

FOUNDATION FORUM

THE NEWSLETTER OF THE NORTHUMBERLAND HILLS HOSPITAL FOUNDATION



NORTHUMBERLAND HILLS
HOSPITAL

FOUNDATION

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NORTHUMBERLAND HILLS HOSPITAL FOUNDATION

2009-2010

Board of Directors:

Jan Boycott (Chair)
Ann Logan (Vice-Chair)
John Metson (Treasurer)
Rhonda Cunningham (Secretary)
Julie Thompson (Past-Chair)
Joy Cullen
Lynn Hardy
Rick Gadd
Christine McCleary
Kaye Jackson
Robert Biron
Diane Saunders
Jennifer Stadtk
Louise Stevenson
Dale Hodge
Sandra MacCoubrey
Bill Copland

MESSAGE FROM NHH PRESIDENT AND CEO SHARED CHALLENGE, SHARED SOLUTION

Our Hospital has earned an excellent reputation for providing quality patient care close to home. As importantly, we enjoy a strong relationship with our community. Since joining NHH almost a year ago, I have come to appreciate the immense passion and pride the staff, physicians and volunteers have for the Hospital and their commitment in providing exceptional experiences for our patients. No doubt, the strength of NHH lies in its people.

Transformation. Integration. Sustainability. These are themes and expectations that will shape our health system in the coming years.

Ontario hospitals face significant pressures and demands – high expectations for improved access to services and safety; increased accountability for performance; retention and recruitment of health professionals that are in short supply; a growing and aging population with increased prevalence of chronic diseases; and, inflationary pressures on expenditures that are inadequately funded. A tall order, indeed, along with the obligation to achieve a balanced operating budget as required by the Ontario government.

While we approach our operations in a spirit of continuous improvement, for all intents and purposes our Hospital is operating efficiently and cost effectively. By the end of this fiscal year, however, NHH will have run three consecutive years of operating deficits in order to maintain the level of services our community has come to expect and value. Unfortunately, this is not sustainable. Like any business or household, we simply cannot keep spending more money than we receive. And despite the financial challenges facing hospitals today, the provincial government has been clear that there will be no bailouts.

To ensure long-term viability and to maintain control of our Hospital at the local level, we must address our significant financial operating deficit – maintaining the status quo is simply not an option. Our approach is a collaborative budget strategy, referred to as Shared Challenge, Shared Solution. The approach is anchored on the engagement of the entire Hospital team, other health services providers, and our community in identifying solutions and making choices.



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MESSAGE FROM NHH PRESIDENT AND CEO, CONTINUED

To gain the perspectives of our community in making choices for our future, in early September the Hospital Board announced the formation of a Citizens' Advisory Panel. The Panel will provide advice to the Hospital Board in developing plans for balancing the budget through changes in services.

What does all this mean for you as a supporter and financial donor to our Hospital? Both the NHH and Foundation Boards are very aware and appreciative that our community has invested heavily in this Hospital to

make it what it is today – a well-equipped high-tech facility providing essential health services close to home. Despite our fiscal challenges, and recognizing that change will be necessary, **I can assure you that one thing will not change – and that's the critical role that you, our valued donors, play in the success of this hospital.** Purchasing and replacing essential medical equipment to meet the needs of our patients will continue. In fact, your support now more than ever will be needed.

Our shared challenge, then, is to

ensure we maintain a state-of-the-art hospital for those services. Our shared solution will be identified through the collective will of our community.

To learn more about this process and to share your perspectives, you are invited to a CEO Forum on Thursday, November 12th, 9:00 a.m. to 11:00 a.m. in the Community Education Centre at the hospital. Please RSVP to Wendy Bridgman in the Foundation Office at (905) 372-6811 ext. 3066 no later than November 9th.

DO YOU KNOW AN EXTRAORDINARY VOLUNTEER?

*I*n December 2008, the NHH Foundation lost one of its most extraordinary volunteers to cancer. Bob MacCoubrey was an instrumental leader, who for over a decade volunteered his time to ensure that the Northumberland Hills Hospital was equipped with the best medical technology and equipment available. To honour his contribution, the Foundation has created The Bob MacCoubrey Award for Extraordinary Volunteerism.

The award is intended to recognize exceptional long-term community support and not a single act or achievement. To be eligible for nomination, nominees must be at least one of the following:

- A current or retired staff member of the Northumberland Hills Hospital
- A current or retired member of the medical staff of Northumberland Hills Hospital
- A donor to the Northumberland Hills Hospital Foundation
- A member of the Northumberland Hills Hospital Auxiliary
- A former Hospital, Foundation or Auxiliary board member

Complete details of this program will be announced in January, 2010. Watch the local media for further information. If you have questions, please contact the Foundation Office at (905) 377-7767.

