



## Shoppers Drug Mart Tree of Life Campaign Supports Women's Health

Thanks to the combined efforts of Shoppers Drug Mart in Bishops Fall and Botwood, its' employees and customers throughout Central Newfoundland will now have improved access to services and programming supporting women's whole health.

The Shoppers Drug Mart's 2010 Tree of Life fundraising campaign at these two stores has resulted in **\$2,387** for the SCHF in support of the **Vacuum Assisted Biopsy Project** for the Diagnostic Imaging Department at the Central Nfld. Regional Health Centre.

Our charity is delighted to work with our donors such as Shoppers Drug Mart to provide the modern Vacuum Assisted Biopsy equipment for women who may discover a lump in their breast. Supporters such as our friends at Shoppers Drug Mart have helped us reach our goal. This lifesaving equipment has just arrived and will be helping patients in the very near future.

*Photo: On hand for the Shoppers Drug Mart Tree of Life Campaign cheque presentation were (l-r): Wendy Houlihan, Development Officer, SCHF; Kayla Thompson Captain for the Tree of Life Campaign, Bishop's Falls store; Wayne Mills, South and Central Health Foundation Board member; Michelle Loader, Pharmacist/Owner, Bishop's Falls SDM and David Hoyles, Pharmacist/Owner Botwood SDM.*

## Calendar Corner

### Ticket Draw

The North Haven Manor Auxiliary is selling tickets on a basket filled with a great selection of useful items such as towels, candles, food, etc... Tickets are \$1 each and can be purchased at the Tuck Shop, at the front desk at North Haven Manor or from any NHM Auxiliary member. The draw date is **March 7th**.

### Administrative Assistants' Luncheon

The 16th Annual Administrative Assistants' Luncheon will take place on **April 27th** at the Mount Peyton Hotel in Grand Falls-Windsor from 12 noon to 1:30 p.m. Proceeds in aid of women's health initiatives at the CNRHC.

### 620 VOXM Mothers Day Radiothon

Please plan to tune in to our 620 VOXM Mothers Day Radiothon on **Friday, May 6th** from 9:00am to 1:00pm. If you would like to organize an event and present proceeds during the Radiothon, please contact staff at 292-2393.

### Victorian Tea

A Victorian Tea will be held on **Mother's Day weekend** in Baie Verte. Proceeds will support the Baie Verte Peninsula Health Centre's Therapeutic Wander Garden project. Watch for event specifics in the near future.

### Health Foundations Regatta

The 5th Annual Health Foundations Regatta will sail into Lewisporte on **July 8 & 9th**. 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 health of people living throughout Central Newfoundland. Visit our Website at [www.schf.ca](http://www.schf.ca) or call 292-2393 for more info on sponsorship opportunities or to view photos from previous Regattas.

### 'Golfing for Green' Charity Tournament

This year's event will take place in Grand Falls-Windsor on **Thursday, August 18th**. There will also be a Meet & Greet and entertainment on August 17th. For more info and to preregister, contact staff at 292-2393.



South & Central Health Foundation

# Foundation Forum

*With our Hands we Build our Future*

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

Donor Newsletter

Winter 2011

## Donors Provide New Equipment to Aid in Diagnosing Breast Cancer

The South and Central Health Foundation kicked off the Vacuum Assisted Biopsy project at the 2010 Mother's Day Radiothon and in a few short months, thanks to many donors, we can proudly say this very important piece of equipment has arrived on site.

Statistics say that one out of every eight women is expected to develop breast cancer during her lifetime. Because survivability is largely increased by early detection, the accurate identification of breast abnormalities cannot be overstressed. This is why breast biopsies are one of the most common diagnostic medical procedures performed.

The Vacuum Assisted Biopsy equipment will benefit women who may discover a lump in their breast.

According to Dr. Tom Poole, a radiologist with Central Health, this technology will help medical staff retrieve a much better and larger tissue sample which will aid in accurate diagnosis. "We have more options for diagnosing cancer now that we have this equipment," said Dr. Poole. "It will save some patients from going to the operating room for a biopsy."

You can perform a biopsy with this Vacuum Assisted equipment in an outpatient setting using local anesthetic. You only need to insert the probe once into the patient's breast through an incision, from which you can obtain large tissue samples in and around the targeted area. There is minimal procedure prep time and no need for sutures. Patients generally experience minimal discomfort or scarring and may return to normal activity immediately following the procedure.

