November 20, 2014 marked the third anniversary of the opening of our new hospital. This has been a year full of accomplishments that wouldn’t be possible without the commitment of our staff, physicians and volunteers. At the OHA (Ontario Hospital Association) Convention in November, our hospital was awarded the Silver Quality Healthcare and Workplace Award and was recognized for being one of the top five finalists for the Green Hospital of the Year Award. We were also recognized by Cancer Care Ontario as being the Top Performing Hospital for Turnaround Time for Colorectal Cancer. These awards highlight just a few of the many initiatives, programs and services delivered by our hospital.

Our hospital continues to work within the Thames Valley Health Care System on refining a clinically integrated health record, in order to provide the safest possible patient care. With the support of our staff and physicians, we are proceeding with the implementation of HUGO (Healthcare Undergoing Optimization) which is leading us towards electronic patient records.

This newsletter introduces three new physicians, two orthopaedic surgeons and a urologist, who have joined our physician complement. The hard work and dedication of our staff and physicians over the last few months has been further emphasized through the additional education and training they have undertaken in Ebola preparedness, which is outlined in detail on pages 8 and 9.

We continue to work with Oxford County hospitals partnering on an integrated clinical services plan. As we move forward with this plan, we will find the most beneficial way to deliver healthcare services to our community. From all of us, may we wish you a joyful Holiday Season and a New Year filled with good health and happiness.

Recognizing…
Service Excellence!

On November 3, 2014, Woodstock Hospital was once again presented with the Silver Quality Healthcare Workplace Award by the Ontario Hospital Association. This prestigious award recognizes employer and staff efforts in creating and nurturing a healthy workplace; commends the commitment of senior management to improving the quality of work-life; and acknowledges the quality of care and services delivered. Kim Osmond, Director of Human Resources/Occupational Health and Infection Control, led a committee of 34 leaders through the extensive application process, stating “This award is the result of a massive team effort and it is an accurate reflection of the level of service that we provide, and the professionalism that is displayed, every day at our hospital.”
A fire can occur at any time, putting patients and staff at risk. Following deadly fires in nursing homes in Ontario and Quebec, the Ontario government introduced changes to the fire code including conducting an annual fire drill based on a realistic evacuation scenario that is pre-approved, and observed, by the Chief Fire Prevention Officer.

On September 23, 2014, Woodstock Hospital, led by the Emergency Preparedness Team, conducted its first annual mock “Code Red” evacuation exercise involving frontline staff, security personnel, facilities management and staff. The exercise also included observers from the Woodstock Fire Department, the Board of Trust and senior management team.

To mirror reality, the evacuation exercise was staged on the M200 Unit, with a full complement of 24 patients and the average number of night time staff. Everyone gave their full support as the mock scenario played out, starting with a fire (Code Red) in a patient’s room that spread throughout the wing, calling for a full evacuation. During the exercise nursing students and volunteers role-played as semi-ambulatory or non-ambulatory patients so that various evacuation procedures could be tested. With the assistance of nurses and allied health team members from medical records, housekeeping, laboratory and diagnostic imaging, we evacuated the patient from the room of fire origin in 1:55 minutes and all 24 patients were evacuated from the unit in just over 10 minutes, in a well-coordinated, organized manner! The entire unit was then rechecked to confirm that it was indeed empty so the complete process was accomplished in 14:34 minutes.

Our team well exceeded the guidelines from the Office of the Fire Marshall and Emergency Management, which states the time frame required to respond and remove a patient from the room of fire origin and close the door, in our facility and on this Unit, is 4:25 minutes. It was also determined that with the fire alarm system and fire suppression qualities built into our facility, our staff would have 75 minutes to evacuate all patients from that unit of fire origin, to the next point of safety.

In summarizing the Fire Drill exercise, Jeff Slager, Fire Prevention Officer, Woodstock Fire Department praised our staff for a job well done. “The Fire Drill was well coordinated and I was especially impressed with the high level of communication between team members. If this had been a real life emergency, your patients would have been safe.”

