activities and investments, as it is updated regularly.

We look forward to your feedback on the new website. Please email [wendy.houlihan@centralhealth.nl.ca](mailto:wendy.houlihan@centralhealth.nl.ca) with your questions or comments.

**Our site will help keep you better informed about our activities and investments as it is updated regularly.**

## Emergency Room Receives New Casting System

The CNRHC has received a new **Dynacast Splinting System** for the Emergency Department, thanks to donors who have supported the Foundation's fundraising efforts throughout the year. The new **\$5,000** casting equipment allows our health professionals to give patients a temporary, emergency immobilization for fractures until the patient sees the surgeon. This cast allows an x-ray to be taken through it and is less likely to cause swelling like a plaster cast. This is a new process for the Central west region. Thank you to our donors for making this wonderful enhancement to our ER services possible!



**Left Photo:**

Wendy Houlihan, SCHF Development Officer and Dr. John Campbell show off the new splinting system in the ER at the CNRHC.



**Right Photo:**

Melv Gillingham, of James Paton Memorial Regional Health Centre provides training to Cindy Hickey, a first year medical student at the CNRHC.

## Rehabilitative Services Benefit from Successful Radiothon

This year the Foundation chose a unique project for our Mother's Day Radiothon, one that will touch the lives of many, many people. With the **\$35,000** raised during the Radiothon in May, we have begun purchasing new equipment for the Rehabilitative Services Department at the Central Newfoundland Regional Health Centre in Grand Falls-Windsor. Our donors will provide a new Ergometer, an Interferential Current Machine with Ultrasound, a Free Motion Dual Cable Cross Unit, an Electric Hi-Low Treatment Bed, a UVB Narrow Band Light Unit and an Orion Wheelchair for patients receiving Rehabilitative care.



Below: Randy interviews Dermatologist Dr. Anandkrishnan about some equipment being purchased through funds raised during the Radiothon.



Above left to right: Raelene White, Director of Development for the Foundations of Central Health; Randy Strickland, VOXM Radio host; SCHF Vice-President, Tina Belbin and Central Health's COO for GFW, Carole Dalton. On air at the Exploits Valley Mall during the Radiothon.



Above: The Grand Falls-Windsor Fire Department's Captain Bruce Moores and Fire Chief Vince Mackenzie try out a new vehicle before making their donation.

## The Comfort Zone Bringing the Warmth of Home

Thanks to charitable support from generous donors in the community, the Foundation was able to provide the Emergency Department and the Dialysis Unit at the CNRHC with new **Blanket Warmers**.

Patients often experience a drop in body temperature while undergoing dialysis and a new Blanket Warmer will allow those patients a little more comfort during their stay. The Warming Unit cost **\$8,000** and can hold as many as 70 blankets!

The Blanket Warmer in the Emergency Department is a more compact unit, purchased at a cost of **\$4,000**. Giving a shivering patient a warm blanket is a sure-fire way to bring a little comfort to their ER experience. The warm blankets are also a great asset when treating patients with Hyperthermia, which can result from exposure to the elements or result from an injury or shock.

These wonderful items are now available for all patients...proof that when you give to the Foundation, your donations truly make a difference!



**Tammy Inder**  
Team Leader, ER



**Sylvia Butt**  
Ward Clerk, Dialysis

**Your privacy is our priority!** Our Foundation does not rent, share or sell our donor information to any outside organization or individual. Occasionally we mail information to our donors regarding our funding priorities and special events which are upcoming. You may request to be removed from our mailing list at any time by contacting our staff at (709) 292-2360.



If you are interested in supporting the health of future generations in central Newfoundland through a Bequest in your Will please consider speaking to your financial and legal experts as well your family.

## Leaving the Gift of Health through a Bequest in Your Will

The following are some **samples** of wording that can be used in your Will:

**A Specific Bequest** - "I give to the South and Central Health Foundation all of my shares in XYZ Mutual Fund to be used for the general purposes of said charity."

**A General Bequest** - "I give to the South and Central Health Foundation the sum of \$XXX to be used for the general purposes of said charity."

**A Residual Bequest** - "I give to the South and Central Health Foundation 50% of the rest, residue and remainder of my estate, to be used for the general purposes of said charity."

