

## Dialysis Patients Pleased with New Televisions



**Cyril Smith**  
Dialysis Patient, CNRHC



**Howard Miller**  
Dialysis Patient, CNRHC

Patients receiving dialysis at the Central Newfoundland Regional Health Centre now have another comfort item to make their treatment time more bearable. Thanks to donors to the South and Central Health Foundation, 10 new ceiling-mounted, flat screen televisions have been installed in the treatment room. Patients now have the convenience of watching television during their long treatments, helping the time go that much faster. Many patients receive anywhere from two and a half to four hour treatments three times a week. According to some patients they see a big difference in their ability to view television during their treatment. The previous televisions were big and bulky and “were in the nurses way”. Now they have the comfort of putting in ear phones and laying back during their dialysis and watching their favorite show. This success was made possible thanks to donors like you! Thank you for your support!!

## What’s Happening at the Foundation?

### Administrative Assistants Luncheon

Planning is underway for this annual event which will take place on **April 22, 2009** at the Mount Peyton Hotel in Grand Falls-Windsor. More information will be provided as the event nears. Tickets will soon be available at the Hotel front desk.

### Mother’s Day Radiothon

Our Annual Mother’s Day Radiothon will be held on **Friday, May 8th** from 9 a.m. to 1p.m. and broadcast live on 620 VOCM from the Exploits Valley Mall. With your help we are going to make a significant investment in our Physiotherapy Department at the CNRHC by purchasing several pieces of equipment new to our site. These pieces will benefit patients of all ages and with a wide range of needs from occupational therapy, rehabilitative therapy to treatment of psoriasis and other skin disorders.

### Health Foundations Regatta

The 3rd Annual Health Foundations Regatta will be held on **July 10 and 11** at the Lewisporte Yacht Club for power and sail boaters. This fun-filled event will include a Friday evening ‘Caribbean’ dance, a poker run and obstacle course on Saturday. Registration forms and Skippers’ Packages are available through the Foundation office, or through the website at: [healthfoundationsregatta.notlong.com](http://healthfoundationsregatta.notlong.com). For more info contact (709) 292-2393.

### Corporate Challenge Golf Tournament

Our Golf Tournament will be held **Thursday, Aug. 20**. Early bird registration is \$800 per team of four participants (\$900 after July 20). All proceeds will support our efforts to purchase a Colposcope for the Gynecology Clinic at the CNRHC.

### Now Available!



The South and Central Health Foundation is selling micro fleece jackets with the Central Health logo. There are a variety of sizes and colors still available. Drop by the Foundation office in the lobby of the CNRHC or call (709) 292-2360. Cost: \$40 half zip and \$44 full zip (tax included). We accept cash, cheque, debit and major credit cards. These make great gifts for the healthcare worker in your life!



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 RR0001

Donor Newsletter

**Winter 2009**

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

## Whole New Meaning to “Wedding Celebration”

**M**arriage is celebrated in many different ways but one young couple found a unique and positive approach to observing their vows while commemorating the life of the bride’s father and supporting the work of the South and Central Health Foundation.



On September 20, 2008, Bethany Butler and Matthew Barrett were married in Bethany's hometown of Grand Falls-Windsor. The bride’s father, Jaye Butler, had succumbed to renal carcinoma two years earlier. To honour his memory and to assist others like him who have to avail of the Renal Dialysis Unit at the Central Newfoundland Regional Health Centre, the young couple decided to incorporate a memorial project into their marriage ceremony. In lieu of wedding favours, a monetary donation would be made to the Dialysis Unit.

One of Jaye’s legacies to his children was his great passion for life, his never-failing interest in others, and his desire to give back to the community at large. Bethany's mom Beve, and her brother Dr. Jared Butler, were not surprised at the young couple’s decision. After living through Jaye’s experiences with dialysis during his last year, the family was very aware of the needs in that particular area of our local Health Centre. Jaye had always reminded them of the importance of trying to give back what you can.

Bethany and Matthew's gift will be helping to provide comfort to dialysis patients as the funds have been used to help purchase a blanket warmer which is now on order for the Dialysis Unit. Patients on dialysis experience lower body temperatures during their treatment and a warm blanket often makes a big difference in the comfort and well-being of the patient.



