

22

Our Community Our Hospital

23
Impact
Report



North Bay
Regional Health
Centre Foundation



Fondation du Centre
régional de santé
de North Bay



Greetings from our Board Chair and CEO

This year, as we emerged from the clutch of the pandemic, we experienced a greater sense of calm brought on by the familiarity of 'normal', such as in person fundraising events, gathering for celebrations and memorials, and of course meeting face to face with you, our donors. While our community and your hospital continue to be impacted by national and international factors, (including economic uncertainty, inflation, climate change and the war in Ukraine) one thing remains steadfast, the generosity and loyalty of you – our donors.

As public health restrictions continued to decline, this past year brought a willingness and renewed interest in fundraising events including, *Our Hospital Walk/Run*, the Farquhar Chrysler Charity Golf Tournament and the Osprey Links Charity Golf Gala presented by OneLife Wealth Management.

With the guiding hand of industry leader KCI Philanthropy, our Board of Trustees and staff were integral to the development of our new strategic plan which will inform our decisions over the next three to five years. We are grateful for the many stakeholders that helped us shape this plan through the participation in one-on-one conversations, focus groups and donor surveys.

Thank you to our dedicated volunteers, for the work you do to engage our community in the work of the Foundation. And a big thank you to the staff of NBRHC who provide compassionate care and inspire such gratitude and generosity.

In this Impact Report, we are thrilled to revisit some of the inspiring stories we've shared throughout the year; personal, family and professional, that inspired and motivated our community to support their most pressing and critical healthcare needs.

This year, the Foundation was able to provide the Hospital with a disbursement of \$2.17 million to fund urgently needed advanced medical equipment. This disbursement included \$335,000 of generous in-kind donations, which are supporting programming, staff and enhancing the patient experience.

The coming year is already off to an exciting start and we look forward to sharing more stories with you in next year's report. In the meantime, please keep up-to-date by checking out our newly designed website www.nbrhcfoundation.ca or by following us on social media @nbrhcfoundation.

As always, our team is available to answer any questions you have throughout the year, whether in person in our office or over the phone at 705-495-8125.

With gratitude and appreciation,



Martin Hunka, CPA
Chair, Board of Trustees



Tammy Morison, CFRE
President & CEO

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James Loeffen, *Financial Administrator*

Bonnie Saczawa, *Program Assistant*

NOHFC INTERNSHIP PROGRAM

Shannon Auger

Manish Ponugupati

We're Back - The Return of In-Person Events!

This past year brought a refreshing energy to the fundraising world with a return to in-person events. We were all thrilled to gather together again in these small acts of normalcy, while giving us the opportunity to refresh and bring a new energy and life to other events. Being able to see faces and get out to enjoy the person to person camaraderie is what makes events so special and the impact that this return to in-person events had was undeniable.

This year, our hospital benefited from more than 20 community events. While all unique, they had one thing in common - committed and passionate organizers and volunteers. Events are a fun way to celebrate the causes we care about and they would not be possible without the effort that takes place behind the scenes.

A highlight for us was celebrating the 16th *Our Hospital Walk/Run* in-person. Returning to a live event for the first time since September 2019 created an electric atmosphere and brought more than 400 people together to celebrate and raise more than \$103,088 for our community's healthcare needs.

For those who have participated in the Walk/Run for many years, we are no strangers to questionable weather, but what began as a misty Sunday morning and gloomy forecast, turned into excellent walking/running conditions for all!

The 2023 *Our Hospital Walk/Run* is Sunday, September 24th and we can't wait to see everyone's smiling faces again.



Photo: Team Superhero crosses the finish line together during Our Hospital Walk/Run



Photo: Tara Blake, Monthly Donor

The Impact of Monthly Giving

Like many people, Tara Blake never thought cancer would happen to her. She had always considered herself healthy; she was an active mother of five. That all changed when she was diagnosed with breast cancer in 2016.

Just a few days after discovering a lump in her breast, Tara was seen at the hospital for an urgent mammogram, ultrasound, and biopsy. The radiologist confirmed that the lump in her breast was cancerous- an aggressive, fast growing and rare tumor. "A diagnosis like that brings fear and panic to anyone, but especially as a mom to young children, I felt uncertain about my future health," says Tara.

Tara spent a lot of time at the hospital that year with regular scans, lab work, surgery, and chemotherapy filling up her days. Because of caring donors like you, Tara had access to state-of-the-art equipment and medical care that was essential in her diagnosis, treatment, and recovery, close to home. This allowed Tara and her care team to make timely decisions and act swiftly with treatment.

"That helped reduce my anxiety around the situation and had a positive impact on my outcome," said Tara. "Most importantly, it allowed my family to be together during a trying time and I was able to remain as present as possible in my children's day-to-day lives."

Tara's first family donation to the hospital was made in 2017, when her daughter Maeve and her friend Macy hosted a lemonade stand and garage sale to raise money to honour the wonderful care that her mother received at NBRHC and to celebrate her mom's final chemotherapy treatment.

Benefits to being part of the iGive Monthly Club:

Subscription to the Foundation's insider newsletter.

You receive 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 free parking at the Health Centre. Simply drop by the Foundation office to say 'Hi' and to have your parking validated. After-hours just show your membership card at Security.

Tara and her family wanted to do something more and were inspired to join the iGive Monthly Club to help provide sustainable longterm support for our hospital. "Becoming a member of the iGive Monthly Club has allowed me the opportunity to show my continued gratitude for the exceptional care that I received," says Tara.

