



The 2011 Shopper's Drug Mart **Tree of Life** campaign runs in Bishop's Falls, Botwood and Lewisporte from **Sept. 17 to Oct. 14**. The campaign encourages customers to purchase and personalize their own paper "leaf" for \$1, "butterfly" for \$5 or "cardinal" for \$50. Each piece is then displayed on a "tree" branch on the "Tree of Life" in the store. 100% of all proceeds will go directly to the South and Central Health Foundation.

With your support this year, we plan to purchase a 30 degree Laprascope for the OR's at the Central Newfoundland Regional Health Centre. This technology allows the surgeon to look inside a woman's abdomen, making minimally invasive surgery even more comfortable for the women involved. This equipment will cost approximately **\$3,900**.



**The next deadline for ordering Flight of Life Butterflies is Friday, October 28, 2011**

Forms may be dropped off or mailed to the South and Central Health Foundation.

Flight of life displays can be found at the CNRHC, Dr. Hugh Tomey Health Centre, A.M. Guy Memorial Health Centre, Connaigre Peninsula Health Centre, Baie Verte Peninsula Health Centre, Valley Vista Seniors Complex and at North Haven Manor.

**Annual Victorian Tea Raises Funds for Baie Verte Wander Garden Project**

Staff at the Baie Verte Peninsula Health Centre ensured their guests were treated to a real Victorian experience by dressing in costume at their annual Victorian Tea fundraiser this past Mother's Day weekend. **\$4,920** was raised and is dedicated to the facility's planned Therapeutic Wander Garden.



The Wander Garden will provide a special outdoor area that will be dedicated for long term care residents and community visitors. It will offer therapeutic benefits to its visitors, providing a safe outdoor environment and reducing many of the negative behavioral aspects associated with wandering, especially for residents living with varying forms and degrees of dementia.

You can make a donation to the Wander Garden through the Foundation's website at [www.schf.nl.ca](http://www.schf.nl.ca) by clicking on the DONATE NOW button; call us at (709) 292-2360 or by contact the Baie Verte Peninsula Health Centre at 532-4281. We also welcome ideas from groups and organizations interested in hosting a third party fundraiser. **"Fill me with Tradition"** cookbooks are also still available for \$12 at the Baie Verte Peninsula Health Centre, proceeds for the Garden.

**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.

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South & Central Health Foundation

# Foundation Forum

*With our Hands we Build our Future*

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

**Donor Newsletter**

**Fall 2011**

**Our Donors Help Save Lives!**



*Members of the Green Bay Health Centre Auxiliary with the Rhythm Simulator they purchased for the facility.*



*Raelene White, Director of Development, SCHF; Dr. Todd Young, Green Bay Health Centre; Nurse Bev Reid; Melinda Noel, Director of Health Services and donor Jerry Brett with the new teaching mannequin.*

Thanks to the Green Bay Health Centre Auxiliary's donation of a Rhythm Simulator and Springdale businessman Jerry Brett's donation of a Teaching Mannequin, all health care workers in the Green Bay region can now avail of on-site training in Advanced Cardiac Life Support (ACLS).

Nursing, physician and paramedic staff working at the Emergency Department at the Green Bay Health Centre are required to be certified in Advanced Cardiac Life Support (ACLS), a course offered by the Heart and Stroke Foundation. This training provides staff an increased opportunity to maintain their skills to ensure they are well prepared in the event of a cardiac emergency. Dr. Todd Young, a local physician and Medical Director is a certified ACLS Instructor and is collaborating with Central Health's Professional Development to offer training sessions to assist with maintaining the skills they gained during ACLS Training.

This is the first rural Health Centre in Central Newfoundland that is in a position to offer these courses to staff on an ongoing basis. All other regions require staff to have to leave their position and travel to either Grand Falls-Windsor or to Gander in order to complete the training. As well, there are great efficiencies available by having the facilitator and necessary training tools readily available in the community. Having the training on site allows staff to become more comfortable with their own emergency processes and to identify and rectify any gaps in the process.

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

## Health Foundations Regatta Funds Regional Bariatric Equipment



The 5th Annual Health Foundations Regatta was a great success - thanks to all participants and sponsors. A joint effort between the Central Northeast Health Foundation and the South and Central Health Foundation, the Regatta has grown in popularity. Since its inception in 2007 this event has raised nearly \$168,000 for healthcare needs throughout Central Newfoundland!

As the benefactors of the 2011 Regatta, the Foundations of Central Health received **\$38,000** to help improve the healthcare of many people within the region. All proceeds from the Regatta this summer will support the purchase of **bariatric equipment** that will be used in facilities throughout the region. This includes specialized equipment such as commodes, wheelchairs, beds, etc. which can accommodate patients weighing over 350 pounds.

