



# Giving Matters

CMH Foundation Annual Newsletter • Summer 2017



## Arnie says *“Thank You”...*

*“The quick thinking Emergency Department at CMH saved my life!”*

**Arnie Watkins** readily admits he doesn't remember too much after he arrived at the Campbellford Memorial Hospital's (CMH) Emergency Department (ED) in late January of this year. What he does remember is the care he received was calm, reassuring, confident and professional and it **saved his life**.

Arnie has led a very interesting life. He was born in the old Campbellford Hospital, but raised in Norwood. He's a carpenter by trade. A job that has taken him to Western Canada, Nunavut and he even spent four years in Russia building homes in an oil town. His passion for the past 30 years has been painting, something he comes naturally to as a fifth generation artist. More recently he has also enjoyed life as “Poppa” to his two and a half year old grandson. Having retired to Trent Hills a few years ago, Arnie says he has a pretty good life.

Arnie is in good shape. He takes care of himself and keeps active, but earlier this year he was experiencing serious heartburn and indigestion. He couldn't seem to get things under control and decided to go to the hospital. Shortly after arriving at CMH he was called to the Triage Desk to speak with the Nurse. Once Arnie described his symptoms and the Nurse did the initial assessment he was immediately rushed to an ED Patient Room. He remembers the medical staff being calm and efficient and they immediately began some additional testing. He recalls one staff member saying to him, “Arnie you did the right thing by coming to the hospital. We're going to take care of you.”

Arnie was having a serious heart episode. Based on his symptoms and additional testing, the Physician in the ED knew it had to be treated right away. In less than an hour Arnie was in an ambulance enroute to the Peterborough Regional Health Centre for surgery. When he arrived Cardiologist Dr. John Reesor put stents in two of Arnie's arteries. A stent is a small mesh tube that's used to treat narrow or weak arteries that carry blood away from your heart to other parts of your body. The procedure is called percutaneous coronary intervention (PCI), but is more commonly known as coronary angioplasty.

Arnie was in the hospital for about a week after the surgery. Speaking with him today he says he's never felt better. He continues to take care of himself with exercise, watches his diet carefully and has no trouble keeping up with his active Grandson. Arnie admits he was a long time smoker, but quit following this life-changing incident. He says it wasn't easy, but encourages others to do the same. **Arnie doesn't hesitate to tell anyone that the Emergency Department staff at CMH saved his life**. Throughout the whole incident, he says he was never scared and always felt he was in good hands. He says “this is our local hospital – unfortunately we're all going to visit it at some time in our lives, I urge you to support it with your donations”.

Donations made to Campbellford Memorial Hospital from grateful patients like Arnie, will mean that our health care professionals will continue to have access to the critical diagnostic tools and the patient care equipment they need to ensure more stories like his. **It's true...support from donors like you help save lives at CMH.**



## A Message from Emergency Physician Dr. Eshay Elia:

I am pleased to be one of the core group of Physicians who work in the Emergency Department (ED) at Campbellford Memorial Hospital. On behalf of all of the Physicians working at CMH I would like to thank the donor community for the support you have given the hospital year over year. Your generous donations ensure CMH continues to provide **Quality Health Care Close to Home** and means more patient stories like Arnie's. The Physicians at CMH work closely with the hospital staff to develop a list of high priority medical equipment needed in the Emergency Department and other areas. Currently, our highest priority in the ED is a Portable Ultrasound Machine. Portable ultrasound is an increasing standard of care for ED assessments, but the current unit is outdated by three generations and should be replaced. The CMH Foundation is asking our donor community to support the purchase of this critical equipment and I would like to thank you in advance for your support.

## Donor Survey

Earlier this year the Campbellford Memorial Hospital Foundation mailed a detailed survey to several hundred of our donors. The purpose was to understand some of the reasons why our donors support the Hospital, what kind of information they wanted from the Foundation and to determine if they were interested in Planned Giving or leaving a gift to the Hospital in their Will. We received a tremendous response and are now using the information gathered to plan our fundraising activities and for future communications.