MEET THE 2009-2010 FOUNDATION BOARD OF DIRECTORS



2009-2010 Foundation Board of Directors

Front (from left) – Rhonda Cunningham (Executive Director), Louise Stevenson, Kaye Jackson, Janet Trevail, Rick Gadd, Lynn Hardy
Back (from left) – Ann Logan (Vice-Chair), Robert Biron, Julie Thompson, Bill Copland, Jan Boycott (Chair), John Metson (Treasurer), Diane Saunders, Jennifer Stadtker. *Missing from photo:* Sandra MacCoubrey, Christine McCleary, Joy Cullen



Northumberland's Biggest Coffee Morning

Members of the Port Hope Legion (*from left*) Karen O'Hara - Treasurer, Jack Whalen – Immediate Past President, David Craig – President and Reny Debattista – Poppy Chairman were pleased to present a donation of \$4,000 to the hospital in support of Northumberland's Biggest Coffee Morning event. This gift was made possible through the Poppy Fund. In total, the 2009 event raised over \$48,000 for medical equipment. Thank you to everyone who helped to make this possible!

THE 100 POUND CHALLENGE...NO COP OUT!!!



Dave Cromlish, left, has launched a year-long journey to lose 100 pounds by July 1, 2010.

Deputy Chief of Police, Dave Cromlish, Sets Outs to Lose 100 Pounds



Turning 50 in June was cause for Cobourg's Deputy Chief of Police, Dave Cromlish, to reflect on his life. Weighing 336 pounds -- 121 pounds more than he weighed when he joined the Cobourg Police Service 29 years earlier -- was reason for him to set his sights on an ambitious year long journey to lose 100 pounds. Having tried to lose weight in the past without success, Dave decided to take his challenge very public and with the support of his family and friends, he launched ***The 100 Pound Challenge...No Cop Out!***

Working closely with personal trainer Andrea Johnson of Bodilogix Fitness in Cobourg, Dave has shown incredible discipline with his new diet and exercise regime and this has resulted in....**results!!** From July 2nd to September 30th Dave has lost a total of 53 pounds and still counting.

In an effort to keep him on task and motivated, Dave is collecting pledges in support of the purchase of an ECG machine for the Northumberland Hills Hospital. If you wish to support Dave in his challenge, you can make a donation by visiting www.nocopoutchallenge.ca or by calling him at (905) 372-2243 ext. 2217.

You can also track Dave's progress by reading his blog at <http://nocopout.blogspot.com>.

WHAT OUR PATIENTS ARE SAYING...

Recently, I have been diagnosed with Type 2 Diabetes and have been attending and following closely with the Lakeshore Diabetes Education Program offered at the hospital.

On completion of the four week program, I feel that the instructions of the personnel of this course realized that simple examples to follow for a new diabetic are a must. The delivery was made with humour and to the point, which kept me thinking later of how to implement what I was taught, to my daily routine.

I find myself talking to people of the value of the information received and encourage others to take this course which I feel would help them to understand and learn how to live with diabetes.

Sincerely,
Jean Wilson

7TH ANNUAL DONOR AND VOLUNTEER APPRECIATION EVENING

Over 150 guests enjoyed an evening of music and refreshments at the annual donor and volunteer appreciation evening held September 23rd at the hospital. The highlight of the evening was the unveiling of the Care Close to Home...Diagnostic Imaging Equipment Campaign donor wall. Designed by Deborah Burgess of Octopus Design in Cobourg, the wall pays tribute to all those who gave a gift of \$5,000 or greater to this capital campaign. Many guests were happy to see their name added to the main donor wall for the first time or upgraded to a new category of giving.



Laurel Burkmar, Sylvia Binkley and Isabel Pankhurst raise a glass of cheer.



Steve and Pam Went were joined by Ross Stevenson (right).



Mary Smith and Suzanne Grew Ellis enjoyed the opportunity to visit.



Leo and Dorothy Spicer were pleased to see their names added to the Foundation's donor wall.

