



### Firefighters Support Local Healthcare Needs

The Bishop's Falls Volunteer Fire Department presented \$630 to Wendy Houlihan, Development Officer with the South and Central Health Foundation. The funds will be used to support projects within the Maternal Newborn and Pediatric Units at the Central Newfoundland Regional Health Centre. The members raised the money through a ticket draw at the department's annual Firefighters' Ball. On hand for the presentation were (l-r) Deputy Chief Joe O'Reilley, Fire Chief Gary Harnum and Assistant Chief Ed Osbourne.

### Upcoming Events

#### Administrative Assistants' Luncheon

The 15th Annual Administrative Assistants' Luncheon will take place on April 21, 2010 at the Mount Peyton Hotel in Grand Falls-Windsor from 12:00 to 1:30 p.m. Proceeds in aid of women's health initiatives at the CNRHC.

#### Mother's Day Radiothon

The South and Central Health Foundation will host its Annual Mother's Day Radiothon on Friday, May 7, 2010, live from the Exploits Valley Mall in Grand Falls-Windsor.

#### Health Foundations Regatta

The Fourth Annual Health Foundations Regatta will sail into Lewisporte July 9-10, 2010. Participants are invited to join this great weekend of relaxation on Notre Dame Bay, all the while helping to raise money to fund priority medical programs and services for the South and Central Health Foundation and the Central Northeast Health Foundation. Visit our Website at [www.schf.ca](http://www.schf.ca) or call 292-2393 for more information on sponsorship opportunities and to view photos from our previous events.



#### Corporate Challenge Golf Tournament

This year's event will take place in Grand Falls-Windsor on Thursday, August 20. There will be a night before Meet & Greet and entertainment. For more information and to pre-register, contact Wendy at the SCHF office at 292-2393.

#### Liz Phair Memorial Softball Tournament

The 2<sup>nd</sup> Annual Liz Phair Memorial Softball Tournament for Central Health is scheduled for Friday and Saturday, Sept. 17-18, 2010 at the Goodyear Ave. ball park in Grand Falls-Windsor. The tournament is open to all Central Health employees. If you would like more information please contact Jason Pike at [jason\\_pike@msn.com](mailto:jason_pike@msn.com).

**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.



South & Central Health Foundation

# Foundation Forum

*With our Hands we Build our Future*

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

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PO Box 739  
Grand Falls-Windsor, NL, A2A 2K2  
Phone: (709) 292-2360  
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Charitable #: 1191 56909 Rr0001

Donor Newsletter

Winter 2010

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

### Fundraising Begins to Purchase a New Wheelchair Accessible Bus



#### Residents in Long Term Care Facilities in Lewisporte and Gander to Benefit

The South and Central Health Foundation and the Central Northeast Health Foundation will be partnering with service organizations and individuals throughout central Newfoundland to provide a new Wheelchair Accessible Bus for the long term care residents of North Haven Manor in Lewisporte and Lakeside Homes in Gander.

A new vehicle, which is urgently needed, will cost approximately **\$100,000** and it is hoped that fundraising efforts will be successful before the summer of 2010. This project has been launched with

generous donations of **\$2,033** from the employees of Notre Dame Agencies in Lewisporte and **\$1,000** from the Royal Canadian Legion Ladies Auxiliary in Gander.

Wheelchair Accessible Buses are extremely important to providing a high quality of life for seniors and disabled individuals residing at our long term care facilities. They enable interaction and contact within our communities and provide essential access to medical services.

Central Health will also partner with the two charitable Health Foundations in this fundraising initiative by providing a wheelchair accessible van. The van and the bus will be shared by these health facilities to ensure some form of wheelchair accessible transportation is available to residents at both of these long term care facilities at all times.

To donate to this project contact the South and Central Health Foundation at 292-2360 or the Central Northeast Health Foundation at 256-5742.



Above Photo: On hand for the donation were Notre Dame Agencies staff: Krista Hillier; Wendy Houlihan of the Foundation; Jennifer Welsh and Brian Guy. The staff donated cash in lieu of exchanging Christmas gifts and the company matched the funds. Their Jeans Day contributions were also included in the donation.

## Memorial Softball Tournament Raises Funds for Carmelite Residents



The Liz Phair Memorial Central Health Softball Tournament was held Saturday, September 19 in Grand Falls-Windsor. This tournament was organized by a group of healthcare employees who work in the Housekeeping Department at the Central Newfoundland Regional Health Centre.