When a fire occurs, it is extremely important to be aware of your surroundings and know how to respond. During your hospital stay, or when visiting our hospital, if you hear “Code Red” announced, please take the following actions:

- **Do not** use the elevators.
- If you are a **patient** and on your unit, when you hear the alarm, please return to your room and keep your door closed.
- If you are in another area of the hospital, please stay where you are until the ‘all clear’ signal is given.
- A **staff member** will inform you if further action becomes necessary.
Supporting… Mental Health

On October 1, 2014, Woodstock Hospital implemented a new program in support of patients who come to our emergency room with a mental health crisis. This program provides a full time crisis nurse who is available from 11:00am -11:00pm to respond to all patients in crisis, including children, youth and adults.

Every month, over 100 of the patients who come to the emergency room are suffering from some form of mental health crisis, whether it be from depression, anxiety, stress or addictions. These patients require specialized care and now, thanks to a new program introduced at WH, they will receive care in a timely manner by a trained Crisis Team.

The role of the Crisis Team is to respond to all emergency patients in crisis – children, youth and adults – and provide the emergency physician with support and expertise in mental health assessment. On average, each crisis assessment takes about 1 hour. The Crisis Team has been able to reduce the response time for seeing a patient from an average of 4 hours to 30 minutes, while decreasing the length of stay in emergency to just under 3 hours.

The Crisis Team is supported by WH’s Mental Health Unit which responds to calls for assistance from emergency room doctors between 11:00pm -7:00am and the Canadian Mental Health Association (CMHA) will continue to assess adult patients between the hours of 7:00am -11:00am. The Crisis Team is a direct result of WH’s FLIP (Front Line Improving Performance) program which is dedicated to ensuring the right patient receives the right service at the right time!

Meet the Mental Health Crisis Team (LtO) Matthew Rogers, Inpatient MH Nurse, Crisis Nurse; Michelle Worsfold Director of Mental Health Services; Jillaine Blair Inpatient MH Social Worker, Crisis Team Lead; and Tom Gantert Crisis Nurse. Absent: Peggy Lockwood, Crisis Nurse; and Tara Newton, Crisis Nurse.

Woodstock Hospital was recognized at the Ontario Hospital Association (OHA) Conference, as being one of five finalists in the province for the Green Hospital of the Year Award.

The awards are given in recognition of a hospital’s leadership and excellence in reducing the environmental impact of health care. Our hospital was congratulated for demonstrating its significant organizational commitment to environmental sustainability and to reducing its environmental impact.

Janis Humeston, Director of Housekeeping & MDRD and Chris Marion, Coordinator Capital Projects, accepted the award on November 3, on behalf of WH’s Green Team. “It is a great honour to be nominated as one of five hospitals out of 80 in the province, for Green Hospital of the Year Award. We have a very dedicated team of people, from a wide variety of departments, who are focused on energy efficiency, waste management and pollution prevention. This award reflects their hard work and management’s commitment to being green.

Members of WH’s Green Team
(LtoR) Back Row: Chris Marion, Captial Projects; Heidi Dantes, Emergency; Green Team Chair, John Schram, Housekeeping; George Pankiw, Honeywell
Caring for ... Your Bone and Joint Health

Good bone and joint health play an important role in our overall well-being. Maintaining good bone and joint health is one of the most important things you can do for yourself. You can live longer and stronger by making healthy choices about nutrition, exercise and injury prevention.

However, it is estimated that 70% of Canadians will require orthopaedic surgery at some point in their lifetime. For example, you or a loved one may be experiencing chronic or congenital bone conditions, cartilage damage, osteoarthritis or bone trauma or fracture. Any of these conditions may require a referral to an orthopaedic doctor in order to decrease pain and improve mobility.

An orthopaedic doctor specializes in injuries and diseases pertaining to the musculoskeletal system and plays a critical role in the diagnosis, treatment, prevention, and rehabilitation of these conditions. Orthopaedic doctors treat infections, sports injuries, broken bones, joint problems (e.g., arthritis), congenital conditions, degenerative conditions (e.g., osteoporosis), and bone tumors. They handle everything from a sprained ankle to complex procedures and surgeries such as a knee and hip replacement. If you are experiencing pain in your ankles, knees, hips, shoulders, or back, you should consider talking to your family physician about seeing an orthopaedic doctor.