When asked what Jaye might have said to this idea and the donation itself, the family members all agreed that Jaye would have probably said something like, “That’s nice Beth and Matt, that’s really nice.”

If you have a birthday, wedding, anniversary or other milestone event to celebrate, and you want to turn your big day into a special occasion for even more people, think about the alternative gift of allowing your guests to make a donation to our Health Foundation. **For more information on “Celebration Giving” contact our office at (709) 292-2393.**



A keepsake notecard with a painting of *The Kyle*, by Beve Butler, explained to guests the couple’s plan to donate to the local Dialysis Unit in lieu of wedding favours.

## South & Central Health Foundation Celebrates 25 Years!



Working in partnership with our donors, our Foundation has played a significant role in the excellent healthcare system that we all enjoy today.

Donors helped to bring the first and second CT Scanners to this region along with the first Pulmonary Function Testing Body Box, a Glidescope for the Anaesthesiologists in the Operating Rooms, new technology in the Urology Laser for Dr. Sutherland...the list is very long. With so many needs in healthcare today, much of this equipment would not have made it to our region as quickly as it did, or possibly not at all.

In the past two years alone nearly \$450,000 has been invested in new healthcare equipment and technology by the South and Central Health Foundation on your behalf. This year we were fortunate to receive a generous donation of \$25,000 from the former Windsor Branch #49 of the Royal Canadian Legion. \$20,000 of this has been invested in our Endowment for future growth. A gift of \$25,000 from Ronald McDonald House Charities also enabled us to revitalize the Pediatric Outpatient Clinic.

We are grateful to receive such generosity but want to assure you that we value every donation whether it is large or small. People give from the heart and the size of the gift is relative to that person's personal circumstances at any point in time. If our \$10 and \$20 donors stopped giving, you would definitely see a dramatic impact on the work we are able to do. We appreciate all levels of support and look forward to working with our donors for another 25 years!

**Photo:** Central Health CEO Karen McGrath addressed a group of donors and Board members of the South and Central Health Foundation during a fall Meet & Greet and Anniversary gathering in Grand Falls-Windsor.

## What Will We Do With Your Money This Year?

Every year there are many requests submitted to our Foundation by our healthcare professionals. Our staff and Board of Directors work hard to ensure that the projects we select will meet with your approval. We are careful to invest your money wisely and monitor the results of our equipment purchases. We are very interested in supporting initiatives that will help as many people as possible, that will bring new equipment to our region, that will save long drives to St. John's for care and that will help retain our healthcare professionals who want to provide excellent care with state-of-the-art equipment. **Some** of the projects that we have selected to work towards, on your behalf this year include:

<b>CNRHC</b>		<b>North Haven Manor</b>	
Gynecological Colposcope	\$ 22,000	2 Resident Lounges Refurbished	\$ 10,000
Sleep Diagnostics System for Respiratory	\$ 16,000		
Blood Pressure Monitor for Respiratory	\$ 3,500	<b>Green Bay Health Centre</b>	
Pulse Co-oximeter for ER	\$ 5,000	Strengthening & Conditioning Trolley	\$ 2,500
Rehab Physiotherapy Items	\$ 40,000	(Physiotherapy)	
Blanket Solution/Warming Cabinet for ER	\$ 5,000	<b>Baie Verte Pen. Health Centre</b>	
Family Room Revitalization for ER	\$ 4,000	Therapeutic Wander Garden	\$100,000
Vital Signs Monitor for OBS	\$ 3,800		
Breastfeeding Chair for OBS	\$ 1,500	<b>Dr. Hugh Twomey Health Centre, AM Guy Memorial, Carmelite House, Connaigre Peninsula Health Centre, Valley Vista...projects TBA</b>	
Cardiac Output Monitor for OR	\$ 16,000		
Audioscan for Audiology	\$ 16,000		
2 Portable DPOAE Screeners for Audiology	\$ 10,000		
Medical Training Aids	\$ 19,200		
Healing Hands Equipment	\$100,000		

## Hospital Auxiliary Reaches Amazing Million Dollar Milestone!



The members of the Central Newfoundland Hospital Auxiliary recently donated an amazing **\$44,000** to the South and Central Health Foundation. This donation represented a milestone for the group, who formed in 1966 - they reached the million dollar mark for funds raised in support of healthcare needs at the Central Newfoundland Regional Health Centre!

