

OUR COMMUNITY OUR HOSPITAL

North Bay
Regional Health
Centre **Foundation**



Fondation du Centre
régional de santé
de North Bay



2021/22
IMPACT
REPORT

Greetings from our Board Chair and CEO

This fiscal year started similarly to the year before; in lockdown, home offices and reaching out to our community and donors by phone, Zoom and occasionally on a driveway or porch.

Gratefully the warmer weather brought hope and calm with the easing of public health restrictions. We experienced two successful golf tournaments; *Farquhar Chrysler Charity Golf Tournament*, and *Osprey Links Golf Gala* – Presented by OneLife Wealth Management. Two virtual walk/runs; *Our Hospital Walk/Run* and the *Maple Hill Sap Run*. And with much excitement, the return of the *Festival of Trees and All Things Christmas* to an in-person, socially distanced venue at the Northgate Shopping Centre.

Our Hospital 50/50 sustained its success and winner stories continued to build excitement in our community. The Foundation's Annual Lottery saw the most tickets sold to date.

With September came the launch of Will Power, a national campaign promoting charitable giving through Wills. This exciting initiative is helping empower people to choose how they would like to be remembered. This program is having a transformational impact for many charities, coast to coast.

Incredible generosity from our community – many modest donations and leadership gifts, like those from Max and Lorraine Shapiro, came together to substantially fund the MRI upgrade and fully funded the Renal Unit expansion. The Central Fetal Monitoring Project for Labour & Delivery is also now moving ahead and fully funded by our community.

We thank and recognize those who have shared their personal and family stories to inspire our community. In the following pages you'll read stories from the children of Angela and Dr. Murray Pace, grateful patient–Christine Martin, Paul and Annette Lalonde, owners of the Brick, and Garth Goodhew, Monthly Donor.

Through the generosity of our community and the tireless efforts of our many volunteers, the Foundation was able to provide the Hospital with a disbursement of \$1.5 million to fund urgently needed advanced medical equipment. In addition, \$269,791 of generous in-kind donations are supporting programming, staff and enhancing the patient experience.

We look forward with optimism and anticipation on what the coming year might bring, knowing that our generous community, dedicated volunteers, trustees, and committees will lead us through whatever challenge is presented.

With gratitude and appreciation,



Nancy Partridge, CFP
Chair, Board of Trustees



Tammy Morison, CFRE
President & CEO

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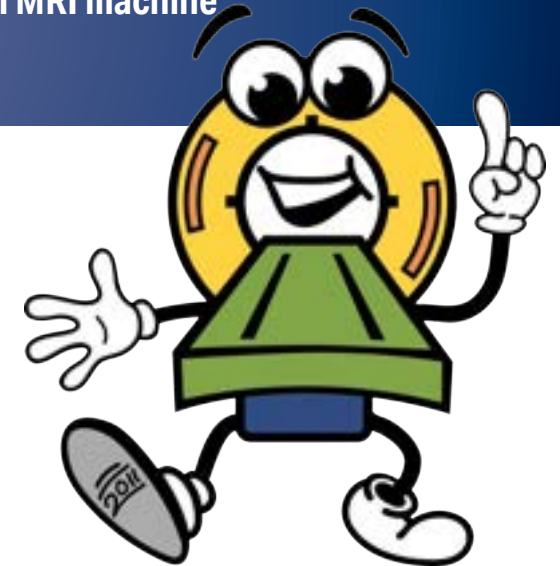
James Loeffen
Program Assistant

NOHFC INTERNSHIP PROGRAM

Shannon Auger

Logan Buckton

"Hi there! I'm Magi, the NBRHC magnetic resonance imaging (MRI) machine. You've probably never received a letter from an MRI machine before, and honestly, I've never written one before!"



MRI Upgrade

Ten years ago, our community rallied together to transform healthcare for our region, purchasing our first MRI for the new North Bay Regional Health Centre.

Last year, NBRHC performed more than 8,100 MRI scans. In fact, some of the special features of our MRI means we often receive referrals from beyond our catchment area – the furthest being Moose Factory. The MRI has a large bore and table that supports patients up to 550lbs.

In 10 years, the MRI has performed more than 72,400 scans. It has helped save lives and the risk and inconvenience of travelling to larger centres – especially during the treacherous winter months.

The upgrade of the MRI was completed between September and November 2021.

Thanks to the careful planning when the original MRI was purchased in 2011, we were able to retain the doughnut shaped magnet for a substantial cost savings. The \$1.7 million upgrade included the refurbishment, installation, and special add-ons for pediatric scans. A full replacement would have cost \$3.5 to \$5 million.

This investment will extend the life of our current magnet for another 10 years.

Leadership donors, Max and Lorraine Shapiro, accelerated the fundraising momentum with their \$500,000 donation. "My family and I know first-hand how important our hospital is to the health of our community," Max Shapiro says. "We are honoured to support this important project. It is our way of giving back to a community that has been so good to us."