The earlier you get advice about a musculoskeletal issue, the sooner you may be able to start treating the problem. Early treatment prevents conditions from becoming even more severe. Orthopaedic doctors use surgery as a last resort for musculoskeletal issues. They do everything that they can to delay it as long as possible in favour of less invasive treatments such as medication and physical therapy. When these treatments no longer provide relief for pain and other symptoms, they may recommend surgery. Some of the most common surgeries that orthopaedic doctors perform include back surgery, and ankle, knee, shoulder, and hip replacements. They also perform a variety of arthroscopic procedures, which allow them to visualize, diagnose, and treat problems inside of a joint.

We are pleased to welcome Orthopaedic Surgeons Dr. Tran and Dr. O’Neill To Woodstock Hospital. Your family physician can refer you to Dr. Tran at 519-533-6968 or Dr. O’Neill at 519-533-533-6970

Dr. Micheal Tran graduated as a Doctor of Medicine from McMaster University in 2008. Dr. Tran spent five years as a Resident of Orthopaedic Surgery with the Michael G. DeGroote School of Medicine, Hamilton, ON, completing his degree in 2013. Since graduating, Dr. Tran completed his Fellowship in Orthopaedic Sport Medicine with the Fowler Kennedy Sport Medicine Centre at Western University.

A resident of Woodstock, Dr. Tran is pleased to be part of a growing community. “I really enjoy living in Woodstock and working at WH. The new facility is wonderful and the people are supportive and welcoming - WH has an exceptionally considerate culture.”

Dr. Brendan O’Neill graduated in 2007, as a Doctor of Medicine from Dalhousie University, NS, and completed his orthopaedic surgery residency in 2012, at the University of Calgary, AB. In 2013 he attained his Comprehensive Knee Fellowship at the University of Ottawa and in June 2014, he received his Adult Reconstruction Fellowship from the University of Western Ontario.

Dr. O’Neill, his wife and four children find Woodstock a friendly city. “From my first day at WH, I felt at home. Everyone in Surgical Services, the inpatient units and the outpatient department is outstanding at their job and so accommodating. There is a real team effort to ensure the delivery of excellent, patient focused care.”
Musicians have been providing live, acoustic music at the bedside of patients over the last few months. These musicians are doing a practicum at the hospital through the Music for Healing and Transition Program (MHTP). The program has found that music can provide many benefits for our patients, including relaxation, distraction from pain along with a lower heart rate and blood pressure.

Through WH’s volunteer program, these passionate musicians come to perform in various areas throughout the hospital. For participant Betty Ford, music has been the center of her life, but she says this has been the most humbling experience of them all, “knowing you have aided in bringing energy and sunshine into a patient’s day by sharing your love of music is attaining the highest fulfillment possible.”

The musicians focus on meeting the patient’s needs, not setting specific goals or expecting certain outcomes. Kristin Vollick had the opportunity to play the harp during her internship at the hospital. She said she entered the program because of the way people respond to live music, “the idea that I could be trained to provide music as a comfort measure for patients gave me purpose and I was very eager to be of service in this way.”

This is the first time the Certified Music Practitioner program has been in Canada. Debora Moggach signed up without hesitation when she saw that the course was being offered in Woodstock, “after many years of playing my hammered dulcimer for myself and my family, I finally felt ready to take my music out of my living room and into the community.” She says she has witnessed the power of therapeutic music during her internship, “agitated patients have often become calm and fall into deep sleep after hearing the gentle tones of the dulcimer and lonely patients have delighted in hearing the songs and receiving the joy of a brief period of companionship.”

**Knitting… for patient comfort**

*Auxiliary member Louise Tuffnail* generously donated hand-knitted lap robes to WH patients in palliative care. The robes, which came in a variety of colours, were specially designed to provide warmth and comfort to our patients.

Pictured with the lap robes is patient Jennifer MacNeil along with Palliative Care Manager Diane Murray, seated on bed. Standing are the Co-Presidents of the Auxiliary Donna Treleaven (front) and Brenda Wilson (middle).

Louise Tuffnail (back) said, “I love to knit and it’s a wonderful feeling to know that my robes are bringing comfort to our patients in palliative and complex continuing care.”

**Music for Healing Musicians** are specially trained to bring comfort to patients with their musical talents. (LtoR) Debora Moggach on the hammered dulcimer; Betty Ford, soloist; and Kristin Vollick on the harp.

