

THE CHECKUP

www.northernlightshealthfoundation.ca/donate

Summer 2019

Daughter Honour's Dad's Healthcare Heroes

Colin Gillingham was diagnosed with diabetes when he was 23. Last year, he had a blister from a new pair of sneakers which developed into a diabetic ulcer. After becoming extremely infected, turning shades of black and green, Colin was told he'd likely lose his foot.

After two six week stints in the Northern Lights Regional Health Centre, one skin graft and countless hospital visits and dressing changes— Colin's foot was saved!

"All of the nurses on both floors I received service on were amazing," said Colin.

Calleigh, Colin's daughter, wanted to thank the heroes who saved her dad's foot. She decided to hold a lemonade stand, and donate her profits to the Health Centre. She asked her poppy (Dean Bown) to build her a stand, and he did just that. After spending a day at Waterways Park, lots of lemonade, cookies and candy ring pops, Calleigh proudly donated \$151!

"I felt like it was the only thing a nine year old could really do to raise money. The nurses were really nice so I wanted to give back and say thank you. Even the kids at the park wanted to help me sell lemonade," said Calleigh.

Honour healthcare's unsung heroes, physicians, nurses, support staff and volunteers who are transforming and saving lives through making a gift to the Northern Lights Health Foundation. Your care provider will receive a special letter letting them know that they've been recognized, along with a celebratory "Healthcare Hero" pin they can proudly wear every day to remind them that you care.

To Honour your Healthcare Hero, call the Health Foundation office at (780) 791-6041.



Calleigh and her Dad Colin

Young Philanthropists in Action



Spring is here and young philanthropists are busy in the community raising funds for the Health Foundation!

We have received many requests for the Foundation's lemonade stand which is just the perfect size for your little ones to set up in front of your house or at a local park. Recently Halle, Aislyn and Livia knocked it out of the park by raising \$133 selling lovely pink lemonade!

Call (780) 791-6207 to book the lemonade stand and have a weekend of fundraising with your children!

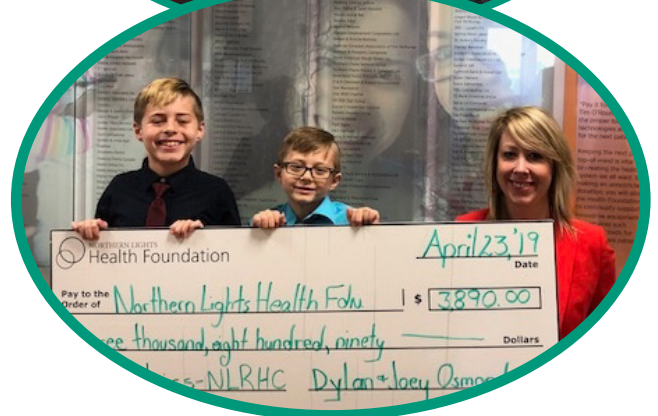
In this issue of The Checkup we are featuring the fundraising efforts of Dylan and Joey Osmond who raised a whopping \$3,890 for local healthcare.

Joey was at school putting paper into a tissue box as part of a project he was working on. It suddenly struck him that he could do something for sick people if he asked people to put cash into the tissue box. From this small gem of an idea came 'Kash for Kids', an Osmond family venture to raise funds to support pediatric healthcare programs, projects, and equipment at the Northern Lights Regional Health Centre.

To kick-off the fundraising, the boys did a social media post announcing a 50/50 draw. This raised attention and \$1,300! The Osmonds worked with local businesses to secure draw prizes and were hosted by the Thickwood Barbershop to set up a table. This busy shop saw lots of action as the boys sold hundreds of \$10 raffle tickets over two days.

We would like to thank the Osmond family for all of their hard work – for seeing a fundraising opportunity and following through to make a big impact for sick kids in the region.

Young philanthropists are making a HUGE difference in our community by stepping up and discovering the fun in giving to others. If your young leader has an idea they would like to pursue please call (780) 791-6207.



Spring Fling 2019 Celebrates Great Health In Style!

We'd like to offer our heartfelt thank you to all of the sponsors, donors and guests who made Spring Fling 2019 a huge success! Springtime in Paris presented by Syncrude was a beautiful event featuring a chef-inspired French cuisine buffet dinner, live entertainment, live and silent auctions, raffles, DJ, dance and fundraising featuring celebrity doctors and a custom-built life-size Operation Game and raised \$155,000 (net) for healthcare.

Spring Fling is the Health Foundation's opportunity to have stage presence and share the value and impact of our fundraising efforts. It offers us a public venue to celebrate healthcare successes and acknowledge a community of supporters who are helping create the vision of a healthy Wood Buffalo region. This year we were able to announce the completion of the Gratitude Campaign, exactly three years after its launch at Spring Fling 2016!