Hosted by the Lewisporte Yacht Club, the weekend started with a Friday night reception for sponsors and boaters complete with a "Salt Water Cowboys" theme. The rest of the weekend was filled with activities - dancing, food, a poker run, a gold rush and an obstacle course, concluding with a catered dinner and awards ceremony on Saturday.

This year we saw approximately 30 boats participate in the regatta and over 150 people attended the Friday and Saturday functions. We certainly would not be able to host such a fundraiser without the support from our Presenting Sponsor, Scotiabank, and our many valued Corporate Sponsors. Thank you to all who have helped to create such tremendous success over the last five years!

### Thank You to our Corporate Sponsors



Scotiabank Staff



The Woolfrey Family  
Scotiabank Cup Winners



Some Sponsor guests with Rex  
Eveliegh's Committee Boat

## SPRINGDALE

### Big Donations for Green Bay Health Centre and Valley Vista Seniors Home



Members of the Springdale Lions Club had the opportunity to see and hear about the equipment the club had invested in when they were invited to a show and tell at the Valley Vista Seniors Complex in May.

The Springdale Lions Club have brought tremendous benefit to their community with a very generous investment in healthcare items for the residents at Valley Vista as well as patients served at the Green Bay Health Centre. These items will aid in the care and recuperation of patients as well as improve the quality of life for many residents at the Valley Vista Seniors Complex. The items purchased by the Lions Club totaled **\$11,000**.

#### Springdale Lions Club Investments

- Ophthalmoscope/Otoscope
- Geri Chair
- Adaptive Pads and Covers
- Breezy Wheelchair
- Silicone Foot Pillows
- Gel Cushions
- Overbed Table
- Theraglide Rocking Chair
- Commode with cushions
- 9 Versatile Chairs

### Children Benefit from Pilley's Island Women's Ministries Outreach Project

The Salvation Army Pilley's Island Women's Ministries Home League recently took on an Outreach project that will benefit young patients at the Central Newfoundland Regional Health Centre.



The group held a Baby Shower in March with those attending bringing along items for young children. Among the items collected were 26 pairs of one-piece pajamas, 23 pairs of two-piece pajamas, 10 pairs of slippers, 22 pairs of socks, 10 fleece blankets, 19 sets of crib sheets, three homemade quilts, 12 knitted teddy bears, 25 story books and an assortment of items like towels, face cloths and toys.

Representatives of the group recently presented those gifts to the Paediatric Unit at the hospital in Grand Falls-Windsor recently. The staff and Board at the South and Central Health Foundation and the staff of the Paediatric Unit are honored to be the beneficiary of the Home League's kindness.

*On hand for the presentation were Audrey Froude, Director of Maternal Newborn and Paediatric Units, CNRHC; Salvation Army Pilley's Island Home League representatives Glenis Colbourne, Winnie Whyatt, Home League Secretary; Major Vera Youden, Corps Officer; Kim Simms, Assistant Home League Secretary and Wendy Houlihan, Development Officer, SCHF.*



## Happy 45th Anniversary Central Newfoundland Hospital Auxiliary



The Central Newfoundland Hospital Auxiliary is celebrating 45 years of service this year, marking almost half-century of valuable volunteer efforts and fundraising. The Auxiliary formed in 1966 on behalf of the hospital, solely for charitable purposes.

In the past 45 years the Auxiliary has raised over \$1.2 million for the CNRHC helping purchase some major items including anesthesia equipment, a CT scanner, a mammography unit, the dialysis unit, a birthing bed, a bone

density machine, cardiac stress testing equipment, a wheelchair bus and in support of palliative care. The Auxiliary has also established the Central Newfoundland Hospital Auxiliary Endowed Fund with our Foundation for the benefit of future generations.

The Auxiliary volunteers operate the Gift Shop at the CNRHC and have done so since 1966! All proceeds from the sale of items at the Gift Shop support our Foundation to fund equipment and projects for patients served at the CNRHC.

Auxiliary members are active with the Newfoundland and Labrador and Canadian Associations of Health Auxiliaries. Members hold bake sales and ticket draws several times a year; they have a representative sitting on the Foundation's Board of Directors and also volunteer for various Foundation events such as helping with the mail out of Christmas Appeal and Radiothon letters as well as staffing the phone lines during our annual Mother's Day Radiothon.

After 45 years of dedicated service, time, talent and hard work, the Central Newfoundland Hospital Auxiliary's goal has remained the same - to raise funds to support patient care at our Regional Health Centre.