If you are interested in learning more about this program please call Deanna Howell, Volunteer Coordinator at (519) 421-4233 ext. 3650
Welcoming... a new Urologist

A urologist is a doctor who specializes in treating disorders and diseases that affect female and male urinary tracts (i.e. kidneys, ureter, bladder and urethra) and the external genital organs. They deal with everything from paediatric urology, which treats medical problems that can affect newborn babies and children, right up to problems affecting the urinary tracts of men and women in their senior years.

The basic function of the urinary tract is to produce, store, and release urine in order to rid the body of liquid wastes. The kidneys, bladder, ureter and urethra all play roles in the urinary tract. Frequent or painful urination, urinary retention and incontinence are all problems that can affect urinary tract health.

A urologist will diagnose and treat conditions such as urinary tract infections, kidney stones, bladder stones, bladder cancer and kidney cancer in order to keep your urinary tract healthy. In males, there is some overlap between reproductive and urinary tract organs, so a urologist also plays an important role in prostate health including the diagnosis and treatment of an enlarged prostate, as well as screening for prostate cancer.

Woodstock Hospital is pleased to welcome Dr. Phillipe Violette to its physician complement. Your family physician can refer you to Dr. Violette by calling (519) 533-6966.

Dr. Violette, graduated as a Doctor of Medicine from McGill University, in Montreal, QC in 2007, and completed his residency in urology at McGill University Health Centre in 2012. In 2014 he completed his MSc. Epidemiology studies at McMaster University, Hamilton, ON and concluded his Fellowship in Endourology (endoscopic urology) at St. Joseph’s Health Care, London, ON.

Dr. Violette and his wife, who is a family physician in London, have three children with another on the way. Dr. Violette is very pleased to be working in Woodstock, stating: “One of the outstanding things I’ve observed about this hospital is that everyone, from nursing to administration, is focused on the fact that the patient always comes first.”

MOVEMBER

Carpe Moustaccium - Seize the Mustache!
At WH a dedicated team of men are raising awareness about specific health issues faced by men supporting the Movember Movement!

Team members are enthusiastically growing mustaches for bragging rights to the title of “best in class” and raising money in support of WH’s Urology Department. They want men everywhere to know that knowledge is power, prevention is everything and early detection is the key.

Members of the Carpe Moustaccium Team
(L to R) Mark DaCosta, Biomedical Aid; John Schram, Housekeeping; Mike Visser, Biomedical Technologist; Steve Van Winden, IT; James Linton, Biomedical Services; Randy Hicks, Director of Critical Care & Dialysis; and Dr. Violette (above) are just a few of the men who are participating in Movember events to raise money for urology equipment.
Ebola virus disease (EVD) is a disease that causes hemorrhagic fever in humans and animals. Hemorrhagic fevers are often fatal as they affect the body’s vascular system which can lead to internal bleeding and organ failure.

The Ebola virus does not spread easily from person to person. Direct contact with the blood or bodily fluids of the infected person or indirect contact with contaminated materials, such as needles, are the only ways to contract the virus.

Travelers coming from highly infected areas in West Africa or those who came in direct contact with the virus can experience symptoms anywhere from 2-21 days after contact. The outbreak is occurring in Guinea, Liberia, the Democratic Republic of Congo, and Sierra Leone.

As of mid-November, there are no cases of Ebola in Canada. Although the risk in Ontario remains low, the Woodstock Hospital is prepared; “all necessary precautions are being taken to ensure the safety of our patients, visitors, and hospital staff” said Kim Staikos, Manager of Infection Prevention & Control. “The hospital always has infection and disease processes in place, nevertheless, extra training and protection is important in dealing with EVD.”

The hospital recently introduced additional steps in their screening process which includes asking patients who arrive in the Emergency or Outpatient departments about their travel history, along with any symptoms they’ve experienced upon their return. The Infection Control Department has posted signs to ensure key questions are answered by all who pass through the hospital’s doors.

The hospital directors and educators also hold weekly meetings to review Ebola planning and communicate with our regional partners to ensure preparedness. Preparations include training for essential emergency room staff about the proper donning and doffing of high-level personal protective equipment (PPE).

