

# THE CHECKUP

[www.northernlightshealthfoundation.ca/donate](http://www.northernlightshealthfoundation.ca/donate)

Winter 2020

**WATCH OUT 2020!** If 2019 told us anything, it's that the Northern Lights Health Foundation is totally crushing it. We wrapped up the Gratitude Campaign, we achieved Imagine Canada re-certification, we funded over \$1.5M of healthcare capital projects and technology, and we engaged community in all our efforts. Our signature events had a huge impact on the community and the revenue generated is going exactly where we all want it - to support our healthcare mission. And, we're really excited to keep it all going in 2020.

## 2019 Hospital Bed Races called 'Hilarious Good Fun'

How can you be serious about a crazy fun race with hilariously dressed competitors? When you are raising for health and racing for fun it's easy to have a great time while achieving your fundraising goals and supporting the Health Foundation. And, when the Golden Bed Pan Trophy is on the line it's a wild race to the finish line.

The 2<sup>nd</sup> annual Hospital Bed Races presented by Raymond James was held Saturday September 29<sup>th</sup> and featured 12 teams of 5 members in friendly time-trial heats. Race visitors enjoyed a free BBQ and bouncy castle and visits to the team race stations. This year 34 local businesses and individual sponsors stepped forward to help coordinate and launch the race. In addition 30 volunteers helped ensure the event day ran smoothly and approximately 100 donors sponsored the racers. Together, you all raised \$50,000 for healthcare!

This event is returning May 29, 2020 and recruitment for sponsors and teams will soon be underway. Watch for your opportunity to participate on

our Facebook events page. To view the photos of the 2019 Hospital Bed Races please click here: [Bed Race Album](#)

## 30<sup>th</sup> Anniversary Festival of Trees voted 'Spectacular Kick-off to Christmas Season'

In November we celebrated the 30<sup>th</sup> Anniversary of Festival of Trees presented by Syncrude, and hosted eight events over three days. All combined the events raised a whopping \$650,000 for healthcare initiatives in our region! Over 175 sponsors, 300 volunteers and 8,500 guests came together to kick-off the holiday season at the 30<sup>th</sup> annual Festival of Trees. The three-day Festival included the Ladies Holiday Luncheon, Ugly Christmas Sweater Party, Festival of Trees Gala, Christmas Family Fun with Santa, Daddy Daughter Sugar Plum Fairy Ball and weekend-long Santa's Workshop, gift shop, Winter Wonderland tree viewing and local entertainment. Every event featured new elements to delight guests!

On the following page you'll learn more about one of the trees in the Gala Live Auction and get a deeper understanding

of why tree sponsors and buyers love connecting with community through this festive event. We also invite you to view the photos of the 30<sup>th</sup> Anniversary of Festival of Trees here: [Festival of Trees Album](#)

## Roaring 2020's Spring Fling ready to 'Flap and Roar'

Save the date 'cause Spring Fling is going to be a real hum-dinger of a party! The Roaring 2020's Spring Fling will be held on Saturday March 21, 2020 at Shell Place. This seated dinner is always an elegant affair and guests can participate in the 1920's theme by dressing for the speakeasy! Sponsorship is now available – call Ashley at 780-791-6207.





# TELL ME MORE ABOUT THAT TREE!

## *An in depth look at a feature tree in the 2019 Festival of Trees Gala auction*

We are looking closely at the *Operation Bear Hug Tree*, created and sponsored by Finning Canada. This tree was *beary* popular throughout the whole weekend of Festival and hundreds of people took photos of loved ones with it.

Cleverly constructed by the masterminds at Finning, the tree was fashioned on a frame of supports and graduated wire rings. The frame was then covered with 275 bright eyed white teddies, each sporting a red bow tie. Topping the tree was a big, fluffy red teddy angel and at the bottom of the tree was an even bigger fluffy red teddy complete with stethoscope!

Aside from being super cute, the tree was deeply impactful as it reminded us of the relationship between the object (the tree) and the reason for the tree. The Finning *Operation Bear Hug Tree* acknowledged that the Festival of Trees events are entirely about fundraising for healthcare and supporting community members in need of loving care, a soft touch, and a warm hug.

At the 30<sup>th</sup> Anniversary Festival of Trees Gala Live Auction this sweet tree sold for \$38,000!

Now, that could have been the end of the story, but for these bears it was just the beginning as they still needed to get to their *fur*-ever homes. And that was made possible by the purchasers of the *Operation Bear Hug Tree* – Suncor Energy.

As a long-time supporter of the Health Foundation, Suncor has always sought unique and interesting ways to ensure their gifts and donations have deep impact. They purchased this tree with the direct intention of donating it to the hospital. The tree was on display in the hospital's Suncor Heart of Health Lobby for a few weeks and then Suncor and Finning leaders had the opportunity to tour the hospital and help make the holidays even brighter by distributing bears to patients throughout the hospital.

