

YARMOUTH HOSPITAL FOUNDATION

## ANNU AL REPORT

2019

Making Your Healthcare Dollars Work For You In Your Community



## Yarmouth Hospital Foundation





Bill and Sabrina Elkington visited Yarmouth in September to preside over the official opening of the Beacon of Light Park to honour their daughter, Erika, who died by suicide. The park was designed as a mental health initiative by the Yarmouth Hospital Foundation.

## Annual Report 2019

The Yarmouth Hospital Foundation's
Annual Report is a comprehensive review
of the Foundation's activities throughout
the year. It is intended to give our donors,
sponsors, partners and other interested
parties information about the
Foundation's activities and financial
performance.

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## **Board of Directors / Officers**



## 2019 success lays strong foundation for the future

The Yarmouth Hospital Foundation (YHF) had a very productive and exciting year in 2019 — in terms of both the initiatives we've set in motion to promote our regional hospital and their outcomes.

The YHF has really pushed the envelope to respond to the needs of 22 different departments in the



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Yarmouth Regional Hospital (YRH).

We facilitated the Community Navigator project to retain and attract physicians to serve the Tri-County community, committing significant funds to this as well as participating in the Oversight Committee monitoring this project.

Further, we contributed to the hospice unit, initiated by the Yarmouth County Hospice Society, and facilitated the purchase of a new van for Veterans' Place, supported by the Royal Canadian Legion.

All told, YHF contributed \$650,000 to improving healthcare in southwest Nova Scotia, which shows the terrific community support we've had in 2019.

The response to the Christmas Appeal, for example, was 40% above our target; all our Signature Events were very successful; and major gifts of stocks and bequests increased substantially.

The Board is continually looking for ways to improve. Significantly, we engaged consultants to undertake an organizational review, which has prepared us to develop a new five-year strategic plan in 2020.

At the same time, work is nearly complete on the documents required for the Board to undergo accreditation with Imagine Canada, a national organization



Dr. Harold Cook
Chair
South Ohio
Retired
Dean Dalhousie Faculty
of Medicine

that works on behalf of Canada's charities. Our goal is to have the highest standards of accountability and transparency for a charitable organization.

Board meetings have been streamlined and an educational component introduced to improve our understanding of the healthcare community we serve.

Sincere thanks to Site Leader Peggy Green for nurturing the relationship between the hospital administration and the Board.

As a veteran of many boards, including several at the national and provincial levels, I am confident that the YHF Board measures up to the best.

Dr. Harold Cook, Chair Yarmouth Hospital Foundation

## Board of Directors / Members





Allan Boudreau Yarmouth Retired Justice Nova Scotia Supreme Court



Irene d'Entremont Dayton President, ITG Management Inc.



Marc d'Entremont Tusket Founder & CEO Pombcoup Technologies



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Doris Landry Yarmouth Retired Public Health Nurse



Ronnie LeBlanc Meteghan Appointment: Municipality of Clare



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Dayton
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& General
Manager,
Murray GM



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Brian Saulnier Saulnierville President Sea Crest Fisheries



Linda Sutton Carleton Retired News Editor The Toronto Star



**Dr. Kenny Yee** *Barrington Passage*Physician

## YHF donors help build a healthier community for everyone

regional hospit.

Paulette Sweeney-Goodwin has been Managing Director of the Yarmouth Hospital Foundation since 2002.

The Yarmouth Hospital Foundation is honoured and deeply moved that you have chosen us as one of your charities.

Giving locally generates both a personal relationship and the confidence of knowing where and how your dollars are being spent. Giving locally also allows you to see first hand how your gifts are being put to work. By supporting the Yarmouth Regional Hospital through the Foundation, you contribute to the growth and improvement of this beautiful place in the world we call home.

The Foundation exists to support and enhance our hospital as a community and regional centre of excellence in healthcare. Our mission is central to everything we do throughout the year and is the basis of our relationship with you, our donors.

We know that donors like you give because you believe in our work. You give because you or a loved one has needed the services of your regional hospital and you find meaning in giving back to your community

to support healthcare services for others.

The success of 2019, as outlined by our Board Chair Harold Cook (see page 2) testifies that the Yarmouth Hospital Foundation is worthy of your trust. When we tell you that we are going to purchase equipment for one of the 22 departments within the hospital, we take pride in being true to our word and we will 'move mountains' to make it happen. This report affirms the impact your donations are making on healthcare every day.

The convenience and efficiency of the new portable

digital x-ray unit will influence overall patient care and comfort for years to come.

The washer-disinfector for the Medical Device Reprocessing

Department ensures that all surgical equipment for Digby, Shelburne and

Yarmouth hospitals meets the highest degree of sterilization and safety.

The mechanical ventilator with neonatal probe is giving our tiniest citizens a fighting chance for life.

These are just a few examples of the impact of your kindness. Many of you have a strong personal connection to the work of the Yarmouth Hospital Foundation. Nancy Ellis's story (see page 7) brought me to tears. Individual stories like hers inspire me in my work every day. Indeed, they provide a snapshot of the caring community we all call 'home'.

A heartfelt 'Thank You' for helping to build a healthier community for all of us.

## YHF support helps us serve our patients better

patients from Digby, Shelburne and Yarmouth counties.

When most people think about their local hospital, they may first conjure up an image of a healthcare provider working directly with a patient. The fact is, each healthcare provider is part of team, and each team is supported by the efforts of many people working in dozens of different departments and program areas.

We must never forget that at the centre of the care team are the patients and their families. These are our friends, family and

patients and their families. These are our friends, family and neighbours. We truly appreciate how the Yarmouth Hospital

Not a day goes by when I am not reminded of the massive level of teamwork and coordination it takes to provide safe, quality care to

Foundation recognizes the many facets of the care we provide.