It’s important to remember that screening for infectious diseases is not new in Ontario hospitals; in fact, a less rigorous version of PPE is routinely used for a variety of infectious diseases, such as MRSA and C. Difficile. In readiness for Ebola, WH has installed an Ebola preparedness cart in the emergency department which contains all the required, high-level PPE for staff: a fit-tested N95 respirator, full face shield, impermeable coveralls with a hood, boot covers, and double gloves (one under and one over the cuff).

Jaime Cornelius, Infection Control Practitioner demonstrates an infection control sign and garb that is routinely used to fight other infectious diseases, such as MRSA and C. Difficile.

Samantha Erskine, Infection Control Coordinator demonstrates the complete, high level PPE.
Fighting Infectious Diseases

Facts... behind the mask

Each of the pre-mentioned practices are the result of directives from the Chief Medical Officer, Ministry of Health and Long Term Care. In addition, our hospital participates in the buddy system for donning/doffing, which is being advocated across Ontario. One staff member reads out the step-by-step instructions while the other dresses. This close observation guarantees that the correct steps are followed for staff safety. This process happens in reverse in a negative pressure room to ensure proper disposal of soiled PPE.

If a patient were to test positive for Ebola at the Woodstock Hospital, they would be placed in a negative pressure isolation room then transported to the London Health Sciences Centre, which is one of eleven Ontario hospitals selected by the Ministry of Health to handle Ebola patients. In the meantime, our hospital is equipped and ready for the Ebola virus, as Jayne Menard, VP of Patient Care and CNO stated, “Although Ebola poses a high risk potential for our community, the probability of it arriving in Oxford County is low.”

Symptoms of Ebola

If you or a loved one are experiencing any of the following symptoms and believe you have Ebola, go to the nearest emergency room to inform them of your symptoms and travel history.

- fever (38°C or greater)
- severe headache
- joint or muscle aches
- diarrhea
- vomiting
- sore throat
- abdominal pain
- abnormal bleeding

You can do your part to fight infections by keeping your hands clean, especially when visiting a hospital.

Kim Staikos, Manager of Infection Prevention & Control (on right) assists Samantha with glove placement as part of the buddy system for donning PPE.
WH’s Lab received award-winning recognition for their record turnaround time for pathology reporting on colonoscopies. Turnaround time for pathology reporting set by Cancer Care Ontario (CCO) is 14 days, while WH’s colorectal results are reported in less than 5 working days. This is due to our lab’s state-of-the-art equipment, 24/7 operating hours and diligent staff.

WH’s three pathologists, Dr. Liu, Dr. Engbers and Dr. Tauqir, are responsible for examining tissue and cells that are removed during surgery. They examine tissues and cells under a microscope to diagnose the type and severity of the disease and issue a report that finds the tissue samples to be either benign (non-cancerous) or malignant (cancerous).

If a patient requires further assessment, due to a cancerous finding, they will undergo diagnostic tests and/or surgical procedures, including the analysis of lymph nodes to see if metastasis has occurred. Cancer Care Ontario receives all of this information in order to determine the best plan of care for each individual.

“Turnaround time is an important factor in a patient’s recovery,” said Dr. Liu, Pathologist. “The quicker patients receive their pathology report, the sooner they can see a physician that specializes in specific cancer treatments (oncologist) and begin their treatment program.”

There are 116 acute-care hospitals across the province submitting pathology reports electronically to CCO, with a mandated turnaround time of 14 days from specimen to pathology result. In 2014, the average turnaround time at WH for pathology reporting for all specimens was less than 3 days. This number exceeds expectations and decreases the amount of time our patients have to wait for their results.
There are two things you should know about colon cancer. First, it is one of the most common cancers in Ontario, and second, early detection saves lives. Although the occurrence of colon cancer increases with age, there is a 90% cure rate if colon cancer is found early.

Colorectal cancer is found in the large intestine (colon) and the rectum. Most people over the age of 50 have participated in a Fecal Occult Blood Test (FOBT), in which samples of stool are placed on a card and sent to a lab. The lab tests the sample for trace amounts of blood that cannot be seen with the naked eye. A stool test is one of many tests that may be used to screen for colon cancer. Other tests include sigmoidoscopy and colonoscopy.