The iGive Monthly Club has an incredible impact and allows our hospital to plan strategically and invest in the future. Every year, monthly donations have a huge impact on the purchase of state-of-the-art medical equipment. In 2022/2023, Tara, along with 170 other monthly donors donated more than \$68,000 supporting equipment purchases such as the MRI, CT scanners, and mammography machines.



Photo: The Blake Family

22 23 AT A GLANCE

Total Revenue
\$3,869,262

Donations, Events & Lotteries (Gross)

Monthly Donors **185** Donations **8,380** Legacy Donors **62**

Walk/Run Participants **305** 50/50 Tickets Sold **8,240,740**

HOSPITAL STATISTICS

 **2,170** Echocardiograms  **9,571** MRI Scans

737 Births  **134** CAMHU Admissions  **192** NICU Patients

 **2,655** CT Scans  **6,600** Mammograms

 **45,482** X-Rays  **948,504** Lab Tests

48,880 Education Visits  **12,219** Cases (Inpatient & Day Surgery)

Your Impact

Thanks to community donations, medical equipment purchases made between April 1, 2022 and March 31, 2023 include:

- Echo Ultrasound Machine
- Portable ECG Machine for Seniors Health
- Bladder Scanner Console & Probe for Seniors Health
- Infusion Pumps for Chemotherapy
- Urology Instrument for TURP
- Recovery Garden at Kirkwood Site in Sudbury
- Classroom Furniture for Child and Adolescent Mental Health Unit
- Sit to Stand Trainer for Inpatient Rehab
- Christmas Stockings for Patients
- Ribbon Skirt Sewing Kits for Minowacihewin Program- Regional Service for Indigenous People
- Drum Making Kits for Minowacihewin Program - Regional Service for Indigenous People

Priorities for 2023/2024

- Two Mammography Units
- One SPECT/CT in 2023/2024 and One in 2024/2025
- Retinal Camera for Neonatal Intensive Care Unit
- Telemetry for the Critical Care Unit



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

The *Grateful Family* Program

From the Cottage to the Emergency Department

It was just an ordinary September weekend at the cottage for Ian McAskile. He was basking in the peace Temagami provides along with his wife Peg. They were squeezing in as much time as possible there before the end of cottage season.

Ian was dealing with a few minor health concerns, but nothing alarming until Peg became worried about some increasingly serious symptoms.

"We headed to NBRHC where I was immediately admitted for some severe internal issues," recalls Ian. "For the next two weeks, the compassionate and dedicated staff worked tirelessly to fix me up and pull me through. During that time, I remember thinking - Wow, these people are great - and I know I was not always an ideal patient!"

"From being treated and then admitted through the Emergency Department, to receiving diagnostic tests, to further care in CCU and inpatient surgery, I experienced incredible kindness and compassion. When I was first admitted to the hospital, I tried to count the number of kind people that crossed my path during my care, and I very quickly lost count at around 50!" chuckles Ian.

In honour and recognition of the care he received, Ian and Peg made a \$25,000 donation through the Grateful Family Program, honouring 12 individuals in CCU, six in the Emergency Department, seven in Inpatient Surgery and seven physicians.

Although his recovery has been slow (but steady), Ian made the trip to North Bay from Woodstock (where he lives) to present most of his Golden Heart Awards in person.

Today, Ian and Peg continue to support our local hospital and we are always delighted to see their faces when they drop in for a visit on their way to or from their cottage.

This year, 132 individuals were honoured with Golden Heart Awards through the Grateful Family Program.



Photo: Ian McAskile presenting Golden Heart Awards to staff in the Critical Care Unit, Emergency Department and Inpatient Medicine (A3)

THE GRATEFUL FAMILY PROGRAM

The Grateful Family Program is an impactful way patients and families can express gratitude for the care received at NBRHC. Your donation can honour, thank and recognize a staff member, physician, or volunteer, with a Golden Heart Award.

Those honoured with a donation are recognized among their peers and are celebrated on the hospital's blog and social media. They also receive a golden heart badge to wear with pride.

To learn more about the Grateful Family Program or to recognize someone who had an impact on your experience at NBRHC, please contact Lindsay Comeau at 705-495-7943 or lindsay.comeau@nbrhc.on.ca.

You can also honour someone by donating online. Please include as much detail as possible in the comments section so we can honour your care team appropriately.

YOU COULD BE OUR NEXT

BIG Winner!



Purchase
YOUR TICKETS AT
www.OurHospital5050.com





Photo: Carrie Dokis - Canadore Foundation, Kate Merritt-Dupelle - North Bay & Area Community Foundation, Paul Nazareth - Canadian Association of Gift Planners, Kendra Clarke - NBRHC Foundation and Steven Smits - Nipissing University

Learning Opportunity

promotes potential to stimulate philanthropy

NBRHC Foundation was delighted to collaborate with the Canadore College Foundation, Nipissing University, and the North Bay & Area Community Foundation to offer the Strategic Philanthropy Education Series. In October 2022, the partners hosted industry expert and leader Paul Nazareth, Vice President, Education and Development with the Canadian Association of Gift Planners (CAGP).

The two day Education Series offered five specialized sessions geared to different audiences, including other local charities. Invitations were extended to local accountants, financial advisors, lawyers, donors and all charitable organizations and their board members. More than 70 individuals took advantage of this free education series, attending one or more sessions.