Over the years, our Foundation has provided essential funding for equipment and programs. In the past couple of years that financial support has increased substantially. The Foundation's focus has expanded from addressing the major equipment needs of one or two key departments to embracing the idea that smaller contributions to a department can have an equally big impact on how teams provide care. The Foundation also recognizes that the programs supporting direct patient care are very important — for example, the

decision this year to fund the purchase of a new washer-disinfector for the Medical Device Reprocessing Department. The need to have properly sterilized equipment can never be overestimated.

Also, many of the items used by our rehabilitation services team aren't overly expensive but allow our patients to enhance their quality of life.

The Foundation is dedicated to the support of the hospital, and the hospital team is always eager to show appreciation to the Foundation.

Many of our staff members participate in the Staff Lottery run by the Foundation. Many also make donations, either as payroll deductions or individually. Still others volunteer to support Foundation activities such as the *WE CARE* Radiothon and the Spring Gala.

Yarmouth Regional Hospital operates at its best when everyone works together toward the common goal of excellent patient care. This goal is shared by our friends and partners at the Yarmouth Hospital Foundation.

For that, our entire team is grateful.



Peggy Green
Director Health Services,
Western Zone
Critical Care & Acute Medicine
Site Leader
Yarmouth Regional Hospital

## All hands on board for doctor recruitment, retention

pleased to be a part of this initiative.

"The overall goals are to attract new physicians and to keep the ones we have," says Rebecca Cassidy Rose, the community navigator hired to lead the initiative and to work with an Oversight Committee comprising stakeholders' representatives, including Foundation Board members Dr.

The Physician Recruitment and Retention Project is truly a community initiative for the Tri-Counties, and the Yarmouth Hospital Foundation is

The Foundation joined the Town of Yarmouth, the Municipalities of the Districts of Argyle, Barrington and Yarmouth, the provincial government and Doctors Nova Scotia to support the project initiated by the Yarmouth and Area Chamber of Commerce in June, 2019.

Shelagh Leahey and Dr. Harold Cook.

Thanks to their combined efforts, two new anesthesiologists, three family medicine practitioners, and one psychiatrist have been hired. At the end of 2019, a number of offers were pending for other positions.

Rebecca works with Nova Scotia Health recruiters to support their efforts to hire physicians, coordinating visits and information and assisting with the application process.

The business community in Yarmouth has been a very important partner, Rebecca says. Coastal Financial Credit Union responded to new physicians' housing concerns by

purchasing a property close to the hospital. With the help of local construction and design companies, this large home is being renovated to create four units for medical residents who are training at the hospital.

The project is also focusing on our young people in the Tri-Counties who are interested in a medical career, she says. "We want to encourage and support our own medical and pre-med students who return home after completing their training."

There are many parts to this initiative and many hands working together to offer support and not just to prospective physicians, but also to their families, Rebecca says. "We are welcoming our new doctors and residents and their families. We're helping them to settle in quickly so they can, in turn, help the wellness of our community."

The Physician Recruitment and Retention Project is truly a community initiative, she says. Supporting a healthy community is the goal.

"The positive momentum is clear," Rebecca says, "but we must remember to be patient and diligent so that long-term healthcare accessibility becomes a reality for our community."



Rebecca Cassidy Rose was hired in September, 2019, as Community Navigator to lead the community efforts in southwestern Nova Scotia to attract and retain doctors.

Information and updates
about the Physician
Recruitment and Retention
Project are posted on the
Yarmouth and Area
Chamber of Commerce
Facebook page.

#### By Nancy Ellis

## Nancy and the YHF step up when it matters

Deep breath. The same elevator, the same floor, on the way to my first meeting of the Yarmouth Hospital Foundation's Public Relations and Marketing committee just a few feet from where I sat at the foot of my father's bed, almost a year to the day that he passed away.

It was the first time I'd been in that elevator, the first time I'd been on that floor since that day. It was an uneasy feeling, and the meeting was a total blur as I tried to ignore the grief surrounding me like an invisible bubble. As uncomfortable as I was, it was exactly where I needed to be.

The year before, my father — Frank Alfred Amero — was on the 4th floor of the Yarmouth Regional Hospital, in his final days of his losing battle against cancer. His body was thin and he wasn't able to move much without causing a coughing spell that then caused more discomfort,

so he didn't get up very much.

Then the nurses brought him a special air bed to make him more comfortable. The look of comfort and peace on his face on the first day he had the new bed was a gift that I will be eternally grateful for. I remember sitting at the foot of his special bed, staring at a sticker that indicated the bed had been donated by the Yarmouth Hospital Foundation.

The next year, there I was, going to the same

floor where my dad had been, on my way to my first committee meeting. Jeff Little had invited me to join the committee, which he chairs.

I didn't feel ready yet, but decided this was the push I needed and the opportunity to finally give back to the Foundation as a thank you for what they did for my father and my family.

I got to be part of the WE CARE Radiothon four months later. After an incredibly long day and completely exhausted from an amazing, successful Radiothon, I was on my way back home when I started crying. All I could think about was how the Foundation had helped MY family, MY dad — and they didn't even know his name.

They didn't help because they knew us, didn't help because they were asked, they just helped. Because that's what they do — they help because they know it MATTERS. Like it mattered to MY family, to ME, to MY DAD.

So this is why I'm so thankful I'm part of the Hospital Foundation.

Because people need help, they MATTER, and the Foundation doesn't need to know who you are, or what your name is to help.



Nancy Ellis is an enthusiastic volunteer for the WE CARE Radiothon. She's a graphic artist who works at Y95. Nancy designs the elevator door wrappers at the hospital and redesigned the stickers she saw on her dad's hospital bed. She and her husband, Jason Ellis, live in Carleton.