In order to increase the screening capacity for colorectal cancer for the average risk patient population, Woodstock Hospital recently introduced a new program called Nurse Performed Flexible Sigmoidoscopy. Program Coordinator and Educator, Christine Blum and Freda Schaafsma, two RNs at the WH, have been trained by physicians at the Michener Institute in Toronto to perform this highly specialized procedure (endoscopy), which is used to evaluate the lower part of the colon.

Colonoscopy and sigmoidoscopy both use a thin flexible tube with a camera to look at the inside of the rectum and the colon and if necessary, take tissue samples or biopsies. Sigmoidoscopy examines approximately 60 cm of the colon to determine if the patient is at risk for developing colon polyps. Sigmoidoscopy can act as a bridge to colonoscopy if the average risk patient requires further screening. This process will expedite the patient into the referral system and allow more people to be screened who would not previously be considered for screening.

“The benefit of a sigmoidoscopy is that it is often easier on the patient,” notes Christine. “Bowel preparation is not complicated and there is no sedation required for the exam. There is less risk associated with sigmoidoscopy and it is an in-and-out procedure which is good for the age demographic that we are dealing with. Sigmoidoscopy is an important screening tool, for patients who receive a negative FOBT. Patients with a positive FOBT or first degree family history of colorectal cancer will continue to be referred to surgical services for a colonoscopy.”

Talk to your family doctor about having a Registered Nurse Flexible Sigmoidoscopy if:

- You are 50-74 years of age
- Receive a negative FOBT test
- Have no first degree family history of colorectal cancer
- Have no history of inflammatory bowel disease
- Have no history of large bowel symptoms, such as rectal bleeding
- Have no previous polyps or history of colorectal cancer
- Are not on anticoagulant therapy

Colon cancer is often a silent killer... Remember early detection saves lives.
Honouring .... WH Retirees

Dwain Kelly, Technical Director, Laboratory and Respiratory Department came to Woodstock Hospital from London Health Sciences Centre ten years ago. “Helping others, with a focus on patient care has always been the goal of our team. My career has allowed me to interact with a wide variety of people and departments, and to work on interesting medical cases and help solve problems. I have had the great privilege of working with really caring people. As I retire, I am looking forward to spending more time with my wife and my grandchildren, Charlotte (3), Nora (2) and a little boy who is due in March. Golfing, camping, woodworking and travelling are also on my agenda.”

Cindy Chute, Registration Clerk has been assisting patients at Woodstock Hospital for 25 years. “During my career, I have watched our hospital grow both in size and in the number of services we offer. I have really enjoyed working in Patient Registration, where everyone is committed to making a positive impact on the patient experience. WH is a wonderful place to work. We are a family and ‘Hi, how are you?’ is really a caring question to be answered, not just a greeting!” In her retirement, Cindy is looking forward to doing some travelling and having more time to quilt and sew. “I have many UFO’s (Unfinished Objects) and PIG’s (Projects in Grocery Sacks) waiting for me.”

Irene Rusnell, Case Manager, MSW, RSW, Social Worker PEPP Oxford began her career as a Child & Youth Worker before returning to school to become a Social Worker. “My passion is working with “kids” and their recovery always inspires me. Over my 17 year career at WH, I have had amazing support from management and my co-workers, especially during the last 8 years with the development and implementation of PEPP Oxford. My clients have kept me young and I am so pleased to end my career the way it began – helping young adults. Now I am going to take some time to travel and train my dogs, but more importantly, I am looking forward to beginning a new stage of my life as a grandmother!”

The Pledge to end bullying

In May, 2010, following the tragic death of a St. Thomas, ON, student, where bullying was considered a factor, a Community Task Force on Anti-Bullying was established, with representatives from 17 organizations that deal with bullying issues within the Thames Valley.

The Task Force’s research determined that incidents of bullying and the responsibility for bullying prevention is not just restricted to schools – it’s a community challenge. To aid in the prevention of bullying, parents should be involved in their children’s lives working with health professionals, children and youth services and the police to address the issue of bullying. CTV London was represented on the Task Force and pitched the idea of “The Pledge to end bullying” to engage everyone in making a verbal commitment to end bullying behaviour. During the third week of November, Woodstock Hospital joined students and community partners across the Thames Valley by encouraging staff, visitors and volunteers to take the pledge, either electronically or by signing the banner inside the hospital’s Juliana and Athlone entrances.