A twist to the event this year was the introduction of the Operation Game! Celebrity doctors representing the local media were confident that they had the skills and nerve required to successfully remove the wishbone, bread basket, butterflies in the stomach and other tricky body parts. Led by the winning example of Doreen Cole, Managing Director of Syncrude Canada who made broken heart surgery look easy, the doctors tried their luck. A chorus of beeps and buzzers and groans filled the air.

Guests got in on the action by supporting their celebrity doctor through charitable donations to aid the purchase of a much needed Jackson Spinal Top Surgical Table. The Jackson Table costs over \$150,000 and the Foundation has been actively seeking donor support for the purchase. Late last year several donors were contacted by the Foundation and many, many of them responded with donations. The Operation Game proved to be a great success and added over \$30,000 towards the purchase of the table. The Jackson Spinal Top Surgical Table is now on order and should be installed for surgeries this fall.

We hope that you will join us at our next Spring Fling which will feature a Roaring 1920s theme. The 1920's were called the Roaring '20s for good reason - new technologies like the automobile, household appliances, and other mass-produced products led to a vibrant consumer culture stimulating economic growth. Let's ROAR again on March 21, 2020!



Hospital Bed Races Return!

Last year's exciting event has whetted our appetite for more Hospital Bed Races, presented by Raymond James! Our runners, sponsors and donors had so much fun that we are expanding the Bed Races to include more teams (including a new Teen Grand Prix category for teens 14-17), a family fun area and barbecue!

The 2nd Annual Hospital Bed Races will take place Saturday, September 28th at the new parking lot beside the Syne Park Jungle Gym. We have more space and that means more room for sponsor displays and fun activities.

Register a team now and get started on your fundraising and preparations to take home the Golden Bedpan trophy!

Registration Link:

<https://www.canadahelps.org/en/charities/northern-lights-health-foundation/p2p/Hospital-Bed-Races-2019/>

Sponsorship Package:

https://www.northernlightshealthfoundation.ca/docs/bed_race_sponsorship_package_2019.pdf





EVENT INFORMATION

The Northern Lights Health Foundation is excited to bring you the second annual Hospital Bed Races, presented by Raymond James. The race will take place on Saturday, September 28th in the upper level parking lot at the Snye.

Teams of 4 runners and a Bed Bug (passenger) will be dressed in their team spirit best and push a hospital bed in 50 meter sprint heats to win the coveted Hospital Bed Race Challenge Trophy! Teams will raise pledges to participate and all funds raised will go towards progressing healthcare advancements in our region; keeping healthcare closer to home.

Last years event was a huge success as nine teams raised funds for local healthcare. This fundraising event is growing to be even bigger and better this year! Fun for the whole family; activities, barbeque and a new race category; Junior Grand Prix for Teens! We are encouraging community members, community groups, businesses and industry, to get involved and register a team. Healthcare is for everyone and we want to engage the entire community to help achieve our vision of Strong, healthy communities. Together.

On behalf of the Northern Lights Health Foundation, Board of Directors and patients, thank you for your support and we look forward to seeing you at the Races!

Sincerely,

Cindy Amerongen

Executive Director, Northern Lights Health Foundation



MESSAGE FROM OUR PRESENTING SPONSOR

Fort McMurray has been my home for over twenty five years, and as a professional financial advisor it has been an absolute pleasure to have had, and continue to have, the opportunity to work with so many Fort McMurray families in planning their financial future. At Raymond James, we have always been a different kind of financial services firm, embracing long-term planning, valuing methodical decision-making and remaining focused on what matters most: YOU. You are the reason why the phrase "giving back to the communities in which we live and work" has been a part of our mission from the beginning.

We are pleased, once again, to partner with an event and organization that has such an impact on our community. Supporting local healthcare means we are supporting you, our local citizens, and we know this strong partnership will continue to help the Wood Buffalo region.

We invite you to join Raymond James at the Races this September! Together we will make a difference. Join us as a sponsor, register a team, or support a team as we raise funds and awareness for advancing healthcare in our region.

Sincerely,

NADINE ALLEN | FINANCIAL ADVISOR | LIFE WELL PLANNED
RAYMOND JAMES LTD.

BE A SPONSOR

REGISTER A TEAM

VOLUNTEER

Vision of the Future

Thanks to a generous donation from Suncor Energy and the Suncor Energy Foundation, the Northern Lights Health Centre Lobby will be undergoing a transformation. We are in the early stages of 'visioning' what the Suncor Heart of Health Lobby could be and are inviting your thoughts and ideas.

