

# THE BULLETIN

HGH FOUNDATION NEWSLETTER – WINTER 2023



## CAMPAIGN UPDATE

### We Are More Than Halfway There!

Patients at HGH are already benefitting from new services thanks to your support.



**We start 2023 with wonderful news!** Thanks to generous donors like **YOU**, the HGH Foundation's current fundraising campaign, *There's No Place Like Home*, has already reached more than half of its \$2.8m fundraising goal. What an incredible achievement, and we owe it all to you!

You are such an important part of bringing more specialty services to Hawkesbury. Already, patients at HGH are reaping the benefit of your generosity in support of this campaign with additional services now available in orthopedic surgery, cardiology, and ophthalmology.

In fact, in 2022, there were more than 1,100 visits to HGH's new ophthalmology clinic, and 250 cataract surgeries were performed in the OR. These services are new to our hospital and would not be available without the HGH Foundation's donors. Together, we have saved numerous patients, many of whom are seniors, the stress of having to make multiple trips to Ottawa for important ophthalmology care—and we've only just begun. You are making a difference!

We hope you will continue along this journey with us as we work together to reach our \$2.8m fundraising goal, which will:

- Purchase a new **3D mammography machine** for HGH by December of this year. This machine can detect up to 65% more cases of invasive breast cancer than traditional mammography!
- Expand HGH's new ophthalmology program to include additional diagnostic services and care like **macular degeneration injections** and **treatment of glaucoma and retina disease**.
- Double the number of endoscopic procedures completed at HGH by **outfitting a second endoscopy suite**, thereby reducing wait lists, and ensuring earlier diagnosis and treatment for patients.
- Add medical equipment needed to **create a dedicated urology surgical suite**. This will mean a dramatic increase in the number of patients HGH can serve, including the 800 local patients who suffer with kidney stones each year. HGH is currently equipped to handle only 5% of urology cases in the region.

We cannot thank you enough for helping us make the most of the new HGH. We will all benefit from your generosity, and we are so grateful for your ongoing support.

# Every Day You Make a Difference for Someone at HGH!

Learn how your gifts are impacting the lives of patients like Nicole, a cancer survivor.

Nicole “Coco” Trottier of Hawkesbury has stepped through the doors of HGH at various stages of her life – as a daughter, family member, concerned friend, and even as an HGH security guard for a few years; but not often as a patient.

Nicole remembers spending hours at HGH when her mother was hospitalized for three months just before her passing in 2010. “Mom was so well cared for, and my sister and I lived close by, so we could be with her anytime she needed us. Sometimes the staff would call to tell us she was having a hard time. It was winter, and I would literally just throw a jacket over my pajamas and head over. That was such a gift. It wouldn’t have been the same had she been in Ottawa or Montreal.”

Over the years, Nicole started supporting HGH by organizing several community fundraising events. “Although my budget was tight and I couldn’t afford to give much myself, I knew I could contribute my time and bring people together to raise money for the hospital. I just didn’t realize how soon I would be the one to benefit.”



Nicole (centre) with her daughters, Lucie and Chantal

In 2019, after several months of discomfort and medical tests, a biopsy revealed Nicole had a very rare form of cancer in her eye, sinus, and mouth. Initially, doctors told her she would undergo an 18-hour surgery to remove the cancer and that as a result, she would lose her right eye. “That was really hard to accept,” said Nicole, “even harder than knowing I had cancer.”

Fortunately, the treatment plan was changed and instead, she underwent 48 radiation treatments and 5 chemotherapy sessions. Although less invasive, the treatment was very aggressive, difficult, and demanding for her and her family. “It was so stressful to travel to Ottawa for treatments in the middle of winter, and my daughter and son-in-law had to miss work regularly to drive me. I hated having to depend on them, but I was so grateful. I don’t know how I would have managed without my family, and I felt for those who struggle to travel for medical services. It’s more important to me than ever that we all be able to receive the care we need in Hawkesbury.”