This equipment is new to the Diagnostic Imaging Department and technologists will be trained in its use in late February of 2011.



*Dr. Tom Poole, Radiologist, and Helen Bouzane, Manager of Diagnostic Imaging Services at the Central Newfoundland Regional Health Centre take a first look at the new Vacuum Assisted Biopsy equipment.*

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

## St. Alban's Bank of Montreal Continues to Impact Patient Care



Gail Willcott, Client Care Manager at the Bay d'Espoir Community Health Centre accepted a cheque for **\$1,000** from Bank of Montreal Branch Manager Colin Pittman. Each Christmas the bank hosts a ticket draw with the proceeds going to the local health facility to support the services they provide. In the last two years the Foundation was able to purchase an Algerbrush Kit, a Wheelchair and a Vacuum Care Tracheal Aspirator Suction Unit thanks to those who supported the bank's fundraiser.



### **\$1,000 Winner!**

Mrs. Frances Cox of St. Alban's was the winner of the St. Alban's Bank of Montreal \$1,000 draw in December. Bank Manager Colin Pittman presented her with the winnings just in time for Christmas!

## Jeans Day Partners



**DEW Enterprises** in Grand Falls-Windsor has been a long-time supporter of our charity's Friday Jeans Day program. The employees started Jeans Day in 2002 and have donated close to **\$4,000** to the Foundation to help fund numerous medical equipment purchases for patients served at the Central Newfoundland Regional Health Centre.

## BAIE VERTE PENINSULA HEALTH CENTRE WANDER GARDEN PROJECT

It's one of the biggest health-related fundraising efforts undertaken on the Baie Verte Peninsula and it is grabbing the interest of many from across our province.

Support for the Therapeutic Wander Garden project at the Baie Verte Peninsula Health Centre has been wonderful to date. The project has received a tremendous gift with a \$195,000 grant from the Dept of Health & Community Services. Contributions continue to be received from community events such as the Fall Fair held in October, donations from local businesses as well as significant donations from organizations like the United Way of NL and the Baie Verte Peninsula Health Centre Auxiliary.

Many individuals and/or their families have also chosen the Wander Garden project to be the benefactor of their loved ones' Memorial Tributes.

The Baie Verte Peninsula Health Ctr. is also planning a Victorian Tea, which will be held on Mother's Day in Baie Verte.



According to Tracey Comeau, Director of Health Services for Baie Verte, they are working closely with Tract Consulting and hope to be ready to go to tender the beginning of February with a sod turning pending for later in the Spring.

The Wander Garden project will truly 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, explained Ms. Comeau.

"As Newfoundlanders and Labradorians we have a strong connection to the outdoors which is well known to our fellow Canadians," she added. "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."

*Photo: Tracey Comeau(left) and Marina Bryan, Recreation Therapy Worker, at the Fall Fair.*

## Bringing Comforting to Patients and Families

### Palliative Care Room Opens



Last Christmas generous donors helped provide the funds necessary to furnish two palliative care rooms for patients from the Central Newfoundland region. The first room has been completed and is now available to palliative care patients and their families. The second room is in the process of being furnished at the CNRHC.

These rooms are fully equipped with a specialized bed, pain control equipment, furnishings which will permit family members to spend the time needed with their loved ones, along with comfort and decorative items to provide a nurturing environment.

We are very grateful that our donors have made it possible to bring such comfort to Central Health patients and families who are going through such a difficult period in their lives.

*Pictured above and at right:* the new palliative care room at the Carmelite features beautiful, modern furnishings and all the items necessary for family members to spend as much time as possible with their loved one.



## LEWISPORTE

### North Haven Manor Auxiliary Holds Memory Tree Celebration

In November, members of the North Haven Manor Auxiliary gathered at the facility to celebrate an annual Christmas tradition and fundraiser. The Memory Tree Project has been an icon in the community for more than a decade. It is an opportunity for people in the community to honor their loved ones and support the Auxiliary's fundraising efforts at the same time. In early November bulbs were sold and a ceremony was held to light the tree in front of the facility.