If you would like to set up a Bequest for a restricted purpose you can use the sample language provided earlier, but simply add the purpose you wish to assign.  
**For example:**

"I give to the South and Central Health Foundation the sum of \$XXX to be used to establish an Endowment Fund in the name of Mr. and Mrs. Thomas Smith" **or**

"I give to the South and Central Health Foundation all of my shares in XYZ Mutual Fund to be used in support of the Dr. Hugh Twomey Health Care Centre."

Bequests can be restricted to support specific health facilities throughout central Newfoundland, specific departments such as the ICU or Palliative Care, or for specific programs or services such as Diabetes care, Cardiac Care, Dialysis ...**The possibilities to create a lasting legacy in health are truly endless!**



For more information on making a donation to the South and Central Health Foundation, or its Endowment, in your Will or through an immediate gift, please contact our staff at:  
Main Lobby  
Central Newfoundland Regional Health Centre  
Phone: (709) 292 - 2393  
Fax: (709) 292 - 2193  
Email: schf@centralhealth.nl.ca

## Foundation Celebrates 10th Annual Corporate Challenge Golf Tournament



(Left to right) Our Corporate Sponsors present the Golf Challenge proceeds: Brian Barry, Steers Insurance; Paul Barron, Black and McDonald; Amanda Thompson of Central Health representing Canadian Medical; Bob Kelly, Teck Resources; Deborah Coles, Newfoundland Styro and Paul Glavine, Labatt Breweries.

The South and Central Health Foundation's 10th Anniversary Corporate Challenge Golf Tournament saw 136 golfers participate, helping the Foundation raise over **\$32,000** for healthcare in our region.

Our Foundation is thrilled to have hosted such a successful event once again this year with the help of our sponsors, prize donors and participants. This year's funds will support the purchase of a Colposcope and accessories for the Gynecology Clinic at the Central Newfoundland Regional Health Centre as well as the revitalization of the Emergency Department Family Comfort Room at the Central Newfoundland Regional Health Centre.

We sincerely hope everyone enjoyed their day and we look forward to all returning to our event next year, **Thursday, August 19, 2010**. Mark your calendars now!



## Allied Youth Help Children

The Allied Youth Group in Grand Falls-Windsor walked in the 2008 Grand Falls-Windsor Santa Claus Parade and collected cash donations for the South and Central Health Foundation.

The proceeds of **\$600** were used to help complete the funds necessary to purchase two DPOAE's for the health of newborns at the Central Newfoundland Regional Health Centre.

A DPOAE is a Distortion Production Otoacoustic Emission Screening System for the Speech and Audiology Clinic. This equipment will help the health professionals at the CNRHC to re-establish the Universal Newborn Hearing Screening Program. These portable screening devices will be used by nurses in the Maternal Newborn Unit as well as by the Audiologists.



## Board of Directors South & Central Health Foundation

John Connors, President  
Tina Belbin, Vice President  
Bob Hannaford, Treasurer  
Marion Fitzgerald, Director  
Larry Moss, Director  
Eric Healey, Director  
Wesley Harris, Director

### Ex-Officio's:

Carole Dalton, Central Health  
Trudy Stuckless, Central Health  
Doris Duder, CN Hospital Auxiliary  
Daphne Woolridge, Central Health Board  
Raelene White, Directors of Development

## Health Foundations Regatta Funds Several Projects in Region

As the benefactors of the 2009 Health Foundations Regatta: the South and Central Health Foundation and the Central Northeast Health Foundation received an amazing \$ 36,952 to help improve the health and well-being of all people living throughout this region. All proceeds from the Regatta this summer will support Hysteroscopy Services for female patients served in the Gyne Clinic at James Paton Memorial Regional Health Centre; the purchase of a Colposcope for female patients served in the Gyne Clinic at the Central Newfoundland Regional Health Centre in Grand Falls-Windsor and the purchase of a Vital Signs Monitor for North Haven Manor in Lewisporte. These are three terrific projects which certainly enhance the lives of many people throughout Central Newfoundland. A special thank you is extended to our Corporate Sponsors, prize donors, volunteers and participants for creating this success!