## ER Receives \$30,000 Donation



Joan King, Treasurer of the CNHA presented a cheque for \$30,000 to Central Health COO Sean Tulk (left) and Foundation President John Connors (right). The funds were used to purchase a Glidescope and a Lucas Chest Compression System for the patients in emergency situations at the Central Newfoundland Regional Health Centre. The LUCAS Chest Compression System is designed to deliver uninterrupted compressions at a consistent rate and depth to facilitate a return of spontaneous circulation in a patient. It delivers automated compressions from first response in the field to ambulance transport and throughout the hospital. A Glidescope video laryngoscope helps provide the physician with a consistently clear, real-time view of the airway and tube placement, enabling quick intubation.

### Tribute Gifts

Families often ask us for wording for contributions IN MEMORY OF a loved one. Their loved one may have been a patient, long term care resident or volunteer at one of Central Health's care facilities throughout Central Newfoundland.

### Suggested wording:

In lieu of flowers, contributions may be made in memory of (individual's name) to (the health facility or department that is meaningful to the family, ie. Dialysis Unit, ER, OR...) in care of the South and Central Health Foundation, P. O. BOX 739 Grand Falls-Windsor, NL, A2A 2K2.

## Special Events Raise Funds for Portable Ultrasound for ER

### Mother's Day Radiothon

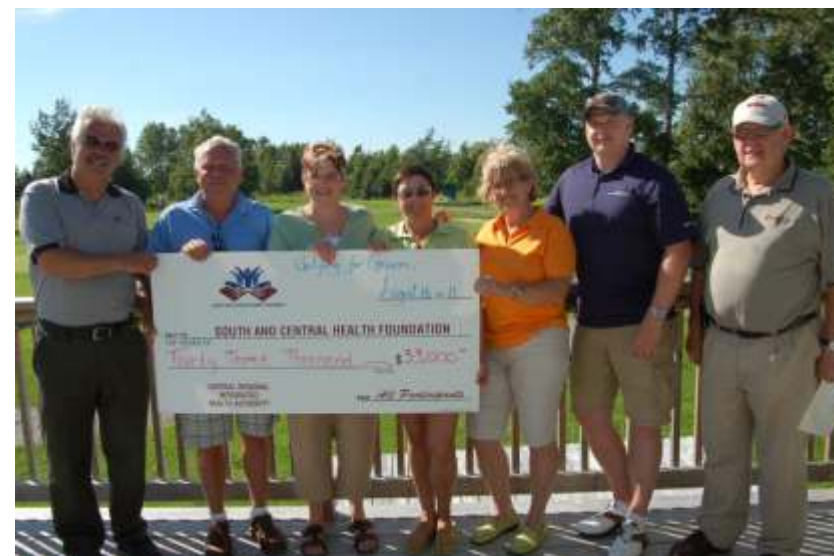
This year's Mother's Day Radiothon was a rousing success. On May 6, the Foundation hosted its annual event with funds reserved to assist in the purchase of a Portable Ultrasound Unit for the Emergency Department at the Central Newfoundland Regional Health Centre. \$39,000 was raised, kick-starting the \$52,000 project.

With this Portable Ultrasound Unit physicians can quickly assess a patient with a high resolution scanner to provide a more thorough patient diagnosis in just minutes and ultimately save lives through immediate intervention. It will also be a welcome addition to our healthcare professionals who want to ensure that they have the most modern and effective medical technology available to assist their patients.



Raelene White, Director of Development, SCHF; Wendy Houlihan, Development Officer SCHF; Dr. John Campbell, Central Health CEO Karen McGrath, COO CNRHC Sean Tulk, President SCHF John Connors, Kelly Reid, VOCCM Cares Foundation; Randy Strickland and Rick King, VOCCM Radio Hosts.

### "Golfing for Green" Charity Tournament



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 that supported the event. It is through this generous support that we were able to raise **\$33,000**. These funds will be used to purchase technology-based medical equipment for non-invasive surgeries in the OR and to purchase a Portable Ultrasound for the ER at the Central Newfoundland Regional Health Centre.

*Golfing for Green Corporate Sponsors (l-r), Bob Kelly, Teck Resources; Brian Barry, Steers Insurance; Karen McGrath, CEO Central Health; Trudy Stuckless for Cathy Cooke, Tena; Debbie Coles, Newfoundland Styro; Dave Baker, Labatt and Ern Pennell, Lanier Healthcare/ESG.*

## Dial-a-Carol Hits Airways December 11th



The Oddfellows & Rebekahs in Grand Falls-Windsor are teaming up with VOCCM Radio and the South and Central Health Foundation on **Sunday, Dec. 11th** to present the annual Dial-a-Carol fundraiser. Funds will be dedicated to a pediatric project at the CNRHC. Call in your Christmas carol on Dec. 11th and make a pledge from 1:30 - 5:30 pm on 620 VOCCM.