In April 2021, our community received a special letter authored by the NBRHC MRI machine. The letter was mailed to 3,198 households, raising \$65,797.

CHECK OUT
THE VIDEO
SHOWCASING
THE UPGRADE
PROCESS:

WWW.NBRHCFUNDATION.CA/MRI

Renal Unit Expansion Fully Funded Through Community Generosity

Owners of The Brick North Bay, Paul and Annette Lalonde, and their family's generosity can be seen throughout our community and especially at our hospital.

"Our hospital has always been important to our family," say Paul. "It is why we have donated and sponsored many projects and events over the years. Now, it is my lifeline."

While vacationing with Annette in Florida in 2018, Paul came down with a serious infection that resulted in sepsis. It attacked his major organs causing renal failure and a massive heart attack among other complications. After 22 days in ICU, they returned home to North Bay. Paul's health was still extremely fragile.

"Once home, I immediately started renal replacement therapy (dialysis) at North Bay Regional Health Centre. I was placed on the transplant list for a kidney and pancreas. While I wait, I receive dialysis three times a week. I am so grateful this service is available in our community."

It wasn't long before they received the call they had been waiting for – they had a kidney and pancreas for me. Annette and Paul travelled to Toronto. Only 45 minutes before surgery, it was cancelled – one of the organs wasn't viable. It was devastating news. They returned to North Bay to await the next call.

Two more times they received a call, and two more times the transplants were cancelled.



After further health complications in 2019 and 2020, the only option remaining was to find a living donor for a kidney transplant.

"I am so grateful for both of my stepdaughters, Jenna and Michelle, who stepped forward as potential donors," says Paul. "After some intensive screening Jenna was identified as a match."

While Paul waits for his surgery, he continues to receive life-saving renal dialysis three times a week at NBRHC. He will continue to be monitored and cared for by the staff in the Renal Unit for some time after his transplant.

Renal Dialysis is a busy program, currently operating at 100% capacity and the demand is expected to grow by 24% during the next ten years. Last year, more than 9,200 treatments were provided at NBRHC.

To meet the increasing demand, our Health Centre is adding three additional dialysis stations and planning an expansion of the Renal Unit so they can continue to provide the best care locally.

Fall 2021, Paul authored a letter to our community raising funds for the Renal Unit Expansion Project. The Lalonde Family and The Brick North Bay challenged our community to match their \$25,000 donation. The letter was mailed to 5,790 households and raised \$95,582.

The expansion costs \$400,000 and we are thrilled to share that this expansion has been fully funded through generous community donations.

Paul Lalonde with his grandchildren

2021/2022 AT A GLANCE

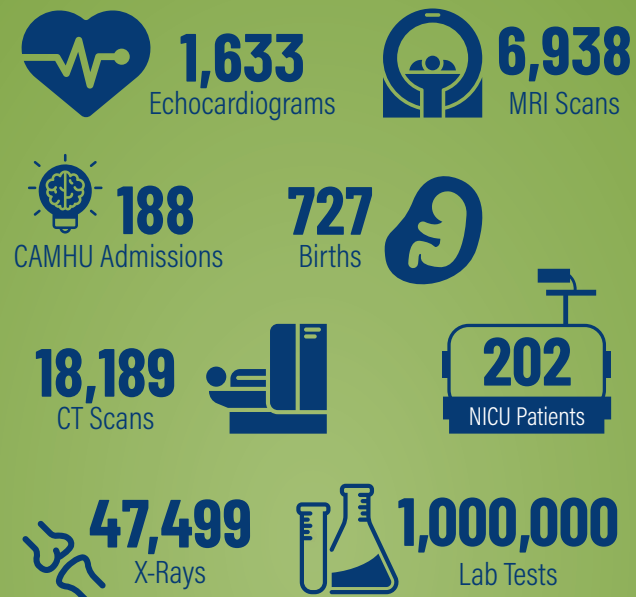
Total Revenue
\$4,452,822

Donations, Events & Lotteries (Gross)

Monthly Donors **158** Donations **6,995** Legacy Donors **66**

Walk/Run Participants **158** 50/50 Tickets Sold **8,948,914**

HOSPITAL STATISTICS



TO DONATE

Call 705-495-8125 • Visit nbrhc.on.ca
By Mail: PO BOX 2500, North Bay, ON P1B 5A4
In Person at 50 College Dr., North Bay, ON

YOUR IMPACT

Thanks to community donations, some medical equipment purchases made between April 1, 2021 and March 31, 2022 include:

- MRI
- MRI Anesthesia Machine
- MRI Paediatric Patient Monitoring System
- Defibrillators
- Patient Gym Equipment
- Cardiac Monitor
- Blanket Warmer
- Bariatric Bed
- Bladder Ultrasound Scanner
- Bili Blanket for NICU
- Central Fetal Monitoring System

Priorities for 2022/2023

- Minimally Invasive Surgical Equipment (5 Units in 2022/2023 and 2 in 2023/2024)
- Mammography Equipment Upgrade
- SPECT/CT for Nuclar Medicine
- Second Echo Ultrasound Machine



Your Will Can Make a Difference

This year, the Foundation was delighted to partner with Will Power. Will Power is a national movement, made up of charities, financial advisors, accountants and legal professionals across the country, working together to show Canadians that they have the power to make a difference through their Will.