Two years later, Nicole is cancer free and will be monitored with an MRI exam every six months for the next five years. “Suddenly this machine that we all helped bring to HGH was a lifeline for me. It is so much less stressful! No one needs to miss work to take me to my appointments and I am saving approx. \$400/year by not having to travel to Ottawa. I feel such a sense of relief walking into my hospital, surrounded by people I know, and receiving the same state-of-the-art medical imaging that I would in Ottawa.”

***“I am so grateful to everyone who made a donation to bring the MRI to Hawkesbury. It’s a good feeling to know that I also contributed and am somehow able to give back to HGH. I hope you will continue to give alongside me – we will all need our hospital, whether it is now or in the future, and like me, you will want the services to be available there when you do.”***

# How Well Do You Know the New HGH?

You may be amazed when you see it all on paper. Our hospital's expansion is impressive and HGH Foundation donors helped make it possible.

## THE BASICS

**100** BEDS  
**760** EMPLOYEES  
**180** PHYSICIANS

## REDEVELOPMENT PROJECT

**\$200 MILLION**

INVESTMENT IN INFRASTRUCTURE, EQUIPMENT, AND TECHNOLOGY

**DOUBLED**  
THE SIZE OF  
THE HOSPITAL

**TRIPLED**  
THE SIZE OF THE  
ER DEPARTMENT



### AMBULATORY CARE

40 MEDICAL SPECIALTIES  
DESIGNED TO ACCOMMODATE

**70,000 VISITS**  
PER YEAR

### SURGERY

**5,500**  
PROCEDURES  
EACH YEAR

**3** OPERATING  
ROOMS

**2** ENDOSCOPY  
SUITES

### EMERGENCY

18 EXAMINATION ROOMS  
DESIGNED TO HANDLE  
**70,000 VISITS**  
PER YEAR + A NEW TRAUMA ROOM

### TRAINING

A SKILLS/SIMULATION LAB USED FOR  
**MEDICAL TRAINING**

### MEDICAL IMAGING

OVER  
**50,000**  
**EXAMINATIONS**  
PER YEAR AND A NEW MRI AND  
128-SLICE CT SCANNER

### FAMILY BIRTHING CENTRE

ALMOST  
**500 BABIES** DELIVERED EACH YEAR

- Spacious rooms with private bathrooms
- Therapeutic baths and showers
- Overnight accommodations for partner or other support person
- Secure environment with an electronic infant protection system

# HGH Proudly Displays Commemorative Plaque in Honour of Generous Bequest

**Many who choose to leave a bequest to HGH in their Will are grateful for the excellent care they have received, often over many years. Mrs. Joan Orr Vowles was no exception, as described by her stepdaughter, Martha Vowles...**

"My parents, Alan and Audrey Vowles, lived in the village of Cushing all their married life. My mother passed away in the Palliative Care Unit of HGH in 2000. Throughout her final illness, her longtime friend, Joan Orr Hartley, kept in close touch and visited her often. I recall many conversations in which we praised the staff for the exemplary care my mother received at HGH.

Just over two years after my mother's death, to the delight of their families, my dad and Joan married. By this time, both were in their late seventies, and had many of the health concerns common in people at that stage of their lives. Over the next twelve years, there were several medical crises. After each emergency admission, round of diagnostic tests, or outpatient treatment, they talked about the kindness and competence of the doctors, nurses, rehab professionals, dietary staff, and all the other important people who make up HGH's care team.

Joan told me many times that she intended to leave a generous gift in her Will to support the hospital, in recognition of the care she and Alan, and her friend, Audrey, had received. When she passed, I was honoured to be the person to send that donation on my stepmother's behalf. Our family feels such pride in knowing Joan's gift has had an impact on so many people's lives and we are touched by how much HGH appreciates her kindness."

HGH is honoured to acknowledge Mrs. Vowles' support by placing a plaque in her name on the hospital's new outdoor rooftop terrace and lounge. This was an obvious choice for her family, as Mrs. Vowles loved the outdoors and recognized the value of fresh air, sunshine, and a gentle breeze to lift the spirit and heal the body.

**If you 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**



*Please support the HGH Foundation by returning this form with your tax deductible gift in the enclosed postage paid envelope. Your gift will be used to fund our entire mission. Thank you for your support!*

**YES! I would like to make a donation to the HGH Foundation.**

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

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