Ms. Phair was a staff member of the Carmelite House. Working there and interacting with the residents was her pride and joy. Ms. Phair passed away Sept 11, 2008 and her colleagues are planning to keep her memory alive by turning the fundraiser into an annual event.

The tournament raised **\$1,162** for the **Carmelite House Fund**.

The Foundation would like to thank Frank Phair for revitalizing this tournament, along with the organizing committee, the players, volunteers and all the businesses that donated prizes in support of this event. This year's tournament has been scheduled for two days, Friday and Saturday, September 17-18.

## ER Receives Vital New Equipment

The South and Central Health Foundation Board visited the Emergency Room at the CNRHC recently. Trevor Gill, ER Team Leader, showed the Board members several pieces of equipment purchased by the Foundation from donor funds over the last year, including this Pulse Co-oximeter provided by the employees of the former mill in Grand Falls-Windsor.

The Pulse Co-oximeter picks up the level of carbon monoxide in a patient's system. Before this piece of equipment arrived in the ER, if a patient was suspected of having carbon monoxide poisoning they would have been automatically sent to Gander or St. John's for testing. This resulted in many unnecessary trips.

With the Pulse Co-Oximeter a test can now be carried out in Grand Falls-Windsor and only those patients with carbon monoxide poisoning will be sent for further treatment in St. John's.



Board members Eric Healey (Grand Falls-Windsor); John Connors, President (Grand Falls-Windsor); Trevor Gill, ER Team Leader; Brian Barry (Grand Falls-Windsor); Tina Belbin (Lewisporte) and Marion Fitzgerald (Baie Verte).

## Emergency Room Family Lounge Revitalized

The Emergency Room Family Waiting Lounge at the Central Newfoundland Regional Health Centre in Grand Falls-Windsor recently received a facelift thanks to some additional proceeds from the Foundation's annual Corporate Challenge Golf Tournament in August.

**\$5,000** was put into revitalizing this family quiet room which is used to comfort families when a loved one is brought in to the Emergency Department.

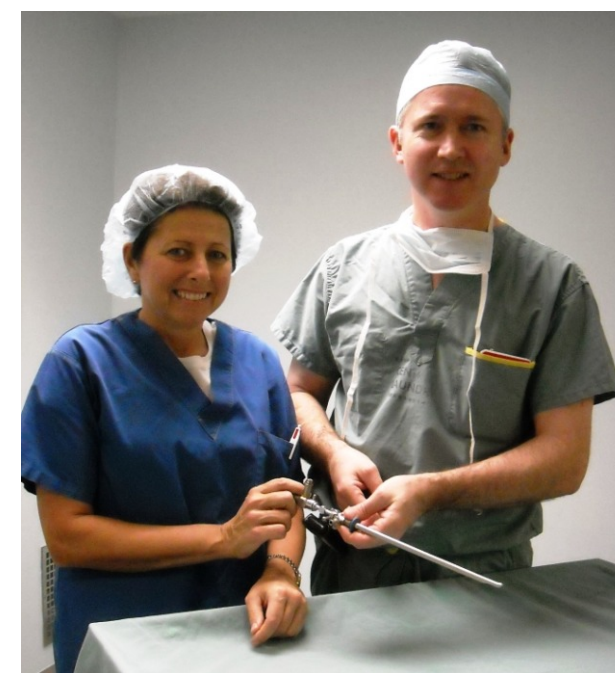
Hospitals are literally the lifeblood of our communities and we hope that this refurbishment project will add a little comfort for patients and visitors alike.



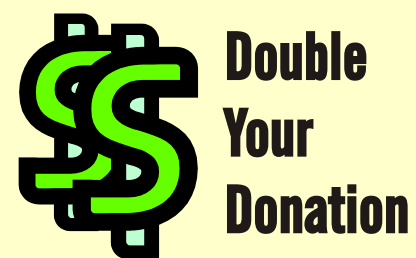
## Donation Helps Doctor Treat Prostate Patients

Dr. David Sutherland, Urologist with the CNRHC is very pleased with a new procedural instrument he received when a grateful patient donated **\$1,000** to his department through the South and Central Health Foundation.

Dr. Sutherland's TURP Surgery program received a 22 French Cytoscope that is now being used in procedures related to prostate treatments.



Liz Glavine, Nurse Manager for OR and Dr. David Sutherland proudly display a new Cytoscope recently purchased from donated funds.



