

Pulse

Published by Four Counties Health Services Foundation Communications Committee

Life Saving Patient Monitoring Equipment Appeal

The importance of cardiac monitors is exemplified by the following testimonial from a patient's family member.

"It was a Saturday night like most and we had just finished dinner and had settled down to watch the hockey game. Everything was normal with this evening until my Father began to display seizure-like activity and passed out in his chair. Caught by absolute surprise, we quickly realized that help was needed NOW. We called 911 and within minutes EMS arrived. Upon arrival at the emergency department, he was placed on a cardiac monitor which confirmed that Dad was experiencing Bradycardia (very low heart rate). The monitor was closely

observed by the team and alerted when Dad went into cardiac arrest 20 minutes later. Luckily he was stabilized again and monitored very closely while being stabilized for transport. Within the hour he was sent by ambulance to the Cardiac Care Unit at University Hospital in London.

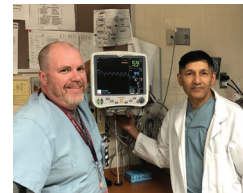
I'm happy to report that while in London Dad received a pacemaker that ensures his heart rate will never fall below 50 and within four days he was back home and looking forward to watching Hockey Night in Canada on Saturday night.

I never fully understood the vital role that cardiac monitors play in monitoring and assessing patients, but when it hits you

personally and you are watching your loved one's heart rate you have a newfound appreciation and respect for this equipment.

Sincerely Thankful - Anonymous Family Member

Dr. Atta & Dave Wagner RN - FCHS ED



"Having access to cardiac monitors and the central monitoring station is vital to the assessments and care that we

provide within our Emergency Department. This equipment allows us to visualize the patient's heart activity and how this is affecting the patient's immediate and overall health."

Cardiac Monitors (2)

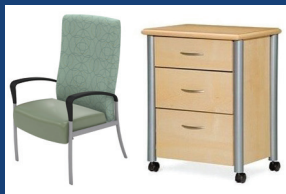
Patient Room Chairs/Cabinets

Treadmill

Portable Ventilator

IV Pumps (2)

Blanket Warmer



Device for keeping track of and recording the heart's activity

Bedside chairs for patient and family and Bedside cabinet to store patient's personal items

Walking exercise machine used for patient care

Helps a patient breath during critical respiratory distress

Delivers fluids into a patient's body in a controlled precise manner

Helps to maintain the patient's core temperature

Location: FCHS ED

Location: FCHS ACNU

Location: FCHS Physio Department

Location: FCHS ED

Location: FCHS ACNU & ED

Location: FCHS ACNU

\$50,000

\$20,000

\$10,000

\$10,000

\$10,000

\$6,000

YES! Here is my gift to help support FCHS Patient Medical Equipment Appeal

Donation Amount: \$ _____

Payment Method: CHEQUE VISA MASTERCARD

Card No.: _____ Expiry: _____ CVC: _____

Signature: _____

Email: _____

YES! I would like to join the **Monthly Giving Program**

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

A Message from the Foundation Chair



As chair of the FCCHS Foundation, I am focused on our endeavors to raise awareness of the beneficial services being offered at the FCCHS site as well as asking for your financial support for these services.

This past year our focus has been to reach out through presentations to our municipalities, mutual insurance companies, businesses, service clubs, and individuals in efforts to raise monies for our endoscopy campaign and our annual appeal for capital equipment. We will continue our road trips to request your support and provide updates to services at FCCHS.

Healthcare is a vital part of a healthy, vibrant, growing community. Surprisingly, many are still unaware that capital equipment purchases are not funded by the government. We continue to educate and share this message by remaining visible in our community. One of these opportunities is our Annual Beefin' It Up event where people enjoy a roast beef dinner, a silent pie auction

and an update on what's happening at FCCHS.

Our 25th Annual Golf Tournament was successful with \$28,000 raised. Thank you to all who participated in or supported the event. Watch for details in the spring newsletter for next year's event.

Our Fall/Winter Healthcare Equipment Appeal provides state-of-the-art medical equipment to support all departments within our hospital.

I would also like to acknowledge hospital administration, especially Steph Ouellet, Kim Jenkins and Jackie Herdman for their support. Thank you to FCCHS Foundation board members including our two new members, David VanDamme and Michele Plant, for volunteering and offering time and service.