The Auxiliary donates the funds it raises from raffles, bake sales and gift shop proceeds. Many people may not realize that the Gift Shop at the CNRHC is fully operated by volunteers and all proceeds are donated in support of projects at this facility.

Members of the Auxiliary also volunteer their help with the mail out of the Foundation's Christmas Appeal and Radiothon letters as well as staffing the phone lines during the successful Mother's Day Radiothons. A special thank you goes out to the Auxiliary members for their continued support of the Foundation's mission - to enhance healthcare in our region. Don't forget to support their Gift Shop the next time you're at our Health Centre!

## Bus Campaign Closes with Major Gift from Legionnaires



Thanks to our donors, the South and Central Health Foundation has completed its campaign to supply a Wheelchair Accessible Bus for long term care residents living at the Carmelite House in Grand Falls-Windsor and the Dr. Hugh Twomey Health Centre in Botwood. The campaign to raise \$100,000 began last March and concluded in January, when the Foundation received a donation of \$10,000 from the Royal Canadian Legion Newfoundland & Labrador Command through the Dr. Hugh Twomey Veterans' Pavilion Action Committee. The Foundation would like to thank all donors who contributed to this fundraising initiative, which included those families who named the Bus Campaign for their loved ones' In-Memoriam, those who supported our Mother's Day Radiothon and Christmas appeal, as well as those groups that held their own fundraisers and those who donated their time to help sell tickets. Central Health has begun the process of tendering for a new Wheelchair Accessible Bus which we hope will be on the road early in the spring. Once again, our Heartfelt Thanks to all donors!

### Board of Directors South & Central Health Foundation

John Connors, President  
Tina Belbin, Vice President  
Bob Hannaford, Treasurer  
Marion Fitzgerald, Director  
Larry Moss, Director  
Blaise Pinsent, 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 Foundations

## Dial-a-Carol 2008

### Fundraiser for Newborn Hearing Screening Program

The Oddfellows Exploits Lodge in Grand Falls-Windsor, together with the Rebekahs, held their Annual Dial-a-Carol fundraiser live on 620 VOCM in December. This year, with the support from the people of central Newfoundland along with some very far away listeners, Dial-a-Carol raised approximately \$6,400 that will be used to help purchase Diagnostic Equipment for a Newborn Hearing Screening Program at the Central Newfoundland Regional Health Centre. Over the years Dial-a-Carol has become a very important part of the community's Christmas season and an equally important part of the Foundation's work on children's health initiatives.



Photo: Rebekahs Shirley Pardy and Marie Saunders at VOCM.

### Thank You to our Jeans Day Partners!



Teachers at St. Joseph's School in Harbour Breton donated \$500 from "Jeans Day" to the Connaigre Peninsula Health Centre Auxiliary. President Elizabeth Taylor and Secretary Phoebe Taylor were there to receive the donation.

We would like to thank all the businesses and schools that participate throughout the year in our Jeans Day Program! The money that you donate makes a difference to the health of all those around you. The Foundation is grateful for the support that we receive and for a continued partnership. 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 Jean's Day buttons and a poster to display at your place of business.

Your privacy is our priority! Our Foundation does not rent, share or sell our donor information. Occasionally we mail information regarding what is happening at our charity. You may request to be removed from our mailing list by contacting (709) 292-2360 at any time.

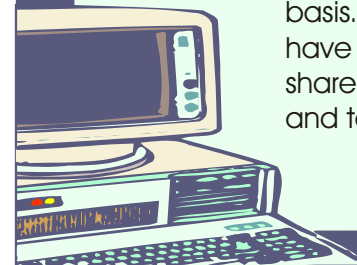
### Foundation Board Tours ER



Foundation Board members recently visited the ER at CNRHC to see the new Transport Monitor and Bipap equipment that were purchased thanks to Foundation supporters. Dr. John Campbell discussed the importance of this technology and spoke about other critical needs within the ER. (Photo L-R: Foundation Director Wesley Harris; Foundation Board President John Connors; ER Physician Dr. John Campbell.

