

Pulse

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Patient Medical Equipment Appeal



Spring is a time of hope and promise of growth and new beginnings. I often hear from our staff, physicians, volunteers and community members how fortunate we are to have the Four Counties Health Village within our small, rural community. I am very proud of our dedicated health care team and the care being provided to our community. Our ongoing commitment to you is to provide the health care we would expect for our own families.

Four Counties Health Services (FCHS) is truly a vibrant health village. Over the past year we continued to be fully occupied

within our acute care inpatient unit and have provided emergency care to over 10,500 patients. Our Rehabilitation Team provides therapy within the inpatient unit and on an ambulatory care basis, amounting to over 8,500 visits this past year.

We appreciate your support for FCHS in our ongoing commitment of being a vibrant health village for our community.

Kim Jenkins

Kim Jenkins
Site Director FCHS

Electrocardiogram (ECG)



A machine measuring a patient's heart function

Location: FCHS Emergency Department

\$18,500

NuStep Recumbent Cross Trainer



A rehabilitation stepper used to optimize patient health

Location: FCHS Physio Department

\$10,000

Nurse Duress System



A device used for nursing safety

Location: FCHS Emergency Department

\$8,000

Vital Signs Monitor



A monitor for assessing patient's blood pressure and other vital parameters

Location: FCHS ED & ACNU

\$7,500

Bariatric Patient Care Stretcher



A stretcher designed to comfortably transport patient's between care areas

Location: FCHS ACNU & ED

\$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



The past year has been very exciting and uplifting as we reached out to our community partners to raise funds for our annual medical equipment appeal of \$147,000 and our endoscopy campaign of \$450,000 totalling **\$597,000**. As chair of the FCHS Foundation I want to thank all those who have supported our campaign and appeal. With your generosity, we were able to achieve our goals and provide essential patient equipment at FCHS and care closer to home.

Our fundraising efforts focus on awareness of the services offered at FCHS and the health village, along with the need to update and purchase new equipment. As surprising as it may be,

capital equipment purchases are not funded by the government. We strive to educate and inform by sharing this message and being more visible within our community.

In 2019, we will continue to present to service clubs, organizations and to the residents in our communities, providing them with hospital updates. Health care is a vital part of a vibrant and growing community and we await the provincial government's announcement in terms of a reorganized healthcare system.

We are in the process of planning for our 25th Annual Golf Tournament in July and our Beefin' It Up fundraiser this fall, which raised \$3,400 last fall. You will find details on these events within our spring and fall newsletters.

Donor and **In Memoriam** boards have been recently updated in the main and emergency department lobbies. Stop and have a look!

The **Spring Appeal** in this newsletter is for healthcare patient equipment totaling **\$50,000** to be purchased this spring/summer. We ask that you support this appeal to ensure that we can continue to provide optimal patient care at FCHS and keep care closer to home.

A special thank you to our hospital administration, Steph Ouellet, Kim Jenkins and Jackie Herdman, for their support provided to the FCHS Foundation. Thanks to the FCHS Foundation board members for volunteering and offering their time and service.

Again, thank you for your support in keeping FCHS a vibrant and vital part of our community and making it possible to provide the best care.

Tom Jeffery
FCHS Foundation Chair

FCHS Foundation Volunteer Board Members

Tom Jeffery <i>Chair</i>	Steph Ouellet <i>MHA VP of Strategic Partnerships</i>
Joanne Demarest	Dawn Butler <i>MHA Board Rep</i>
Terry Eckersley	Jackie Herdman <i>Auxiliary Rep</i>
Tim Hamilton	Bill Denning <i>SMGH Foundation Rep</i>
Kirk Patterson	Martha Wortner <i>Admin Assistant</i>
Joanne Vansevenant	Rosemary Bartlett <i>Assistant</i>
Melissa Young	

FCHS Infrastructure Update

The Health Infrastructure Renewal Fund (HIRF) funded electrical switchgear and generator project is essentially complete at our Four Counties site. The contractor is currently working on cleaning up minor deficiencies and testing/verifications.

With the 2018/19 HIRF funding, the pneumatic air compressor replacement has been completed. This compressor supplies control air to most thermostats and fan unit actuators. Without this compressor, we would not have the ability to supply mixed air to the facility.

With remaining HIRF funds from

2018/19 fiscal year, we are able to upgrade to LED lighting in the parking lot. This will provide an immense improvement to the parking lot, external building facade lights and signage.

In an effort to freshen up the site, we will be investing in new landscaping this spring. We have already removed overgrown shrubs and trees and are currently working with our landscape architects to develop a tender package that will take off in the next few weeks, with a projected completion date in spring of 2019.

