

CARING TIMES

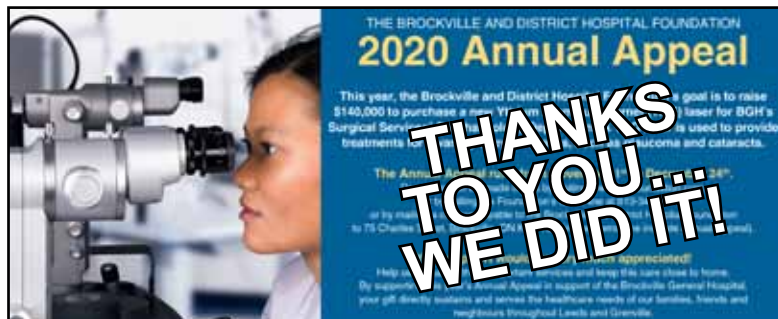
FEBRUARY 2021

Providing Growth for the Future

THE BDHF ANNUAL APPEAL SURPASSED ITS ANNUAL APPEAL GOAL IN RAISING \$140,000 FOR BROCKVILLE GENERAL HOSPITAL

Our community expects the best care from Brockville General Hospital (BGH). Much of this care is dependent on our healthcare workers having the best tools to diagnose, treat and support patients on their healthcare journey.

It is no secret that fast-changing technologies play a big part in the need to keep hospital equipment high functioning. In addition, to ensure the quality and safety of the equipment, hospital equipment has a set life span. Keeping up with healthcare equipment and technology is costly, but an important investment and contributes to a better patient outcome.



The Brockville and District Hospital Foundation works closely with BGH to provide healthcare workers the best equipment to deliver the best patient care. Joan Simon, Executive Director of the Foundation works closely, every year, with BGH to determine what would be an ideal piece of equipment for the Annual Appeal campaign. The Annual Appeal typically starts in early November and ends on December 24th. For the 2020 campaign, over \$170,000 was raised for new eye laser surgery equipment for BGH's ophthalmology surgeries.

Joan Simon shared, "Having new state-of-the art technology at Brockville General Hospital will greatly assist eye surgeons at BGH to provide the best treatment care possible."

This year's Annual Appeal was a resounding success and without the community's support many of Brockville General Hospital's programs and services would not remain viable. "Without a doubt, we must all work together to keep these services, such as cataract surgery, here closer to home", stated Joan, "And, it's clear that Brockville and the surrounding communities feel the same way."



Joan Simon, BDHF Executive Director is joined at the Wall of Gratitude by Dr. Kevin Tyler, BGH Radiologist and his wife, Dr. Melissa Tyler. Dr. Kevin Tyler and Dr. Melissa Tyler donated \$1,000 in support of the Annual Appeal.

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A gift to BDHF helps to ensure your hospital has the resources to provide quality care.

**YOUR DONATION
MAKES A DIFFERENCE!**

To learn more about how you can support your community hospital, please contact:

The Brockville and District Hospital Foundation
www.bdhfoundation.com
 613-345-4478
foundation@brockvillegeneralthospital.ca

BOARD CORNER

For the past 12 years the Brockville and District Hospital Foundation's Heart & Solstice event has been one of the major funding sources for Brockville General Hospital's Cardiac Rehabilitation Program (CRP). For this issue of the Caring Time Newsletter, we thought it would be timely to shine a light on this prestigious event that is sold out every year.

We asked Jamie Wright, one of the Heart & Solstice event committee members, to explain what the Cardiac Rehabilitation Program is, and why is it important to our community.



The Cardiac Rehabilitation Program operates out of Brockville General Hospital for patients who have received bypass surgery, valve replacements, stents, transplants, or pacemaker installations. There is no cost to participate in the program that consists of stress management, exercise counselling, dietary education, and even support to quit smoking. It is important to note that the CRP receives minimal government funding and exists primarily on the generous support of donors and committees of people raising funds to allow the program to continue. The program costs \$180,000 annually to run. If not for the CRP, those patients would need to travel to Ottawa or Kingston at great expense and time, or worse, they would not receive the help at all.

When does the Heart & Solstice event take place?