### Services and Programs Available at Campbellford Memorial Hospital and from their Partners in Local Health Care

A number of respondents (29%) indicated they wished they knew more about what programs, services and clinics are available at the hospital. CMH is very proud of the wide range of the services that are currently available to the residents in our catchment area through the hospital, its partners and visiting physicians and specialists. These services include:

#### 24-hour Emergency Services

##### In-Patient Medical Care (1st Floor)

- Geriatric Medical Care • Palliative Services • Discharge Planning

##### Surgical Services Available (Dr. Najfi, General Surgeon)

- Colonoscopes • Gastrosopes • Orthopaedic Surgery (Knees & Shoulders) (Dr. Pickle & Dr. Bicknell) • Dental Surgery
- Gall Bladder Surgery • Hernia Repairs • Cystoscopes (Dr. Meade) • Vascular Surgery (Varicose Veins) (Dr. Nie)

##### Diagnostic Imaging/Radiology

- X-ray • CT Scan • Bone Mineral Density • Ultrasound • Mammography • Ontario Breast Screening Program (OBSP)
- Pulmonary Function Testing • Obstetrical Ultrasound • Fluoroscopy Stomach and Bowel Exams • Musculoskeletal Ultrasound
- Radiologist Coverage

##### Laboratory (in-patient and out-patient)

- Haematology • Pathology/Cytology • Clinical Chemistry • Microbiology • Transfusion Medicine • Serology

##### Cardiac Testing

- Echocardiogram • Stress Testing – starting soon • Electrocardiogram Testing (ECG) • Holter Monitors
- Ambulatory Blood Pressure Monitoring (Wendy Ellis)

##### Mental Health (via Campbellford & District Community Mental Health)

- Crisis intervention • Psychiatric consultation • Counselling & Treatment • Clinical Case Management
- Mental Health Court Support Program • Lynx Early Psychosis Intervention

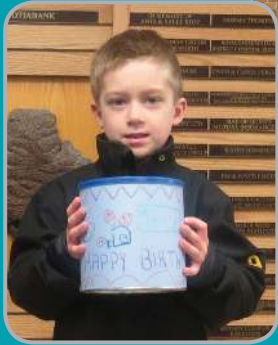
##### Out-Patient Clinics

- C.O.P.D. Clinic Sleep Lab & Sleep Clinic (via Pure Flow Health Care) (Dr. Glazer) • Dermatology Clinic (Dr. Ahluwalia)
- Cardiology (Dr. Mahim) • Orthopaedics (Dr. Murnaghan) • Respiriology (Dr. Stelzer & Dr. Vlaaschaert)
- Rheumatology (Dr. Purvis) • Urology (Dr. Meade)

##### Specialty Services Available

- Ontario Telehealth Network (OTN) • Trent Hills Geriatric Assessment and Intervention Network (GAIN) Clinic
- Healthy Heart Program/Cardiac Education (Wendy Ellis) • Central East District Stroke Network
- Blood Pressure Clinic (Wendy Ellis) • Physiotherapy/Restorative Care (in-patient only) • Falls Prevention Program
- Diabetes Education & Support Group (Wendy Ellis) • Nutrition Counselling (Erin Jenkins)
- Cardiac Rehab Program at Hastings Field House (via Rouge Valley Health System)
- Community Care Access Centre (On-site Office) • Arthritis Society (On-site meetings)
- Adult Respite Program (via partnership with the VON) • Hearing Aids (via Helix Hearing Aid Centre)
- Orthotics (via Kawartha Prosthetics and Orthotics) • Cafeteria Services
- Volunteer Opportunities through the CMH Volunteer Program and CMH Auxiliary

# Our Donors... Our Heroes



## • Two Special Young People

Recently the Hospital was the recipient of donations from two special young people who wanted to give back to their community. Gordie Gilders presented \$350 he received at his 6th Birthday Party. He asked his guests to bring a donation to the hospital instead of buying him a present. Paige Palmer did something similar when she asked for donations to the hospital at her face-painting booth held during Maple Weekend at Curle's Maple Products & Maple Museum. Paige raised \$83.25 to help buy new medical equipment. It's comforting to know OUR Hospital and OUR Community will be put into the hands of such caring and compassionate young people. *Thank you Gordie and Paige!*