The Foundation would like to thank our devoted community supporters and individual donors. Your contribution and support are essential to maintain and enhance quality care in our hospital.

Tom Jeffery
FCCHS Foundation Chair

FCCHS Infrastructure Update

LED Parking Lot, Lighting/ Outside Signage

During the summer an upgrade to LED lighting in the FCCHS parking lot and external outside signage was finalized. These upgrades provide immense improvement to the parking lot and external building façade lights and signage.

Roof Replacement

Work has commenced on replacing approximately 5,800 square feet of roofing at FCCHS. The roofing sections are above and around the hospital's Digital Imaging suite. The anticipated completion of this project is early November 2019.

Landscaping

To freshen up the FCCHS site overgrown shrubs and trees were removed making way for new gardens to compliment the hospital. These gardens and landscaping were completed in August 2019.

Ryan Whitney

Facilities & Maintenance Services Manager

FCCHS Foundation Volunteer Board Members

Tom Jeffery <i>Chair</i>	Kirk Patterson	Joanne Vansevenant	Catherine Osborne <i>MHA Board Rep</i>	Martha Wortner <i>Admin Assistant</i>
Joanne Demarest	Michele Plant	Melissa Young	Jackie Herdman <i>Auxiliary Rep</i>	Rosemary Bartlett <i>Assistant</i>
Tim Hamilton	David VanDamme	Steph Ouellet <i>MHA VP of Strategic Partnerships</i>		

YES! I would like to join the Monthly Giving Program

I would like to give \$ _____

METHOD OF PAYMENT: I authorize The Foundation of Four Counties Hospital to withdraw from my bank account through my financial institution on the 10th day of each month.

I have enclosed a VOID cheque I prefer to use my credit card VISA MASTERCARD

Card No.: _____ Expiry: _____ CVC: _____

Signature: _____ Date: _____

You will receive a tax receipt at the end of the year. At any time you can change or cancel your monthly contribution by notifying **The Foundation: 519-693-4441 x 2438**

At FCCHS Foundation, we appreciate your support and treat your information with respect. We do not rent, sell or trade any personal information. The information you provide will be used to issue your charitable donation receipt and to keep you informed of events and fundraising opportunities in support of FCCHS. If at any time you wish to be removed from our mailing list, simply contact us: 519-693-4441 ext. 2438 or info@fchsfoundation@mha.tvh.ca



What's Happening at Four Counties Health Services

Four Counties Health Services Annual Statistics (April 1, 2018 - March 31, 2019)



10,587
Emergency Visits



12 **88%**
Beds Occupancy Rate



373
Inpatient Discharges



8,494
Physiotherapy Visits



48 **4,040**
Volunteers Volunteer Hours



8,300
Imaging Department Exams



10 Days
Average Length of Stay



10,293
Diabetes Education Encounters

Dr. Monica Faria



Dr. Monica Faria joined Four Counties Health Services in July 2019. Born and raised in Calgary, Alberta, Dr. Faria completed a Masters of Science and received her medical degree from the University of Calgary. She completed her family medicine residency training at Western University, where she developed an interest in rural

medicine. Dr. Faria has opened her family practice at the Four Counties Family Health Team in Glencoe and supports the hospital's inpatient unit and emergency department. Fluent in Portuguese, her hobbies include curling, hiking, and traveling.

Dr. Ahmed Kamar



Dr. Ahmed Kamar joined Four Counties Health Services in July 2018. Dr. Kamar relocated from rural Saskatchewan where he had a practice in family medicine, supported Emergency services and a long term care facility. Dr. Kamar currently has a family practice at the Dutton Medical Centre along with Dr. Peter Sharman. Both

physicians are members of the Elgin Family Health Organization. At the hospital, Dr. Kamar provides support to the inpatient unit and the emergency department.



10,000+
client visits
(2018/19)

Our team of Registered Nurses, Registered Dietitians, Administrative Assistants, and Medical Director work together for health promotion in individuals living with Diabetes.



Four Counties Health Services
519-693-6502



Strathroy Middlesex General Hospital
519-246-5902

Our team members are champions in health promotion through education, support, and guidance to our clients and the community at large. We...