### New Website For Foundation

Watch for our Foundation's modern new website coming soon! Our new website address is [www.schf.nl.ca](http://www.schf.nl.ca). Presently when you visit this site you will see a static of our new look. We are pleased to say that when our new website is launched it will allow our staff to update the site on a daily basis. Our donors will have the option to share stories with others and to make their secure donations online.



## Christmas Tradition

Victorian Tea raises funds for Baie Verte Peninsula Health Centre's Wander Garden



It was an elegant affair - reminiscent of being in 1876 Victorian England, from the china tea cups and plates to the Victorian dress worn by the hosts and guests.

As many as 88 people from the Baie Verte and surrounding area attended several sittings of the annual Christmas Tea Party hosted by the staff of the Baie Verte Peninsula Health Centre on Dec. 13. The fundraiser generated \$2,000 that will be used to help establish a Therapeutic Wander Garden for the health facility.

A Wander Garden provides a safe and easily accessible outdoor environment for residents at the long term care facility. This is particularly important for residents experiencing dementia who often enjoy wandering as they will have a larger and more home-like area in which they can safely roam.

According to Tracey Comeau, Director of Health Services, staff really got in the spirit by dressing in costume, bringing their own china and linens, all of which added to the fun atmosphere of the afternoon.

Guests paid \$10 to attend the event, where they enjoyed the 'Royal Treatment' and had the opportunity to purchase items from the sale table. "Donations came from all communities," said Ms. Comeau. "The Anglican Church group from Seal Cove donated 25 Christmas cakes and they went over well. It was a big effort on part of the entire staff and community and that is what made this a successful event."



### Leaving a Legacy through a Gift in Your Will



From a donor's point of view, establishing a bequest in a will offers several advantages:

- A bequest can allow a donor to make a large gift
- The estate will benefit from the large tax credit
- A bequest is revokable for most of the donor's lifetime
- It is easy and inexpensive to make
- If desired by the donor, the charity can recognize the gift during the donor's lifetime

If you would like to make a donation in support of the Foundation please detach and mail at your convenience:

I enclose my gift of:  \$ 30  \$ 50  \$ 100  Other \$ \_\_\_\_\_

Name of Donor(s): \_\_\_\_\_

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

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Mastercard/Visa/Amex \_\_\_\_\_ Expiry Date: \_\_\_\_\_

### Monthly Giving Program:

I authorize the South & Central Health Foundation to automatically charge my credit card \$ \_\_\_\_\_ on the 15th of each month until further notice. (Alternatively post dated cheques may be enclosed)

### Legacy Giving:

I have made a Bequest to the South & Central Health Foundation in my Will.

Please send me information on how I can support our regional healthcare facilities through my Will or through a gift of Life Insurance.

Donor Comments & Feedback: \_\_\_\_\_

# Flight of Life

## Celebrating Remarkable People

The Flight of Life project is an initiative of the South and Central Health Foundation. These beautiful murals, painted by local artist Dawn Baker, have been unveiled at the Central Newfoundland Regional Health Centre and at the Valley Vista Senior Citizen's Home. Unveilings will take place this spring at the Dr. Hugh Twomey Health Centre, the Connaigre Peninsula Community Health Centre and at the Baie Verte Peninsula Health Centre. **Our charity is seeking family or business sponsorship of the North Haven Manor and AM Guy Memorial Health Centre Flight of Life Projects.**

The Flight of Life provides a unique and thoughtful way to celebrate the life of someone special. On each butterfly we will engrave the name of the special person along with their birth date (optional). Butterflies will then be arranged on the murals to create a breathtaking display.

'Flight of Life' butterflies may be ordered to celebrate special occasions or milestones such as: Christmas gifts (for the person who has everything), Milestone Birthdays and Anniversaries, A New Baby, Retirement, Mother's Day, Father's Day, Grandparents Day, In Memoriam, and Graduation / Special Achievements.