We hope you enjoyed this closer look at the meaning behind the *Operation Bear Hug Tree* and will join us in giving thanks to Finning and Suncor for keeping the joy of the Festival season going.



# DEDICATED SPONSORS

*The backbone of our events*

Every year the Health Foundation adds creative elements and a sense of fun and whimsy to our signature events, and do you want to know our secret? Its sponsor confidence expressed through annual and multi-year commitments.

Knowing that reoccurring sponsors have our back means we can make adjustments to the program, décor, entertainment, and ambiance to keep our events flexible and interesting. It's really important for the events to showcase the Health Foundation fundraising goals and to balance that against ensuring sponsors, donors, and guests attend a phenomenal event.

Having long-term and reoccurring sponsors means that we can be absolutely focused on exploring the creativity that attracts attendees, and containing costs means we deliver on budget with the net proceeds going to support health care initiatives. Let's meet some of our amazing long-term sponsors:

## Tuccaro Group

Tuccaro, a privately owned diverse group of companies, has played a vital role in our community since 1985 and have been sponsors and supporters of the Health Foundation since our early beginnings. A lead sponsor for the Festival of Trees and the Spring Fling, and a senior donor to the Gratitude Campaign, Dave Tuccaro has demonstrated his desire to ensure that our region has the best possible healthcare services and technology. He consistently provides funding and leadership support to advance our mission and helps keep our events fun and engaging.



**Canadian Natural Resources Ltd. (CNRL)**

Sponsoring both of the signature events at the Diamond level, CNRL is a generous and sustaining partner. Festival of Trees is enriched by the Ladies Holiday Luncheon presented by Canadian Natural and the luncheon has kicked off the whole weekend of festival activities for the past seven years. For over 23 years CNRL has supported the Health Foundation signature events, health programs and capital campaigns and have made major investments in improving health care and health outcomes throughout the region.

## Birch Mountain Enterprises

Our two signature events, Festival of Trees and Spring Fling, are wildly popular and very attractively presented and we know that it is in great part because of our Audio, Visual and Decor sponsor Birch Mountain Enterprises (BME). BME has also supported a fundraising race team and infrastructure for our newest event – the Hospital Bed Races. We are having a lot of fun with the leadership and employees of Birch Mountain Enterprises as they actively participate in health funding initiatives.



*We offer a huge thank you to all our sponsors and look forward to featuring your company in an upcoming issue of The Checkup!*



# YOUNG PHILANTHROPISTS CELEBRATED

Youth philanthropy is on the rise in our region and we have been very grateful for the support from individuals and school groups who are fundraising and volunteering for the Health Foundation.

This past fall we had an opportunity to bring in many of the young people who donated the funds they had raised to help sick kids, elders and families. These young friends of the foundation came together with community donors to receive appreciation for their fundraising efforts and have a guided tour of the Diagnostic Imaging department.

The gathering also gave us the opportunity to unveil new equipment for the Diagnostic Imaging department - two new immobilizers to keep children safe and still during x-ray procedures - the Burton Bike and a multi-positioning chair for infants. The DI department also showed off the equipment used for a wide range of services including ultrasound, magnetic resonance imaging (MRI), computed tomography (CT scans), and general radiography (x-ray). The kids were enthralled and asked terrific questions.

“The Burton Bike looks just like a mountain bike and I think it could be fun for a kid to be on it when they have their x-ray taken. I didn’t know the hospital had this really cool equipment and could do so much for kids right here,” said Joey Osmond, “I’m really happy that my brother and I did our fundraiser and I feel like we are helping other people to get better.”

We offer a big thank you to all of our Young Philanthropists and encourage kids and families to get involved by hosting a fundraiser in support of the Health Foundation.



*Cora Therrien with the Burton Bike*





# SEASONAL ACTIVITIES SUPPORT PATIENTS

The holiday season was certainly busy for everyone in the community so we would like to take a moment to thank all those that went out of their way to think about the patients receiving treatment in the hospital during this time.

From entertainment in the lobby and on the resident's 4<sup>th</sup> floor, to visits from Santa, to Christmas carolers, and deliveries of toys the hospital was a very active place.





# VOLUNTEERS MAKE A DIFFERENCE!

## The Winsors

Winona and Dawson Winsor are volunteers extraordinaire and we sure appreciate that they chose to give some of their personal time in support of the Health Foundation. If you have ever registered for a bidding paddle for the Festival of Trees Gala auction or the Spring Fling live auction, you have met Winona and Dawson.

This active couple is always in motion when their work day is complete. They also volunteer with the Keyano Theatre and for many other community and sporting events. Travel is their particular passion and has also formed part of their international volunteerism. This past year Winona and Dawson completed a dream trip to Peru and the Galapagos Islands and shared this fabulous photo



## Laura Taback

Laura Taback is a busy wife and mother of two (not counting her three fur babies). Despite her busy life, she finds time to volunteer in various ways to support her community.