- Specialize in the “World of Diabetes”
- Work hard to provide the support you need
- Support and educate clients on multiple other conditions such as high cholesterol, weight management, and general health questions
- Help individuals navigate the complex relationships with food

- Consider all aspects within the health assessment and focus on helping you find a guilt-free and enjoyable lifestyle that honours your whole body health
- Provide individual education sessions and monthly educational classes focusing on various health related topics
- Offer fitness classes through both sites at no cost. FCHS has a fitness class on Mondays and Thursdays in the Fireplace Lounge at 10:30 am and the Strathroy Hospital site has a partnership with the YMCA in Strathroy. You do not have to be a client of the Diabetes Program to be involved.

How do I Access?

Many are surprised to learn that you do not have to be referred by your family doctor; we welcome self-referrals:

We see clients with pre-diabetes, new diabetes diagnosis, refresher education, weight management concerns, and anyone with nutrition, medication or blood monitoring questions. We are here to help you live to be your healthiest self.

FCHS Team



MHA Team



Gini Cook, Registered Nurse/ Certified Diabetes Educator

Gini started at FCHS in 2000 and has moved through the MHA family in many departments. Her wide experience in Acute Care, Emergency, and ICU lends to a broad knowledge base that she draws upon in her Diabetes Education role. Gini is a firm believer in being proactive and knowledgeable when it comes to your health because you are in charge of your well being. She invites and encourages anyone that has questions about diabetes and general health to contact the office to make an appointment; she is here to help.

Mikaela Snooks, Registered Dietitian/Certified Diabetes Educator

Mikaela joined our team in September 2016 and quickly grew to love our small rural hospital and the individuals we serve. She is passionate about helping individuals find freedom and healing in their relationships with food and their bodies while managing various health conditions. She believes health is possible at any size and loves to guide individuals in discovering what is preventing them from thriving. Her counseling style is compassionate, empathetic, and curious. She incorporates a variety of approaches with an emphasis on intuitive eating (learning to eat in response to body cues including hunger and fullness, finding satisfaction in eating, and using gentle nutrition) with the goal of empowering you in your health journey. She is continuing her learning by working from a trauma-informed perspective. She is available for individual and team appointments and would love to work with you.

Lauren Enwright, Registered Dietitian/Certified Diabetes Educator

Lauren joined the Diabetes Education Team in June of 2018. She has lived in Southwest Middlesex since 2003 and has a passion for rural health care. In addition to diabetes education, she has a keen interest in the prevention of malnutrition among the senior population. She loves exploring different foods, cuisines, and strongly believes that a happy, healthy life does not exclude foods. She focuses on helping empower people to make sustainable changes that will last a lifetime. She aims to make her practice evidence-based and is always looking for new research in emerging areas of nutrition to help you make the most informed nutrition decisions. She is available for individual and team appointments and is excited to help you navigate your health journey.



2019 Golf Tournament

The 25th Annual FCHS Foundation Golf Tournament took place at Wardsville Golf Club on July 14th, 2019. Tournament sponsors, golfers, and volunteers helped raise \$28,000 to support the purchase of a NuStep Recumbent Cross Trainer for FCHS Physio Department and an Electrocardiogram (ECG) for FCHS Emergency Department.

Men's Low Score



Carl Kennes, Matt Saunders,
Joe Speed, Rod Black

Ladies Low Score



Karen Currah, Karin Riddell, Sherry
Chambers, Judy McIntyre

Mixed Low Score



Matt Ross, Mary Gosnell,
Carrie Woods, Cliff Johnston

Team Horvat



Bill Piskorowski, Denis Lalonde,
Holly Donaldson, Bo Horvat

Team Dunn



Devin Pearson, Steve Mitchell,
Jody Anderson, James Dunn

PLATINUM SPONSORS

\$1,000 AND UP



**Firefield Landscape
Supply Ltd**



RBC



**Lambton Mutual
Insurance Company**



**Sundowner Truck
Accessories**



**McNaughton's
Home Hardware**



**Van Heck Funeral
Home Limited**

GOLD SPONSORS

\$500 TO \$999

- Clark-Haasen Electric Inc
- Downs Law Professional Corporation
- Kiwanis Club of Rodney Inc
- Linde Mechanical Inc
- La Fleche Roofing (1992) Ltd
- London X-Ray Associates
- Tonda Construction Ltd
- West Elgin Mutual Insurance Company

