



The Checkup

Connecting our community with excellence in healthcare

NORTHERN LIGHTS
Health Foundation

Quarterly Newsletter
www.nlhf.ca

July - September 2012

Feature Volunteer



Cora Verkuil

How long have you been volunteering with the NLHF?

I am been a volunteer at the hospital for over 25 years.

Why did you decide to volunteer with the NLHF?

In 1978, I saw a newspaper advertisement from the hospital asking for volunteers. Being new in Fort McMurray at the time, I thought it would be a great opportunity to learn more about the community and meet people. I started off delivering flowers and newspapers throughout the

Prenatal classes available through AHS

Expecting mothers living in the Regional Municipality of Wood Buffalo can now sign up for prenatal classes administered through Alberta Health Services. Thanks to the recommendation of Allison Power, project coordinator for the Women's Wellness Initiative, a position made possible by a \$1.5 million gift from Syncrude Canada Ltd., women will now have access to a province-wide standardized program that teaches evidenced-based information.

[Read more](#)



Prenatal Classes



Thinking about having a baby?
Are you pregnant?

Register for Prenatal Class at Fort McMurray Public Health
Please phone 780-791-6247 to register or to obtain more information

New recliner chairs in Maternal Child



Grandmother with the two new additions to the family relaxing on the new recliner chairs.

Thanks to generous people like you, the Maternal Child Unit located in the Northern Lights Regional Health Centre now has new recliners for their delivery rooms.

[Read more](#)

hospital and now I help with the book bin which collects money for patient care items.

What does the NLHF mean to you?

To me the Northern Lights Health Foundation is my second home, I love the people!

What do you enjoy doing in your spare time?

I love to knit, garden and enjoy crafts. I am also a member of the Golden Years Society.



Faces of the Foundation



**Mindy Brar
Stakeholder
Relations Officer**

What brought you to the NLHF?

I decided to join NLHF because I wanted to be a part of something that made a difference. The Health Foundation works diligently to bring the best health care it

UA Local Union #488 gifts to teen sexual health program



(L to R) Susanne Chaffey, executive director, NLHF; Joe McNeil, vice-chair, NLHF; Rose Viscount, manager, WBPCN, Allan Bradley, vice-president, clinical operations, Area 10, North Zone AHS, Barry Pruden, business agent, Local Union #488.

[\(click for more photos\)](#)

The Northern Lights Health Foundation (NLHF) received \$100,000 in funding from the UA Local Union #488 for a new teen sexual health program soon to be available through the Wood Buffalo Primary Care Network (WBPCN).

[Read more](#)

Community Giving

Raymond James celebrates 50 years with NLHF

During Raymond James' 50th anniversary birthday celebration, Nadine and Doug Allen presented Dan Fouts, chairman of the Northern Lights Health Foundation's Board of Directors, with 100 company shares equaling to over \$3,000. Thank you Nadine and Doug.



(L to R) Dan Fouts, chairman of the Northern Lights Health Foundation with Nadine Allen of Raymond James

Boom Town employees golf for healthcare

A big thank you to Boomtown Casino for donating \$3,000 to the NLHF.

Employees enjoyed a day of golfing and raised funds for health care

can to the community of Wood Buffalo and I love being a part of that.

What do you enjoy doing outside of the NLHF commitments?

I love being a part of the Wood Buffalo community. There are so many things happening here and it's just exciting to be a part of it. The excellent theatre community, the glamorous gala's, and the vibrant culture, I feel so fortunate to be a part of it.

What do you do in your spare time?

I am currently reading a book by Edward Rutherfurd called "New York" which follows the story of various people whose lived are intertwined. The saga starts during the Dutch rule of New Amsterdam and weaves the story through all the significant moments in history up to 9/11. As someone who loves history and a good story, I am captivated by these people's lives.

What's Happening at AHS

Did you know... The Emergency Department at the Northern Lights Regional Health Centre averages 200 visits per day? It is currently under construction so we can serve the region of Wood Buffalo better.

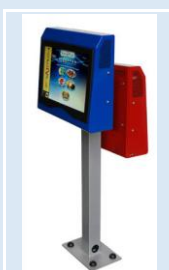
at the same time.

Cancer ward donation in memory of Dave Matthews

Syncrude Canada held a golf tournament early September in honour of Dave Matthews. During the golf tournament, CEDA International raised \$5,000 in memory of Dave and donated it to the community cancer clinic located in the Northern Lights Regional Health Centre.

Emergency room becomes a little more child friendly

The Emergency Room department waiting room was not equipped with



Interactive gaming console.

child friendly play area which was a cause of frustration to many families, parents and children alike. Thanks to Gregg Distributors, an interactive gaming console will be located in the Emergency room waiting room. Due to the generosity of Gregg Distributors, children will have a friendly and interactive activity to engage with while they wait for their family to be attended to by a physician.

Health care employees give back to their workplace

The Northern Lights Health Foundation launched its second six-week internal family campaign in June themed "The Olympics."

[Read more](#)

Save the Date: Festival of Trees

The Northern Lights Health Foundation's Festival of Trees, presented by Syncrude Canada, brings a special kind of Christmas magic to our community. Join your Wood Buffalo family and celebrate the joy of the season and the spirit of giving.

Give your community a gift that will last a lifetime. Support your loved ones health care needs, today, and tomorrow.

[See schedule of events](#)

Become a part of the festivities:



In-Memoriam Giving:

A gift of remembrance.

Recognize the memory of a lost one by making a gift in their memory. Your gift will be a meaningful way to express your sympathy. Your gift will bring comfort and care to a patient in our health centre and can be designated to a department of your choosing. Contact the Northern Lights Health Foundation for more information.

Learn more at www.nlhf.ca or email foundation@nlhf.ca

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The Report to the Community Reception

On July 24, 2012, the NLHF held its annual Report to the Community Reception. Guests were introduced to employees from the Northern Lights Regional Health Centre, Wood Buffalo Primary Care Network and NLHF. They learned about how the various funded equipment and new programs have impacted the employee departments.



AHS staff answering the question, "Why are you wearing this t-shirt?"

Check out the photos of the Report to the Community! [Click here.](#)

Get Involved

Become a Lobby Vendor

A profile on Princess Florence Inc.

Mariana Konsolos moved to Canada from South Africa over 12 years ago to be with her now husband. New to Canada, Mariana attempted to find employment but with no avail. In the meantime, she noticed how intrigued people were with her accessories and continually inquired about where she got them from and how they could get one. Alas, Mariana saw a great business opportunity and started her new business, Princess Florence Inc, in Edmonton at the Royal Alexandra Hospital.



Mariana Konsolos in the lobby displaying a beautiful array of accessories.

[Read more](#)

If you want to become a lobby vendor, email us at foundation@nlhf.ca or call 780-791-6041.