### Double Your Donation With Matching Gifts Program

Matching gifts or matching donations is a charitable practice where an individual, organization or government pledges to give an equal amount of money to a certain organization, where the amount given is equal to the amount raised by the individual (gifts).

Did you know that many companies throughout Canada offer matching gift programs to their employees and retirees? Currently more than 500 companies in Canada will match employee donations made to local charities in their communities. Does your company offer a matching gift program? To find out contact your company's human resource department.

## Aliant Presents Christmas Gift to Foundation



Members of the Aliant Pioneers Exploits Chapter and Bell Aliant employees presented the South and Central Health Foundation with a **\$250** donation to the **Palliative Care Project** for Christmas. From left: Bob King, President of the Aliant Pioneers Exploits Chapter; Al Bowers, Treasurer of the Pioneers; Keith Scott, Business Service Technician, Bell Aliant and Danny Wight, Bell Aliant's Area Manager proudly presented Wendy Houlihan, the Foundation's Development Officer, with the cheque.

## Board of Directors South & Central Health Foundation

John Connors, President  
Tina Belbin, Vice President  
Bob Hannaford, Treasurer  
Marion Fitzgerald, Director  
Brian Barry, 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, Director of Development



## Patients Benefit from Donation of ENT Microscope

The South and Central Health Foundation takes great pride in providing critical medical equipment, on behalf of its donors, for the health of individuals living throughout Central Newfoundland. The Foundation recently provided \$62,000 for the purchase of a new ENT Microscope for the Operating Rooms at the Central Newfoundland Regional Health Centre.

Central Health has been fortunate to recruit an Otorhinolaryngologist (also known as an ENT), specialist to Grand Falls-Windsor. Dr. Kalombo joined Central Health's team of healthcare professionals in July of 2009.

Dr. Kalombo is very impressed with the ENT Microscope and expressed his appreciation: "Thank you very much to the donors to the South and Central Health Foundation. The microscope makes ENT surgery easier and more precise for our patients because of its clearer visualization. I am most grateful".

The new Zeiss microscope for ENT surgery has improved optics, lighting, and magnification for the specialist. In addition, the position of the microscope can be changed with ultimate ease and control. It is used in a number of procedures such as: microlaryngoscopies and vocal cord biopsies (throat), myringotomies and placement of vent tubes (ears), ossiculoplasties (ears) and mastoidectomies (ears).

## Dialysis Unit Receives Donation In Memory of Former Police Officer



Superintendent of Engineering & Works Bob Thompson, along with Sharon and Barb Janes, presented the funds to SCHF Development Officer Wendy Houlihan.

In December the South and Central Health Foundation received a \$500 donation to the Dialysis Unit from the family of the late Des Janes, and the employees of the Town of Grand Falls-Windsor Public Works Department.

Mr. Janes' sisters Sharon and Barb Janes (front row) donated \$200 and the Public Works employees donated \$300. Mr. Janes was a Municipal Police Officer with the Town. He passed away January 3, 2009.

### Sign up for E-Newsletter

To receive a copy of the Foundation Forum Quarterly newsletter via email, please send request to [schf@centralhealth.nl.ca](mailto:schf@centralhealth.nl.ca)

### Foundation Staff

Raelene White, Director of Development  
(709) 256-5493; [raelene.white@centralhealth.nl.ca](mailto:raelene.white@centralhealth.nl.ca)

Wendy Houlihan, Development Officer  
(709) 292-2393; [wendy.houlihan@centralhealth.nl.ca](mailto:wendy.houlihan@centralhealth.nl.ca)

Joanne Abbott, Administrative Assistant  
(709) 292-2360; [joanne.abbott@centralhealth.nl.ca](mailto:joanne.abbott@centralhealth.nl.ca)

## Donors Bring Great Comfort to Seniors



A new Wheelchair Accessible Bus for long term care residents who live at the Carmelite House in Grand Falls-Windsor and the Dr. Hugh Twomey Health Centre in Botwood, has arrived.

"As a Board we are so grateful for the support that people so willingly provide for healthcare programs and services in our local region," stated John Connors, President of the South and Central Health Foundation. "To know that our donors have made this purchase possible to help improve the quality of life for residents at our long term care facilities is inspiring to us. We are an aging population and donors obviously believe that investing in our seniors is very important".