Since the event, Paul Nazareth has been profiling North Bay as a case study in his presentations to both for-profit and non-profit organizations. During a session with Chartered Professional Accountants (CPA) Ontario, Paul shared, "North Bay has figured out what Toronto and other urban networks haven't, that we need to overcome our egos and not take our brands too seriously as to hurt and hinder social good."

This learning opportunity has the potential to stimulate millions of dollars in future business and charitable donations to charities

within our local community to enhance the quality of life for future generations.

The event was inspired by CAGP's Will Power Campaign. Will Power is a national campaign with the goal of making charitable giving in Wills the social norm. The campaign is a collaborative effort between charities, lawyers, financial advisors and accountants coast to coast with the hope to inspire more Canadians to choose this impactful way of giving. If only 10% of Canadians got on board and donated just a small percentage (even 1%) of their estate to charity, it could mean as much as \$40 billion for the causes we all care about.

NBRHC Foundation is a proud partner in the Will Power movement. You can learn more about Will Power here: www.willpower.ca.



We are grateful for these donors from whom we received bequests between April 1, 2022 and March 31, 2023

- 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

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

Organizers of Farquhar Chrysler Charity Golf Tournament

Pass the Torch

For nine years, the Murphy Family has passionately raised funds supporting our smallest patients at NBRHC through the Farquhar Chrysler Charity Golf Tournament. Spearheaded by Dennis, Liz and Caitlyn Murphy, the Tournament has raised and inspired donations totalling more than \$300,000 to purchase advanced medical equipment for our community's tiniest patients.

Farquhar Chrysler and the Murphy Family are helping keep families together and provide them with the best possible care, close to home. Funds raised through the Tournament have helped purchase equipment for the Neonatal Intensive Care Unit (NICU), Birthing Unit and Paediatrics, including a cribette, biliblanket, pediatric cardiac monitor, SiPap machine, infusion pump, isolette, fetal monitors and the upcoming upgrade to the HUGS infant security system.

In 2022, Dennis and family made a difficult decision and announced they would be retiring from the Tournament. However, after many years participating in the Tournament, community leaders Geoff and Tracy Richardson are collaborating with the Murphy Family to take over. True to the Tournament's legacy of caring for moms and babies, funds raised in 2023 are supporting

the purchase of a specialized retinal camera for the NICU for ROP Screening.

ROP stands for 'retinopathy of prematurity', a potentially blinding eye disorder that can affect premature infants. Traditionally performed manually by an ophthalmologist, the new retinal camera technology allows clinicians to perform the retinal exam, capturing digital images. The images of the retina can then be examined virtually by an ophthalmologist for signs of ROP.

Dennis is looking forward to golfing in the 2023 Tournament and will serve as the Honourary Chair during this time of transition.

Thank you Murphy and Richardson Families for your commitment to our community's healthcare needs.



Photo: Dennis, Caitlyn and Liz Murphy

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, 2022 and March 31, 2023.

\$100,000 +

Claude & Maria Fortier
Donald & Michelle Seguin
Frank Watters

\$50,000 to \$99,999

Foot & Sole Clinic
J.P. Bickell Foundation
Osprey Links Golf Course
Redpath Canada Limited
Rogers Radio
The Corporation of the City of North Bay
The Stockfish Family Foundation

\$25,000 to \$49,999

Ian & Peg McAskile
Corporation of the Municipality of Powassan
Farquhar Chrysler
Friends of NBRHC-Volunteer Association
West Ferris Secondary School Academic

\$10,000 to \$24,999

Dr. Blair Bowker
Emmette Busch
Robert & Sharon Cunningham
Dr. Jeffrey & Jaiden Hodge
Margaret Roynon Hughes
Dr. Dominic Krzeczunowicz & Dr. Emily Kirby

Dr. Michael & Vanessa Loreto
Dr. Ravinder Singh
L. Woodhouse
Creative Learning
CTV
Mark's Work Wearhouse
Municipality of Callander
Nipissing University
Quilting Friends
Sandra Schmirler Foundation
The Corporation of the Township of Nipissing
Township of East Ferris
Vista Radio – Moose FM

\$5,000 to \$9,999

Fernanda Amendola
Harold & Linda Beatty
Russell & Sally Colvin
Lee & Carolyn Crawford
Frank & Eileen Dottori
David & Carol Hansman
Grace Hucul
Mark & Mary Hurst
Valentine (Allie) Jackson
Gail Kitchen
Loukidelis Family
Helen Mulc & John Mitroff
Anita Phipson
Ed Regan
Algonquin Pharmasave
Canada Summer Jobs
Cobs Bread
Comsatec Inc.
Co-operators - Steve Johnson Insurance & Financial Services
Hock Shop - Boucher Family
Miller McAsphalt

North Bay Battalion
Northern Honda
Pet Smart
Powassan Lions Club
Township of Machar

\$1,000 to \$4,999

Dr. Julius Agboola
Steven & Natalie Aiken
Nancy Anderson
Art & Elizabeth Appleton
Richard Armstrong
John Asselstine
Dr. Kenneth & Mary Jane Asselstine
Barbara Ataman
Helen Badgerow
Aleks & Wendy Bartkiewicz
Cindy Bethune & Jim Mills
Roger & Marilyn Betz
Keith Bingelman
Susan Bolan
Dave & Mary Lynne Bondett
Joseph & Joanne Bondy
Paulette Breault
Bill & Doris-Rae Brownlee
Jeanne Butchart
BGen. Ronald and Janet Button
Diane Byrnes
Thomas & Heather Chambers
Karl & Susan Christian
James & Teri-Lynn Christie
Joyce Cobb
Richard Cook
Ewen & Donna Cornick
Robert & Anne Cowper
Melvin & Doreen Cox
Fernand & H el ene Cr epeau