WillPower.ca has simple tools to help guide you through the process of leaving a charitable gift in your Will, and to help you better understand the impact you can make, including a legacy calculator.

Can I Really Make a Difference with My Will?

Common Myths that Get in the Way of Your Will Power:

In short, yes. By leaving a gift to North Bay Regional Health Centre Foundation in your Will you can make a bigger contribution than you ever thought possible to your hospital.

Many donors believe that they can't support both their loved ones and their favourite cause with their Will. The truth is, just a small percentage of your estate left to charity can have a big impact, while still leaving the majority for your loved ones. Choosing to support a charity can also reduce

and, in some cases, even eliminate the taxes to be paid. A win-win!

Some donors think they need to be wealthy to make a gift to charity in their Will. Actually, no matter the size of your estate, you can be a part of this powerful movement for change.

YOU MAY BE SURPRISED
TO SEE THAT EVEN 1%
LEFT TO CHARITY IN
YOUR WILL CAN HAVE AN
ENORMOUS IMPACT ON
YOUR CAUSE, WHILE STILL
LEAVING 99% OF YOUR
ESTATE TO YOUR FAMILY.



Elva Mae's passion and generosity continues to drive and inspire Emmette. He has given generously to his hospital since her passing. Modest, he simply says, "I am honouring her memory."

"Community was really important to both of us, which is why we included charity in our Will," says Emmette. "I know that when I'm gone, Elva Mae's memory will live on helping our community and hospital." Emmette has included three of his and Elva Mae's favourite charities in his Will.

In just the short time since Elva has passed, Emmette has witnessed immense change at his hospital - from the opening of the new Health Centre, to the purchase of the community's first MRI and a second CT scanner. Recognizing that technology and medicine is always changing and improving, Emmette takes pride knowing that his and Elva Mae's donation will continue to support the health of their community into the future.

We are grateful for these donors from whom we received bequests between April 1, 2021 and March 31, 2022

David J. Kubisheski

Laurent Laplante

Therese Meeking

Rose Milligan

Gloria A. O'Connor

Angela H. Pedley (Charity) Trust

Vivian E. Pentland

Erhard (Eric) & Judith Quaisser

Elsa M. Wain



Emmette & Elva Mae Busch

Emmette & Elva Mae Busch

Emmette Busch worked as a heavy equipment operator and truck driver on construction and his wife, Elva Mae, was an optical technician with American Optical Company. With no children of their own, they were very involved in their local community, both volunteering with the Callander Legion, and Emmette called square dances. Elva would always be right there dancing along.

"We did everything together," Emmette reflects, "Elva Mae was the love of my life." They were married for 52 years before Elva succumbed to cancer in April 2010.

"Before she passed, I remember our community was raising money for its first MRI and Elva Mae made me promise I would make a donation to help our community purchase it. Helping the hospital was important to Elva, because our gift would be a gift for everybody. The entire community. She wanted to help everybody that needs care."

Please call or email to learn more about including your hospital in your estate plans. 705-495-8129 or Kendra.Clarke@nbrhc.on.ca



Together Again!

The ability to host virtual events was a blessing over the last two years thanks to technology and creativity. It allowed our community event champions to continue to connect and find new ways of bringing everyone together to support our hospital. We are grateful for your ingenuity, dedication and generosity.

The return of in-person events has us buzzing with excitement. The past year, much like the year before, continued to pose unique challenges of bringing people together, but there was light at the end of the tunnel.

Event organizers adapted and found ways to provide great experiences for participants utilizing hybrid, in person and virtual settings to maintain health and safety measures. McHappy Day relaunched September 22nd. The *Farquhar Chrysler Charity Golf Tournament* returned, successfully funding a fetal monitor for the Birthing Unit, and the *Osprey Links Charity Golf Gala* presented by OneLife Wealth Management allowed players to enjoy the return of traditional activities such as on-course games and indoor dining.

Our Hospital Walk/Run remained virtual with an in-person medal pick-up at the Parker's Your Independent Grocer parking lot and the *Festival of Trees and All Things Christmas* hosted a live display at the Northgate Shopping Centre to compliment the online auction.

The support of our community throughout the many different phases of the pandemic and the challenges that seemed to change constantly has been inspiring. Patients and staff at our hospital are grateful.

This year, we are excited for the return of more in-person events and seeing all your smiling faces at the *Osprey Links Charity Golf Gala* presented by OneLife Wealth Management on August 17th and *Our Hospital Walk/Run* on September 25th.