## • Loyal Legion Support

This year the Ontario Provincial Command Branches and Ladies' Auxiliaries Charitable Foundation of the Royal Canadian Legion awarded CMH a \$6,500 grant for the purchase of a new cystoscope for the Hospital's Surgical Services Area. Pictured (left to right) are Legion Branch #103 1st Vice-President Ivan Gamache, Treasurer Mike Lemyre and CMH Foundation Board Member Bruce Thompson. Year after year, the Legion Foundation and Legion Branches in the surrounding area continue to show generous support to our patients and staff by funding the purchase of new equipment. **THANK YOU!**



## • MacLaren IDA Pharmacy Continues to Give Back to the Community!

Arif Popatia and the Staff of MacLaren IDA Pharmacy continue to be loyal supporters of Campbellford Memorial Hospital. For the past several years they have made generous donations to help purchase new medical equipment. This year was no exception when they presented a gift of \$10,000. The community is extremely fortunate to have generous donors like MacLaren IDA who understand the importance of supporting critical organizations like CMH.



## • The Amazing Baptist Busy Bees!

Members of the Baptist Busy Bees from Campbellford Baptist Church present Campbellford Memorial Hospital Foundation Vice-Chair Don Pearson (burgundy shirt) with a cheque for \$25,000 in support of the **10th Annual Angels of Care Campaign**. The funds were raised in 2016 during the Busy Bees Yard Sale that runs during the spring, summer and fall. Since 2001 the Baptist Busy Bees have donated \$133,000 to Campbellford Memorial Hospital for the purchase of high priority medical equipment. **Amazing indeed!**



## • Shriners Support Campbellford Memorial Hospital

Wayne Atchison (left), 2016 President of the Trent Valley Shrine Club and Fred Edwards (right) of the Trent Valley Truck Unit present John Russell, Executive Director of the CMH Foundation with two \$750 donations in support of the **10th Annual Angels of Care Campaign**. Shriners raise money to provide assistance to families of children requiring specialized treatment at 22 Shrine Hospitals in North America. Each year Shrine Clubs also donate a portion of their funds raised to local charities.

## The Norwood Lions Club supports its Hospital! • • • • •

Understanding the importance of **Quality Health Care Close to Home**, Norwood Lions Club President Barry Walsh (left) presented Campbellford Memorial Hospital Foundation Executive Director John Russell with a donation of \$2,000 toward the purchase of a new patient bed for the hospital.



## A New Portable X-Ray Machine is on its Way to CMH! • • • • •

The 37-year-old portable x-ray machine at CMH is being replaced thanks to the generous support of many donors, including Economical Insurance who presented \$10,000 to the hospital. The new portable x-ray machine will allow for faster treatment decisions and will assist in a more efficient examination workflow. Calvin Newman (left), Chair of the CMH Foundation and President of Newman, Oliver & McCarten Insurance Brokers Ltd., received the donation from Economical's Business Development Specialist, Jason McDowell.



## Thoughts of Appreciation

We are honoured at the Campbellford Memorial Hospital Foundation to hear from patients who are very appreciative of the care they receive and have financially supported the hospital allowing for new medical equipment to be purchased and new services to be added. Here are some comments received during the 2016 **Angels of Care Campaign**.

*I still brag about your EXCELLENT care that helped me survive viral pneumonia 2 years ago.* **Harry Kavanagh**

*Thanks "Angels" for your care that I have received in your Emerg – My home Hospital".* **Helen E. Thompson**

*All the members of your team that I have dealt with from Emerg to x-ray and everywhere else have been very professional and courteous at all times. Thank you to all.* **Greg Haggerty**

*We would like to thank all the wonderful folks at CMH for the care we received over our senior years.* **Ted and Georgina Fairburn**

*Thank you for the good care and for being there when we have needed to visit the hospital.* **Fred & Anne Duff**

*I was at CMH in June and I was treated quickly and comforted because of my injury. So everyone, rest easy... you're in good care.* **Penny Gilmour**

## More Wonderful Supporters...



Rotary Club of Campbellford



Hillside Haven Retirement Residence



## A Message from CMH Foundation Board Chair Calvin Newman

*~ Donors continue to inspire us with their unwavering commitment to the Hospital ~*

It is my privilege to be the Chair of the Board of Directors for the Campbellford Memorial Hospital Foundation. CMH is an integral part of the community and has provided residents from Northumberland, Peterborough and Hastings Counties with excellent care for over 80

years. People living in our area deserve a great community hospital. In times of medical need, we want to ensure the latest patient care services are available at the local level. The more we can do to support the provision of care for CMH, the better off we all are.