Donald & Mary Curry
Greg Curry
Claudette Daigle
Dean Decaire
Cleo Degagne
Therese Demers
Nancy Dewar & Brad Stenning
Debbie Dobbs
Paolo Dottori & Danielle Cousineau
Rudolf & Lavinia Eberhardt
William & Lenka Eberhardt
Dr. Howard & Kathrine Eckler
Dr. Kevin Wilberforce & Dr. Sarah Eckler
Gordon & Pauline Edwards
Nora & Don Coutts
James & Cecile Farmer
Brian Fawcett
Tyler Foreshow
Gerry & Sandra Foster
Dr. Donald & Sharon Fung
Gerald & Margaret Gaiser
Diane Gallupe
Philip Geden
Greg Godin
Marilyn & Garth Goodhew
Louise Green
Craig Hall
Dale & Mary Lynn Hall
Michael Harris
Hallie Hart
Marion Hatch
Lillian Haufe
Paul & Frances Heinrich
Dr. William & Pat Hodge & Family
John Holland & Sylvia Cotgreave
Albert & Betty Hotchkinn
Gord & Peggy Howe

Martin & Theresa Hunka
Dr. Cameron & Florence Hunter
Jean Jamieson
Bill & Pat Jenkins
Gary & Carol Jodouin
Dr. Yoshihiro & Jean Kamachi
Kim & Gregg Kanmacher
Dr. Scott Kerrigan & Family
Mrs. Karen Kitching
Hon. Justice Larry & Heather Klein
Heather & Thomas Krajci
Dr. Pawan & Madhura Kumar
Luc Lalonde & Cory Boyer
John & Lois Landrie
Joseph & Joanne Laplante
Vern & Huguette Leacy
Jacqui Leonard
Antonino & Jane Limina
David & Nancy Lince
Pat & Joyce Lyons
Walter & Marcia Manitowabi
Sadie Marr
George & Christine Martin
Robert Fry & Beverly Martin
Tracy Mathews
Lachlan & Laurie McLachlan
Mathew McLeod
Fred & Anne McNutt
Peter & Barbara Minogue
Mark Montgomery
Betty Moore
David Moore
Tammy & Summer Morison
Dr. Carolyn Morland & Ian Kilgour
Dan & Brenda Muto
Ruth Neubig
Ray Mantha & Vicky Paine-Mantha
Matt Payne
Benjamin Peacock
Alison Peden
Jocelyne Price
Dr. Navin Prinja & Danielle
Beauchemin
Brenda Riddler
Greg Riddler
Donald & Jean Rideout
Donald Rolfe

Marie Rondeau
David & Kelly Schroeder
Renzo & Tiziana Silveri & Family
Terry Snowden
James & Cathy Soule
Glenda St. Amour
Elizabeth Swanson
Helen & Raymond Sweig
Bob & Frankie Syme
Alanna Taylor
Gail Thomsen
Scott & Nancy Tod
Terry & Bonnie Tweedle
Henry & Bridget Van Brussel
Kelly Verge
Guido Verrillo
Colin & Joan Vickers
Ted & Jill Vivian
Larry & Valerie Waldron
James D. Wallace
Colin & Carol Wallace-Tarry
Robert Whitehead
Bill & Pam Wilton
Stanley Yozkowski
Ally & Kyra's Fundraiser for Youth
Mental Health
AMJ Campbell Van Lines
BayToday
Bell Canada
Caisse Alliance
Canadore College
Cecil's Brewhouse & Kitchen
Corbeil Four Seasons Club Inc.
Ecole Secondaire Catholique
Algonquin
Ferris Lions Club
Foraco Canada Ltd.
Homewood Suites by Hilton North
Bay
Jesse Thomas Band
Knight Piésold Ltd.
Leon's Furniture - Jenkins Family
Maple Hill Health & Fitness
McDonald's Restaurants
McNally Family Foundation
MD Management Limited
Miller & Urso Surveying Inc.
Mortgage Corp. Financial Services
Inc.

Nipissing Slo-Pitch Association
North Bay Lions Club
North Bay Metis Council
Order of Eastern Star Fidelis
Chapter No. 99
Rotary Club of North Bay
Silver Group Purchasing (SGP)
Stradwick's Carpet One
The Beer Store
The Flower Garden

**We are grateful for
and recognize the
generosity of sponsors
who supported events
and/or programs with
commitments of \$1,000
and greater from April 1,
2022 to March 31, 2023.**

Andre Purcell - Century 21 Real Estate
Air Canada Foundation
BayToday
BioPed Footcare Centre
Brookfield Johnson Controls
The Brick North Bay
Canadore College
Canor Construction
Cecil's Brewhouse & Kitchen
Cogeco
Dr. Julie Francis Medicine Professional Corporation
CTV
Mike Holmes - Royal LePage
Homewood Suites by Hilton North Bay
J.E.Y.'s Business Record Storage & Mobile
Shredding
K & T Port-A-John Ltd.
Kennedy Insurance Brokers
KPMG LLP
Max Propane
MD Management Limited
North Bay Hydro Services Inc.
Susan Nosko - Century 21 Real Estate
Ontario Power Generation - Central Hydro Plant
Group
Parker's Your Independent Grocer
Paul Davis North Bay
Penney&Company marketing design
Plenary Health
Price Signs & Decals
Rebuilt Resources Skills Dev. Inc.
Rogers Radio
Sellebration Productions
Staples
Sysco Central Ontario
TD Commercial Banking & TD Waterhouse
Vista Radio

New Strategic Plan is...