## Philanthropy — a family affair for the Littles

When Jeff Little and Erika Tutty-Little brought their two small children to Yarmouth in 2008 they finally found a home.

Jeff's previous job meant that the family moved frequently, and Erika grew up in a family that also moved frequently. So when they were offered an opportunity to purchase the Murray GM dealership in Yarmouth, they accepted the challenge and began to put down roots.

"Getting involved in the community is a great way to get to meet people and make friends," Jeff says.

"Jeff started going to Rotary and I began doing Meals on Wheels," adds Erika, who often took 3-year-old son Alex with her on her rounds.

Jeff brought 7-year-old Emma, now a commerce student at Queen's University in Kingston, Ontario, to Rotary meetings and even encouraged

her to chair the meeting when it was his turn to do so.

Volunteering has just been part of their life individually and as a family in many different ways. Jeff serves on the Board of the Yarmouth Hospital Foundation and chairs two committees. He's most proud of his role in launching — and becoming the deep, mellow voice of — the highly successful *WE CARE* Radiothon. Among their volunteer commitments, Erika is involved in 100+ Women Who Care of Yarmouth County and Jeff was a founder of 100 Guys Who Share. Both groups support local charities. The family has also been heavily involved in the Scouting and Guiding movement.



The volunteer efforts of all four members of the Little family — (L-R Jeff, Emma, Alex and Erika Tutty-Little — were honoured by the Province of Nova Scotia in a ceremony in April, 2019. Jeff, who is the chair of the WE CARE Radiothon, was also recognized as volunteer of the year for the Municipality of the District of Yarmouth.

Emma and Alex are active and dedicated volunteers. Emma was president of the Rotary Interact Club at Yarmouth Consolidated Memorial High School and helped set up the Interact Club at Maple Grove, where Alex was club president. Both have been involved in fundraising and organizing events for their schools, Scouting and the community.

At the 2019 Nova Scotia Volunteer awards, Jeff, Erika and the kids were honoured with the Family Volunteer award for collectively contributing more than 40 years of volunteer service in 11 years. Jeff received the individual volunteer award for the Municipality of the District of Yarmouth.

"Volunteering is a way to give back to the community and to connect as a family," Emma says.

"The other big benefit is to show our kids how to be leaders," Jeff says.

"Many kids have a sense of entitlement and they expect things to be done for them," adds Erika. "We're showing our kids from a young age that someone has to take the time and effort to do it."

All four members of the Little family take that time and put in that effort.

## Jody Shelley understands that being a professional athlete is more than doing the best for your team.

It also means doing the best for your community.

"A key part of being an athlete is to remember that you can do things with it," Jody says.

For Yarmouth, that means lending his name and his presence to the Jody Shelley Golf Fore Heath tournament, which in 2019 raised more than \$43,000 towards the \$235,000 cost of a new portable digital x-ray machine for the Yarmouth Regional Hospital.

Jody was running a hockey school in Yarmouth in the early 2000s, when

he was recruited by Dave Arenburg, then a member of the Yarmouth Hospital Foundation Board, to lend his name to a golf tournament. "I was thrilled to be asked," he says. "It's for a terrific cause and the committee does just an exceptional job of organizing it. I love the opportunity to reconnect with my old friends and raise money for healthcare in southwestern Nova Scotia." Jody made lifelong friends in Yarmouth when his dad moved the family here to work in the tin mine. Jody was just 12, and got involved in sports, including hockey. After graduating from Yarmouth Consolidated Memorial

High School, he joined the Halifax Mooseheads.

Then he made it to the big time, starting his pro-hockey career with the Columbus Blue Jackets and eventually going on to play for the San Jose Sharks, New York Rangers and Philadelphia Flyers. He retired in 2013, settled in Columbus, his wife's hometown, rejoined the Blue Jackets in the front office, and became a colour commentator with Fox Sports Ohio.

Jody supports several charities in Columbus, particularly the children's hospital, which he visits regularly to lift spirits and raise money. He's excited about a new initiative to enhance mental healthcare for children. "We didn't talk much about our feelings when we were in the locker room. It mattered then, but it's important that people share their feelings.

"Being a pro-athlete is a lot of stress," Jody says, stress that comes from juggling the demands of working in a competitive arena with new-found attention from fans and the media and trying to figure out how to live your life. "And when you're done you have to find out who you are."

Everyone in Nova Scotia knows who Jody Shelley is. He remains the most popular Moosehead ever and his number — 25 — is one of three the team has retired. In November, 2019, Jody was inducted into the Nova Scotia Sport Hall of Fame.

## Jody Shelley tees off for healthcare



Jody Shelley (left) enjoys getting together with old friends Alex Johnstone and Rob Leimkuhler at the annual Jody Shelley's Golf Fore Health tournament.

## Volunteering is a passion for Dol Doucette

Dol Doucette conquered her fear of hospitals by volunteering at Yarmouth Regional and now donates many hours helping in any capacity where she can be useful, including at the annual WE CARE Radiothon.

What do you do if you have a fear of hospitals?

You become a volunteer Yarmouth Hospital clown!

That is how Dol Doucette started as a volunteer and credits it with helping her overcome her fears. "It sounded like a good idea at the time. I was just not comfortable in hospitals, but decided that, to get over it, I had to really step out of my comfort zone. It was a little wonky, but it got my foot in the door."

Dol has never looked back. Shel loves to volunteer at the hospital and for the Yarmouth Hospital Foundation.

