

South Muskoka Hospital Foundation

Ensuring our community's healthcare future

Significantly reduced radiation with new CT scanner

Along with the very first scan performed by the new CT scanner on April 6 came a dramatic reduction of radiation exposure for patients of the South Muskoka Memorial Hospital Site. This reduction ranges from 50 to 70 percent, depending on the test. The General Electric Revolution Evo is a 128-slice scanner, replacing the former 16-slice scanner.

"CT machines go through evolutions," explains Mary Ann Wilk, Senior CT Technologist. "There are little tweaks here and there and every once in a while, a massive change happens."

The most recent significant change occurred in 2012. A technological advance enabled scanners to produce even sharper images along with a 50 to 75 percent reduction in radiation. Those two benefits alone were significant, yet there was a third enhancement - the faster speed of the scan.

"This is very helpful for patient comfort," said Wilk, "especially if we need them to hold still and particularly in cases where we ask that they hold their breath." Faster scans also reduce stress for patients and are easier to endure when a person is in pain. Processing or reconstruction of the images is also faster, which is important for trauma patients and for stroke patients when time is crucial to diagnosis and treatment.

The new scanner was acquired with funds from the foundation's recently completed **Get Better** campaign.

"Equipment costs are funded by

the community as the hospital does not typically receive funding from the province for capital equipment," says Colin Miller, Executive Director of the Foundation. "It is because of the generosity of our community donors, like Brock and Willa Napier who made a \$500,000 donation toward the new CT scanner, that enables the Foundation to support much-needed equipment and technology."

The new machine arrived on March 30 and was operational by April 6. Wilk and the team (including three other CT technologists) each received seven days of training split between on-site at the hospital and at the manufacturer's facility in Milwaukee. In addition, all hospital diagnostic imaging technologists have been trained to do a head scan - the most critical of all CT scans in terms of urgency.

What happened to the old CT scanner? It will still serve patients in its new role within a mobile unit. It was purchased back by the vendor.



Inaugural scan for the new CT. From left are CT Technologist Roxanne Gravelle, first patient (in the new CT) Fay Buck of Gravenhurst, and CT Senior Technologist Mary Ann Wilk. Also on the team are CT Technologists Sylvia Johnson and Marla McKenzie and Dr. Jack McCann, Radiologist.

Change is constant in health care



CEO of Muskoka Algonquin Healthcare (MAHC) Natalie Bubela and Chair of the MAHC Board of Directors Charles Forret work closely together, representing the staff, administration and community.

If there's one constant theme in health care today, it's change.

Technological advancements impact the way that care is delivered and improve our abilities to diagnose and treat patients. But there are always new demands on the health care system to do more with less. Our greatest challenge is balancing the changing needs of our communities with the moving target of available resources.

Undoubtedly, you are aware that the hospital is going through an exercise to determine whether or not we continue, over the long-term, to work with two existing hospital sites or build one new, central site. No matter the outcome, those changes won't come into effect for 15 years at the very earliest. Many have expressed concerns that we could lose services as the government redistributes how health care dollars are spent. What we're trying to do is preserve services and yet avoid costly duplication that happens all too easily when running two separate sites.

Foremost in the minds of our board members and administration staff is to ensure we retain services close to home. They work very hard to accomplish this. Acute care services will definitely remain here in Muskoka, even if they look different in the future.

Whether you're a cottager, a visitor or a year-round resident, we're here to ensure you receive the very best care. No matter what your medical condition is, or if you need emergency medical attention, we will be your first stop. We are here for you - in this community - today and for future generations.

A different way of giving

After selling Muskoka Transport last year, Paul Hammond no longer needed the life insurance policy intended to help transition the business should the unthinkable happen. Paul and his wife Shirley pondered about what they should do with it.



Shirley and Paul Hammond

They knew of others who had donated policies to charity. This meant that more of their hard-earned dollars could be passed on to their chosen beneficiaries while at the same time making a significant positive impact to the community. There wasn't much of a

debate as both Paul and Shirley immediately thought of the hospital. After 52 years of marriage - they knew this decision would make each other equally happy. The policy transfer to the hospital foundation was completed in May 2015.

Why the hospital? Simple - the Hammonds know how important it is to the community.

Paul's grandfather Alfred arrived in Muskoka from England in the late 1800s and since then, there have been five generations of Hammonds living in Muskoka (so far). Anyone who knows the Hammonds also knows that family and community are their top priorities. The hospital in particular, is near and dear to their hearts. Paul is the current Foundation chair and he has led South Muskoka through two capital campaigns. Most recently, the *Get Better* campaign wrapped up after raising \$6.75 million for technology and equipment.