You may have seen the extensive work going on outside the hospital – new siding, windows, doors and insulation. This three-year project has turned the 1980's brown metal clad facility into a colorful, modern structure.

Inside the hospital there have been many upgrades and massive renovations in the past five years. A new emergency department now serves over 70,000 patients a year. The expanded Maternal Child Ward serves over 1200 moms annually and the new patient rooms on the 2nd floor mean more surgical and medicine patients can receive treatment.

As part of the Gratitude Campaign there are even more changes and additions coming inside the facility. The Palliative Care Ward, featuring three family sized suites and a family lounge, has moved from the consultation and design stage through to construction planning. The Minimally Invasive Surgical suites project, which will upgrade the four surgery theaters, is just finishing the consultation stage.

All of these upgrades represent a changing, evolving health system that maximizes the hospital footprint and adds additional capacity to treat more of our community members in better and different ways.

It makes sense now to turn our attention to the lobby. When we understand the importance of the lobby as a meeting place, a reflection place, a quiet space, a lunch room, a place to play cards, a place to get knowledge about the hospital departments, or a place to interact with others and gain support, we then see the lobby as a place of impact.

Imagine a lobby illuminated by sunlight, open spaces and comfortable and inviting furniture. Imagine a place that from the moment you enter, you feel reassured and confident that you and your loved ones will be well cared for. Imagine a hub where our community and staff can take pride in their hospital in a space that conveys the quality of health care initiatives happening inside.

The care, comfort and safety of our patients and their loved ones are at the core of all that we do. The refurbished and renovated lobby may include new furniture, improved lighting, more seating, and power stations for electronics, handicapped accessible washrooms, and wayfinding to direct individuals to various areas of the facility. The lobby will reflect our Indigenous and multi-cultural communities.

**It starts with
patients**

**It starts with
a meeting place**

**It starts with
welcome**

the
Gratitude
campaign

It will become the Heart of Health – reflecting the care and compassion delivered everyday within the hospital. Please help us envision the future of the lobby by participating in one of our community 'visioning' workshops this summer. Community workshops are scheduled for June 26 from 5:00 pm -7:00 pm and July 23, 11:00 am – 1:00 pm.

3rd Party Fundraising Keeps Health on Everyone's Mind

Are you looking to make an impact on healthcare in our region? Each year individuals, organizations, and businesses raise funds for the Northern Lights Health Foundation by hosting independent fundraisers. We invite you to host one!

All it takes is a little creativity, planning and the desire to make a difference in the lives of patients and their loved ones. We'll help with social media promotion and offer tools for gathering charitable information for tax receipts (if applicable), but your imagination will make the fundraising successful!

Before your event:

- Brainstorm fundraising ideas – our guide is located [HERE](#)
- Recruit volunteers – friends, family, colleagues
- Submit an Event Proposal Form
- Check to see if your employer has a matching gift program
- Plan your budget
- Find a suitable location (check into appropriate permits, insurance, licenses etc.)
- Schedule your event
- Promote your event – with our help!

Here are some great examples of independent fundraisers to help get you thinking about what you could do!

- Birthday Party / Grad Party / Anniversary Party
- Motorcycle Rally
- Sporting Pools
- Lemonade Stand / BBQ
- Pub Night
- Car Wash
- Dinner Party
- Guessing Contest
- Casual Day at Work
- Photo Contest
- Golf Tournament
- Garage Sale

Have fun and raise funds for Healthcare! Call (780) 791-6207 to get started.



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 – 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



DID YOU KNOW?

Did you know that **1189** babies were born at the hospital last year?

Recently, donor dollars funded the creation of the Special Care Nursery and the purchase of state-of-the-art Panda Infant Care Warmers & Resuscitators

Last year, the Northern Lights Regional Health Centre Emergency Department saw over **70,000** patients making it the **3rd** busiest Emergency Department in Alberta!

The Northern Lights Health Foundation has amazing healthcare equipment and programs and even capital construction projects that **YOU**, our valued donor, helped to fund. We would love to take you on a tour of the facility to show you just where your donations have made an impact.

Tours are scheduled every 2 months and lead by a senior member of the AHS leadership team. You have questions? They have answers!

Call (780) 791-6207 to join an upcoming tour.

Love reading about Donor Impact at the Health Foundation? Back issues of The Checkup are available online by clicking **HERE**

Last year, **1422** mammograms were performed at the Northern Lights Regional Health Centre. Screening and diagnostic mammograms and breast ultrasounds are also performed in your local health centre

 NORTHERN LIGHTS
Health Foundation

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