Celebrating some of the ways our community championed and participated in fundraising events to support our hospital this year.

- A&W Coin Collection
- Christmas at the Hospital
- Cooking with Dr. Singh
- Cultural Mindfulness Calendar Sale for Hummingbird Lodge
- Donate-A-Car
- Farquhar Charity Golf Tournament & Quilt Raffle
- Festival of Trees & All Things Christmas
- Gift Shop Coin Collection
- Homes for Hospital - Shawn Roy
- Kaycee & Ella Bilodeau Lemonade Stand
- Louise Lapointe Quilt Raffle
- Maple Hill Sap Run
- McDonalds McHappy Day
- Mike Lalaonde Memorial Slo-Pitch Tournament
- Movember - Don't Bash the Stash
- Near North Quilter's Guild - Fabric Encore
- North Bay District Medical Society Christmas Party Fundraiser
- North Bay Robotics Team Lego
- Orange Shirt Day T-Shirt Sales for Regional Aboriginal Mental Health Services
- Osprey Links Charity Golf Gala presented by OneLife Wealth Management
- Pam Goulais Cupcake Sale
- Poinsettia Fundraiser - MENTAL HEALTH REC THERAPY
- Rotaract Club of North Bay-Nipissing Fill the Crib Fundraiser
- Zedd Customer Solutions - Dress Down Days



15th Annual
Our Hospital Walk/Run
September 25, 2022

Register now at www.OurHospitalWalkRun.ca



Osprey Links
Charity Golf Gala
August 17, 2022
presented by
ONELIFE
Wealth Management (North Bay) Inc.

A day of golf, food, fellowship and fun!

Proceeds supporting the MRI Upgrade Project REGISTER YOUR TEAM NOW!

Contact:
Foundation@nbfhc.on.ca
705.495.8025
Sponsorship opportunities available

A Letter from the Pace Family

We are the Pace children, proud and appreciative daughters and sons of Angela and Murray. Today, we would like to share with you a story of our parents, their love story and their connection to the community and the North Bay hospitals. We want to share with you the meaningful way that we chose to honour their lives.

Our Dad Murray grew up as an only child in North Bay and Sudbury. Dad was a musician, a carpenter and an athlete and loved the outdoors.

Our Mom Angela grew up in Toronto as one of eleven children. Mom began her career as a nurse at St. Michael's, but she was also an artist and an incredible cook.

In 1960, Mom and Dad moved to North Bay where Dad practiced as an Obstetrician and Gynecologist and Mom led the charge with the growing family at home.

Mom and Dad were always generous, demonstrated their values through actions, and believed in the power of the community. Dad was dedicated to his work in maternal healthcare. Over the course of his career, he delivered more than 10,000 babies. Mom never stopped being a nurse and caregiver throughout her life though she did not practice after starting a family.

Though we knew and loved them as Mom and Dad, it was overwhelming to meet people who gushed about the care and generosity that they had received from our parents. To us, it was just who they were.

In later years, both Mom and Dad went from being caregivers to being cared for. Dad developed Parkinson's disease and made

many visits to the hospital, was treated with respect and expertise by many specialists, and was always given the best care. When he was dying in 2010, the nurses and doctors helped make him comfortable at the hospital and gave us the space that we needed to ease him from this world in the most beautiful way possible.

After Dad died, Mom began to slow down and make more than a few visits to the hospital. She had extraordinary care and was always treated with dignity and kindness. Though we could not be with her at the end due to COVID, we know that she had caregivers holding her hand as she passed and that gives us great comfort.

The hospital community is a place where all are valued equally regardless of their circumstances. It is a place where all who arrive, no matter their needs, are treated with kindness and empathy, and put back on their feet. Each member of the staff - doctors, nurses, cooks, cleaning staff, the administrative team and so many more - is a caregiver. It is a place where many of the key passages of our lives are written and to which all of us are connected. We as a family are forever grateful for the gifts that this community has given us.

Mom and Dad would have been proud to see a legacy of giving back to the community which they served, and which served them both so well.

Sincerely,

The Pace Family



CELEBRATING LIFE

The individuals listed are recognized on the Celebrating Life Memorial Wall at the North Bay Regional Health Centre. Their families chose to honour their memory by making memorial donations totaling \$2,000 or greater.

