

Millcrest Academy Donates Entertainment Package to Pediatric Unit

The **Millcrest Academy Student Safe School Committee** decided they wanted to help make hospital stays more fun for young patients in Grand Falls-Windsor. The committee of 30 students and 3 teacher leaders got the whole school involved in raising money to buy an entertainment package for the Pediatric Unit at the Central Newfoundland Regional Health Centre. They sold tickets on different prize packages over several months and raised **\$550**. Out of the funds they purchased a DS game system, carrying case and four games as well as a portable DVD player and six movies. The students invited Foundation Development Officer Wendy Houlihan to a school assembly in May to present her with the entertainment package.



Raking in Funds for Women's Health

The South and Central Health Foundation and Shoppers Drug Mart® locations in Bishop's Falls and Bowood are partnering in an effort to raise funds to advance women's whole health at the Central Newfoundland Regional Health Centre through the **ninth annual Tree of Life campaign**.

The four-week fundraising campaign, running from **September 18th through October 15th** will harvest essential funding to support the purchase of **new Vacuum Assisted Biopsy equipment for the benefit of women in Central Newfoundland who may discover a lump in their breast**. This modern biopsy technology helps medical staff retrieve a much better and larger tissue sample which will aid in accurate diagnosis.

Customers have the opportunity to purchase and personalize with each contribution. Support the harvest by visiting any local participating Shoppers Drug Mart store and purchase a "leaf" for a loonie, a "butterfly" for \$5 or a "cardinal" for \$50.



Upcoming Events...

October 16th - Fall Fair, Baie Verte

The staff at the Baie Verte Peninsula Health Centre are hosting a Fall Fair on Saturday, Oct. 16 from 11 a.m. - 4 p.m. at the Baie Verte Kin Center. Admission is \$2. There will be local vendors there with jewelry, cosmetics, crafts, home decor and as well as some food treats. A portion of the proceeds go to the Wander Garden project.

Pizza Days!

Purchase a \$5 coupon from the Foundation for a **"Big" Slice of Pizza** at **Donninis** in Grand Falls-Windsor and help us raise funds for the Carmelite House Senior Citizens Home.

October 25th and 26th - Bert's Rock-a-thon

Grand Falls-Windsor resident Bert Fudge was to hold his annual two-day Rock-a-Thon at the Exploits Valley Mall in celebration of his **87th Birthday**. Mr. Fudge passed away on Oct. 16th, however his rock will go on in his memory. The Salvation Army Park Street Citadel volunteers will man his rocking chair. Proceeds will go to the South and Central Health Foundation to help purchase equipment for the Operating Room at the CNRHC.

December 12th - Dial-a-Carol

The Oddfellows & Rebekahs are teaming up with VPCM Radio and the South and Central Health Foundation on Sunday, Dec. 12th to present the annual Dial-a-Carol fundraiser. This year's proceeds will go towards the development of a Family Lounge for patients and their families using the Maternal Newborn Unit at the CNRHC. Call in your Christmas Carol and make your pledge from 1:30 - 5:30 p.m. on 620 VPCM.



South & Central Health Foundation

Foundation Forum

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Donor Newsletter

Fall 2010

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

Life Just Got a Little Brighter For our Residents!



For long term care residents living at North Haven Manor in Lewisporte and Lakeside Homes in Gander a little good news just rolled in. A new Wheelchair Accessible Bus has been made possible through generous donations received by the Foundations of Central Health.

The campaigns to raise \$88,000 for the new Wheelchair Accessible Bus began in November 2009 through a partnership of the South and Central Health Foundation and the Central Northeast Health Foundation. Fundraising was completed by August of 2010 with the help of donors and the Department of Health & Community Services.

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 with our communities, participation in church services, parades, festivals, shopping trips and much more. They also provide essential access to medical services.

Special thanks go to the Gander Lions Club and the Gander Co-op 50/50 Committee for a \$15,000 donation, along with a second donation of \$5,000 from the Lewisporte Co-op 50/50 Committee. These three donations supported the bus which will be shared for the benefit of long term care residents of Lakeside Homes and North Haven Manor.