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 FCHS Foundation, we appreciate your support and we 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 FCHS. 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



Rehabilitation Department

Physiotherapy focuses on restoring, maintaining, or maximizing a patient's mobility, function, and well-being. The team relies on our specific knowledge of body mechanics and specialized hands on clinical skills.

Muscles and joints can be mobilized with hands on treatment and education regarding cause of symptoms and ways to promote healing. Treatment can be augmented by ultrasound, acupuncture, TENS machines and heat or cold therapy.



Inpatients of FCHS who are deemed suitable for physiotherapy are seen daily while in hospital. **The Inpatient physiotherapist, working closely with local volunteers, delivered 1,647 treatments in 2018.** As well as optimizing mobility for patients while in the hospital, the Physiotherapist plays a large role in discharge planning and rehabilitation referrals.

We are proud to have Speech and Occupational Therapists with our team who are available to inpatients.

In 2018 the Rehab department delivered 7,058 outpatient treatments.

These include surgery recovery, joint replacements, traumatic injuries and chronic pain. Our Physiotherapists also treat many other conditions such as cardio and pulmonary recovery and neurological diseases for all ages.

Treatment could include education before surgery and group exercise classes and individual sessions.

The physio department is much more than just appointments...we have integrated ourselves into the hospital and its culture as well as the community.

We offer our expertise to the hospital on committees such as Falls Prevention, Senior Friendly, Palliative Care and Health & Safety. Ergonomic support for staff is provided. All wheelchairs, walkers, and lift equipment throughout the hospital is managed by our department.

Community Fitness Classes have been run since 1997, and continue to be held four times per week. A full Physio program at Babcock Community Care Center is staffed by the Four Counties rehab staff.



Magdalena Coone, Babcock resident, works out daily and has reached her goal of walking with her rollator walker. She first came to us for outpatient therapy after a serious injury to her leg. When she later moved to the long term care home, our department was able to seamlessly continue her therapy. We are so pleased to work with this very motivated lady.



The Rehab team in full gear, before enjoying tree top trekking this summer. This teambuilding adventure echoes our group's message to be active.

Graphics used with permission from Canadian Physiotherapy Association, www.physiotherapy.ca

When attending your outpatient therapy appointments please be sure to register first. We are located beside Patient Registration closest to the Emergency Entrance.

What We Would Like You to Know About Us – Medical Radiation Technologists (MRTs)!

- We are regulated through a licensed professional body
- We are both provincially and federally regulated
- We are not legally permitted to give results or tell patients what we see
- We must complete a minimum of 25 hours per year of continuing education to stay current and maintain the knowledge, skill and judgement to maintain our license
- As healthcare professionals, MRTs practice in accordance with a code of ethics, scope and standards of practice and regulatory requirements where applicable. We also adhere to our facilities' policies and procedures.
- MRTs may work within four disciplines: radiological technology, nuclear medicine, radiation therapy or magnetic resonance imaging
- Ultrasound technologists are now regulated by the College of Medical Radiation Technologists
- At the Four Counties Health Services Imaging Department you may have met either of the following licensed professionals to complete your exam:
 - A Medical Radiation Technologist - Radiography, MRT(R)
 - A Medical Radiation Technologist - Diagnostic Medical Sonographer, MRT(DMS) or DMS

If you would like more information please visit: <https://www.cmrto.org/>

Did you know that we are open for x-ray exams Monday to Friday 7:30am to 6:00pm?

Ultrasound is open Monday to Friday 8:30am to 4:30pm for scheduled appointments.

Call 1-866-269-8384 to book your appointment – we'd love to see you!

Did you know that in 2018/19 there were close to 10,000 different exams completed in the imaging department at FCHS?

Did you know that you need a signed, legal order to obtain an imaging test just like you would for a prescription?

Did you know that we have a technologist on call during all non-staffed hours?

Did you know there is a group of 30 Radiologists that read imaging exams off site for FCHS?

Did you know that in 2018/19 a technologist was called in for an urgent after hours x-ray 126 times?

Diagnostic Imaging Staff Spotlight



In this issue, we are shining our spotlight on Jeff Fraser BSc. MRT (R). Jeff has been at FCHS since 2005, and is also employed as a Medical Radiation Technologist at the Strathroy Site of the MHA. Jeff also works as a professor at Fanshawe College where he teaches positioning to Medical Radiation Technology students. We are very fortunate to have Jeff on staff to keep us current and well versed in the evolving world of medical imaging.

Life Outside Work – Jeff is married and has four sons. He enjoys Kenpo and at one point had his own school to instruct this martial art as well; he has his third-degree black belt and is currently working towards his fourth. Jeff also enjoys other sports, specifically hockey in the winter

and baseball in the summer.