2019 Spring/Summer Appeal Presentations

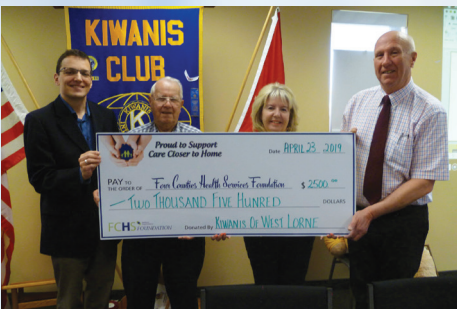
Presentations to assist in the purchase of a Bariatric Patient Care Stretcher and Nurse DRESS System at FCHS



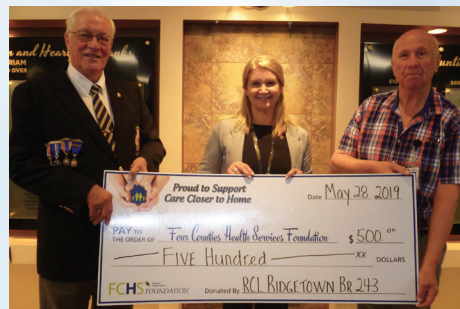
Township of Adelaide Metcalfe - \$5,000



RCL Branch 510 Melbourne - \$3,400



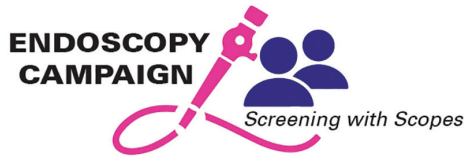
Kiwanis of West Lorne - \$2,500



RCL Branch 243 Ridgetown - \$500



Glencoe District Lioness Club



Endoscopy Suite Officially Opens

FCHS celebrates the grand reopening of its Endoscopy suite. Over 60 participants were on hand for congratulatory remarks from Catherine Osborne, Middlesex Hospital Alliance (MHA) board representative; Tom Jeffery, FCHS Foundation board chair; and Todd Stepanuik, President and CEO of the MHA. Video greetings and congratulations were also received from Monte McNaughton, MPP, Lambton-Kent-Middlesex and Dr. Akram Elgamal, MHA's

surgeon who performs endoscopies at FCHS.

This suite has been upgraded with a brand new state-of-the-art scope system, providing high definition pictures, which contribute to increased detection and diagnosis of disease for our patients.

With this new equipment and the enhancement of the Endoscopy program, it is anticipated that approximately 500 procedures will be completed at FCHS annually, an increase of 350 procedures from previous years.

Following the unveiling of the campaign donor recognition plaque, the FCHS Foundation presented a cheque to FCHS for \$450,000, representing donations from 20 corporate, individual, municipal, and service club donors.

2019 Summer Presentations



\$450,000 to Hospital

Tom Jeffery, FCHS Foundation Board Chair, Catherine Osborne, MHA board representative, Rosemary Frketic, VP Clinical Services and Chief Nursing Officer, MHA, Steph Ouellet, VP Strategic Partnerships, MHA



Dowler-Karn Limited - \$25,000

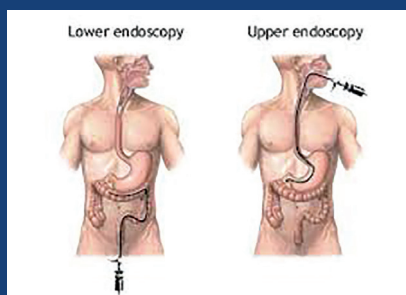


Township of Dawn-Euphemia - \$15,000

What is Endoscopy?

Endoscopy is a nonsurgical procedure used to examine a person's digestive tract. Using an endoscope, a flexible tube with a light and camera attached to it, your doctor can view pictures of your digestive tract on a colour TV monitor.

During an upper endoscopy, a scope is easily passed through the mouth and throat into the esophagus, allowing the doctor to view the esophagus, stomach, and upper part of the small intestine. Similarly, scopes can be passed into the large intestine (colon) through the rectum to examine this area of the intestine. This procedure is called a colonoscopy or sigmoidoscopy depending on how far up the colon is examined.



We thank the following donors who supported our renewed endoscopy services at FCHS.