Special thanks also to Viola Hutchings, a resident at North Haven Manor, for hosting the Wheelchair Rally in June which raised over \$3,000, and to the many residents and staff who participated in the rally themselves. Thanks also to the employees of Notre Dame Agencies in Lewisporte, who donated the funds they would have spent on exchanging gifts last Christmas to the bus campaign. Notre Dame Agencies also matched their funds. In addition, a special mention to the New Fun Land Daycare children, their parents and staff, who raised an amazing \$1,208 in sponsorship for a Walk-a-Thon they held in August!

The Department of Health and Community Services also supported this important long term care quality of life initiative with a gift of \$22,500 towards the cost of the bus.

Thank you to everyone throughout Newfoundland who helped our charities bring this wheelchair accessible bus to our seniors as quickly as possible! Keep an eye out for the bus on a road near you!



'Golfing for Green' Charity Tournament Raises \$32,000 for Operating Rooms

The South and Central Health Foundation's annual charity golf tournament has been a huge success once again, thanks to our corporate, team and hole sponsors and the many businesses and volunteers that supported the event.

It is through the generous support of this fundraiser that we were able to raise **\$32,000** for the Operating Rooms at the Central Newfoundland Regional Health Centre. As a result, we will be purchasing several pieces of equipment.



The **Urocap Machine** will allow our urologists and gynecologists perform uroflow studies. Uroflow is a diagnostic test that determines the flow rate of a patient's urine to look for causes of bladder problems.

The **Hysteroscopes** will allow gynecologists to perform a diagnostic assessment of the uterus. With the purchase of three hysteroscopes, the Foundation will help to increase the supply of scopes improving service to the community.

The Foundation is thrilled to have hosted such a successful golf tournament this year. We look forward to next year's 'Golfing for Green' Charity Tournament scheduled for **Thursday, August 18, 2011!**

Our Corporate Sponsors:



Therapeutic Wander Garden Soon a Reality for Seniors

The United Way of Newfoundland and Labrador has made a donation of \$10,000 to help the South and Central Health Foundation in its goal to provide funding necessary to complete phase three of a dedicated Therapeutic Wander Garden in Baie Verte. The Department of Health and Community Services recently provided funding for phase one and two of this important quality of life initiative.

"The special outdoor area that we plan to develop will be more than just a garden; it will be a safe haven for our long term care residents and community visitors" said Tracey Comeau, Director of Health Services at the BVPHC. "As Newfoundlanders and Labradorians we have a strong connection to the outdoors. Making the outdoors a continued part of an individual's life through their very senior years can bring a measure of peace and contentment, evoking memories of childhood days and happy times".

United Way's key funding areas support opportunities for children and youth, individual health and well-being, services for seniors, intervention and support, social and economic enhancement and community support services. In addition to these six target areas, donations can be directed toward specific charities as chosen by donors.

Photo (L-R): On hand for the \$10,000 presentation were Tammy Davis, Executive Director, United Way NL; Marion Fitzgerald, Board member, South & Central Health Foundation and Tracey Comeau, Director of Health Services, Baie Verte.



BUCHANS

Flight of life Mural Dedicated to Heroic Police Officer



The Gulliford Family, Buchans

The Gulliford Family posed for a photo in front of the Flight of Life mural unveiled at the A.M. Guy Memorial Health Centre in Buchans in May. Lori Gulliford and her family have sponsored the display in honor of her late husband, Sgt. Reg Gulliford. What a wonderful gift they have given to their community and what a wonderful way to honor a loving husband, father and son. The Over 35 Hockey Group, of which Sgt. Gulliford once was a teammate, also financially supported the launch of this beautiful display at the health centre. This event was a fitting tribute to the late police officer as it was dedicated during Police Week.

Kiwanis Donate Nite Sleep Chair

The Kiwanis Club of Grand Falls-Windsor recently visited the Central Newfoundland Regional Health Centre to see one of their latest donations - a Nite Sleep Chair for the Maternal Newborn Unit.