The policy pays \$1 million upon Paul's death - an amount of such substance will benefit the community for many years to come. Paul believes it's important not to place any stipulations on how the money will be spent and leaves that decision in the hands of the Foundation board at the time.

"Muskoka has been awfully good to me and my family," Paul explains. "My brother started his business in 1944, I started mine in 1967. It's been a lot of hard work but it really paid off for us. Our family has always been community minded - so it was bred into me to give back."

Leaving a gift of insurance or a bequest in your will is one of many ways you can benefit your hospital. If you'd like information on various options, contact Colin Miller, Executive Director, South Muskoka Hospital Foundation, at 705-645-4404, ext 3246 or by email at colin.miller@mahc.ca.



Electronic health record: a year of progress

It will soon be a year since the new Electronic Health Record (EHR) went live at South Muskoka Memorial Hospital Site. It was June 15, 2015 when the 'big bang' - as staff call it - happened and all departments went online with the new system simultaneously.

"That's also a big bang as far as the impact to patients," says Catherine Vanclieaf, Clinical Informatics Coordinator, Muskoka Algonquin Healthcare.

"This EHR benefits our patients," Vanclieaf explains, "for many different reasons. Their medical information is more readily available, it's easier to trend information over a period of time and

multiple visits. We can use filters to assist with information retrieval. And there's safety flags built into the applications for allergies and medications."

The transition over the past year hasn't always been smooth. "There's been a lot of change. There's a learning curve for staff and physicians," says Vanclieaf. That learning curve meant that a number of things took longer to do - at least initially. Yet in other circumstances, time is saved, for example, by not having to "walk paper around" and hand deliver requisitions or other health care records to other departments.

"It's very useful and practical," said

Vanclieaf. "Multiple practitioners can view the chart and enter data - all at the same time. Having the Workstation on Wheels (WOW) means nurses can wheel it to the bedside and enter the information right there while they are with the patient. Doctors don't have to wait for others to be finished with a chart before they review it - and they can review all their patients' charts in their office before they come in for rounds."

Muskoka Algonquin Healthcare's EHR is part of a larger information network with 14 other hospitals. "With Orillia coming on board in June 2016," Vanclieaf said,

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Providing a legacy gift to your community

Colin Miller, Executive Director, South Muskoka Hospital Foundation

Paul and Shirley Hammond's decision to make South Muskoka Hospital Foundation the recipient of a life insurance policy has inspired me to really ponder the concept of effective gift planning. While many of us have a list of favorite charities that we dutifully support on a regular and ongoing basis, Paul and Shirley Hammond have taken it one step further.



Paul often speaks about how the community has been good to him and it is clear he earnestly wants to give back. Yet despite his foresight and vision - I don't believe even Paul fully realizes the impact his gift will have: generations of families within the community will benefit from his generosity.

Paul will never witness the impact that his \$1 million gift will have on the hospital, yet to quote the famous words of Nelson Henderson: "the true meaning of life is to plant trees under whose shade you will never sit."

Planned giving (or gift planning) is available in

any number of forms, including bequests in a will, charitable trusts as well as life insurance policies - whatever best fits an individual's or family's circumstances. Why do it? It comes down to providing a legacy gift to your community. And that's exactly what it means to the Hammonds.

Whatever the future holds, whether in 20 years we are in one or two hospital facilities, we will always need to upgrade equipment to ensure we continue to provide the best health care to our community.

No matter what the amount, planned giving helps your estate by offsetting taxes that would otherwise reduce what you leave to others. It's helpful if you discuss your intentions with us at the start. It's a very private process where we respect our donor's privacy and preferences.

If this sounds like something you might consider, we could begin with a simple and confidential conversation. Please call me at the Foundation

office to begin that conversation. I'm happy to discuss all the options with you.

"The true meaning of life is to plant trees under whose shade you will never sit."

EHR continued

"patients who attend multiple hospitals will realize even greater advantages. Down the road, lie exciting potential benefits as multi-hospital user groups share data and collaborate, guiding best practices and further improving documentation of medical information for patients."

Bringing joy through music

Every Friday morning for more than the past decade, something musical and magical happens in the North Wing solarium - thanks to Eve Jones and friends. Eve, a resident of Castle Peak Retirement Residence, plays the piano for the patients of the hospital's continuing care unit while they sing along.

Eve's friends help with the sheet music and sometimes, they even sing along too. The solarium is packed with wheelchairs, walkers and, in some cases, beds are rolled in for those who are bedridden.

"There's never a day that I didn't feel it was worthwhile," says Eve, whose reward lies in the smiles of the patients.