The Heart & Solstice event takes place the third week of every June, and this year's event takes place June 17th. This event has evolved over time and has taken on many forms, from Island Tours, Painted Chair auctions and Mexican Fiesta dances. The real reputation of the event is the opportunity to purchase a ticket to visit a beautiful local estate, and dine on deliciously prepared appetizers and drinks generously donated by local restaurateurs.

The Heart & Solstice is very fortunate to have gathered a dedicated group of patrons who attend the event each year, but just as important is the support of several local restaurants that truly make the event possible, and unique. Due to COVID, the 12th annual event was a virtual event in June 2020 where donations were accepted instead of tickets sold and a total of \$36,000 was raised.

How did you get involved in the Heart & Solstice event and the Hospital Foundation Board?

My involvement started in 2012. I was encouraged by my friends Jenny Burns and Mike Ferris to buy a ticket and attend the event. That first year, when I showed up to head over to the Island tour, Mike let me know that I was also helping with parking & transportation! I was then asked to join the organizing committee. What a fun, dynamic and dedicated group to work with! I'm very proud to say that this event has raised almost \$300,000 in support of the CRP and the patients who benefit from it. It is heart-warming to hear stories from our community and even from friends who have benefited from the CRP. It wasn't long after that when Scott MacCrimmon approached me to join the Hospital Foundation board. Scott is famous for telling you it is "just one hour per month", which continues to be an ongoing joke!

Jamie Wright

BDHF Board Member

Heart & Solstice Committee Member

A TRIBUTE TO JACK KEYES

On January 2, 2021, the Foundation was saddened to hear of the passing of Jack Keyes, a valued friend and donor for over a decade.

In 2009, Jack visited the Foundation and simply asked, "What does the hospital need?" That simple question resulted in yearly giving in support of the Brockville General Hospital (BGH).

These included; gifts to BGH's Urology Department, the Cardiac Rehabilitation Program, the Orthopaedic Department, and Surgical Services; surpassing \$500,000 just in the last 6-years.

phi•lan•thro•py

noun

the desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

Jack was a philanthropist! He motivated the Town of Gananoque and the Gananoque Lions Club to collaborate with him in making joint donations. This group became fondly referred to as the "Gananoque Collaboration." The concept was simple to Jack, approach the Town of Gananoque and the Lions Club to pool their donations and make a bigger impact!

Over the years, Jack became a valued "friend" to the Foundation. Many phone calls were made to discuss "equipment needs" or ideas on what would be good to include in the Foundation's Caring Times newsletter! Jack's input was always respected. Conversations would

stray to his golf game at Smugglers Glen, or family time spent at Howe Island. These calls will be missed.

Jack gave to Brockville General Hospital in the hopes that his giving would inspire others to give as well. I would be remiss if it was not mentioned that Jack also gave, generously, to the Ottawa Heart Institute, the Kingston Health Sciences Centre, his church as well as the Gananoque Food Bank.

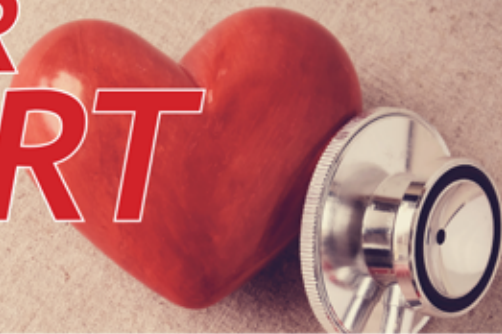
In closing, on behalf of the Foundation Board and the Foundation staff this tribute to Jack is a reflection of how one person can make a difference, and for that we are grateful.

Joan Simon

Executive Director, BDHF



SHOW YOUR HEART



SUPPORT THE BROCKVILLE GENERAL HOSPITAL'S
CARDIAC REHABILITATION PROGRAM.

PLEASE
CONSIDER
DONATING
\$2

FEBRUARY 5-14th

THE CARDIAC REHABILITATION PROGRAM

**100%
OF DONATIONS GO
DIRECTLY TO THE
CARDIAC
REHABILITATION
PROGRAM
AT BROCKVILLE
GENERAL HOSPITAL.**



**THIS PROGRAM
IS PRIMARILY
SUPPORTED BY
GENEROUS
COMMUNITY
DONATIONS.**

The Cardiac Rehabilitation Program (CRP) is a program that runs out of Brockville General Hospital and was developed to help people recovering from cardiovascular events in making lifelong improvements to their health.