The club's gift of **\$1,700** has permitted the Foundation to purchase this Nite Sleep Chair specifically for the "Rooming In Program". This is a wonderful program which promotes family bonding by making it possible for a family member, usually a father or grandparent, to stay in the room overnight with a new mother and infant. The Rooming In Program also permits healthcare professionals to easily include the family unit in many of the teaching sessions which promote the health and well-being of newborns.

With this gift, the Kiwanis Club of Grand Falls-Windsor has contributed over **\$36,000** to the South and Central Health Foundation in support of enhancing the health of our youngest citizens!



Elks Donate Audiology Equipment

The Elks Lodge in Grand Falls-Windsor recently donated **\$1,000** to the South and Central Health Foundation to be used to purchase much needed equipment at the Audiology Department of the Central Newfoundland Regional Health Centre. The money will be used to purchase two new Otoscopes. An otoscope is the handheld light audiologists use to examine the patient's ear. They perform otoscopy on each & every patient they see, often more than once if they are making ear molds, fitting a hearing aid, etc. This is a vital initial examination before an audiologist can proceed with any further hearing evaluation.

Administrative Assistant's Lunch Aids Women's Health Initiatives



The South and Central Health Foundation, would like to thank Rose Bungay for her outstanding organization of the **Annual Administrative Assistants' Luncheon** and Peggy Hamilton and her staff at the Mount Peyton Hotel for the continued support this event has given the Foundation over the last 14 years.

The proceeds of **\$2,200** from this special event will support our Project for Women's Health which is raising funds to purchase a Colposcope for the Gynecology Clinic at the CNRHC. This modern technology will be used by Central Health's Gynecologists on a daily basis. The Colposcope will arrive early this fall.

Donor Gifts Enhance Dialysis Waiting Lounge

Family and friends of dialysis patients at the Central Newfoundland Regional Health Centre are enjoying a warm, welcoming atmosphere while they wait for their loved ones to have treatment. Dialysis Unit Staff and the South and Central Health Foundation were able to create a new waiting lounge thanks to many donors. The new features of the room include a plasma TV, leather reclining sofas, coffee and end tables, lamps, pictures and a dining table for the adjacent kitchenette.

Dr. Sharad and Lavina Mandavia contributed **\$5,000** towards the project. The couple donated to the Dialysis Unit in memory of Dr. Mandavia's brother, Dr. Mansukhlal, a pathologist who lived in Montreal and later in Los Angeles. Dr. Mansukhal was a dialysis patient when he passed away. The Mandavias donated the funds for the refurbishment of the waiting lounge because they wanted to make life a little more comfortable for families of dialysis patients in this region.

Another tremendous supporter of the Dialysis Unit is dialysis patient Fred Balsom (at right). Mr. Balsom, 84, started making models last year of the Newfoundland Dory and selling them to raise funds for the local dialysis unit. He also painted pictures which were put on tickets to help raise additional funds. His dories and pictures can be purchased at IbeX Fuels in Grand Falls-Windsor.



On hand for the opening of the revitalized Dialysis Unit family waiting lounge were (l-r): Anne Rowsell, Nurse Manager, Renal Services; John Connors, President, South and Central Health Foundation; donors Mrs. Lavina Mandavia and Dr. Sharad Mandavia; Carole Dalton; Director of Nursing and Sean Tulk, Chief Operational Officer Grand Falls-Windsor, Central Health.

Putting Your Generous Donations to Good Work

Items that have been recently purchased by our Foundation from April 1, 2009 through March 31, 2010.