APRIL 1, 2021 to
MARCH 31, 2022.

| | |
|----------------------------------|-------------------------------|
| Vern Abrams | Orville Buffett |
| Alan & Shelley Ackroyd | Grant Stewart Bull |
| Karen Allaire | Violet Burgess |
| William (Bill) & Ethel Armstrong | Jack Burrows |
| Kim Auger | Jim Burrows |
| Frederick Bailey | Leslie Burt-Manary |
| Paula Bale | Elva Mae Busch |
| William (Bill) Bale | Elizabeth Butti |
| Nida Barber | Janet Button |
| Robert F. Barton | Larry & Lillian Byrnes |
| Vito Battigaglia | Livio & Lucy Cappadocia |
| John Beddows | Stanley & Bruna Cerisano |
| Richard Bégin | WO W.J. (William) Chalmers |
| Marianna Belic | Vernon Chapman |
| Claudette Marleau Benoit | Micheline 'Mitch' Charbonneau |
| Gerald Bessette | Jeannine Charron |
| Carol Bethune | Andrew Chirgwin |
| Dorothy Bethune | Gerard (Gerry) Chivers |
| Robert Bettiol | Thomas Clare |
| William Bidgood | Margaret Clarke |
| Don Blahut | Mary P. Clarke |
| Ruth Blais | Stephanie Clement |
| Albert & Norma Blayney | Stephen Boyce Clement |
| Paul Bogensberger | Leonard Coles |
| Alexandria Boire | Yolande Comstock |
| Hon. Michael Bolan | Douglas Cook |
| Helen L. Boody | Mary Costante |
| Yves Bourassa | Sheila Cowper |
| Paul Brazeau | Norman Critchley |
| Logan Vincent Brear | Dave Crozier |
| Theresa Brookes | James (Jim) & Mabel Curry |
| Paul Eugène Brousseau | Bill & Shirley Curry |
| Robert Brown | William (Bill) Curry |
| Doris-Rae Brownlee | Rocco & Angela D'Agostino |
| Irma Brydson | |

| | | |
|-----------------------------|-----------------------------|----------------------------|
| John & Catherine Darling | Douglas Harrison | Brad Mainville |
| Len Decaire | Bernice M. Harvey | Lola Mallory |
| Ken Dekker | Alice Hewitt | Cheryl (Cox) Maltby |
| Anthony & Joan Demarco | Morris Hewitt | Quinto Marchione |
| Conrad Deschamps | Orville Hewitt | Dr. Douglas Marr |
| Ronald J. Diggles Sr | Jack Hugh Hill | Maureen Anne Marsh |
| Bill & Joan Dillabough | Daniel Hirschberger | Bruce Martin |
| Frank Dimmell | Harley Hirschberger | Janet Maureen Martin |
| W. Roger Doupe | Joan (Hirschberger) Wilson | Marion Martin |
| Harv & Sally Edwards | John D. Hobbs | Raymond E. Martin |
| Monica (Hanley) Edwards | James (Bob) Hodgson | Walter Jeffrey Martin |
| Ed Eng | Samuel Hodgson | Walter John Jeffrey Martin |
| Ronald Etches | Herley Hoo | Candida Mascioli |
| Douglas & Shirley Fahlgren | David Hughes | Thomas Michael McAnulty |
| Frank Falconi | Margaret Ann Edgerton Hunka | Lloyd McClenaghan |
| Richard Falconi | Dr. Rab & Diane Hunter | Sivan McClenaghan |
| Dr. Fraser Farlinger | Dorene A. Jacko | Bruce McColeman |
| Ernest (Mac) Ferguson | Bob Jackson | Reginald (Bud) McCourt |
| Duane Ferriss | Taylor James | Terry McKerrow |
| Robert M. Fetherston | Bob Jamieson | Dr. A. Donald McMurchy |
| Willa May Followes | Dr. James Jamieson | Ian McTavish |
| Patrick Fortin | Dr. Paul Karnauchow | John Miller |
| Georges E. Fournier | Lynda Rehder Kennedy | Donald Milligan |
| Thomas Frair | Peter & Shirley Kennedy | Robert Million |
| Rhonda M. Fraser | Cindy Killian | Eunice Mills |
| Brenda Grace Gamble | Karl Thomas Kilpper | Peter Minogue |
| David Gamble | Dr. Lloyd J. King | Robert Mitchell |
| Dustin S. Gauthier | Paul Laberge | John & Margaret Monaghan |
| Charles (Carl) Giesler | Gerry Laframboise | Michael Morgan |
| Donna Gignac | Marcel Albert Laframboise | William Clarence Morland |
| Joanne Gingras-Kitchen | Shirley A. Laplante | Mr. David M. L. Neil |
| Erhard Gomm | Elias & Mildred Laporte | Dale Neily |
| Marilyn Goodhew | Reg Laroche | Kurt Neubig |
| Lou Gosselin | Guy Lauzon | Shirley Newhook |
| Earl Graham | Stan Michael Lawlor | Thelma Anne Nichol |
| Ronald & Priscille Gravelle | Vernon Leacy | Ann Nodwell |
| Robert Gray | Don F. Leblanc | Joan Olmsted |
| Archy Greco | Joe Lefebvre | Brenda Orlando |
| Peter Greco | Anita Loeffen | Frank Orlando |
| Jack Green | Louise Loughran | Dr. Murray & Angela Pace |
| Kenneth Green | Moe (Maurice) Louis | Barbara Paine |
| Lorne Green | Spyros Loukidelis | Dr. Donald Paine |
| Walter Guderian | Ron Luesby | Diane Partridge |
| Marguerite Guillemette | Elizabeth Surtees MacLeod | Giuseppe (Peppy) Pavone |
| June Halliday | Floyd MacMillan | Harold & Reina Peddle |
| Colby Hancock | Maria MacMillan | Reva Perreault |
| Lorraine Hanley | Connie Madden | Philip Perron |
| Deane Harris | Ethel Maeck | Ronald Philbin |

Memorial Giving is a meaningful way to honour a loved one.