Left Photo: Participants gathered for a themed "Caribbean of the North" costume party on the opening night of the Regatta. Center: Presenting Sponsor; Lisa Yates of Scotiabank, Regatta Chair Mac Moss and Raelene White, Director of Development for the Foundations of Central Health, announce event proceeds. As many as 30 boats, like the "PersuadeHer" owned by our event Chairperson Mac Moss, participated in this year's event.

## Flight of Life Celebrating Remarkable People

The South and Central Health Foundation unveiled three more Flight of Life Displays in the region this past summer. The Flight of Life provides a unique way to celebrate the lives of the special people around us. It also generates revenue which will be reinvested in health programs and services for the benefit of patients, residents and clients receiving care in each of the regions where the display has been placed.

### Botwood



A ceremony to unveil the "Flight of Life" mural at the Dr. Hugh Twomey Health Centre was held on Tuesday, June 9. The mural has been dedicated in honor of Mrs. Hazel Waterman by her husband Elmo, along with the entire Waterman family.

### Baie Verte

A ceremony to unveil the "Flight of Life" mural at the Baie Verte Health Centre was held on Wednesday, June 24. The mural has been dedicated to the community by the Wimbleton Group of Companies. Father and son, Roy and Eddie Wimbleton unveiled the mural.



### Harbour Breton



The unveiling of the "Flight of Life" mural at the Connaigre Peninsula Health Centre took place, Thursday, June 11. The Ashford family sponsored the Flight of Life display in honor of the late Joseph and Virginia Ashford of Harbour Breton. Unveiling the mural was

Foundation Board Member Wesley Harris and his brother Hubert, a resident of the long term care facility.

## Giving From the Heart



The **Evangel 50+ Ministries** recently donated \$500 to the Emergency Family Comfort Room Revitalization Project. Tammy Inder, Team Leader for ER; Bud Grimes, Evangel 50+ Ministries; Wendy Houlihan, Development Officer, SCHF; Gerald Foss, Chairman of Evangel 50+ Ministries and Traci Foss Jeans, Nurse Manager for the Emergency Department, were on hand for the cheque presentation.

## Investing in Local Healthcare



**Dennis Rose of Investors Group** in Grand Falls-Windsor presented the South and Central Health Foundation with a donation of \$304 which was raised during the Teck Resources' summer golf tournament. Mr. Rose sold golf balls to participants in return for a free-will donation to our Foundation.

### Yes! I/We want to honour a special person on the Flight of Life Mural

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Prov: \_\_\_\_\_ PC: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name & birth date to be engraved: \_\_\_\_\_

This is a gift for my: \_\_\_\_\_

This is a Celebration of New Birth for my: \_\_\_\_\_

This Gift is in memory of my: \_\_\_\_\_

#### Please identify where you would like your Butterfly displayed:

- Central Nfld. Reg. Health Ctr
- A.M. Guy Memorial Health Ctr
- Dr. Hugh Twomey Health Care Ctr
- Connaigre Peninsula Community Health Ctr
- Baie Verte Peninsula Health Ctr
- Valley Vista Senior Citizen's Home
- Lewisporte Health Centre

Please note that there is an annual renewal fee of \$25 per year

#### PLEASE SEND ACKNOWLEDGEMENT OF MY GIFT TO:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Prov: \_\_\_\_\_ PC: \_\_\_\_\_

#### We would like to make our \$75 gift using:

A personal cheque is enclosed payable to the:  
South and Central Health Foundation

VISA  MasterCard  American Express

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_

I would like to order additional Butterfly Plaque(s) for other special people at \$70 each.

Name, Birthdate: \_\_\_\_\_

Name, Birthdate: \_\_\_\_\_

South and Central Health Foundation  
Tel: (709) 292-2360 Fax: (709) 292-2193

## North Haven Manor

### Kinsmen and Lions Invest in Quality of Life Projects for Residents



lounges at North Haven Manor has been made possible. The furniture in these two living areas will be replaced and a variety of comfort and decorative items will be added. It will cost approximately **\$5,000 to revitalize each room**. Once the project is complete, residents can enjoy more interaction amongst themselves, their visitors and staff in a comfortable, home-like environment. Thank you Lions & Kinsmen!