Focusing, Planning and Inspiring Investment In Exceptional Healthcare Close To Home.

It has been seven years since the Foundation last updated its Strategic Plan and the Foundation and our community has made incredible strides towards helping the North Bay Regional Health Centre's provide the best possible care, close to home.

The Foundation is now looking to what comes next. NBRHC plays a critical and multi-faceted role within our region. As the acute medical centre, the district referral centre for specialist services to smaller communities, the centre for mental health services for Northeast Ontario, and a provincial women's forensic mental health provider, there will be many opportunities for our community to support the Health Centre's vision to advance care in the region.

Over the past few years, the charitable landscape has changed drastically, expedited especially with the COVID-19 pandemic. There are more worthy charities and non-profit organizations than ever before, while the demands and needs for our community's healthcare continue to grow.

Our Strategic Plan was developed via a highly consultative process that incorporated a broad range of stakeholders and opinions.

Representatives of North Bay Regional Health Centre (NBRHC), North Bay Regional Health Centre Foundation (NBRHCF), as well as donors and community partners were asked for their insights on the Foundation's future via personal interviews, focus groups, and an online survey. The entire planning process was overseen by a Steering Committee comprised of representatives of both NBRHC and the Foundation.

In addition to the valuable feedback from our stakeholders, this plan was informed by emerging trends and best practices in healthcare philanthropy as well as COVID-19's impact on the philanthropic sector.

The Foundation and our community is ready to take bold steps forward to advance healthcare for our communities and this plan will act as our guiding star.

We are pleased to share our plan with you.

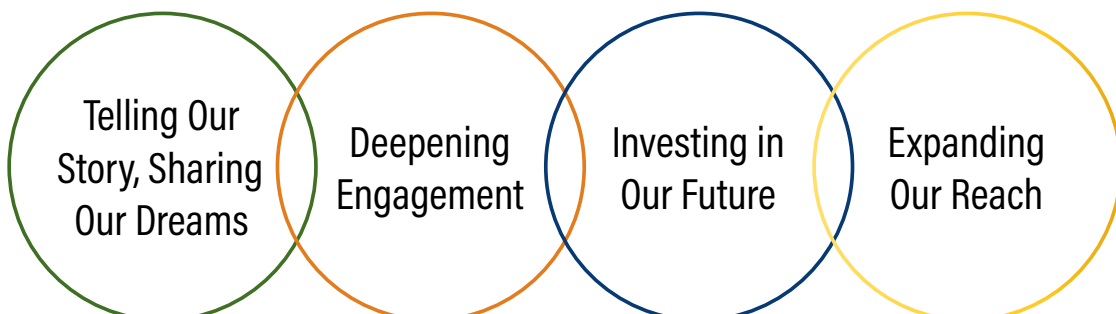
Statement of Purpose

Inspiring investment in exceptional healthcare close to home.

Values

Fulfilling donor intent with the highest standards of integrity, inclusivity, gratitude, respect, and accountability.

Strategic Goals





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

- Ally & Kyra's Fundraiser for Youth Mental Health
- Anita Couchie Memorial Golf Tournament
- Break the Ice
- Canadore College Social Services Class - Candy Gram fundraiser
- COBS Bread Community Day fundraiser
- Cooking with Dr. Singh
- Corbeil Four Seasons Club - Cancer Care Pig Roast fundraiser
- Donate-A-Car
- Farquhar Charity Golf Tournament & Teddy Bear Raffle
- Festival of Trees & All Things Christmas
- Gift Shop Coin Collection
- Holidays at the Hospital
- Maple Hill Sap Run
- McDonald's McHappy Day
- Mike Lalonde Memorial Slo-Pitch Tournament
- Near North Quilter's Guild - Fabric Encore
- Orange Shirt Day T-Shirt Sales for Minowacihewin - Regional Service for Indigenous People
- Osprey Links Charity Golf Gala presented by OneLife Wealth Management
- Pam Goulais Bead sale
- Pinty's Grand Slam
- Poinsettia Fundraiser - Mental Health Rec Therapy
- Rocks & Hearts Curling Tournament
- The Beer Store - Bottle Drive
- West Ferris Secondary School - Trojan Parade for Cancer

5 Ways to Teach *Children and Youth* About Charity and Giving

Lead by Example

Children learn by observing the behaviours of others. Show them how easy it is to give and how it makes you feel good. Bring them along when you participate in different fundraising events, like *Our Hospital Walk/Run*, have them help you pick out a toy or food item to donate to the Food Bank or Santa Fund, and let them see you say yes to check out charity at your local grocery store or donate some change to the Salvation Army's Kettle Campaign.

Start Small

Giving and generosity comes in many different forms, and we do a lot of it without even thinking! Holding the door open for other people, helping a neighbour shovel their driveway, or donating old books or toys are all small and easy acts of generosity they can start now.

Let Them Choose Their Causes

Choosing a charity to support is a personal decision and it feels better when you choose a cause we feel more connected to versus one you feel obligated to give to. Their interests are likely different than yours; maybe they care about the environment, dogs, or the oceans. Knowing that they're helping something they care about will make them feel good and invested in their cause.

Volunteer/Give as a Family

Volunteering or giving as a family is a great way to build excitement with children in youth and spend quality time together. Sponsoring a family for the holidays is a great opportunity to work as a family and build excitement as you engage them in helping you pick out gifts for the children. Whatever you do, from volunteering to participating in an event as a family, make it fun. Wear costumes or matching t-shirts and challenge each other.