Memorial donations can be made at funeral homes throughout our region, online or by calling the Foundation (705-495-8125).

When someone is remembered with an accumulation of gifts greater than \$2,000, their name is added to the *Celebrating Life Memorial Wall*. The wall is updated annually and individuals are honoured during a remembrance ceremony.

In light of COVID-19, the 2021 reception was adapted into a video. We invite you to watch the video featuring the Pace Family here: nbrhcfoundation.ca/memorial.

CONTINUED

Lloyd & Verna Phillipps
Nancy Pigden
Mario Piovesana
Rita Pollen
Edeltraud & Philipp Popp
Glenda Poupore
Michael Prevost
Raffaele Priolo
Norman Promane
William Peter Randle
Impi Reeve
David Reid
Barbara Richardson
Dr. Robert J. Richardson
Louise & Randall Riddler
Dr. André G. Rivet
Gerald Robineau
Catherine Robinson
Dr. Jean-Marie Rochefort
Beryl Romano
Gordon T. Ross M.D.
Mary Ann Routery
Gerald Rowsome
Helen Roynon
Carol Russell
Ossie Saari
Gordon B. Sampson
Barbara Saunders
Bert Saunders
Santo Scarfone
Allan J. Schmidt
Iris & Harold Scott
Garry Scott
Mark Seccareccia
Merlin & Dolly Shaw
Antonio Silveri
Barry Simon
Dr. Robert Sinclair
Stanislaw & Anna Sliwinski
Dr. Marc Smith
Walter Smith, WWII Vet
Keenan (Ace) Smyth
Noëlla Soucy
Howard Soule
Russell & Catherine (Kay) Soule
Danny L. Spencer
Merv St. Amand

Harold D. Stanton
Inga Stemp
Evie Stillar
Sheldon & Bernice Stillar
Candis (Candy) Stott
Gertrude Sutherland
Joe Sutherland
Peter Sutherland
Joan Swannell
Sylvia Tanner
David Douglas Taylor
Dorothy Taylor
Gino Tedesco
Giuseppe & Virginia (Faustina) Tedesco
Dr. T.A. Main & Betty D. Thompson
Murray Thompson
Wai-Sin (Vicin) Thomson
Arthur & Beatrice Tiernay
Gloria Tiernay
Harvey Timm
Ruth H. Tipler
Andrew Trent
Carmen Truax
Dr. Michael (Mike) Truchon
Louis J. Valenti
Maria Van Amelsfoort
Rolf Vassbotn
John Joe Vendetti
Thora Vossos
Dr. Gerald & Josephine (Jo) Wallace
Sybil Wallace
Robert Walpole
Tissie Warmington
John Albert Watters
Harry Weiskopf
Lynda Wickett
Anne Wilcox
Gordon Yardley & Phyllis R. Welch-Yardley
Ivan (Pete) Yearington
Rita Yozkowski
Dr. George J. Zytaruk

Monthly giving, the way to go!

Garth Goodhew has been donating to our local hospital for twenty-one years!

"My late wife Marilyn and I have always believed it is important to give back to our community and giving to our local hospital was one way we could do that," says Garth. "Our donations help purchase medical equipment to care for patients, close to home. I am proud that our donations have helped people in our community through all stages of life."

Shortly after the new hospital opened, Marilyn and Garth signed up for the *iGive Monthly Club*.

"It was an easy decision for us," Garth reflects. "Having access to a state-of-the-art hospital with skilled and caring staff, we wanted to be part of that."

"Giving monthly worked well for us. Most of our financial dealings have always been on a monthly basis; mortgage payments, property taxes, and of course, our charitable donations."

Marilyn and Garth moved to North Bay in 1965 when Garth secured the Vice-Principal position at a new high school that was just opening - Widdifield Secondary School. Nearly 57 years later, Garth continues to support our community.

"Marilyn and I were married for 62 years before she passed away in 2020 following a lengthy illness," says Garth. "I continue to honour her memory and our commitment to our hospital with my monthly gift."



Special perks and benefits to being part of the *iGive Monthly Club*;

- Subscription to the Foundation's insider newsletter.
- One consolidated tax receipt for all of your monthly gifts made in the previous calendar year, making it easier to keep track of when it comes to tax time!
- It's good for the planet! While reducing the cost of postage, it also reduces paper and printing.
- You'll receive a membership card for free parking at the Health Centre. Drop by the Foundation office to have your parking validated. After-hours show your membership card at Security.