Members of the Management Team take the Pledge to End Bullying (L to R) Perry Lang, COO; Jayne Menard, VP Patient Care & CNO; Dee Perera, CFO; Kim Osmond, Director of HR, OH&S, IPAC; Carole Carter, Executive Assistant; Natasa Veljovic, President & CEO; and Martha Cottrill, Administrative Resident.
Most of us start the New Year with ambitious resolutions to leave our bad habits behind and embark on a path to a healthier lifestyle. Unfortunately, for many of us, by late January our resolutions have been set aside. Changing your lifestyle takes commitment and planning – taking the time to think about how you can improve your health and your habits and embrace the vision that these changes can bring.

**Make Room for Breakfast**

You need fuel to start your day. Your body has been fasting for several hours, and it’s time to reload. Breakfast supports a healthy metabolism, and eating a decent meal first thing in the morning can curb snack attacks later in the day. Go for high-protein, high-fiber foods like oatmeal or get creative by fixing a fruit and yogurt shake.

**Take the Time to Eat at Home – With the Family**

Eating at home with the family has many benefits. It’s almost always less expensive to prepare a home-cooked meal than it is to eat out. Home cooking is more nutritious than restaurant food that’s loaded with fats, sugars and salts – and spending quality time with your family can help reduce stress, another positive impact on improved health.

**Shop Fresh**

Eliminate those pre-packaged, artificially flavoured foods. Shop the outside aisles of the store for fresh produce, meats and dairy. Making your meals from whole foods or using minimally processed ingredients, such as frozen fruits or vegetables, is usually a better option due to the high levels of unhealthy ingredients commonly found in highly-processed foods.

**Learn to Love Water Again**

Limit sodas, shakes, mochas and lattes and limit coffee to two cups a day. Better yet, turn to hot tea, 100 percent fruit juice, low-fat dairy, unsweetened beverages and WATER. It’s important to stay hydrated throughout the day and water is the best and cheapest option.

**Snack Healthy**

Snacking is good for you, if you make the right choices, by curbing overeating at mealtime. There are plenty of healthy options - fruits, vegetables, nuts and granola bars provide needed between-meal satisfaction. For those with sweet-tooth cravings, go for low-calorie yogurt with fruit.

**Get Moving!**

You knew this was coming: Exercise! You don’t have to join a gym or hire a personal trainer to get the exercise your body needs to stay healthy. A brisk 15 minute walk at noon or after work can do wonders. It’s important to find an exercise you LIKE. If your treadmill has become a clothes collector, it’s a sign it isn’t right for you. So find something that is and do it.

**Be PATIENT with yourself**

If your goals involve losing weight or cooking healthier meals, it can take time to see sustainable results. Remember, you’re working on a lifetime commitment and it deserves patience. Write down your goals. Set small-step milestones and treat yourself – maybe to new walking shoes or a spa day – when you hit your goals.
Thank You

The Woodstock Hospital Foundation wishes to express its sincere appreciation to everyone in our community who has so generously supported the ongoing equipment needs of our hospital.

Third-Party Events are coordinated and executed by people who wish to hold a fundraiser to benefit healthcare in their community. Remember, no matter how big or small your event is, every dollar raised counts.

Woodstock Hospital Foundation would be pleased to be the charity of choice for your next fundraising event. If you are interested in hosting an event please contact the hospital’s Foundation office at 519-421-4226 or email foundation@wgh.on.ca

Celebrate life by making a vital contribution to healthcare on behalf of our families, our friends and our community at large.

Cut Your Taxes

The elimination of capital gains tax on appreciated listed securities, when they are donated to a registered charity has resulted in a double tax benefit for donors. When you transfer securities directly to the Woodstock Hospital Foundation, you can eliminate all capital gains tax on your gift and the Foundation will provide a charitable receipt for 100% of the fair market value.

Talk to your financial advisor about the benefits of donating shares or call the Foundation office at 519-421-4226 for more information.

Please consider giving a gift of listed securities to the Woodstock Hospital Foundation

“The Bald, The Bold and The Beautiful”

On June 26, 2014 Ayr Farmers Mutual Insurance Company hosted a head shaving event to raise money for charity. A number of people took up the challenge and shaved their heads, raising $39,000, that was shared equally by three deserving charities, including the WH Foundation. Thank you to all the brave souls who courageously shaved their heads for our benefit! Because of your support $13,000 was directed to WH’s Chemotherapy Unit.