In the years that I have been on the CMH Foundation Board, the community has shown tremendous compassion for the Hospital and funded the purchase of millions of dollars in high priority medical equipment, including the CT Scanner, Digital Mammography Unit, and new equipment for the CMH Laboratory, Surgical Area and Emergency Department. It has been my pleasure to be part of this and I look forward to the exciting new developments happening at CMH. It is our job at the Foundation to raise funds so that our staff have what they need to ensure each and every patient receives the best care possible. It is our community of donors and their unwavering support that make this happen. **Thank you for being as committed to CMH as we are.**

The past year has seen many challenges, but our donors continued to show their passion for CMH and supported us with individual gifts, attended our events, directed gifts to the hospital in their Wills, or giving of their time to volunteer for the Foundation or Hospital. When I look back at the past year I am awestruck by the number of generous donors that support CMH. People like 6 year old Gordie Gilders who directed his birthday gifts to the hospital or Paige Palmer who gave up a weekend to raise funds for the hospital with a face-painting booth. Not to mention the generosity of the Royal Canadian Legion Command and the local Legion branches for their loyal support of CMH and businesses such as MacLaren IDA Pharmacy and Hillside Haven Retirement Residence for understanding the importance of a well-equipped local hospital. I hope you enjoy reading about many of them in this edition of the **Giving Matters Newsletter**.

I am pleased to report the Foundation continues to have a generous and committed board of directors and my thanks to them. This year we welcome one new member to the Board; Paul Cudmore. Paul is an outstanding individual who brings not only business skills to the Board, but a compassion for individuals and the local community. Welcome aboard, Paul!

As we continue to look to the future we remain dedicated to advancing the CMH Master Plan, including a possible new hospital. We are confident that this critical project will move forward, but admittedly it takes time. The CMH Board is also committed to this and recently established a new Re-Development Steering Committee. The Committee is currently updating the Hospital's Strategic and Master Plans and will communicate with the community at the appropriate time.

Finally, thank you to everyone who came together this year to help our hospital advance the delivery of outstanding health care. It is very rewarding for me to be part of the Foundation, supporting its mission, and I invite you to become involved!



Autoclave Equipment Sterilizer

## Donor Funded in 2016/2017

- Infusion Pump (Surgical)
- Upper Extremity Surgical Chair (Surgical)
- Autoclave Equipment Sterilizer (Surgical)
- Infusion Pump (In Patient)
- PACS Workstation (ED) (Funded by CMH Auxiliary)
- Infection Resistant Curtains (All Areas) (Funded by CMH Auxiliary)
- Endoscope (Surgical)
- Bed (In Patient)
- Water Cooled Condenser (Plant)
- Nocospray Sterilizer (2nd Unit) (Infection Control)
- Cystoscope x 2 (Surgical) (One Funded by CMH Auxiliary)
- Video Laryngoscope (Emergency)
- Refrigerator (Pharmacy)
- Portable X-Ray Machine (DI)
- CT Payment (DI)
- Floor Scrubber (Housekeeping)
- Staff Education & Awards (All Areas)

## Patient Needs in 2017/2018 (Partial List)

- Portable Ultrasound (Emergency) - \$50,000
- OR Lights (Surgical) - \$30,000
- BiPAP/CPAP Machine (In-Patient) - \$30,000
- Colonoscope (Surgical) - \$25,000
- Beds x 2 (In-Patient Unit) - \$7,500 each (In-Patient) - \$15,000
- Coagulation Analyzer (Laboratory) - \$42,000
- Pxyxis Machine & Tower (Emergency) - \$62,000
- Clinical Workstation (DI) - \$16,000

Accountability to donors is very important to us.