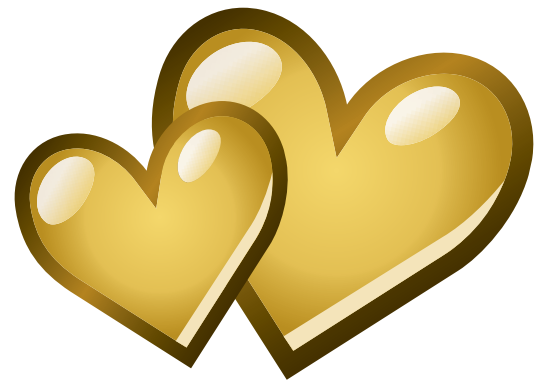
Celebrate

Probably the most important things of all it to celebrate their acts of generosity. Tell them you're proud of them and share thank you notes from the organizations you've helped.



Youth and Philanthropy

at NBRHC



Simply put, the word 'philanthropy' means a love for human kind. We are fortunate to live in a community where all ages both understand the importance of philanthropy AND take action.

Annually, our hospital is the recipient of generous donations and fundraising events spearheaded by youth in our community.

This year, we were delighted to partner with West Ferris Secondary School for the first time to celebrate the 26th annual Trojan Parade for Cancer. This inspiring and engaging event saw more than 700 students canvas the community raising pledges to support cancer care at NBRHC. Tuesday, May 31st, students and staff marched more than 5km from to School to the waterfront for a day of festivities and celebration. A record setting year, more than \$56,000 that was raised. Since it's inception, the Trojan Parade for Cancer has seen students from West Ferris Secondary School raise more than \$350,000 in support of Cancer Care in our community.

Every act of generosity is having an impact on the care provided to patients, close to home. Here are some other ways youth supported your hospital in 2022/2023.

More than 100 youth participated, volunteered or cheered on participants in the 2022 *Our Hospital Walk/Run*.

Students from the Canadore College Social Work Program hosted a 'candy-gram' sale raising funds for the Minowachiihewin 'Mino' Program - Regional Service for Indigenous People.

The Nipissing Laker's hosted Break the Ice for Mental Health, raising \$17,500 for NBRHC and Nipissing University's mental health outreach program, NU Listens.

Ally and Kyra's Fundraiser for Mental Health – a walk/run event raising funds for the Child & Adolescent Mental Health Unit.



Photo: West Ferris Secondary School Students celebrate raising more than \$56,000 during the 2022 Trojan Parade for Cancer



Minimally Invasive Equipment Upgrade Funded Through Generous Community Donations

If you're from the North Bay area, you may recognize Nat Brunette. Nat has been a teacher and guidance counsellor at West Ferris Secondary School since 1987 and is an active volunteer throughout our community.

When Nat retired from her career in 2016, she had plans to pursue volunteering, go golfing, organize walking groups, travel with her husband, and enjoy time with her grandchildren. However, a recurring medical issue over the past 18 years has impacted her quality of life, preventing her from fully embracing her retirement. She needed laparoscopic surgeries to manage her condition. In 2018 her last procedure was done using minimally invasive surgery (MIS). Laparoscopic/MIS is a surgical technique that requires only a few small incisions. Surgeons use a specialized camera and equipment to view structures inside our bodies on a computer/television monitor.

"I had to be careful of so many things- my dietary routine, travelling away from home and for a period of time, any out of country travel plans were out of the question," recalls Nat.

"MIS helped me not only recover quicker, but on several occasions, allowed me to return to the comfort of my own home the very same day. Thanks to donations from our community, our local hospital had the medical equipment to perform these surgeries."

Nat's last surgery changed her life immensely. She no longer has any dietary restrictions, can travel again to visit family, and has even planned an international adventure with her husband.

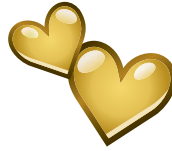
Nat and her husband make regular donations to our hospital, recognizing the absolute need for state-of-the-art medical equipment to care for patients in our community, and to attract and retain family physicians and specialists. "I am so grateful for the care I received at North Bay Regional Health Centre", says Nat. "This is why I donate - to say thank you and to help purchase advanced medical equipment to care for patients like me."

The MIS equipment at NBRHC is more than 11 years old and in need of an upgrade. New systems provide clearer, crisper, and more detailed images of the complex structures inside the body helping surgery run smoother.

November 2022, Nat authored a letter to our community raising funds for the MIS Equipment Upgrade Project. The letter was mailed to 12,479 households and raised an incredible \$102,224!

We are pleased to share that more than \$1 million has been raised to support this important upgrade. Four units are in the process of being purchased for 2023/2024, with the remaining three units scheduled for upgrade in 2024/2025.

Remembering the life of Barry Simon



"Barry had a great sense of humour, a big laugh; he was kind, soft spoken and easy to talk to. What started out as a friendship grew to be so much more."

Those are the thoughts of Rose-Marie Simon (Rose) who met Barry in 1983 during a social function at a radiology technologist conference in Toronto. Barry was on the executive for the Nuclear Medicine Program and Rose was in Toronto taking a few courses.

The pair hit it off and developed a friendship that grew for two years before they married.

In 1987 Rose and Barry relocated to North Bay to work at St. Joseph's Hospital. They quickly developed friendships with many staff members who they embraced as their 'FamFriends' and 'Village'.