Over the last several years the South and Central Health Foundation has enjoyed tremendous success as a result of the strong support of individuals, service groups and businesses from throughout central Newfoundland. We are so thankful that our service group donors have made so many enhancements possible within our local healthcare system. Thanks to the **Lewisporte Lions Club** and the **Kinsmen Club of Notre Dame Bay**, the revitalization of two resident

### Ice Fishing Derby Aids Local Dialysis Unit

Cabin owners and their friends in the Harbor Round area of Red Indian Lake, held their fourth annual **Icy Hooks Fishing Derby** this past February. Participants in the derby bought tickets on various donated items, received trophies for fishing and made monetary contributions toward a very worthwhile cause. The funds raised this year were donated to the South and Central Health Foundation for the Dialysis Unit at the CNRHC in Grand Falls-Windsor. The fact that one member of this party requires dialysis three times weekly, made the decision very easy said one of the organizers, Cynthia Farrell. Total donations were **\$429!**



### Seniors Benefit from Jeans Day

The staff at Joda Enterprises Limited in Grand Falls-Windsor donated funds they raised throughout the year in the South and Central Health Foundation's Jeans Day Program. The company matched what they raised for a total of **\$550**. Susan Carrigan presented the cheque to SCHF Development Officer Wendy Houlihan. As requested by the employees, the money will be used to help fund equipment or programs at the Carmelite House Senior Citizens Home.



The Kiwanis Club of Grand Falls-Windsor donated **\$1,673** for the purchase of a **Blood Drawing Chair for patients served in the Laboratory Department** at the CNRHC. This specialized chair permits an adult to sit with a child to comfort, as well as to hold the child still, so that blood can be safely and comfortably drawn. Kiwanis President Cyril Farrell presented Raelene White, Regional Director of the Foundations for Central Health, with the donation at a recent Kiwanis meeting.

### Administrative Assistants' Luncheon Raises Funds for Women's Health



On April 22 Administrative Assistants were treated by their bosses to a fine dining luncheon at the Mount Peyton Hotel in Grand Falls-Windsor. Local businesses donated prizes and over **\$2,200** was raised from the event ticket sales. Funds raised have been reserved to assist in the purchase of a Colposcope for the Gynecology Clinic at the Central Newfoundland Regional Health Centre. The Administrative Assistants' Luncheon is held annually with the 15th Anniversary Luncheon to take place in April 2010.

### What's Happening Around the Region?

#### Baie Verte Peninsula Health Centre

The Baie Verte Peninsula Health Centre is fundraising to develop a **Therapeutic Wander Garden**, intended to provide a safe outdoor environment for its long-term care residents. The Wander Garden will be a fully fenced area connected from the residents' lounge to an open courtyard with direct access to and from the lounge. The eight foot fence will be camouflaged by shrubs and trees to divert the residents' eyes from focusing on what lies outside the Wander Garden and decrease the residents' feelings of confinement. To donate to this wonderful "quality of life project" please contact the South and Central Health Foundation at 292-2393.

#### Green Bay Health Care Auxiliary

This Auxiliary is fundraising to purchase a **Rhythm Simulator** to be used at the Cardiac Station at the Green Bay Health Centre in Springdale. The volunteers are selling tickets on a Lap Quilt (\$1 each) to be drawn for on November 14. To purchase tickets, or make a donation to this cause, contact Auxiliary member Madeline Reid at (709) 673-3147.

#### North Haven Manor Health Care Auxiliary

This Auxiliary has sponsored the **Flight of Life Display** in Lewisporte. The group will join the Foundation and North Haven Manor staff along with the community in unveiling the mural on **Monday, September 28**. To purchase a butterfly for the mural drop by the mural display and pick up a brochure, contact the Foundation office at 292-2360 or print off a brochure from our website at [www.schf.nl.ca](http://www.schf.nl.ca)

#### Dr. Hugh Twomey Health Centre Auxiliary

The Auxiliary have an account at the Recycling Depot in Botwood.. Donations to the Auxiliary account will help fund purchases for the health and comfort of individuals served at the Dr. Hugh Twomey Health Centre.