Laura volunteers at the Northern Lights Health Foundation Office – lending her administrative skills to assist staff with workload and event planning. In addition to helping the Health Foundation, Laura is one of the members of HALOS Fort McMurray. HALOS (Helping Assist Local Organizations Society) was created by seven women who wanted to make a difference in our community by fundraising to help local non-profit organizations. HALOS supporters have raised over \$225,000 since 2014!

Most recently, Laura went to Vietnam where she visited two underfunded schools and provided the students with uniforms, backpacks, scribbles and candy! She also visited with senior citizens in need, and supplied them with new clothing, medicine, and toiletries.



*The Northern Lights Health Foundation is proud of our volunteers and are happy to celebrate their successes!*

# DONOR FUNDING UPDATE

*You make a difference so please keep your donations coming!*

You may give a gift once a year, or through monthly donations, or at a special event or a planned or memorial gift, and each and every donation has a great impact on the health and wellness of the people in our region. Here are some examples of where your health donations have been allocated over the past few months:



## GE Mini Telemetric Monitoring System

The GE Mini Telemetric Monitoring System for Labouring Mothers is a simple and completely wireless monitoring system that allows for mobility during the labouring process.

Mothers can move around freely and will not need to be confined to a bed to be monitored.



## Positive Immunization Experience (P.I.E.)

A Public Health initiative to help children overcome their fear and anxiety of receiving needles - especially immunizations. The educational tools and resources for nurses and comfort strategies for families can help reduce the pain of immunizations for younger clients and establish strong coping mechanisms for future health services.



## Jackson Spinal Top Surgical Table

Over \$157,000 for the Jackson Spinal Top Surgical Table which allows for optimal visualization and patient placement for all types of procedures for orthopedic fracture and trauma, pelvic reconstruction, orthopedic and neuro-spine, pain management and general procedures.



THE  
NORTHERN LIGHTS  
HEALTH FOUNDATION'S

ROARING 2020'S

# SPRING FLING

PRESENTED BY

**Syncrude**

SATURDAY, MARCH 21, 2020  
SHELL PLACE BALLROOM

Let the Health Foundation board and staff take you back to the Roaring 20's at this year's Spring Fling presented by Syncrude Canada Ltd.

We're celebrating the Health Foundation's 35th Anniversary and looking to the future of healthcare innovations in Wood Buffalo.

SPONSOR      DONATE      VOLUNTEER

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

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**100.5  
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Today's Best Country

**97.9  
ROCK**



# WAYS TO MAKE AN IMPACT

With your support, we can have world class healthcare where and when you need it most, right here at home. Your generous gifts are crucial to ensuring we have the best care possible for everyone in our community. There are so many ways you can support healthcare:

**MAKE A DONATION:** A donation is a quick and easy way to make a lasting impact. Consider becoming a monthly donor – it is easy, affordable and you will receive a tax receipt.

**HONOUR YOUR HEALTHCARE HERO:** Show your appreciation for the care you or a loved one received by taking part in the Health Foundation's Honour Your Hero program.

**LEAVE A LEGACY:** Leave a bequest gift as part of your estate or life insurance plan to ensure your support for local healthcare lives on well beyond your lifetime.

**LEAVE A MEMORY:** Create a lasting memory of a loved one by making a donation or requesting donations to the Health Foundation in lieu of flowers. Our In Memory Wall is located on the main floor of the hospital and viewed by hundreds of visitor's every day.

**SPONSOR A SIGNATURE EVENT:** Increase your company's visibility in the community while making an impact on health care. As a bonus you'll get tickets to the hottest events in town!

**VOLUNTEER:** Our signature events, Festival of Trees, Spring Fling, and Hospital Bed Races take a large team of volunteers to be successful. Your time is valuable – make an impact by choosing to volunteer with us!

**ENTER A TEAM:** The Hospital Bed Races have teams of 5 people each fundraising and then racing for healthcare. This high energy event attracts a great audience and there is heavy competition for the Golden Bedpan Trophy.

**COME TO OUR EVENTS:** Buy tickets to our fantastic events – Ugly Christmas Sweater Party, Ladies Holiday Luncheon, Festival of Trees Gala, Daddy Daughter Sugar Plum Fairy Ball and Spring Fling Gala all offer exciting opportunities for interaction and fun!

**HOST AN EVENT:** Support community healthcare with your friends, family or your workplace through hosting an independent fundraiser.

## DONATE TODAY!

### CONTACT US

We would love to talk to you about making a donation. Please contact the Health Foundation at 780-791-6041 or go online to [www.northernlightshealthfoundation.ca](http://www.northernlightshealthfoundation.ca)



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