

THE BULLETIN

HGH FOUNDATION NEWSLETTER – FALL 2021



LA BAIE RUN - COMING TOGETHER FOR HGH!

Locally organized event, La Baie Run, brings the community together to raise \$25,000 toward new services for patients at HGH!

For the third consecutive year, a dedicated committee of individuals joined Patrick Lalonde of Lalonde Physio, to organize La Baie Run, a walk/run to benefit the Hawkesbury and District General Hospital (HGH) Foundation. Held virtually due to the pandemic, the event enabled participants to run or walk their own race, anywhere and anytime between July 23 and July 31, 2021, all to benefit the Foundation's new campaign, "There's No Place Like Home."

The event was, once again, a sell-out success with 300 participants of all ages completing either a 1km, 5km, 10km, half marathon, full marathon, or a 72km ultra course. What an incredible demonstration of community support for our hospital! Thank you to all who participated and/or made a donation in support of La Baie Run, which raised a whopping \$25,000 for the HGH Foundation this year! An additional \$5,000 was raised for United Way East Ontario.

Central to the event's success was the support of many generous sponsors, as well as the amazing participation of teams entered into the Corporate Challenge. Team Tulmar, the winner of the challenge, raised \$10,000 through employee donations and a match by the company!

The \$25,000 donation was presented by the event's organizing committee to Nathalie Ladouceur, HGH Foundation President, and Erin Tabakman, Executive Director. These funds will go directly toward the purchase of medical equipment to bring specialized healthcare services to HGH including cataract surgery, advanced mammography, expanded urology and endoscopy services and more.

We send our most sincere appreciation to the organizing committee of La Baie Run, who made this event possible – and to each and every one of you who participated. Thank you for your heartwarming support of our hospital! We will all benefit from your kindness!

The **Hawkesbury Beer Store** and **Tim Hortons** locations in Hawkesbury, L'Orignal and Vankleek Hill have also recently held community fundraisers for the HGH Foundation.

THANK YOU FOR YOUR SUPPORT!



2021 RECIPIENT OF THE JEANNINE LEFEBVRE-HGH BURSARY

ESCRH graduate, Chloé Laviolette, was awarded \$5,000 in support of her studies in Health Sciences at the University of Ottawa.

The Hawkesbury and District General Hospital (HGH) and its Foundation have come together over many years to offer annual bursaries to students graduating from a school in the United Counties of Prescott-Russell who intend to pursue a career in Health Sciences.

The scholarship program was created in partnership with the University of Ottawa and the Franco-Ontarian Foundation. Eligible students must have enrolled full

time in the Faculty of Health Sciences at the University of Ottawa and meet specific criteria including bilingualism, as demonstrated through their scoring on the University's language skills test.

The bursary was officially renamed last year in honour of Mrs. Jeannine Lefebvre, a dear friend of the HGH Foundation and one of our longest standing board members. Jeannine was a generous donor and tireless volunteer – not to mention a force of nature who could sell more event or raffle tickets than anyone else we know! She was also a much-loved primary teacher for many years at École Saint-Gregoire in Vankleek Hill. When Jeannine became ill and later passed away in August of 2020, it only felt appropriate that we honour her memory and her many contributions to the HGH Foundation by including her name on the bursary in support of local students.

We are very pleased to announce this year's award recipient, Chloé Laviolette, of l'Orignal. Chloé graduated in June from École secondaire catholique régionale de Hawkesbury (ESCRH) and is off to university this fall with the hopes of pursuing a career as a physiotherapist or medical doctor.

Chloé says she was surprised and thrilled to hear she had been selected. "I would like to say a huge thank you to the people who contributed to making this scholarship possible. It will really help me concentrate more on my studies and stress less about the cost of my education!"

CONGRATULATIONS CHLOÉ!

A LASTING LEGACY TO HELP OTHERS AT HGH

Bronwen Katharine (Kathy) Williams wants her gift to make a difference at HGH...her story below.

by Erin Tabakman

Bronwen Katharine (Kathy) Williams has called L'Original home for over 36 years. She's quick to tell me how much faith she has in her hospital and over the course of getting to know her better, I've learned why.