His Favorite FCHS Moment – Was being involved in the procurement of the new Digital Radiology equipment. We installed the new fully digital, robotic suite in 2015. It was exciting to bring cutting edge equipment to a small, rural hospital.

The Best Part of the Job – Is working with critically injured trauma patients to provide the best quality images with the least amount of invasive techniques.

What do you enjoy about working at FCHS? – “I enjoy that although we work independently, there is strong team collaboration at FCHS with other departments. Having worked at larger centers this is not always the case. We all rely on each other and help each other to make every patient experience a great one. “

Patient Testimonial

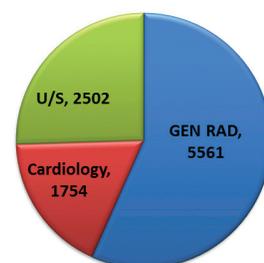
“I can't speak highly enough about you and your colleagues at Four Counties Health Services. From the front desk to the technologists in the x-ray department, everyone was great and the speed of service was incredible. You guys cut my wait time for my last ultrasound from 30 days (at another

facility) down to 2 days!”

“Please keep doing what you are doing! A great facility with great people! This was a very refreshing change from the big city.”

Rob McTaggart
Mt. Brydges, ON

Close to 10 000 exams are performed in the DI/Cardiology department at FCHS



2018/2019 FCHS Foundation Medical Equipment Appeal \$150,000



Care Closer to Home

5 x Work Station on Wheels (WOW)

Ergonomic mobile powered cart allowing health care team to access and document patient information.
Location: FCHS Active Care Nursing Unit
\$60,000



2 x Point of Care Complete Blood Count Analyzers

Used daily to perform laboratory test of complete blood count.
Location: FCHS Emergency Department
\$50,000



Ophthalmologic Slit Lamp

High magnification microscope used to identify an eye injury or abnormality.
Location: FCHS Emergency Department
\$8,000



Stretching of Patient

Lift providing patient access into and out of whirlpool tub.
Location: FCHS Active Care Nursing Unit
\$16,000



Portable Patient Care Lift

System used to lift and transfer patients with mobility challenges
Location: FCHS Hospital Wide
\$6,000



FCHS continues to modernize our hospital with state-of-art patient medical equipment to best serve the needs of our patients, all of which keeps "Care Closer to Home".

FCHS Foundation is pleased to support FCHS with ongoing needs of patient medical equipment and healthcare technology. Special thanks to the individuals, municipalities, organizations and businesses that make this a reality.

**COMPLETED
THANK YOU**



Confederation Chapter of IODE in Ridgetown - \$500



Confederation Chapter of IODE in Ridgetown - \$500



Glencoe District Lions Club - \$1,000



Kiwanis of Rodney - \$3,000



Knights of Columbus - \$500



Royal Canadian Legion Newbury - \$970



Royal Canadian Legion West Lorne - \$6,000



Glencoe & District Curling Club - \$1,000

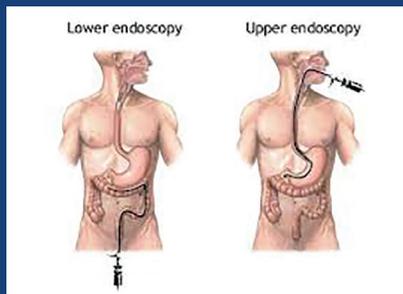
SAVE THE DATE

FCHS FOUNDATION GOLF TOURNAMENT
FRIDAY, JULY 12, 2019

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 and 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.



ENDOSCOPY CAMPAIGN



Endoscopy Update

Through the generous support of our community members and partners, endoscopy services resumed at FCHS in July 2018. Our skilled and dedicated endoscopy team includes Dr. Akram Elgamal, General Surgeon, along with a rotating team of Anaesthetists and Nurses.

To date, we have provided care closer to home for over 120 patients within our community and have received very

positive feedback from our patients for the skilled and compassionate care.

Our program intends to provide care on four clinic days each month amounting to approximately 500 patients per year. If this is a service that you need, please speak to your Family Physician about a referral to FCHS. We are open and here for you!