- SOUTH MUSKOKA HOSPITAL FOUNDATION BOARD OF DIRECTORS 2015/2016**
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South Muskoka Hospital Foundation

Special Fundraising Events



South Muskoka Hospital Foundation received a \$5,000 cheque from **Kawartha Credit Union, Bracebridge Branch** as part of Kawartha's Community Involvement Program. Funds will be used to purchase new hospital beds. At right, Foundation Executive Director Colin Miller with Bob Switzer, Branch Manager, Kawartha Credit Union.



Members of the Residents' Executive Council at **Castle Peak Retirement Residence** present a cheque for \$500 for much needed equipment at the South Muskoka Memorial Hospital Site. From left, Foundation Executive Director Colin Miller, Edith White, Madeline Fielding, Eve Jones.



Christine Maurer, Chair (on right) and Allyson Snelling (left) of the **Team Building Committee at MAHC**, present a cheque to Foundation Executive Director Colin Miller for half of the proceeds raised from the 3rd Annual Silent Auction. Proceeds raised from the silent auction are split between South Muskoka & Huntsville Hospital Foundations.

Upcoming fundraisers "fore" the South Muskoka Hospital Foundation

- **Dave Ellis Pro Am Golf Tournament**
June 6 at Muskoka Lakes Golf & Country Club
- **Freed Charity Golf Classic**
July 5 at Muskoka Bay Golf Course
- **South Muskoka Hospital Foundation Golf Classic**
June 15 at Windermere Golf & Country Club



Ensuring our community's healthcare future

Spring 2016

South Muskoka Hospital Foundation

75 Ann Street, Bracebridge ON P1L 2E4

Name _____

Address _____

City _____

Province _____ Postal Code _____

Telephone _____

Email Address _____

All donations will be acknowledged and appropriately receipted.
Registered Charitable No. 11915 7998 RR0001

My (our) cheque is enclosed in the amount of:

- \$25 \$50 \$100 \$250
 \$500 other \$ _____

- Cheque enclosed
 Please charge my VISA
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Cardholder Name _____

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- I/we have made a provision for a bequest in our will
 Please send me information on making a gift in my will
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A Message from Natalie Bubela

Chief Executive Officer

Muskoka Algonquin Healthcare

“Your support saves lives and improves the community's health.”

Every dollar of your support counts

South Muskoka Memorial Hospital Site is truly fortunate to have the unfaltering support of our many donors. Both hospitals rely heavily on our communities to replace aging equipment and infrastructure, and to keep pace with technology. Your support and contributions are critical to ensuring our staff and physicians have the tools they need to best serve you.

Through your donations, your support has made a world of difference in equipping our hospital with the very best. Because of you, we now have a state-of-the-art CT scanner and digital mammography machine at the South Muskoka Memorial Hospital Site, both of which not only reduce the amount of radiation exposure to the patient, but also provide greater detail in the images for easier diagnosis. As well, the capital campaign supported a new Electronic Health Record that provides the technology to allow multiple providers to

simultaneously view a patient chart and ensure critical information is at their fingertips.

Last year, through you, the Foundation transferred almost \$1.8 million to the hospital for various equipment needs. Simply stated, your support saves lives and improves the community's health. On the journey ahead, we look to you to continue to be a strong partner. Every dollar you donate counts. It helps us all – your family, friends and neighbours – to get better, so please keep giving to health care in South Muskoka.



Effective June 1, 2016



SMOKE FREE 
on the **PROPERTY**

as per the Smoke-Free Ontario Act

Effective June 1, 2016, the entire hospital property will be 100% smoke free and vape free.

South Muskoka Hospital Foundation Mission Statement

To provide charitable financial support to South Muskoka Memorial Hospital Site for capital projects, equipment and new technology as well as staff education to enhance patient care.

To support the improvement of healthcare in South Muskoka for permanent and seasonal residents.



Our Privacy Statement

South Muskoka Hospital Foundation appreciates your generous financial support. We recognize your right to privacy and we pledge to protect it. The information you have provided to us will be used to process your donation(s) and to provide you with acknowledgement and an appropriate receipt.

From time to time, we may use your contact information to keep you informed of other activities, events and/or fundraising opportunities in support of the Foundation.

We are also pleased to send you our biannual newsletter.

The South Muskoka Hospital Foundation does not trade or sell donor lists. If at anytime you do not wish to be listed in our recognition programs or to receive our newsletter, please contact us at (705) 645-4404 ext 3193 or smh.foundation@mahc.ca.

For more information about your privacy, please visit our website at www.healthmuskoka.ca and click on 'About Us' then 'Accountable To You.'



www.healthmuskoka.ca