Dol is a Jill-of-all-trades. After she stopped "clowning around," she started volunteering for palliative care. "It was a big jump," she says. "The VON was offering a course, so I took it. It was easier than I expected. Many people have no advocates, no family near or no family left. I step in

and be their support. It is difficult but very rewarding." There are so many things to learn and Dol loves to learn and have new challenges. "You are never too old. When you are younger you don't have time, but as you get older, you see all the ways you can help."

She keeps her small home-based hairdressing business and gives as much time as possible to her volunteer work. When Tanya Maillet, Nova Scotia Health Authority Volunteer Resource Officer for Yarmouth Hospital, calls, Dol says she knows that she will be, "on the job. I live close to the hospital so I can be available quickly."

Dol was there to help when the hospital flooded a few years ago, giving over 100 hours volunteer time to the clean-up effort.

The Foundation counts on Dol for many contributions, what she calls special projects. "I file, stuff envelopes, sell tickets, and I love working on the Foundation Radiothon."

Dol gets much personal satisfaction from helping people in the lobby to find their way. "The hospital can be a scary and stressful place to a lot of people. I know the look in people's eyes. I used to feel the same way. When I go up and ask how I can help, I see them relax. That is why I do it; that is why I volunteer. If anyone ever told me I would do anything in a hospital years ago, I would not believe them."

Dol has now given 11 years of volunteering in the community and over 1000 hours in nine years to the Yarmouth Hospital and the Foundation. Volunteering is a way of life for Dol and gives her great satisfaction. Her work is appreciated by all.

# Scott Lutz: Taking out insurance on future healthcare

Scott Lutz is a man who takes his own advice and applies his own expertise to his charitable giving.

Scott and his sister, Denise, own The Co-operators, an insurance agency started by their father, Clyde, more than half a century ago.

Yarmouth born and raised, he's a big supporter of the community in many ways — he's a board member and past-president of Rotary, he delivers Meals on Wheels, he's a Scout leader, he's on the board of the CBDC and he's secretary of the South Ohio Community Centre.

And Scott supports a number of charitable organizations in the community, not the least of which is the Yarmouth Hospital Foundation.

"I could give, say, \$500 a year to the Foundation, and they'd have just that — \$500," he says. "But, instead, if I put that amount into an insurance policy benefiting the Foundation, when I pass the benefit will be

much greater. If I'm giving anyway, I might as well put my money where it works best to make an even bigger donation."

Scott's choice to support the Foundation was made carefully. "I wanted to give back to the community," he says. "The Yarmouth Hospital Foundation is a good organization that supports everyone in the Tri-Counties. It's a service we all need.

"The Board is very strong and well run. You can trust that the money you are giving is going in the right places because you can trust the people who are handling it."

Scott also encourages some of his clients to choose this method of supporting the Foundation.

method of supporting the Foundation.

He and his wife, Jaime, who is a corporal with the Town RCMP detachment, have three children — Aiden, 13, Angelina, 11, and Annabelle, 8. "We chose to support the Foundation because it benefits our family as well as healthcare in the Yarmouth area," he says.

There are several ways to make a gift of life insurance to a charity.

- You can purchase a life insurance policy and make a charity both the beneficiary and owner. With this option, you will receive a tax receipt for the annual premiums paid.
- You can assign an existing policy to a charity. You will receive a tax receipt for any cash value in the policy.
- You can name a charity as a beneficiary of a policy without transfer of ownership. In this case, an immediate tax receipt is not issued, but your estate will receive a tax receipt when the policy is paid upon your death. The receipt will produce a tax credit for your final tax return.



Scott and Jaime Lutz support the Yarmouth Hospital Foundation by investing in an insurance policy benefitting the Foundation. Scott and his sister own The Co-operators insurance agency in Yarmouth, Jaime is a corporal in the RCMP.

## **Respiratory Therapy**



## Respiratory therapists help you take a deep breath

Breathing should come naturally, but when it doesn't you may need the help of Yarmouth Regional Hospital's Respiratory Department.

The department's whole reason for being is to assist patients who are having difficulty breathing. That could mean testing a person for asthma, COPD (chronic obstructive pulmonary disease), or sleep apnea.

It often means rushing to Outpatients to those experiencing breathing difficulties, perhaps even cardiac arrest, getting them on a machine to assist with their breathing and staying with them until they are transferred to ICU. It could also mean attending in the operating room or during a C-section or high-risk delivery, and providing breathing comfort to someone

in palliative care.

"To do the job and save lives, respiratory therapists rely on several machines to help people breathe or breathe better," says Jill Cushing, Respiratory Therapy team lead.

In the most extreme situation, patients who just can't breathe on their own require a ventilator, intubation and sedation. "Where possible, we start with a machine like a BiPaP, or a high-flow unit that is less invasive than a ventilator," she says.

All of that equipment is expensive, Jill says, noting that the 2019 *WE CARE* Radiothon raised money for a portable ventilator that can be adapted for a newborn or a child as well as for an adult.

"The Hospital Foundation has been excellent to us over the years," she says. "Our equipment takes a lot of wear and tear and new technologies come out all the time, so it's nice to have enough equipment and the right equipment you need to treat the patients in the community."

The department has nine respiratory therapists plus support staff, who are available from 8 a.m. to midnight weekdays and from 8-8 on weekends, with someone always on call.

Besides the pulmonary function lab, where people with breathing problems are tested, the department also provides support and advice to help people manage their breathing difficulties. That includes outpatient clinics at the Yarmouth site and at Digby and Roseway hospitals, pulmonary rehab clinics, and an exercise program for people with COPD.



(L-R) Respiratory therapists Casey Dolan, Amanda McKenzie, Courtney DiCesare and team lead Jill Cushing

# Quality care helps Ken Doucette cope with COPD

Kenneth and Gertrude
Doucette deal with
Kenneth's serious health
conditions, including COPD,
with humour and grace.