Description	Cost
Vital Signs Monitor/ Pulse Oximeter (2)	\$6,720
Blanket Warming Cabinet	\$6,777
Cysto Urethroscope	\$1,442
DPOAE Hearing Screeners (2)	\$10,940
ER Family Comfort Room	\$5,000
ENT Microscope	\$62,000
Blanket/Solution Warming Unit (2)	\$8,000
Sleep Diagnostic System	\$12,009
Pediatrics In-patient Lounge	\$3,500
Co-oximeter	\$8,164
Pediatric/Bariatric Blood Drawing Chair	\$2,019
Nite Sleep Chair (3)(OBS,	\$4,495
Ambulatory Blood Pressure Monitor	\$4,204
Physio Ergometer Scifit	\$6,460
Dual Cable Cross Trainer	\$4,971
Tilt Wheelchair	\$2,290
Narrow Band UVB/ Phototherapy Booth	\$20,000
Wheelchair Accessible Bus	\$90,000
Flight of Life Projects (3)	\$7,500
Ice Dispenser	\$4,408
Vital Signs Monitor Pulse Oximeter	\$4,082
Resident Lounges Refurbishments	\$10,000
Tilt Rollabout Chair	\$3,450
Lifepack CR Trainer	\$549
Dental X-Ray Machine	\$12,000
Alger Brush Kit	\$229
Lithium Power Driver	\$395
Transfer Board	\$382
Geriatric Chair	\$2,045
Minor Equipment	\$16,217
Endowment Investment	\$37,419

Your privacy is our priority! Our Foundation does not rent, share or sell our donor information to any external 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.

2nd Annual Liz Phair Memorial Softball Tournament to Benefit Seniors



The Liz Phair Memorial Central Health Softball Tournament was held Saturday and Sunday, September 18-19 in Grand Falls-Windsor. The tournament raised **\$1,400** for the **Carmelite House Fund**.

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 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.

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4th Annual Health Foundations Regatta Raises \$30,100

For the last few years a bunch of enthusiastic boaters have congregated on the waters of Notre Dame Bay in an effort to help raise funds for healthcare needs in Central Newfoundland. Every July since 2007, the Health Foundations Regatta has taken place at the absolutely beautiful Lewisporte Yacht Club.

This year 21 boats of all shapes and sizes showed up for a fun filled weekend of activities on July 9th and 10th. The 'Caribbean of the North' themed event encouraged Skippers and crew to dress up in costumes with everything from pirates to mermaids in attendance. Throughout the weekend participants engaged in various activities such as a costume dance, obstacle course, barbecue dinner, best decorated boat competition, treasure hunt along with a bouncy castle and scavenger hunt for the kids.

The Regatta could not have happened without financial support from our Presenting Sponsor, Scotiabank and from all of our dedicated Corporate Sponsors listed below. Mac Moss, Regatta organizer, is grateful to Sponsors for their commitment to the Health Foundations Regatta as well as to the boaters who come out year after year in support of the event. "Thanks to all of our greatly appreciated Corporate Sponsors, without their generous support we would not be able to put off such a great event. The Regatta was an overwhelming success once again and a great deal of money has been raised for healthcare needs throughout Central Newfoundland."

The \$30,100 net proceeds will be used to assist in the purchase of state of the art technology for James Paton Memorial Health Centre for patients who may have colorectal cancer and for the purchase of a wheelchair accessible bus for North Haven Manor in Lewisporte and Lakeside Homes in Gander.

Next year's Regatta is slated for July 8th and 9th at the Lewisporte Yacht Club and will feature a new theme ... "Salt Water Cowboys"...get your costumes ready early!!



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

Penney Paving Donates Sleep Diagnostic Equipment



A Sleep Diagnostic Recorder System has been put to use by the professionals of the Respiratory Department at the Central Newfoundland Regional Health Centre. This new technology, valued at \$12,000 has materialized thanks to the generous donation of **Fred Penney Jr. and Fred Penney Sr. of Penney Paving Ltd.** in Grand Falls-Windsor. The **Portable Sleep Recorder** will be used on an outpatient basis, for the determination of **Sleep Apnea.**

The healthcare professionals at the Central Newfoundland Regional Health Centre did not possess this vital equipment in the past. This technology will be of tremendous benefit to our adult population, many of whom face great waiting periods to access the sleep program at our provincial tertiary care centre in St. John's.

Thank You to our Corporate Sponsors

- Gander Automobile Dealers Assn
- Airport Mazda
- Jim Penny Ford
- Stanton's Honda
- Lakeside Plymouth Chrysler
- Gander Kia
- Hickman Motors
- Gander Toyota
- Gander Hyundai



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