In December a dedication service was held and the names of those on the Memory Tree were read aloud. **\$1,230** was raised through the project which the Auxiliary will use to help purchase priority medical equipment for long term care residents at North Haven Manor.



The South and Central Health Foundation would like to thank those who supported the Auxiliary's Memory Tree project, especially its corporate sponsor: Gordon Woolfrey Funeral Home.



North Haven Manor Auxiliary members gather for the lighting of the Memory Tree. (photo at left: North Haven Manor resident Margaret Moss and Gordon Woolfrey).

## Central Newfoundland Hospital Auxiliary Helping Patients

Central Newfoundland Hospital Auxiliary members are very active in their fundraising for the CNRHC. All funds raised go toward the needs of their Health Centre in the form of medical equipment, and any other items which enhance services to patients. The group conducts bake sales and ticket draws and operates the Gift Shop in the main lobby of the CNRHC. **Since 1966**, the Auxiliary has donated over \$1 million to their local health facility, thus investing in the health and well-being of people throughout the south and central region of Newfoundland.

In addition, each Christmas the Auxiliary delivers calendars and a gift to each patient in the hospital. Here, two members Joyce Parsons and Joan King head out to the floors to present their gifts to the patients.



## Seniors Benefit from Annual Liz Phair Memorial Softball Tournament



The Liz Phair Memorial Central Health Softball Tournament was held Saturday and Sunday, September 18&19 in Grand Falls-Windsor. The tournament was enjoyed by all and raised **\$1,400** in support of the **Carmelite House**. These funds were combined with those of the previous year's tournament to help purchase a specialized, institutional clothing labeller. This machine will allow residents to put their personal clothes and other items in the laundry service at the facility and not worry about items being mixed up with others. Without this special labeller, family members of residents have to sew the resident's name onto each item.

*Photo: (Front, l-r) Wendy Houlihan, Health Foundation; Lisa Pinsent and Michelle Hatt, Facility Director; (back, l-r) Frank Phair, Wayne Lynch and Jason Pike. (Missing from photo: Carl Ings)*

## Allied Youth Team up with Santa to Help Children!



**T**he Rehabilitative Services Department at the Central Newfoundland Regional Health Centre will soon have a new tool to aid physical therapists in their job thanks to the Allied Youth Group in Grand Falls-Windsor.

The small group of students have been walking in the Lions Club Santa Claus Parade collecting funds for the local hospital for the past four years. This year the group raised **\$950**, bringing their four year total to more than \$2,800. This year's project is to purchase physical therapy mirrors.

This equipment is an important aid for rehab therapy and exercise providing patients, young and old, with visual feedback to make patients more aware of their postures in sitting, standing and

during movement. This equipment will ultimately benefit any young individual recovering from surgery or a broken limb, or youth dealing with amputations.

Earlier in January the group had a chance to visit the Rehabilitation Services Department to see and hear exactly what their funds will do to help others.



## Dial-a-Carol Oddfellows & Rebekahs Raise Funds for Maternity Unit Family Lounge



The South and Central Health Foundation would like to congratulate the Independent Order of Oddfellows and the Rebekahs for hosting a successful Dial-a-Carol fundraiser once again this Christmas.

We would also like to thank the many donors for pledging their support to the 2010 Dial-a-Carol. We are happy to say that, on Sunday, Dec. 12th, the event received over **\$9,000** in pledges in support of the refurbishment of the family lounge for the Maternal Newborn Unit at the Central Newfoundland Regional Health Centre. Pledges may be mailed to: SCHF, PO Box 739 Grand Falls-Windsor, NLA2A2K2

*Photo: Molly Arnold; Wendy Houlihan, South and Central Health Foundation; Shirley Pardy, Dial-a-Carol Co-chair and Marie Saunders, helping out with the phone lines and receipting.*

### Board of Directors South & Central Health Foundation

John Connors, President  
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Ben Blackmore, Director  
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Sean Tulk, Central Health  
Trudy Stuckless, Central Health  
CN Hospital Auxiliary Representative  
Daphne Woolridge, Central Health Board  
Raelene White, Director of Development

### Foundation Staff

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## Board Member Profile

**Owen Nichols** joined the team of dedicated Foundation Board volunteers in the Spring of 2010.

A resident of Botwood, Mr. Nichols is a retired teacher who spent his career educating and mentoring students at Memorial Academy and the former L.P. Purchase Academy. He served as President of the Botwood Boys & Girls Club for many years and has been active with the Boy Scouts and is also the Past Master of the Masonic Lodge in Botwood.