Bronwen had never been in hospital at all before a knee replacement, and at the age of 66, she was diagnosed with breast cancer and underwent a complete mastectomy in one of the operating rooms at HGH. Only a year and a half later, she began having severe trouble breathing and was rushed to HGH by ambulance where she was diagnosed with pulmonary emboli in both lungs. "Those were both really frightening moments in my life and it was a real comfort to know that I was in good hands at HGH. In both cases, the medical staff took wonderful care of me."

Unfortunately, Bronwen hasn't been able to receive all her care in Hawkesbury and tells me how difficult it was to travel to Ottawa last year for surgery and treatments for uterine and cervical cancer, both of which she went through alone.

"I was really worried about this last surgery, and as a result, I felt it was important to make sure my Will was in order. I sat down and thought about what I wanted to contribute – what kind of legacy I wanted to leave behind. I believe in the doctors, nurses, staff, and facilities at HGH and all the improvements only make it better and better. If my bequest to the hospital can be used to provide services or treatment/surgery suites that will help prevent patients like me from having to go to Ottawa, that is fabulous!"

"Leaving a planned gift in your Will is easy and a lot less daunting than people might think," Williams says. "It can reduce the tax burden, and it won't affect current finances. More than anything, I feel good knowing I am leaving a lasting legacy that will help others for years to come."

Fortunately, Bronwen has recovered well from her recent surgery and is settling back into a quiet life at home with her three wonderful cats. We are grateful she has shared



her plans with us, as we have been able to confirm her wishes for a plaque in her name at the hospital. Just a small token of recognition to honour the generosity of such a special legacy.

Thank you Bronwen, for this wonderful gift. If anyone would like to receive a copy of the HGH Foundation's Legacy Giving Brochure, or have a confidential conversation regarding how you can support the hospital with a gift in your Will, please contact Erin Tabakman, Executive Director, at (613) 632-1111 ext. 21102 or etabakman@hgh.ca

THE HGH FOUNDATION TEAM HAS MOVED TO ITS NEW OFFICE AT THE HOSPITAL!

During the pandemic, please contact us in advance of visiting, so we can make you aware of current screening precautions.

BRINGING OPHTHALMOLOGY CARE TO HGH

With your help, new services will soon be offered at HGH, including cataract surgery and other important ophthalmological treatments

Known as the “busiest muscles in our bodies,” our eyes are precious. However, like other muscles, they are also susceptible to the aging process. As we age, our eyesight generally declines and the incidence of age-related diseases increases.

Some of the most common ways that aging affects the eyes include glaucoma, cataracts, presbyopia, corneal diseases, dry eye, macular degeneration, and diabetic retinopathy.

Travelling to Ottawa for frequent treatments or examinations can be a challenge for anyone. It can also be a real obstacle for people who cannot take time from work, or for whom transportation is an issue. Their eyesight can deteriorate quickly without regular monitoring or treatment.

“Patients with any eye disease or condition that requires constant monitoring, injections or exams, must see their ophthalmologist on a regular basis in order to preserve their eyesight as best they can,” says Imrana Jeoffrey, Vice President of Ambulatory Care, Quality and Informatics at HGH. “At the moment, HGH is only able to accept 2.2% of all ophthalmology cases. This is such a hardship for our patients and their families, and we hope to change this.”



The variety of services that HGH would like to add include cataract surgery, injections for macular degeneration, and care for those with glaucoma, cornea and retina diseases. However, we need your help to provide this care for patients, as new equipment is needed in both the operating room and Ambulatory Care Clinic at HGH.

Bringing ophthalmology care to HGH is just one of the priorities in the HGH Foundation’s new campaign, *There’s No Place Like Home*. Please consider making a donation to bring additional and expanded services to your regional hospital.

Please support the HGH Foundation by returning this form with your tax deductible gift in the enclosed postage paid envelope. Thank you for your support!



YES! I want to help bring more specialized services and equipment to HGH!

Here is my gift of \$_____

You will find enclosed my cheque payable to HGH Foundation. **OR** Please charge to my account: VISA MASTERCARD AMERICAN EXPRESS
_____ Expiration date ____ / ____

Name of donor : _____

Address : _____

Phone : _____ Email : _____

Signature : _____

- Please send me information about leaving a gift in my Will
- Please contact me to arrange an automatic monthly gift
- I no longer wish to receive the HGH Foundation’s newsletter

1111 Ghislain Street, Hawkesbury, ON K6A 3G5
Tel.: 613-632-1111, ext. 21101 | www.hghfoundation.org

Charitable Registration #118921592 RR0001