To view our 2016 Audited Financial Statements please visit [www.givetocmh.ca](http://www.givetocmh.ca)



CAMPBELLFORD  
MEMORIAL HOSPITAL FOUNDATION

## Important Dates

**Friday, July 7th, 2017** (5:30 p.m. to 9 p.m.)

**The 3rd Annual Incredible Doctors' Cook-Off** (Under the marquee next to the Trent River in Campbellford) Platinum Sponsor: **Maizeing Acres** - Join us as your favourite Doctors and Culinary Partners team up for an evening of food and fun in support of patient care at Campbellford Memorial Hospital. Tickets \$50/person

**Saturday, September 9th, 2017** (9 a.m. to 1 p.m.)

**The 3rd Annual Home Hardware Bike Up Northumberland!** (Waterfront Trail ~ Cobourg to Presqu'île) - A fundraising bike ride featuring various distances along the Waterfront Trail in Northumberland. Proceeds to be shared equally with the Campbellford Memorial Hospital and Northumberland Hills Hospital.

**September 11th to 17th, 2017**

**Tim Horton's Smile Cookie Campaign** - The CMH Foundation will be the recipient of proceeds from the 2017 Tim Horton's Smile Cookie Campaign at the Campbellford location. Proceeds will support the purchase of a new Portable Ultrasound for the Hospital's Emergency Department. Thank you to the Robertson Family for your support.

### On-going

**Scrap Metal Drop-Off for the Hospital** - Exhaust Plus/Redden Welding & Fabrication and Brighton Welding Inc. will donate \$100 to CMH from every full bin of scrape metal collected. The Drop-Off Bin is located at Exhaust Plus/Redden's Welding, 452 Grand Road, Campbellford, ON

### On-going

**The Artists Care Project** - The Artists Care Project ~ Paintings by members of the East Central Ontario Art Association are on display and for sale at CMH. A portion of the sale proceeds support the purchase of new medical equipment.

For more details on these and other activities in support of CMH please contact **Catherine Holt** at 705-653-1140 ext. 2104 or email [cholt@cmh.ca](mailto:cholt@cmh.ca).

## Campbellford Memorial Hospital Foundation

### Board of Directors:

Calvin Newman (*Chair*)  
Don Pearson (*Vice-Chair*)  
Mark Higgins (*Treasurer*)  
John Russell (*Secretary*)

Bruce Thompson  
Brooklyn Allan  
Ashley Tinney-Fischer  
Cindy McMurray  
Beth Boddy  
Fern Julia  
Eugene Brahaney  
Paul Cudmore  
Robbie Beatty  
(*CMH Auxiliary Co-President*)  
Craig Hitchman  
(*CMH Board Representative*)  
Varouj Eskedjian  
(*Interim CMH President & CEO*)

## Welcome to the CMH Foundation Board:



**Paul Cudmore** is the General Manager and Chief Operating Officer at Team Eagle in Campbellford. He is actively involved in the organizations growth strategy including the support of new products and services, industry partnerships, marketing/brand development and overall team management. Paul participates in many global aviation and aerospace industry events including key research programs with Transport Canada and the Federal Aviation Administration. Paul holds a Masters Degree in Business Administration as well as a degree in General Science from the University of Guelph. He lives near Warkworth with his wife Stephanie and their two children.



**CAMPBELLFORD**  
MEMORIAL HOSPITAL FOUNDATION

146 Oliver Rd. Campbellford, ON K0L 1L0

[www.givetocmh.ca](http://www.givetocmh.ca)

John Russell  
CFRE, Executive Director  
705-632-2014  
[jrussell@cmh.ca](mailto:jrussell@cmh.ca)

Catherine Holt  
Donor Relations & Communications  
705-653-1140 Ext. 2104  
[cholt@cmh.ca](mailto:cholt@cmh.ca)

Angela Runciman  
Administrative Assistant  
705-653-1140 Ext. 2107  
[arunciman@cmh.ca](mailto:arunciman@cmh.ca)