Mr. Nichols is married to Linda and they have two daughters, Gina and Natalie. If you would like to contact Owen to discuss our Foundation, he can be reached at 257-3429.

# Donor Accomplishments 2010

The generosity of all donors including: staff, Auxiliaries, service groups, individuals, church groups, women's groups, employee groups, businesses, corporations, private Foundations & the Department of Health and Community Services have made the following investments in the programs and services of Central Health (south and central regions) a reality for our communities during calendar year 2010:

## Central Newfoundland Regional Health Centre

Revitalization of Dialysis Family Room completed

Birthing Bed for OBS

Glidescope & Laryngoscope for the Operating Rooms

Three Hysteroscopes for the Operating Rooms

Urodynamics System for the Operating Rooms

Glucose Monitoring System for Diabetic Care Services

Nite Sleep Chair for OBS

Two Oscopes for Speech and Audiology

Breast Feeding Chair for OBS

Vital Signs Monitor for OBS

LCD Projector & Case for Diabetes Care

Colposcope and Attachments for Gynecology Services

Vacuum Assisted Biopsy Technology for Diagnostic Imaging

## On order (or project only partially completed):

Bladder Scan

Pediatric Probe for Echocardiography Services at CNRHC

Palliative Care Room at CNRHC

Play Therapy Room for Mental Health, Green Bay

Play Therapy Room for Mental Health, CNRHC

## All Sites throughout the South and Central Region:

Miscellaneous Share and Care Grants totalling \$12,000 in investments.

## Green Bay Health Centre/Valley Vista:

Rhythm Simulator

Wheelchair

Three Gel Cushions

Otoscope/Ophthalmoscope

Theraglide Rocking Chair

Cushion & Commode

Overbed Table

Geriatric Chair

Versatile Bedside Chairs

## North Haven Manor:

Wheelchair Accessible Bus with Bariatric Lift (shared with Lakeside Homes)

## Connaigre Peninsula Health Centre:

Pediatric Crash Cart

Ohio Portable Suction Unit

Gel Cushions

Five Wheelchairs

Pediatric Crash Cart

## Carmelite House:

Palliative Care Room (for the general public)

Labelling System for residents of Carmelite House

## A.M. Guy Memorial Health Centre:

Flight of Life Project

Blanket Warmer

*Thank you to all who have supported us in our efforts to ensure the latest technologies, and the greatest possible comforts, are available for the patients, residents and clients served by Central Health's care professionals.*



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 Satisfaction of Creating a Named Endowment

An endowment offers the opportunity to make perpetual gifts for the health of future generations living in your community and region. It is a unique planned giving option that can be explored as a lifetime gift, while you are living, or as a legacy gift through a bequest in your Will.

All gifts to the endowment of \$10,000 or greater may be named by the donor to ensure its lasting legacy.

Investments are managed by professional money managers and are overseen by our Foundation's Investment Management Committee. The income earned annually can be designated according to your wishes. In this way, you can direct your generosity to those areas of health which are most important to you.

An endowment is a gift that literally goes on giving forever. It permits our Foundation to make long term plans for continued funding of all areas of need.

*Leaving a bequest after providing for loved ones in your Will can be an immensely gratifying experience. If you are considering leaving a bequest, do let us know. We can discuss it with you and find out which areas you wish to support. It also enables us to extend our warm thanks for your generosity.*



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

## The next deadline for ordering Flight of Life Butterflies is Friday, April 1, 2011

Forms may be dropped off or mailed to the South and Central Health Foundation. They must be received by March 4th to be included in our next order.

## Christmas Appeal to Aid Surgery and Emergency Patients



Thanks to donors this past Christmas, our Foundation has been able to order the most modern technology to serve Emergency and Surgical patients at the Central Newfoundland Regional Health Centre.

The Foundation was asked to provide an instrument to help diagnose urinary retention and evaluate many common urological conditions. The Bladder Volume equipment is extremely 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.

**Make your secure online donation 24 hours a day at: [www.schf.nl.ca](http://www.schf.nl.ca)**

## 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.

**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.