Signing up to be a monthly donor is easy. You can make your gift **online at: nbrhc.on.ca/foundation** or **call: 705-495-8125**.

Worldwide Wellness and Pain Control Organization Continues Its Mission Through Donation to Local Hospital

The Worldwide Wellness and Pain Control Organization (WWPCO) donated \$230,000, proceeds from the sale of their building, to support our community's healthcare needs.

Founder and President, Margaret Lafontaine, started the organization in 1997. "It has been a real joy to help people and serve our community," she shared.

Her passion was ignited after her husband passed away in 1988 from bone cancer. "He was in so much pain and in those days pain control was not as advanced as it is today. I wanted to do what I could to ensure patients had access to pain pumps. We fundraised to purchase, maintain and train nurses on how to use them," Margaret shared.

The work of the WWPCO grew over time and its mission was to assist individuals and the community at large learn how to maintain optimum health despite diagnosed illness and life trauma.

The organization is shifting to virtual services and in September, the board decided that the proceeds from the sale of the building could continue to have an impact on the health of their community. True to its mission, the funds will support the purchase of an echo ultrasound machine at the cost of \$200,000 and three infusion pumps at \$10,000 each.

Manager of Diagnostic Imaging, Steve Touloupoulos explained: "Similar to traditional ultrasound machines, it differs in that they are customized to solely look at the heart, whereas other ultrasound machines look at every other part of the body. Echo ultrasound performs an echocardiogram to diagnose heart problems. The current machine was purchased prior to 2011 and is in need of replacement. We are also considering the purchase of a second machine to help address wait times in our community."

Foundation President and CEO, Tammy Morison was moved by the presentation. "This donation will be a lasting testament to the passion and dedication Margaret Lafontaine and the WWPCO have for healing and wellness. It will have an impact on the health and well-being of our community for years to come."



Margaret Lafontaine (second left), Founder and President, Worldwide Wellness and Pain Control Organization, presents Tammy Morison (left), President & CEO Foundation, Vicky Paine-Mantha (center), Vice-Chair Foundation Board of Trustees, along with Paul Heinrich, President & CEO NBRHC and Steve Touloupoulos, Manager Diagnostic Imaging.

THANK YOU!

It is an honour to recognize the following individuals, families, businesses, and community groups who have donated \$1,000 and greater between April 1, 2021 and March 31, 2022.

\$100,000 +

Max & Lorraine Shapiro
Estate of David Kubisheski
WorldWide Wellness/
Pain Control Organization

\$50,000 to \$99,999

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Handmade Warmth for Patients

Imagine your elderly mother is admitted to the hospital suffering from dementia and you want her to be as comfortable as possible. Imagine your niece is born prematurely and your family can only watch her through the plexiglass of the isolette. You arrive to visit - your mother or your niece are wrapped in beautiful quilts made with care and love.

Quilters in our community bring comfort to patients across all care areas in our hospital and they are among many kind and generous community members that make donations of items that are enhancing the patient and family experience.

The patient clothing program is helping maintain the dignity of patients arriving in crisis or who are being discharged and require appropriate clothing for the trip home. More than \$5,000 in donations of new clothing were received to address this need.

Over the last year, gifts in kind valued at more than \$269,791 were facilitated through the Foundation. From toques, mitts, socks and baby bonnets, these thoughtful gestures mean so much to patients and families. Thank you.



Gwen Size and her donation of knitted hats, mitts and more.

Hearts of Gold

Hearts of Gold

This year, 111 individuals and four units were honoured with Golden Heart Awards through the Grateful Family Program.



Alice Vibert RN, Helen Fatum RN and Gisele Duquette, Clerk are presented with Golden Heart Awards.

Since the late 1960's, Christine Martin has called North Bay home. It is where she spent most of her career working in healthcare, started her family and where she continues to enjoy her retirement with her husband George.

In 2018, Christine was diagnosed with melanoma and was quickly referred for surgery. A year later the cancer returned and Christine required an additional surgery followed by radiation and immunotherapy. "I was grateful I could receive immunotherapy at my local hospital - North Bay Regional Health Centre (NBRHC)," says Christine.

After her last radiation treatment, Christine suffered from painful burns and sought care at NBRHC. She was quickly accommodated by the team in the Ambulatory Care Unit (ACU).

The ACU at NBRHC offers same day care for patients not needing inpatient admission and general anesthetic. This means patients can be assessed, diagnosed, treated and go home the same day. Over the course of several weeks, Christine made numerous visits to the unit for treatment of her burns and dressing changes.

"I was always greeted with a friendly smile," Christine recalls. "Their kindness, compassion and expertise helped me heal and continue my road to recovery after more than a year of

cancer treatment. Without them, my recovery would have been a much longer and drawn out experience, and definitely more uncomfortable and stressful."