Little Mango Tree - Yoga For Life, in Woodstock, hosted its first annual “Father’s Day Week of Yoga” in memory of owner Lalita Tamburri’s father, Nicola Tamburri. Lalita donated $1,100, the proceeds from a week of yoga classes, to the Foundation. “I feel so grateful for the care my father received, and to have such an amazing hospital in Woodstock. Donating was a nice way to give back and I plan on hosting this event again in 2015.”
Jean and Frank Scott were life long residents of the rural area while operating a fuel oil business “Frank R. Scott Ltd” on Dundas Street, in the city of Woodstock, for 25 years.

With a farming and business background, they understood how important their neighbours and business clients were to their success in the community. Although they both enjoyed travelling, their summer place in Port Dover was always their favourite retreat.

When Frank and Jean retired, their son Brad continued with a new business “Scott Fuels”. Brad was always business minded like his father and worked for his father from the time he left high school. He enjoyed being involved in the community and working with his customers.

When he wasn’t working he enjoyed spending time at the farm snowmobiling in the winter and going down to Port Dover in the summers to enjoy some local fresh Dover perch. Brad loved sports and was a very successful and decorated fastball pitcher. He played for many teams during his career as an athlete training and travelling with his teams across Canada and the USA, winning several tournaments and awards along the way.

At various times Jean, Frank and Bradley used the services of the hospital and they were always grateful for the care they received. It was an easy choice to donate to the Woodstock Hospital Foundation, through their estates, as a way of saying thank-you for the care the family received, and to assist the hospital in continuing the services they provide to the community. A plaque honouring their generous donation of over $280,000 is placed in the Palliative Care Wing, in honour of their legacy.

Over $50,000 Raised!

The Foundation’s Annual Golf Tournament was held at Otter Creek Golf Course, on Wednesday, July 23 2014. This year’s tournament raised over $50,000 to support the purchase of new IV Infusion Pumps for our hospital.

Special thanks are extended to our sponsors, participants and volunteers for making this year’s tournament such an outstanding success!

We also extend our sincerest gratitude to our Title Sponsors, CIBC Wood Gundy and Kinsdale Carriers Limited for their unwavering support!

Congratulations to the Winning Team
Sheri Lowes (Centre) presents the Winning Team with the trophy for Overall Best Score.
Team members are (LtoR) Henry Verbeek, Kathleen McBarron, Barb Love and Tom McBarron
IV Infusion pumps are routinely used to administer medications, nutrient supplements and fluids to the body. These pumps allow staff to provide the precise amount of prescribed fluid at a certain rate of speed, over a set amount of time, based on each patient’s individualized plan of care. Infusion pumps are also utilized in the infusion of blood and blood products to those patients in a critical situation and on a routine basis. Prescribed treatments can be administered to their full potential with the use of high quality infusion pumps.

You can help to enhance the healing process of our patients by making the latest advancements in technology available to our healthcare providers. The new IV infusion pumps have built-in “intelligence” and come fully equipped with alarms and calculation abilities to assist in the delivery of safe and effective care to our patients.

Woodstock Hospital’s goal is to modernize and standardize IV infusion pumps throughout our hospital. In order to achieve this goal we need to purchase 200 new IV infusion pumps at a cost of $1 million – and we need your help to make this happen.

Please give generously in support of the safest care possible for the patients at Woodstock Hospital.

Best Wishes for a Merry Christmas and a Happy & Healthy New Year!

Directors & Staff
Woodstock Hospital Foundation

Yes! I want to support the purchase of IV Infusion Pumps.

Name (please print): ___________________________________________________________

Address: ____________________________________________________________________

City/Town: _________________________________ Postal Code: _______________________

I wish to donate: $ _____________________ by ☐ cheque ☐ credit card Card Expiry Date: ___________________________

Credit Card Number: __________________________ Email Address: ______________________

Please mail to: Woodstock Hospital Foundation in the enclosed postage paid envelope

Donate on line at www.wghfoundation.ca

Thank you for supporting the Woodstock Hospital Foundation