"I often heard Barry say that he was so lucky to have a wonderful work family," recalls Rose. "It was this family that was there for us throughout Barry's illness, championing him during his treatments and sustaining our spirits."

Barry battled an aggressive cancer for more than a year before passing away in the summer of 2020.

Barry's cancer treatments were aggressive and exhausting, but he was happy and proud to still be able to celebrate the wedding of their son Matthew in Canmore, Alberta. "It was a beautiful and very emotional time for Barry and for all of us," says Rose.

Fortunately, Barry's palliative needs were supported in their home in the sunroom where he could read, watch TV, listen to the birds, and listen to his favourite music. "I could hear the laughter of Barry and Matthew while they were watching old movies together, it made my heart happy during our very sad times," says Rose. "Honouring Barry's wishes, I asked our friends and family to consider donating blood and/or donating to the NBRHC Foundation in Barry's memory."

Throughout Barry's career in nuclear medicine, he was able to see first-hand the impact charitable donations have on care in our community. "He watched our community rally together to acquire our hospital's first and second CT scanner, and our first MRI machine," says Rose.

Barry was passionate about purchasing state-of-the-art equipment for the North so patients could be cared for and treated at home, like he was.

Barry's name is now listed on the Celebrating Life Memorial Wall at NBRHC in thanks to the donations made by his family and friends in his memory.

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.

This year we were pleased to resume this meaningful in-person ceremony at the Health Centre and had our largest gathering to date. More than 180 family and friends representing individuals listed on the wall came together to remember and honour their loved ones.

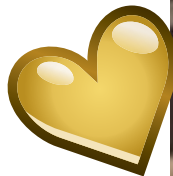
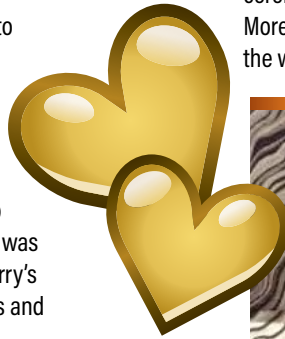


Photo: Rose-Marie, Matthew and Barry Simon

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.

Vern Abrams
Alan & Shelley Ackroyd
Karen Allaire
Marisa Amendola
Mary Lynn Armstrong
William (Bill) and Ethel Armstrong
Kim Auger
Frederick Bailey
Paula Bale
William (Bill) Bale
Nida Barber
Robert F. Barton
Vito Battagaglia
John Beddows
Richard Bégin
Marianna Belic
Claudette Marleau Benoit
Gerald Bessette
Dorothy Bethune
Frank & Carol Bethune
Robert Bettiol
Roger Betz
Eva Bidal
William Bidgood
Don Blahut
Ruth Blais
Albert & Norma Blayney
Paul Bogensberger
Alexandria Boire
Hon. Michael Bolan
Helen L. Boody
Yves Bourassa
Paul Brazeau
Logan Vincent Brear
Theresa Brookes

Barry Brooks
Paul Eugène Brousseau
Robert Brown
Doris-Rae Brownlee
Irma Brydson
Orville Buffett
Grant Stewart Bull
Violet Burgess
Jack Burrows
Jim Burrows
Elva Mae Busch
Bill Bush
Elizabeth Butti
Janet Button
Larry & Lillian Byrnes
Livio & Lucy Cappadocia
Stanley & Bruna Cerisano
WO W.J. (William) Chalmers
Susan Champagne
Vernon Chapman
Micheline 'Mitch' Charbonneau
Jeannine Charron
Andrew Chirgwin
Gerard (Gerry) Chivers
Thomas Clare
Mark Claridge
Margaret Clarke
Mary P. Clarke
Stephanie Clement
Stephen Boyce Clement
Leonard Coles
Yolande Comstock
Douglas Cook
Mary Costante
Sheila Cowper

Norman Critchley
Dave Crozier
James (Jim) and Mabel Curry
William (Bill) Curry
Bill & Shirley Curry
Rocco & Angela D'Agostino
John & Catherine Darling
Len Decaire
Ken Dekker
Anthony & Joan Demarco
Conrad Deschamps
Ronald J. Diggles Sr
Bill & Joan Dillabough
Frank Dimmell
W. Roger Doupe
Harv & Sally Edwards
Monica (Hanley) Edwards
Ed Eng
Ronald Etches
Douglas & Shirley Fahlgren
Frank Falconi
Richard Falconi
Dr. Fraser Farlinger
Bernice Fawcett
Ernest (Mac) Ferguson
Duane Ferriss
Robert M. Fetherston
Willa May Followes
Patrick Fortin
Georges E. Fournier
Thomas Frair
Rhonda M. Fraser
Brenda Grace Gamble
David Gamble
Dustin S. Gauthier
Charles (Carl) Giesler
Donna Gignac
Joanne Gingras-Kitchen
Erhard Gomm
Marilyn Goodhew
Lou Gosselin
Ross Gowan
Earl Graham
Ronald & Priscille Gravelle
Robert Gray
Archy Greco
Peter Greco