Kenneth Doucette is a man of few words but a number of challenging health conditions and a philosophical attitude.

"I have COPD, prostate cancer and heart problems," Ken says, sitting relaxed in his favourite armchair, getting relief from his oxygen supply and puffer.

"Any one of them can get me, but I don't worry too much about it."

He credits his longevity — he's 88 — to the care of his wife, Gertrude,
73. "I couldn't do much without her," Ken says. "It's a problem for me to even open a can."

He was diagnosed with COPD about six years ago. The diagnosis involved a battery of tests in the Yarmouth Regional Hospital's Respiratory Department. He returns annually for assessment and has

participated in the department's COPD clinic and also the exercise program run in conjunction with the hospital's Physiotherapy Department.

"They've been looking after me good," Ken says, referring to the Respiratory Department. He gives heaps of credit to the department's team lead, Jill Cushing.

"The staff there is unbelievable," Gertrude chips in, then jokes, "He wants to go there because of all the pretty faces." They both sing the praises of the exercise program in improving his mobility and breathing. A doctor's prescription is required for the program that's offered two or three times a

year and is open to eight participants at a time.

Ken has taken the program half a dozen times and each time has come out stronger than when he went in.

Exercises include walking, stair climbing, hand bike and treadmill, although a bad hip make some difficult.

Both Ken and Gertrude are from Quinan. He was a millwright who worked in Quebec for many years as well as at the tin mine. He was a heavy smoker for 40 years, but quit in 1987 when he worked at the mine.

Gertrude challenges him on that. "He told me he'd quit, but I saw him in his truck when I passed him in my car on Parade St. I could hardly see him for the smoke," she says. "I really chewed him out!"

Ken grins, and admits that he did cheat with cigarettes, then smoked a pipe and finally moved on to chewing tobacco before he stopped completely.

They are comfortable in the house they built in Chegoggin 35 years ago. "We have a warm house, enough to eat, a good car to drive," Gertrude says gratefully. "We have so much more than many others."

## Maria Marshall's heart is in nursing

Retired nurse Maria Marshall shares her dedication to healthcare by encouraging student nurses to pursue excellence.

"I have always been passionate about my profession. Now that I am retired, being a volunteer in the medical field is an extension of this passion."

That is why Maria Marshall is now a new and active member of the Yarmouth Hospital Foundation Scholarship Committee as well as serving on the board of the Yarmouth Hospital Cancer Care Unit. Maria has 34 years of experience from working with the VON, teaching in the Dalhousie School or Nursing, as a clinical resource, and in medical management.

Maria says that she joined the Scholarship Committee because costs of nursing education can be prohibitive for students. There are so many

barriers to starting and completing their education, she says. It is especially hard for mature students going back to school, Maria says. "They have family responsibilities and now they also need to work full time on their studies.

"Foundation scholarships give them financial support that does not have to be paid back. They are an incentive to not only start their nursing degree and certification, but to continue towards their goal."

Maria attributes much of her passion for nursing to her work with Dr. Rajender Parkash. He and his wife, Dr. Asha Parkash endowed one of the scholarships the Foundation awards. "I was happy and proud to tell him I was part of the Yarmouth Hospital Foundation Scholarship Committee," she says. "He was always so supportive of students wanting to enter the nursing profession. I am honoured to be a part of making this possible."

Maria is very encouraged by the quality of students who apply for Foundation scholarships, be they young people or single moms returning to begin their degree program or who want to upgrade in their field.

"We find students who have passion for and interest in the profession. I look for that person who will focus on patient care, who will focus on what will benefit each patient as an individual."

For Maria, "Once a nurse, always a nurse."

Volunteering keeps her connected with her profession.

"At the end of my career I still want to help, to touch base with people who need help. The biggest marks I want to make are to make a difference for people going through cancer care, navigating the system, and for those just starting their professional education. Like Dr. Parkash, my heart is in my profession."







## Scholarship Winners / 2019



## **Lindsey Nickerson**David R. Hall Scholarship

Lindsey is an ambitious young woman who has wanted to become a nurse as long as she can remember.

A 2019 graduate of Barrington Municipal High School — with distinction — she is proud of her record of participation in school activities, sports, community activities and volunteering. That includes raising \$5,400 to go to Tanzania to help build a school.

Graduating as a registered nurse is a stepping stone to her ultimate goal of becoming a nurse practitioner. Lindsey is committed to staying in southwestern Nova Scotia partly because she feels her skills will be helpful in addressing staff shortages.

"Nursing is my passion and my aspiration," she says. The David R. Hall Scholarship will go a long way to make her ambition achievable.

## **Deborah Janke**Yarmouth Hospital Foundation Scholarship

As a perioperative LPN, Deborah has been working in the operating room at Yarmouth Regional Hospital since 2008.

To upgrade her skills and become a registered nurse, she enrolled in the Post LPN to Bachelor of Nursing program at Athabasca University in 2015. However, her studies were interrupted by a diagnosis of Crohn's Disease, which is now in remission.

In September she entered the Dalhousie School of Nursing program, Yarmouth Site, with advanced standing and credit for courses already completed.

"Going back to school at age 39 has its challenges, but there is so much more I want to do," says Deborah, expressing thanks to the Foundation for helping with the financial obligations.

Her goal is to remain in Yarmouth and become a nurse educator.

#### Mackenzie Marr Parkash

Parkasn Scholarship

Nursing is a family affair for Mackenzie — her mother and three of her aunts are nurses.

Mackenzie tried to break the mold by studying business at St. Mary's University for one semester but found herself called back to the healthcare field.

The Weymouth resident was very pleased to be accepted into the Dalhousie School of Nursing program in Yarmouth, rather than in Halifax, and plans to pursue her nursing career in either Yarmouth or Digby.