Christine decided to make a donation through the *Grateful Family Program* to not only demonstrate her gratitude, but also help her care team continue to provide this quality care to other patients. With her donation, she chose to honour three staff with *Golden Heart Awards* that made her experience exceptional- Alice Vibert RN, Helen Fatum RN and Gisele Duquette, Clerk. They were celebrated among their peers and now proudly wear a Golden Heart Badge with their hospital identification.

"My family has supported our hospital for many years," says Christine. "It makes me feel empowered knowing that my donations are impacting care available locally - for myself, my loved ones and my friends."

"Having to leave North Bay for some of my treatment made me realize how extremely important it is for our hospital to be able to offer as many services as possible. I will be forever grateful for the care and compassion I received from the incredible team in the ACU. They healed both my body and spirit after several difficult weeks of treatment."

Did someone make your recent experience at NBRHC exceptional?

You can honour them through a Grateful Family donation. You can choose to honour staff, a physician or a volunteer that had a positive impact on your experience.



Christine with husband George (centre) surrounded by their family.

Your support makes Our Hospital 50/50 a win win!

It's been nearly a year and a half since the first *Our Hospital 50/50* draw and it has evolved from a pilot project into an exciting way for our community to support urgently needed medical equipment and have a chance to win big.

Over the course of the year the prize pot has fluctuated month to month, and one thing remains consistent - the excitement and support of our community! In 2021/2022, 38 prizes were awarded. Our community partner, Cogeco, has helped by expanding our prizes through the sponsorship of the early bird draws. We've also had some golf packages for winners, courtesy of our friends at Osprey Links Golf Course.

The best part about playing *Our Hospital 50/50* is that it is a win-win for everyone involved. Not only do the players have a chance to win the jackpot, they can also feel good about supporting our community's urgent healthcare needs.

Our excited winners have used their winnings to purchase homes, go on long overdue vacations, pay off debts, buy cars, treat their families, donate part of their winnings and more! What would you do if you won *Our Hospital 50/50*?



PURCHASE YOUR
MONTHLY TICKETS AT
www.OurHospital5050.com



Orange Shirt Day & Indigenous Services at NBRHC

By Jennifer Funnel, Mental Health Clinician, Regional Aboriginal Mental Health Services

Orange Shirt Day was introduced in Canada on September 30, 1993. September is the month Indigenous children were removed from their homes and sent to residential schools. Former student Phyllis (Jack) Webstad told the story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her. She was six years old. This was the beginning of feelings of worthlessness and insignificance that would be ingrained in her for decades.

This day was created as an opportunity to discuss the effects of residential schools and their lasting impact. It acknowledges the experiences of Indigenous Peoples, celebrates resilience and affirms a commitment that every child matters. Over the years, Orange Shirt Day built momentum in various schools and organizations. NBRHC Indigenous Services aimed to implement this special day hospital wide as an annual awareness and fundraising event.

In 2020, the first Orange Shirt Day Campaign at NBRHC launched. It was generously supported by staff and patients with 386 shirts sold. The campaign coincided with hospital wide education about residential schools and intergenerational trauma.

Last year marked the second year of the campaign, which was difficult for many with the remains of 215 children recovered at Kamloops Residential School. Indigenous people relived the trauma of the past. Many Canadians were not fully aware of the horrific history of residential schools. The Orange Shirt Day Campaign began early that year, as our community looked for ways to support Indigenous Services at NBRHC and Indigenous Peoples.

With overwhelming hospital and community support, 1,590 shirts were sold, and even more hospital wide awareness was created. Indigenous Services remains grateful for the ongoing support received from our local community, who generously supported the Campaign, purchasing shirts, attending local ceremonies and educating themselves on the effects of residential schools. Compassion, understanding, and empathy are seen every day at our hospital and in our community.

To date, Indigenous Services has raised \$23,128 through the Orange Shirt Day Campaign. These funds support enhancements to the NBRHC Cultural Grounds, which includes a tipi used for programming. This year, two picnic tables, two benches, two garden beds and a 10x10 storage shed were purchased; all made from cedar and handcrafted by a local Indigenous woodworker. Indigenous patients utilize the Cultural Grounds regularly as it offers as a safe place to connect with each other and their culture.

North Bay Regional Health Centre Foundation acknowledges the sacred land on which we operate here in North Bay. This land is the traditional territory of the Anishinaabek Nation and protected by the Robinson Huron Treaty of 1850. This land is occupied by the people of Nipissing First Nation and Dokis First Nation. We are grateful for the opportunity to work together to enhance healthcare, close to home.



North Bay
Regional Health
Centre Foundation



Fondation du Centre
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de North Bay

Mailing Address

P.O. Box 2500
North Bay, ON
P1B 5A4

NBRHC Foundation Office

50 College Dr
North Bay ON P1B 5A4
Tel: 705-495-8125
Fax: 705-495-8121

Foundation@nbrhc.on.ca