### Foundation Staff

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## Play Therapy Rooms Open in Grand Falls-Windsor and Springdale



Thanks to donors, two Play Therapy Rooms at the Departments of Mental Health and Addiction in Springdale and Grand Falls-Windsor have been furnished with educational toys. The Springdale room was made possible through donors throughout Springdale and surrounding communities; and the Grand Falls-Windsor room was funded by the Central Newfoundland Hospital Auxiliary.

While we know that children are naturally resilient, many need therapy to help deal with life's challenges. Children are referred to therapy for many issues which often include physical, emotional, or sexual abuse, trauma, grief and loss, separation / divorce, anger, or for modification of behavioral disorders.

Play Therapy is a psychotherapeutic treatment approach specifically designed to help children ages three through twelve years old. It may be non-directive (where the child decides what to do in a session, within safe boundaries), directive (where the therapist leads the way) or a mixture of the two.

*Top Photo (l-r), Lori Spurrell, Manager of Client Care; Marjorie Parsons, Mental Health Social Worker; Raelene White, Director of Development, Foundations of Central Health; Wendy Houlihan, Development Officer, SCHF and Melinda Noel, Director of Health Services, Green Bay.*



*Middle Photo: Representatives from the Central Newfoundland Hospital Auxiliary visited the new Play Therapy Room that they funded in Grand Falls-Windsor. On hand were (l-r) Hazel Tuilk, Lillian Moores and Doris Duder, CNHA members; Raelene White, Director of Development, Foundations of Central Health and Charmaine Wight, Regional Manager, Mental Health and Addictions.*

## Equipment Benefits Surgical and Emergency Patients

Thanks to donors who gave generously to our Christmas Appeal last year, healthcare professionals now have a new piece of equipment to benefit surgical and emergency patients at the Central Newfoundland Regional Health Centre.

A **Bladder Scanner**, which cost **\$17,000**, is used to help diagnose urinary retention and evaluate many common urological conditions.

This equipment is important for measuring bladder function through the use of 3D Ultrasound. Even more important is the fact that this technology prevents unnecessary catheterization of patients. The bladder volume equipment is non-invasive; it reduces the risk of infections for a patient and reduces their discomfort.

*Photo: Susan Cook, Nurse II (left) and Brenda Connors, Nurse I (right) with the new Bladder Scanner.*



## 3A Welcomes New Patient Family Lounge

Patients and their families now have an inviting common room to lounge in. With donations to the Foundation we were able to refurbish the lounge on the third floor of the Central Newfoundland Regional Health Centre. This lounge will give family members a place to go if they need a break from being on the ward, somewhere to recharge their batteries and collect their thoughts and somewhere to have basic privacy when talking with medical staff.

Many will know that supporting and caring for a loved one who is unwell is a stressful and upsetting experience. Having a place to go to recoup will greatly assist the support group around the patient and in turn, this will greatly assist the recovery of the patient. Having a homelike atmosphere to spend time with loved ones is important for a good quality of life.



## Why Would Someone Leave Money in a Will for Healthcare?



Healthcare touches every person from every community. We all know that at some point in time each of us will need our healthcare system...and that this system will assist our loved ones and friends.

From surgery, to hearing tests for newborns, to assistance recovering after an operation, to long term care for our vulnerable citizens, healthcare is interwoven with our daily lives and many of us value the care and compassion that is provided. Given the opportunity many people would contribute to improving our healthcare system for those who will need it in the future.

A Will is the last testament of the donor. It is their opportunity to express their values and have an impact on the future health of their friends, family and communities. A Bequest in a Will may provide an individual or a family with the ability to make a significant donation which might not have been an option during their lifetime.

If you would like to discuss the possibility of leaving a gift in your will to the South and Central Health Foundation, please contact Raelene White, Director of Development, at 709-256-5493, to arrange for a confidential appointment.

The legal name of our charity, for use in a will, is the "South and Central Health Foundation"

Our Foundation office is located in the main lobby of the Central Newfoundland Regional Health Centre in Grand Falls-Windsor  
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### Board of Directors South & Central Health Foundation

John Connors, President  
Tina Belbin, Vice President  
Brian Barry, Treasurer  
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Owen Nichols, Director  
Wesley Harris, Director  
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Wayne Mills, Director

#### Ex-Officio's:

Sean Tulk, Central Health  
Trudy Stuckless, Central Health  
Pat Greene, CN Hospital Auxiliary Representative  
Daphne Woolridge, Central Health Board  
Raelene White, Director of Development

### Bert's Rock-a-thon Fundraiser

Bert's Rock-a-thon will take place **Friday, October 28th** at the Exploits Valley Mall in Grand Falls-Windsor. Evelyn Fudge, the wife of the late Bert Fudge has decided to keep her husband's annual fundraiser going for another year.



Drop by the mall and say hi to Evelyn as she rocks all day to help raise funds for healthcare programs and services offered at the Central Newfoundland Regional Health Centre.