Special thanks to donors such as the Veteran's Pavilion Action Committee of the Royal Canadian Legion who had provided over \$15,000 towards this \$100,000 campaign. Appreciation is also expressed to our auxiliaries, service clubs, businesses and individuals throughout Central Newfoundland.



Carl Ings and Tanya Murray, recreation specialists with the Carmelite Seniors Citizens Home and the Dr. Hugh Twomey Health Centre, respectively, help Carmelite resident Craig Frampton on to the bus.

Fred Oates and Fred Moores, both residents of the Dr. Hugh Twomey Health Centre, were in Grand Falls-Windsor for the launch of the new wheelchair accessible bus.



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](mailto:schf@centralhealth.nl.ca)



## North Haven Manor Auxiliary Celebrate Life

The members of the North Haven Manor Auxiliary in Lewisporte are the latest sponsors of the Foundation's Flight of Life project. An unveiling of the mural, painted by artist Dawn Baker, took place in September 2009.

For a nominal fee, a butterfly can be placed on the mural with the name of the donors' loved one. It is a great way to celebrate a birth, birthday, graduation or any special occasion. The funds from the sale of butterflies go directly into the facility towards priority healthcare purchases.

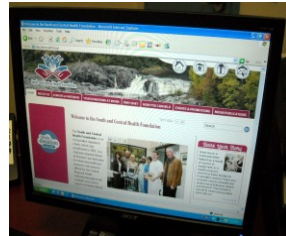
Butterfly orders are put in every few months and there is an annual renewal fee of \$25.



*The final Flight of Life Mural unveiling will take place on April 28th at the A.M. Guy Memorial Health Centre in Buchans.*

### Explore our New Website at [www.schf.nl.ca](http://www.schf.nl.ca).

- ▀ Newsletters
- ▀ Equipment & Projects
- ▀ Photo Gallery
- ▀ Secure Online Donations
- ▀ Special Events
- ▀ Donors & Partners



## Dial-A-Carol Celebrates 30 Years



John Locke and Shirley Parry, co-chairs of Dial-A-Carol 2009



Oddfellows Walwin Blackmore and Winston Ellsworth reading pledges.



VOCM radio host, Roger Barnett.

The South and Central Health Foundation would like to thank the Independent Order of Oddfellows for choosing the Foundation as the benefactor of their Dial-A-Carol fundraiser for the last 30 years.

We would also like to thank the donors for pledging their support to *the 2009 Dial-a-Carol*. We are happy to say that on Sunday afternoon December 14<sup>th</sup> the event received over **\$8,000** in pledges toward purchasing equipment for the CNRHC.

This year *Dial-a-Carol* was dedicated to raising money to help purchase a Vital Signs Monitor and a Nursing Chair to be used by moms and their babies at the Central Newfoundland Regional Health Centre in Grand Falls-Windsor.

# Flight of Life Celebrating Remarkable People

**Yes! I/We want to honour a special person on the Flight of Life Mural** PLEASE SEND ACKNOWLEDGEMENT OF MY GIFT TO:

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: \_\_\_\_\_

### 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  
P.O. Box 739 Grand Falls-Windsor NL A2A 2K2  
[www.schf.nl.ca](http://www.schf.nl.ca)

- 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
  - North Haven Manor

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

## Thank you to our Jean's Day Partners



We would like to thank all the businesses that participate throughout the year in our Jeans Day Program! The money that you donate makes a difference to the health care of all those around you.

Your employee group can help contribute to healthcare in your region simply by wearing jeans on Fridays. For only one or two loonies a week you get to wear your jeans to work. The foundation will supply your staff with a Jean's Day button and a poster to display at your place of business.

Once a year, your group can make your donation and we will recognize you in a newsletter or in our weekly column in your community newspaper.

*Just a few of the wonderful investments that have been made possible throughout 2009 thanks to the generosity of supporters:*

Co-oximeter for the ER, Blood Pressure Monitor for Respiratory, Revitalization of Pediatric in-patient Playroom, Revitalization of ER Family Room, Colposcope for the Gynecology Clinic, Nite Sleep Chairs for OBS, Physio/Rehab Equipment, Hearing Screening Equipment for Audiology, Vital signs Monitor for OBS, Pediatric Crash Carts, Cardiac Monitors, Blanket Warming Cabinets for ER and Dialysis and much more!



*Employees of the Business Development Bank of Canada in Grand Falls-Windsor: Stefanie Pretty, Michael Ball, Betty Conway, Vanessa Evans, Jason Little and Dale Rideout.*