Mackenzie graduated from St. Mary's Academy with high honours in 2018, while holding down a part-time job in retail, volunteering at her church and helping her family and friends.

"Helping others has been beneficial to myself as well," she says, "and has allowed me to shape into a better leader."

The Parkash scholarship will help her achieve her goal.

## Putting the FUN in fundraising

Fundraising to support healthcare for the residents of Digby, Shelburne and Yarmouth counties is a serious business. But it can still be fun.

The Spring Gala, Jody Shelley's Golf Fore Health tournament and the *WE CARE* Radiothon combine to make a major contribution to the Yarmouth Hospital Foundation's annual fundraising goals.

Organizing them takes a great deal of hard work by dedicated volunteers, but they also have fun doing it.

And the events themselves are memorable occasions for those participating.

Since 2005, the three events have netted more than \$1.4 million to support the purchase of many vital pieces of equipment. None of this would have been possible without the generous support of the communities of the Tri-Counties and the dedication and hard work of the many volunteers who have guaranteed the success of of our Signature Events.

## Signature Events / 2019





## WE CARE Radiothon:

Total raised since 2017: \$246,000

From our schools gathering coins to families donating what they could to larger corporate sponsors, we came together as a community to raise \$96,400 in just 10 short hours!

This allowed the Foundation to purchase a ventilator for Respiratory Services and other equipment for the Maternal/ Child Department.

A heartfelt thank you to our generous sponsors, our 50+ volunteers, the incredible team of healthcare workers and support staff at the Yarmouth Regional Hospital, and our amazing community!

— Jeff Little, Chair



#### Spring Gala 'Bollywood'

*Total raised since 2005:* \$633,000

The 2019 Gala with a theme of Bollywood hosted 380 guests for a dinner-dance that raised more than \$56,000 towards the \$235,000 cost of a portable digital x-ray machine.

It is a pleasure for the Gala Committee to see the popularity of the Gala continue at a high level after 15 years of history.

We are excited to continue with this event which allows for a "fun" evening of fundraising while informing the guests of the activities, actions, mandates and passions of the YHF Board members and staff.

- Linda Deveau, Chair



#### Jody Shelley's Golf Fore Health

Total raised since 2005: \$523,000

It was a wet day but it certainly didn't dampen the spirits at the 15th Annual Jody Shelley's Golf Fore Health tournament on Friday, July 12.

The proceeds — over \$43,000 — were also directed to the purchase of the new portable digital x-ray machine!

A huge shout-out to all of our sponsors, participants, contributors, volunteers, Digby Pines and Jody. We can't thank you enough!! You are all making a difference in healthcare!

— Doris Landry, Chair

# YHF balances spending and fiscal prudence



Anthony Muise is the Treasurer of the Yarmouth Hospital Foundation. For many years before his retirement, he was Vice President of Operations for Yarmouth Regional Hospital.

The mission of the Yarmouth Hospital Foundation (YHF) is to support and enhance the Yarmouth Regional Hospital as a community and regional centre of excellence in healthcare.

The Foundation works hard to achieve a balance between spending on equipment and programs required to support our hospital and safeguarding adequate funds for unexpected future needs. A Future Fund was established to be available should the need arise for an unbudgeted major piece of equipment or hospital expansion.

The Foundation's Finance Committee follows scrupulously established protocols and criteria for prioritizing the money entrusted to us, and we are deeply grateful for the community's tremendous support and

confidence in us.

For many years we have concentrated on building up our investment portfolio so we can rely on the interest from that portfolio, combined with annual donations and funds raised by our Signature Events, to run our operations and sustain our expenditures to benefit healthcare in western Nova Scotia. Our spend policy controls the amount that can be removed from our investments to augment the Foundation's annual revenues from fundraising. The Investment Fund has done so well that spending has increased to \$650,000 from \$230,000 in 2017. Each year the Nova Scotia Health Authority gives us a list of equipment, prioritized in order of need. Our Finance Committee reviews the list and compares it to the amount of money we have available. This list could comprise five or six fairly costly items or a longer list of less costly items.

For that reason, we also like to ensure that we support all of the hospital departments. No hospital can rely solely on doctors and nurses and expensive diagnostic equipment. All departments play a significant role. For example, this year we approved the purchase of a \$90,000 washer-disinfector for the Medical Device Reprocessing Department, which ensures that all of the small devices, such as surgical instruments, are sterile and safe to use. We also contributed \$50,000 to physician recruitment and retention.

As a charity, the Foundation must meet government-mandated requirements, so we've been working over the last 18 months to hone our policies to meet national standards required for accreditation by Imagine Canada, an organization that works on behalf of Canada's charities.

These policies and practices ensure that we can meet our goal of achieving a balance between fiscal prudence and meeting the healthcare needs of our community.

## Our Impact / 2019



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### Our Impact / 2019



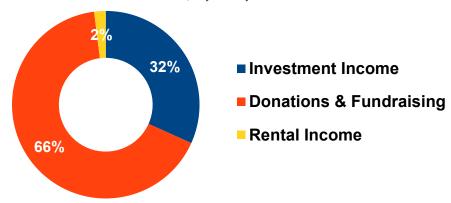
The successful fundraising efforts in 2019 were a direct result of the ongoing

commitment of our valued donors. **Thank you!**in 2019 were a direct result of the ongoing commitment of our valued donors. **Thank you!** 

Financial Highlights for year ended December 31, 2019	
REVENUES:	2019
Investment Income	\$397,094
Donations & Fundraising	\$830,219
Rental Income	\$25,000
Total Revenue	\$1,252,313
DISBURSEMENTS:	2019
Contributions to Y.R.Hospital & donations to charities	\$667,953
Fundraising	\$165,769
Administration & employee compensation	\$396,246
Total Disbursements	\$1,229,968
OPERATING SURPLUS FOR THE YEAR	\$22,345
*Unrealized gain on equity investments	\$1,224,346
Excess (Deficiency) – including unrealized gain	\$1,246,691

<sup>\*</sup> An unrealized gain is the increase in the fair market value of an investment over its cost, for investments that are not sold. In compliance with the Accounting Standards for Not-For-Profit Organizations (ASNPO) charitable organizations must record their investments, for financial statement purposes, at fair market value. The change in the year-end difference between the organization's investment cost and fair market value is recorded as an unrealized gain/loss for that year.