2019 Presentations



North Kent Mutual Insurance Company - \$10,000



Royal Canadian Legion Ontario Provincial Command Branches & Ladies Auxiliary Charitable Foundation - \$5,000

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

Hugh & Jude Foundation

Town & Country Mutual Insurance Company

Kent & Essex Mutual Insurance Company

Township of Brooke-Alvinston

Lambton Mutual Insurance Company

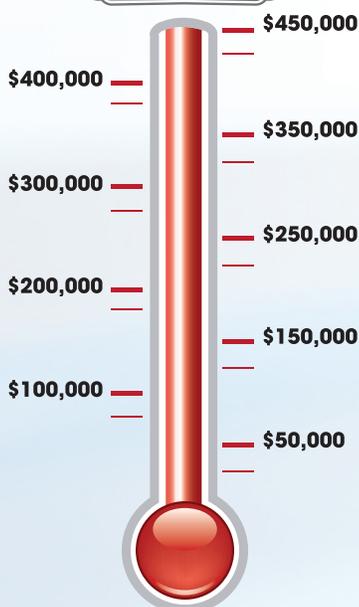
Township of Dawn-Euphemia

Lorne Lodge #282 Building Corporation

West Elgin Daffodil Auxiliary

West Elgin Mutual Insurance Company

GOAL!



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 extension 5595 and Volunteer, for the Health of It!

Volunteer Profile – Gertrude McColl



Gertrude was born at the local hospital on December 16, 1922 in Alsask, Saskatchewan, on the Alberta border, which was founded in the early 1910s around the time the Canadian Northern Railway (now Canadian National Railway) came through. At its peak in the 1970s (it was a late bloomer) the town was home to some eight hundred people. Today just over a hundred plus souls live in the quiet community.

In 1936 Gertrude, an only child, moved with her parents to a farm in Appin, Ontario. She was a student at Glencoe High School until 1940 when she went to work in the Appin Royal Bank. In 1950 Gertrude married her friend and high school sweetheart, Sam McColl. She left the bank and worked full time with Sam on their farm. Sam and Gertrude had three children, John Allan, Lenore Arlene and Heather Anne. They raised beef

cattle, had a few milk cows for their own use, grew wheat and made hay. After the loss of her husband Sam in 1989, and her daughter Heather Anne, on New Year’s Eve 2000, Gertrude moved from the farm into Glencoe, where she resides to this day. Gertrude had a long career working 20 years at the Glencoe Transcript Newspaper.

Between 1989 and 1994, Gertrude, along with three of her very best friends went on some wonderful trips which resulted in her having travelled most of Canada.

Gertrude has a passion for riding horses which started in Alsask when she was very young. She would ride her horse Sally to school all year long. There were times she would arrive at school covered white with frost.

Gertrude loves her volunteering at the hospital. She wanted to be a nurse and had all the papers ready to submit when the bank manager coaxed her into working for the local bank. This position would normally have been for men but they were at war and Gertrude accepted this wonderful opportunity. Every bazaar Gertrude collects the money for lunches, a task she thoroughly enjoys. In addition to her volunteering commitment at FCHS, Gertrude continues to be an active member of her church and plays cards every week with a seniors group.

FCHS Auxiliary / Volunteer Highlights

Raffles are an important part of our fundraising initiatives and we depend on them to achieve our commitments to the Four Counties Foundation.

Our fall and winter Quilt Raffle featuring a “Lemon Pepper” quilt, generously donated by Joanne Vasevenant, was drawn on February 14, 2019. The winner was Eveline James who was thrilled to be the recipient of this beautiful quilt.

Proceeds from the quilt raffle were \$1,080 which contributed to \$20,000 donated to FCHS Foundation in support of patient medical equipment purchases.

If you would like to support our raffles and have a quilt to donate, please contact Jackie Herdman (519) 693-7111 Ext 2414. Thank you to all that supported this fundraising campaign.

Coming soon! Our popular Stainless Steel Barbecue Raffle.

Winner of Auxiliary Quilt Raffle



Congratulations Eveline!

FCHS Hospital Auxiliary (Newbury) Presents

Spring BAZAAR & Deli Lunch

Monday April 29th from 10-3

Featuring our famous bake table! • Starts at 10:00am sharp until sold out!
Homemade pies, cakes, cookies, loaves, squares & more!

Gift Shop NO TAX!
Fashions & Accessories • Home & Outdoor Décor Items • Local Vendors
Specials from the Book Store, Gift Shop & More!

Delicious Lunch served between 11-1:30

Your choice of homemade soups, sandwiches, condiments,
dessert and refreshment.

Only \$6

If booking lunch for a group please call ahead so we can
reserve tables for you. (519) 693-7111 Ext 2414

Thank you for your support

Adult Day Program

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 \$10 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

ADP Participants



"I have been attending Four Counties Adult Day Program since February 2016. I enjoy the time I spend here interacting with everyone. I feel we are a family by choice".

- Cora K



"They have a great program with lots of activities. It gets me out of the house and I look forward to coming every week".

- Louise L

ADP Team



FROM LEFT: Dianne McFadden, Julia Spruyt, Sara Schoenmakers

Contact Dianne McFadden, Adult Day Program Coordinator

For more information call 519-693-7111 x 2443