THE NORTHUMBERLAND HILLS HOSPITAL FOUNDATION'S GOOD NEWS PAGES

Good News



Harwood Fire Department

Members of the Harwood Fire Department gathered recently to publicly announce their recent donation of \$500 in support of the Northumberland Hills Hospital. With this donation, close to \$4,000 has been donated to the hospital since 2001. The funds are raised through a car wash and boot toll organized by the firefighters during the first Saturday in June. Monies raised during the event are split between SickKids Foundation, the Muscular Dystrophy Association and Northumberland Hills Hospital. Pictured in the front row are Captain Charlie McFarland, Deputy Chief Carmen Tinney, Chief Peter Staples and Captain Scott Minifie. The firefighters (not in order) are Craig Stephen, Steve Heinrich, Graham Smith, Jason George, Paul Gillespie, Craig Davey, Jeff Richardson, Tim Taylor, Kirk Dayman, Don Sherwin, Jeff Harris and Kent Stephen.

Izzy Dolls



Anne Sargent displays several of the Izzy dolls that she crafted for the children of Afghanistan. The Izzy dolls were started by Carol Isfeld of British Columbia, whose son Mark was a UN Peacekeeper. Carol would make the dolls for her son to hand out to children affected by the war. Sadly, Mark was killed by a land mine, yet his comrades have asked to continue this work. When Anne heard about the program she too got involved. She's even received photos of her dolls being passed out to the children. "Anne's hard work and thoughtfulness offer endless

hours of happiness to the children and boost the morale of Soldiers stationed in Afghanistan," remarked Army Capt. Javier Sostre, Civil Affairs officer. From time to time, someone wants to buy an Izzy doll from Anne. When this has happened, Anne is glad to oblige in exchange for a small fee that she donates to Northumberland Hills Hospital Foundation. We are grateful to Anne for her support of the hospital and everything she is doing to support the children in Afghanistan.

Good News Good News

Good News

Cris's Quick Picks

If you've ever visited the lotto booth of Cris's Quick Picks at Northumberland Mall and bought a Nevada ticket, then you helped to make the purchase of a flexible intubation scope and a vital signs monitor possible. Owner's of Cris's Quick Picks, Dave and Chris Fulton, recently visited the hospital to see equipment first hand that their \$28,865 donation was able to buy including a surgical scope and a vital signs monitor. Registered Nurse Tracey Chester (centre) was pleased to thank the Fulton's personally and speak to the benefits of having this equipment available to our patients. Since the inception of this program (2001) proceeds from the sale of Nevada tickets have supported over \$94,000 in medical equipment purchases for the local hospital.



A MESSAGE FROM DR. PAUL CALDWELL

As chair of the 2009 **Light up a Life** campaign, I am pleased to announce that this year's campaign will help pay for several pieces of high priority

medical equipment including:

- (6) IV Pumps @ \$4,500 each
- (3) Wheelchairs @ \$2,500 each
- (3) patient lift motors @ \$2,650 each
- (2) cystoscopes @ \$12,000 each
- Pyxis medication station for the birthing suites - \$49,500

This list includes basic items yet they are critical pieces of equipment that are used by medical staff on a daily basis to help diagnose and treat our patients. Soon you will receive a letter outlining full details of this year's **Light Up A Life Campaign**. It is my hope that we will again be able to count on your support. In the past we have achieved extraordinary results; let's make it happen again.

For more information, please contact John Russell, Development Coordinator, at 905-372-6811, extension 3065.

Dr. Paul Caldwell
Family Physician

Good News

Quote of the Month

"I did not find the world desolate when I entered it. My fathers planted for me before I arrived, so I plant for those who come after me."

~ Talmud

KREW ESTATES VINEYARDS SUPPORTS NHH



Perhaps you've already noticed the new billboard on the south side of County Road # 2 at Krew Estates Vineyards on the property of Roger Mahabir and his wife Kathleen Mylchreest. The billboard features the familiar faces of local family physician, Dr. Paul Caldwell, and Registered Nurse Debbie Taylor reminding citizens to please support our local hospital. "I wanted to make this space available to help out the hospital," states Mr. Mahabir. "As we spend more and more time in this community, we realize how important it

is to have a well-equipped hospital. The residents of this community have obviously been very supportive and we too want to be a part of the hospital's continued success."

The NHH Foundation is very appreciative to Roger and Kathy for not only their generosity in providing the space and paying for the costs to have the billboard created, but for also being valued contributors since 2007.

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The Northumberland Hills Hospital Foundation respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell, or trade our mailing list. The information you provide will be used to keep you informed and up-to-date on the activities of the Northumberland Hills Hospital Foundation—including programs, services, special events, funding needs, and opportunities to volunteer or to give—through periodic contacts.

If at any time you wish to be removed from any of these contacts simply contact us by phone at (905) 377-7767 or via e-mail at rcunningham@nhh.ca and we will be pleased to accommodate your request.