Participants receive this vital care locally rather than having to travel to Kingston or Ottawa during an already stressful time.

Another Community Partnership By



**REAL CANADIAN
Superstore⁺**
big on fresh, low on price.



MENTAL HEALTH Equipment Needs

Sensory Equipment

Cost \$ 800

Patient Laptops and/or iPads (3 needed)

Cost \$ 1,700 ea.

Art Therapy Books/Puzzles/Large Print Books

Cost \$ 500

Green Therapy Gardening Tools

Cost \$ 2,500

**If you are able to contribute towards the above needs for Mental Health,
please contact the foundation office at (613) 345-4478.**

It's OK to not be OK, says BGH

Available mental health services

BGH's Mental Health program has several services and resources available to the Leeds Grenville community.

Learn more by visiting www.brockvillegeneralhospital.ca/MentalHealth. For children's mental health needs (16 and under), please contact Children's Mental Health of Leeds and Grenville at www.cmhlg.ca or call 1-800-809-2494.

If you or a loved one are in crisis, call the Mental Health Crisis line at 613-345-4600 (toll free at 1-866-281-2911). For persons without phone access, or in immediate need of help, please go to your closest Emergency Department.

**Thanks to everyone
who participated on
January 28, 2021.**



Donor Spotlight

NURSES ALUMNAE



The Nurses Alumnae has a long history of donating to the Brockville and District Hospital Foundation in support of Brockville General Hospital.

Can you please share why the Nurses Alumnae feel that donating to the foundation is important to them?

The Free Dictionary (2015) best describes the practice of nursing, “At the very core of nursing practice is the act of caring.” That act of caring has transcended over the years and now into modern day with the existing BGH Nurses Alumnae members. Over the course of 12 years the Alumnae have donated \$29,545 to purchase vital hospital equipment for BGH and they have also provided funds for nursing education. Linda Poole, the current President of the Nurses Alumnae shared with us, “The BGH Nurses Alumnae members were always very interested in helping with the care and well-being of Brockville General Hospital and the patients it cares for.”

The Alumnae raises funds through membership fees and present a donation annually; without fail, to the Brockville and District Hospital Foundation (BDHF) in support of Brockville General Hospital. Joan Simon, Executive Director of the BDHF stated, “The Foundation has a wonderful relationship with the BGH Nurses Alumnae, and we are very respectful of their commitments to the hospital.”

The Alumnae members also make an annual donation to Brockville General Hospital’s Palliative Care Program in memory of members who were lost during a given year. Linda Poole notes, “Each family is notified of the donation and the Alumnae is very pleased that we do this on an annual basis.”



Can you provide some history on how the Nurses Alumnae came to be and how many members do you currently have?

- The BGH school of nursing started in 1893 and Isobelle Thomas was the first graduate.
- The school closed in 1974 with 1188 graduates.
- The Alumnae was formed in 1923 with the leadership of Maude Arnold (1909).
- Vera J. Preston (1938) became the Director of Nursing in 1949 and retired 1984.
- We had 34 members that we know of who served WW I, WW II and the Korean War.
- Mary Nunn (1896); went overseas in 1916 and joined the Imperial Service and was honoured with the Royal Red Cross by King George V at Buckingham Palace.
- Jessie Urquhart (1946) served in Korean War and resides currently at the Pearly Home in Ottawa.
- Each year a wreath is placed on Nov. 11 by the Legion that we have purchased.
- Memorial Book is updated each year with the names of lost members and is usually on display with the Eternal Flame but has been stored for renovations, and hopefully will be able to be displayed again.
- We currently have about 250 members.
- Comstock residence opened in 1929 and became home to all student nurses until 2000.

Is there anything you would like to add?

- The newsletter that is put together each year and emailed or mailed is enjoyed.
- Reunion weekend is enjoyed by many each year but on hold due to pandemic times. We have not been able to have meetings also.
- The Archives is a very important part of the Alumnae and we hope to be able to display it again in the hospital.



75 Charles Street
Brockville, ON K6V 1S8



[UPCOMING EVENTS]

THE
FOUNDATION
IS NOW ON
INSTAGRAM.
bdh_foundation

75 Charles Street
Brockville, ON K6V 1S8
www.bdhfoundation.com
(613) 345-4478

Connect with us!

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