#### 2019 Revenues: \$1,252,313



## Our Impact / 2019



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A number of critically necessary equipment purchases have been made possible \_\_\_uted i ந்துக்யத்த தர் நிளுக்கு நிறுத்து திரும் திரும் திரும் திரும் திரும் நிறுத்து மூர் நிறுத்து முறிக்கு நிறுத்து and a include a portable digital at கூலிர் நிறுத்து நிறுத்து நிறுத்து நிறுத்து நிறுத்து நிறுத்து and a verifically with heartal mode for Respiratory Thank you!

2019 Commitments: \$616,322

## Our Impact / 2019



umber of critically necessary equipment purchases have been made possible cause of the gene osity of the many donors who contributed in 2019. Purchases ude a portable digital x-ray unit for Diagnostic Imaging and/a mechanical tilator with neonatal mode for Respiratory. Thank you!

- Mechnical ventilator with neonatal mode \$56,403
- Three nitrous oxide delivery systems \$27,689

Looking Forwar - Three portable NIBP monitors - \$11,768

is to raise \$673,028 for reportable digital x-ray unit - \$235,865

is t ■ Washer/disinfector - MDR - \$94,913

- Two OR surgical lights \$90,000
- Two sit to stand lifts & BP monitor \$12,770
- ER & AC work stn. & waiting rm. chairs \$9,730
- Urology laser button for TURP procedure \$56,403
- Water & ice dispenser, Nutrition & Food Services \$11,281
- Chemotherapy fridge, Pharmacy \$9,500

tment for 2020

lospital Foundation's commipment.

Ooking Forward...the Yarmouth Hospital Foundation's commitment for 2020 to raise \$67இ,@28.compequireinesseintialeequipfoenthe Yarmouth Hospital Foundation in available on the Canada Revenue Agency website: http://www-arc.gc.ca/chrts-gvng/

The complete financial report for the Yarmouth Hospital Foundation is available on the Canada Revenue Agency website: http://www.cra-arc.gc.ca/chrts-gvng/

## Wall of Honour / 2019



The Wall of Honour, located in the lobby of the Yarmouth Regional Hospital, salutes the generosity of its many supporters. Contributions are based on cumulative totals to December 31. 2019

#### **FOUNDERS** (\$250,000 & over)

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Trask. Bernice & Michael

& Josina Warner

Trask family

#### Remember the hospital foundation in your will

In life, Chantal Muise was frugal. but she was generous in her will.

Chantal died in 2015 at the age of 96. From the age of 16 until her retirement, she ran the Peter L. Muise General Store, owned by her father, and the Quinan particular asset, or a Post Office.

She never married and had no children to whom to leave her estate.

Thus. Chantal was able to save a considerable amount that she bequeathed in equal amounts to the Yarmouth Hospital Foundation, the Sainte-Agnes Cemetery Fund and the Université Sainte-Anne Bursary



enhance health-care in your community beyond your lifetime.

You can designate a certain sum of money, a portion of your estate.

Whatever form your gift takes, the result is the same — a healthier community.

Foundation staff will be happy to work with you should you choose to leave a bequest.

Many others have remembered the Foundation in their wills: Jean Maude Bezanson

Raymond Carroll Burnie Georgia May Day Eleanor Gertrude Dyke Harry B. Eldridge Roy V. Germain Myra Goodwin Evelvn M. Halstead Clara V. Hamilton Gordon Alexander Hogg Robert B. Killam Bernice S. Koon M. MacDonald & Helen Laing Alpha John LeBlanc Florence Littlefield Doris Norma MacKinnon George Millard Chantal Ann Muise Florence Lavinia Nickerson Theresa O'Hanley

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## Wall of Honour / 2019



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## Wall of Honour / 2019



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Dempsey, Patrick &

The YHF salutes the generosity of all donors. In this report we are pleased to recognize gifts of \$100 or more in 2019

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#### Special Occasion gifts

A gift to the Yarmouth Hospital Foundation is a special way to honour people in your life as they celebrate happy times such as birthdays, births, weddings, anniversaries, promotions and other special occasions.... or simply to say "Thank you".

Ask your family and friends to make a donation to the Yarmouth Hospital Foundation instead of buying you a gift for that next special occasion.

The Foundation will notify the individual being honoured by sending a card expressing your good wishes.

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**PAGE 24** 

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## Gifts in Memory / 2019



Donations have been made to the Yarmouth Hospital Foundation in 2019 in loving memory of the following:

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Acker, Noah Stephen Admas, Vernon Amero, Fred Amirault, Mardi Amirault, Placide Anthony, Emily Armstrong, Bernadette Armstrong, Donald Atkinson, Angela Atkinson, Angus Atkinson, Carl V. Atkinson, Carolyn Atkinson, Harry Atkinson, Treena Atwood, Glendon "Glen" Aymar, Ronnie

#### В

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Campbell, Claire

#### Make a gift in memory of a loved one

Centenarian and

Carleton resident Kay Balmanno regularly contributes to the Yarmouth Hospital Foundation in

memory of her late husband, Dr. James (Jim) Balmanno, who passed away in 1981.