Jack Green
Kenneth Green
Lorne Green
Walter Guderian
Marguerite Guillemette
Emmanuelle Gunter
June Halliday
Colby Hancock
Lorraine Hanley
Deane Harris
Douglas Harrison
Bernice M. Harvey
Shirley Hedican
Alice Hewitt
Morris Hewitt
Orville Hewitt
Jack Hugh Hill
Daniel Hirschberger
Harley Hirschberger
John D. Hobbs
James (Bob) Hodgson
Samuel Hodgson
Herley Hoo
David Hughes
Donald K. Humphrey
Margaret Ann Edgerton Hunka
Dr. Rab & Diane Hunter
Dorene A. Jacko
Bob Jackson
Taylor James
Dr. James Jamieson
Bob Jamieson
Gary Jodouin
Dr. Paul Karnauchow
Lynda Rehder Kennedy
Peter & Shirley Kennedy
Cindy Killian
Karl Thomas Kilpper
Dr. Lloyd J. King
Donald Kitchen
Charles & Nancy Knuth
David Kubisheski
Paul Laberge
Gerry Laframboise
Marcel Albert Laframboise
Jeannine Lajoie
Shirley A. Laplante

Elias & Mildred Laporte
Reg Laroche
Guy Lauzon
Stan Michael Lawlor
Vernon Leacy
Don F. Leblanc
Papa Joe Lefebvre
Anita Loeffen
Louise Loughran
Moe (Maurice) Louis
Spyros Loukidelis
Ron Luesby
Elizabeth Surtees MacLeod
Floyd MacMillan
Maria MacMillan
Connie Madden
Ethel Maeck
Brad Mainville
Lola Mallory
Cheryl (Cox) Maltby
Leslie Burt-Manary
Quinto Marchione
Dr. Douglas Marr
Maureen Anne Marsh
Carole Marshall
Bruce Martin
Janet Maureen Martin
Marion Martin
Raymond E. Martin
Walter Jeffrey Martin
Walter John Jeffrey Martin
Candida Mascioli
Thomas Michael McNaulty
Danny McCarthy
Lloyd McClenaghan
Sivan McClenaghan
Bruce McColeman
Reginald (Bud) McCourt
Terry McKerrow
Dr. A. Donald McMurchy
Edith McNutt
Wes McNutt
Ian McTavish
John Miller
Donald Milligan
Robert Million
Eunice Mills

Photo: Participants kick-off the Hospital Mile during the 2023 Our Hospital Walk/Run

Maude Mills	Dr. André G. Rivet	Peter Sutherland
Peter Minogue	Gerald Robineau	Joan Swannell
Robert Mitchell	Catherine Robinson	Roy Swanson
John & Margaret Monaghan	Dr. Jean-Marie Rochefort	Sylvia Tanner
Michael Morgan	Beryl Romano	David Douglas Taylor
William Clarence Morland	Lucienne Rondeau	Dorothy Taylor
Mr. David M. L. Neil	Gordon T. Ross M.D.	Gino Tedesco
Dale Neily	Mary Ann Routery	Giuseppe & Virginia (Faustina) Tedesco
Kurt Neubig	Gerald Rowsome	Dr. T.A. Main & Betty D. Thompson
Shirley Newhook	Helen Roynon	Murray Thompson
Thelma Anne Nichol	Carol Russell	Wai-Sin (Vicin) Thomson
Ann Nodwell	Ossie Saari	Arthur & Beatrice Tiernay
Charles Olmsted	Gordon B. Sampson	Gloria Tiernay
Joan Olmsted	Barbara Saunders	Harvey Timm
Brenda Orlando	Bert Saunders	Alexander & Ruth Tipler
Frank Orlando	Santo Scarfone	Andrew Trent
Dr. Murray & Angela Pace	Allan J. Schmidt	Carmen Truax
Barbara Paine	Douglas Schnauffer	Dr. Michael (Mike) Truchon
Dr. Donald Paine	Iris & Harold Scott	Louis J. Valenti
Diane Partridge	Garry Scott	Maria Van Amelsfoort
Giuseppe (Peppy) Pavone	Mark Seccareccia	Rolf Vassbotn
Harold & Reina Peddle	John F. Seguin	John Joe Vendetti
Alexander Peden	Merlin & Dolly Shaw	Dorothy Vivian
Reva Perreault	Jack Shepherd	Thora Vossos
Philip Perron	Antonio Silveri	Dr. Gerald & Josephine (Jo) Wallace
Matthew Peters	Barry Simon	Sybil Wallace
Ronald Philbin	Dr. Robert Sinclair	Ryan Wallace-Tarry
Lloyd & Verna Phillipps	Stanislaw & Anna Sliwinski	Robert Walpole
Nancy Pigden	Dr. Marc Smith	Tissie Warmington
Mario Piovesana	Walter Smith, WWII Vet	John Albert Watters
Rita Pollen	Keenan (Ace) Smyth	Graziella Watters
Edeltraud & Philipp Popp	Noëlla Soucy	Harry Weiskopf
Glenda Poupore	Russell & Catherine (Kay) Soule	Lynda Wickett
Michael Prevost	Elsie Soule	Anne Wilcox
James Price	Howard Soule	Joan (Hinschberger) Wilson
Raffaele Priolo	Danny L. Spencer	Gordon Yardley & Phyllis R. Welch-Yardley
Norman Promane	Merv St. Amand	Ivan (Pete) Yearington
Erhard Quaisser	Michel St. Amour	Rita Yozkowski
William Peter Randle	Harold D. Stanton	Dr. George J. Zytaruk
Impi Reeve	Inga Stemp	
David Reid	Evie Stillar	
Barbara Richardson	Sheldon & Bernice Stillar	
Dr. Robert J. Richardson	Candis (Candy) Stott	
Louise & Randall Riddler	Gertrude Sutherland	
	Joe Sutherland	





North Bay
Regional Health
Centre **Foundation**



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régional de santé
de North Bay

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