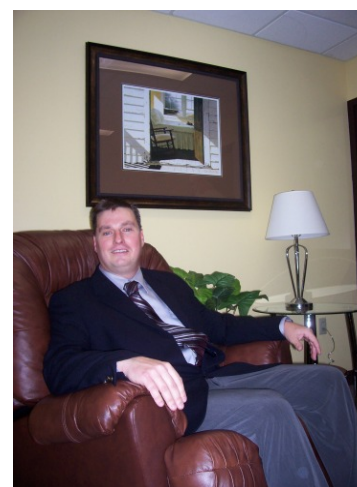
In addition to celebrating remarkable people and creating a beautiful display in our health facilities, **proceeds from this project will support health programs and services offered by the health facility in which you place your Flight of Life butterfly!** The cost to display your butterfly on our 'Flight of Life' display is a donation of \$75. Each year there will be an optional renewal fee of \$25 if you would like your butterfly to remain on display, or you may choose to take your butterfly home as a beautiful commemorative gift. New

butterflies will be placed on the murals approximately every three months.

To find out how you can make this wonderful tribute to celebrate the 'Flight of Life' of the remarkable people who have touched your life, contact the South and Central Health Foundation at (709) 292-2360 or complete and mail the order form below.



## Local Businessman Helps Bring Comfort to Families of Patients in ICU



Thanks to Dennis Rose of Investors Group the South and Central Health Foundation was able to refurbish the Family Comfort Room within the Intensive Care Unit at the Central Newfoundland Regional Health Centre.

Mr. Rose chose the Foundation upon receiving a \$2,500 cheque from his company's head office as a recognition award for his outstanding service to Investors Group. The money was to be presented to a charity of his choice. Upon hearing about Mr. Rose's decision to help refurbish the ICU Family Room, Investors Group Regional Manager in Corner Brook added another \$1,000 to this worthwhile project.

This room is a haven to those who are waiting to see a physician about their loved one and would also like a quiet area to rest. Oftentimes family members spend extensive hours by their loved one's side and our Foundation is pleased that Mr. Rose has helped to make this difficult time more comfortable for families.

Our Foundation is very grateful for the support of corporate citizens like Dennis Rose of Investors Group. We thank him and his company for helping to make our Regional Health Centre a more pleasant place for our patients and their families.

"Investors Group is committed to making a contribution to the many communities across Canada in which we operate by supporting local and national activities, events and organizations," said Mr. Rose. "In doing so, we hope to help our communities be more dynamic and interesting places to live and work".

### To Order Your Flight of Life Butterfly...

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 mark 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 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  
P.O. Box 739 Grand Falls-Windsor NL A2A 2K2

### Investing in Diabetes Education



Grand Falls-Windsor resident and long-time supporter of the SCHF, Mr. Jim Cater, recently donated \$900 in memory of his wife Pearl and daughter Nellie, to the Diabetes Education Clinic at the Central Newfoundland Regional Health Centre. His contribution has enabled the Clinic to purchase educational resources including a Childhood Obesity Kit that will help children and their families learn about their disease, with the ultimate goal of achieving a better quality of life. These materials (DVDs, book, food models, etc.) are already being used to educate our young clients!

Photo: *From left, Rhonda Hemeon, Acting Regional Director of Diabetes Services; Mr. Jim Cater; Kellie Gardner, diabetes educator and Deidre Barker, clinical*

### Supporting Children's Healthcare



The Advertiser chose the South and Central Health Foundation as their 2008 Tree for Tots campaign benefactor. Throughout November and December, bulbs were sold to the general public and lit on a Christmas tree outside the newspaper office on Cromer Avenue. \$1,355 was raised. The donations will be used in support of the purchase of a DPOAE (Distortion Production Otoacoustic Emission Screening System) for newborns in our region. This equipment helps to identify hearing issues as early as possible so that newborns can receive appropriate treatment.

Photo: *Advertiser Editor David Newell and SCHF Development Officer Wendy Houlihan launched the Tree for Tots campaign in December 2008.*