"Support for our

Comeau, Evelyn & Denis

Comeau, Robert Joseph

Comeau, Stanis & Rosalie

Comeau, Sarah & Felix

Cook, Malcolm & Sadie

Cottreau, Louise Anne

Crabbe, Richard "Dick"

Crowell, Arthur "Arcy"

Cunningham, Edward

Cunningham, Jack

Cunningham, John

Cunningham, Richard

Crosby & Spinney families

Cottreau, Rosabelle

Crosby, Rebecca

Crowell, Darlene

Crowell, Freeland

Crowell. Nancy

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Chetwynd, Leslie

Cleveland, Betty

Comeau, Eddie Comeau, Elizabeth

Comeau, Gerard

Comeau, Lorraine

Comeau, Maria

Comeau, Victor

Corning, Jack

Cottreau, Carol

Cottreau, Doris

Cottreau, Jean

Comeau, Paul A.

Comeau, Joe

Comeau, Liz

hospital is dear to my

heart," says Kay. "And it's an appropriate way to honour my late husband who spent so much time at the Yarmouth Regional

Hospital as a surgeon dedicated to helping others."

A gift to remember someone special is a thoughtful gesture to the family and a meaningful contribution to better healthcare in your community.

The Foundation sends the family a beautiful card to notify them of your gift. The amount of the gift is kept confidential. You receive a letter of thanks and tax receipt for your donation.

Cushing, Russell

Delaney, Ralph & Kathryn Deming, Marge Dennis, Sandy d'Entremont, Andrew d'Entremont, Benjamin Z d'Entremont, Blair d'Entremont, Claude d'Entremont, Floretta d'Entremont, Hubert d'Entremont, Paul d'Entremont, Roger d'Entremont, Theresa d'Eon, Adolphe & Therese d'Eon. Betty d'Eon, Paul Deveau, Bob Deveau, Leo J Deveau, Ralph Deveau, Rose Anna Deveau, Stanis Doucet, Abel Doucet, Azele Doucet, Bernice Doucet, Eddie & Charlene Doucet, Patsy Doucet. Rodolphe Doucet, Ronnie Doucette, Edmond & Catherine Doucette, Jean Doucette, Mark

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## Gifts in Memory / 2019



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Powell, Dorothy
Prime, Roy
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Prouty, Winston
Pyne, Patricia E "Pat"

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Roberts, Marilyn (Sweeney)
Roberts, Shirley A.
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Watkins, Ethel
Weir, Greg
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## Community Fundraising / 2019

Through third-party events like pool tournaments, bake sales, auctions, walkathons and marathons, individual donors, organizations and businesses are creating ways to give back to their community — and have fun doing it!

"No matter how large or small, these initiatives are

invaluable to the overall fundraising efforts of the Yarmouth Hospital Foundation," says Mary Surette, YHF Development Officer. "Every dollar raised stays in our community! We are grateful to those who organize these events and choose to donate the proceeds to our regional hospital."

## **Dooly's Pool Tournament**

"Everyone has been to our hospital. It is important to everyone in our community, so contributing to the Yarmouth Hospital Foundation is an important way we show our support and how much the hospital means to us."

That's the way Amy Allen describes the reason she gives her time to organize Dooly's annual Yarmouth Hospital Foundation Pool Tournament. It began in 2013 as a simple pool

tournament and barbecue event that raised \$380. The tournament on October 5, 2019, raised



\$4,700 for the Foundation and included an Acadian rappie pie sale, live band and a silent auction with a "Pie Your Favourite Bartender" event. The "Pie" event was the best part, Amy says, and it alone raised almost \$2,000.

Anyone can register and all staff members at Dooly's are involved — including the bartenders.

"We look forward to this event every year," says Amy, manager of the pool

hall on Water Street, Yarmouth. "We are proud of our contribution to the Foundation."

### Comeau's Bake Sale

When the WE CARE Radiothon was launched in 2017, employees at Comeau's Sea Foods in Clare wanted to be part of the fun.

That year, Cathy MacDonald took the lead in organizing an employee turkey dinner and small bake sale at the Saulnierville fish processing plant. In three years, the bake sale has raised \$3,750.

"We were surprised by the local support," says Comeau's financial services manager Alisa Aymar, who took over the bake sale organization after Cathy retired. "People



might buy two cookies but drop a \$20 bill in the box.

"This is a team and community event," she says. It now involves the entire group of companies under Comeau's umbrella.

"Food for the bake sale comes in from all over," Alisa says.

"This is our way to give back to the Yarmouth Regional Hospital," she says. "We are proud of what we've given and so pleased that we have

become a part of the annual Radiothon. It's a very important total community event."

## Yarmouth Hospital Foundation



## Ways to Give

There are many ways you can choose to help. No gift is too small and every dollar makes a difference in the care we are able to provide.

You can make your donation by phone at 902-749-1669, and we are pleased to provide any additional information you may require.

#### **One-time Donation**

A gift by cheque or credit card is the most common way to give. You may also give online. Donors may choose to designate their gift or make a donation to the area of greatest need.

#### **Monthly Giving**

Monthly giving allows you to donate over 12 months by pre-authorized withdrawals from your bank account or recurring charges on your credit card.

#### Planned for the Future

You may wish to support our hospital through a gift in your will, or you may choose to make the Yarmouth Hospital Foundation the beneficiary of an insurance policy.

#### **Other Options**

A gift of stocks, bonds or securities is also an option. No income tax is paid on capital gains generated by this type of donation.

#### YARMOUTH HOSPITAL FOUNDATION

Making Your Health Care Dollars Work For You In Your Community PO BOX 7

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