- | | |
|--|---|
| Alma & George Babula | Margaret McCahon |
| Ann & Don Bodkin | Municipality of Adelaide Metcalfe |
| County of Elgin | North Kent Mutual Insurance Company |
| County of Middlesex - Warden Wilkins Golf Tournament | RCL Legion Ontario Provincial Command Branches & Ladies Charitable Foundation |
| Dowler-Karn Ltd. | Connie & Bill Sloan |
| Howard Mutual Insurance Company | Town & Country Mutual Insurance Company |
| Hugh & Jude Foundation | Township of Brooke-Alvinston |
| Kent & Essex Mutual Insurance Company | Township of Dawn-Euphemia |
| Lambton Mutual Insurance Company | West Elgin Daffodil Auxiliary |
| Lorne Lodge #282 Building Corporation | West Elgin Mutual Insurance Company |



FCHS Auxiliary / Volunteer Highlights



Volunteer for the Health of It

Volunteers at Four Counties Health Services play an integral role in the day-to-day operations of the hospital. People volunteer for many reasons, including a desire to give back to the community in a meaningful way, to fill a void, or even to get out of the house. No matter what the reason is, we appreciate each and every one of our volunteers and the time they spend with us.

Volunteer opportunities are always available and constantly changing as we expand the program. The goal at Four Counties Health Services is to provide opportunities that are rewarding and stimulating for our volunteers, while at the same time, assisting our staff and patients to meet our Mission "to provide the care we would expect for our own families".

We continue to recruit volunteers who wish to share their skill sets and talents. If you are interested in joining our MHA Family at Four Counties Health Services, please call 519-245-5295 ext. 5595 and Volunteer for the Health of It!



In addition to spring and fall bazaars with deli luncheons, and new Ladies Night, raffles continue to be an important part of fundraising initiatives; we depend on them to achieve our commitments to the FCFS Foundation.

This year's fall/winter raffle features a lap quilt, pattern "Migration", which depicts birds on their yearly migration. This beautiful quilt was made and generously donated by Joanne Vansevenant. Draw date for the quilt will be March 2nd, 2020. In addition, there will be an early bird draw held on December 10th, 2019 for a beautifully framed Santa print.

Proceeds from the raffle are donated to FCFS Foundation and assist in the purchases of patient medical equipment not funded by the government.

If you would like to donate an item to our raffles, please contact Jackie Herdman (519) 693-7111 ext. 2414. Thank you to all who support our fundraising events.

Winner of Auxiliary BBQ Raffle



Congratulations Margaret Leitch!

FCHS Auxiliary Christmas Bazaar & Deli Lunch

Monday November 25th 10:30 am - 3pm

A great way to start or wrap up your Christmas shopping!

Come and See us at FCHS

Four Counties Health Services
1824 Concession Drive, Newbury, ON
For more info 519-693-7111 Ext 2414

FCHS Auxiliary Presents

Ladies Night

December 4th 6-9 pm

Four Counties Health Services
1824 Concession Drive, Newbury

You're invited to join us for an evening of fun featuring: holiday food tastings, entertainment, shopping that includes trendy winter fashions with No Tax, specialized holiday vendors, gift wrapping, social time, door prizes, "how to wear a scarf" demonstrations and much more...

Come by yourself, or bring a friend or a group, we would love to see you all. This is a no charge event and no registration is required.

For more information call 519-693-7111 Ext.2414

Adult Day Program

ADP Participants

Four Counties Adult Day Program (ADP) began in 1987 as a support service designed to enhance independence and quality of life for seniors and disabled adults in a social setting.

The ADP operates Wednesdays and Thursdays from 10am-3pm; for \$11 a day we offer a day away in a safe and caring environment that promotes:

- Socialization
- Exercise
- A Hot Meal and Snacks
- Games
- Crafts
- Entertainment
- Non-denominational Worship Service
- Guest Speakers
- Monthly Blood Pressure Checks and Weight Monitoring
- Respite for Caregivers



Lunch & Wagon Ride
Silver Dove Estates



Music Entertainment
by Susie Q.



Bus Trip to
Port Glasgow



Sharing Dance Participants

We are excited to have partnered with the National Ballet School of Canada to do a Sharing Seniors Dance program. This is an eight week program that is provided on a weekly basis. Our clients are really enjoying these dance sessions.

Developed by Canada's National Ballet School (NBS) and Baycrest, Sharing Seniors Dance is a safe and accessible program that engages older adults to participate in meaningful dance activities that aim to enhance physical, cognitive and overall health and well-being.

CANADA'S
NATIONAL
BAIJET
SCHOOL

Baycrest