

November 2024



"I don't know what would have happened to me if this hospital wasn't here."

Diana Shulist of Wilno had spent the previous August afternoon like any other, golfing. When she woke up the next day, she figured the pain in her right shoulder was from a pulled muscle.

She tried to ignore the ache during her drive to see her daughter in Cambridge, Ont. After spending the night there, the pain had still not subsided by morning. This time, her symptoms were accompanied by a tightening in her chest.

"I knew something wasn't right," Diana said.

She packed up at 6:30 am and headed back home. She wanted to go to St. Francis Memorial Hospital (SFMH) because it was familiar and she knew she would be looked after.

By the time Diana reached Wilno, she was feeling slightly better. Much to the pleading of her husband and daughter, Diana didn't go to the hospital straight away. She didn't want to jump to conclusions. When the pain increased in the evening, she knew it was time to go to emerge.

"Everybody got into action really quickly," Diana said.

Several tests later, the visiting doctor told Diana that she was experiencing myocardial infarction.

"I had a heart attack," she said. "I knew something was going on, but I never imagined it was a heart attack."





Diana Shulist gets a checkup by ambulatory care registered practical nurse Connie Coulas at St. Francis Memorial Hospital. Diana is feeling better than ever thanks to the care she received in the hospital's emergency department.

The nurses gave Diana aspirin to mitigate further damage, and Dr. Steven Chen, who just started his shift, got on the phone with the Ottawa Heart Institute. Diana was rushed by ambulance and by 3:30 am, she was having an angioplasty, a procedure that opens clogged blood vessels of the heart.

Three stents later and a four-day recovery in Ottawa, Diana was transferred back home to recover there.

Today, she is feeling better than ever. She credits the professionalism and rapid response of the emergency department staff for saving her life.

“If the Emergency Department wasn’t here, I wouldn’t have sought care,” she said. ***“I don’t know what would have happened to me if this hospital wasn’t here.”***

She feels grateful to have a hospital so close to home, where she is seen as a person and not as a number.

“Everybody at St. Francis Memorial Hospital is so professional and caring. I’ve been to emergency rooms in the city where you feel that you are a number or a case. ***Here, it’s personal,***” she said.

As a rural community, we are fortunate to have access to a life-saving emergency department when we need it most. When the new wing opened 37 years ago, the number of patients seen in the Emergency Department was approximately 5,300 annually. Fast forward to 2024, **the same department has more than doubled its patient flow** seeing more than 11,000 patients annually.

That’s why the St. Francis Valley Healthcare Foundation is embarking on its biggest endeavor yet: the Growing TogetherER Campaign. This important campaign will help bring a 6,000 square foot expansion to our Emergency Department, and another 6,000-foot renovation to our Hospital’s ambulatory care clinic.

We count ourselves extremely fortunate to have loyal donors who continue to demonstrate their dedication and commitment to the Hospital in a meaningful way throughout the year. We know that without their support, the medical care we have come to know and expect at St. Francis could not be delivered.

This is why we hope that when you are making your Christmas list this year, you will also consider a lifesaving gift with your support of **\$25, \$50 or \$100.**



Give a Lifesaving Gift this Christmas!
You can make your gift from now until December 31st.

On September 8, 2020, the Province of Ontario announced its financial commitment to the redevelopment of the Emergency Department at St. Francis Memorial Hospital.

The Ministry of Health requires that **St. Francis Memorial Hospital come up with 10% of the overall emergency department redevelopment cost and 100% of the cost of medical equipment within the building.**

The Foundation's Growing TogethER Campaign is aiming to raise **\$2.7 Million** to help cover the hospital's local share.

Funds for this project will help address space, privacy, infection control and occupational health & safety concerns. The redevelopment will make way for a **private registration area and triage room**, and **self-contained exam rooms**. There will also be a designated space for patients dealing with emotional or psychological distress. The redevelopment will allow for proper sightlines from the communications desk, so healthcare workers can keep an eye on patients at all times. There will be a **new isolation room** added, along with a **decontamination space**, a new **major treatment area** and *so much more*.

Dr. Jason Malinowski is the Chief of Staff at St. Francis Memorial Hospital and has spent countless hours in the emergency department.

"It's an exciting and historic time for St. Francis Memorial Hospital,"** Dr. Malinowski said. **"Once this renovation and redevelopment is complete, our hospital will be well-positioned to not only address present needs but also future considerations, as we estimate the patient numbers and complexities only growing in coming years."

This holiday season, we depend on the Hospital and its emergency department to be here for us 24 hours a day, 7 days a week to ensure we get the care that we need. If it is within your means this year, your kind gift of **\$25, \$50 or \$100** will help our hospital to continue to do just that!



Key features of the Emergency Department & Ambulatory Care Clinic Redevelopment project

- ✓ All exam rooms will be self-contained with doors for privacy
- ✓ Increased infection control and occupational health & safety protections
- ✓ Isolation room with private washroom for immunocompromised patients or those suspected of infectious disease
- ✓ A standardized decontamination space to prep patients from chemical, biological, radiological or nuclear events
- ✓ A new major treatment area for trauma cases
- ✓ Enclosed ambulance entrance inside a secure garage
- ✓ Dedicated space for Emergency Medical Service personnel, including a secure waiting/working area
- ✓ Designated medical and equipment storage space
- ✓ Designated waiting rooms

As a resident of the Valley, Diana was always grateful to have access to an emergency department so close to home. While she used it over the years for diagnosing an ulcer, and bringing her daughter in for the occasional fall or fever, she never thought that she'd be diagnosed with a life-threatening condition there.

She encourages anyone with the means this holiday season to support the Tree of Lights Campaign, where funds will go toward the emergency department redevelopment and ambulatory care clinic renovation.

"It can save your life," Diana said.

Help the Foundation raise a historic \$2.7 million to ensure emergency and ambulatory care services remain local for generations to come. Thank you for showing us how much you care about your Hospital this Christmas with your gift of **\$25, \$50 or \$100**.

From the bottom of our hearts, and from the hearts of the 11,000+ patients who access emergency and ambulatory care services at St. Francis Memorial Hospital, we sincerely thank you for considering a lifesaving gift toward this important campaign.

Sincerely,

Erin Gienow
Executive Director
St. Francis Valley Healthcare Foundation

P.S. Each and every gift of support is important and very much appreciated – **no matter the size!**

P.S.S. Did you know that you can show you care and support local healthcare throughout the year by joining our **Monthly Giving Club**? Ask us how to become a member of this club of loyal donors or sign up on the enclosed donation form.

Save the Date!

Please join us at the Railway Station in Barry's Bay on Friday, December 6 at 6:30 p.m. for the Tree Lighting Ceremony

In Honour of
or
 In Memory of

Emergency & Ambulatory Care Staff

Message:
Thank you for all that you do!

Help us light our Christmas tree! Fill out and return the included bulb card and dedicate your gift in memory or in honour of a loved one.



YES!

I want to help my Hospital this Christmas with my Lifesaving Gift of:

\$25 \$50 \$100 Other/I prefer to give: \$ _____

OR

I'd rather become a Monthly Giving Club member by making a gift each month of:

\$15 \$25 \$50 I prefer to give: \$ _____



Box 129
7 St. Francis Memorial Drive
Barry's Bay, ON K0J 1B0
613-756-3044 ext 217



Scan with your smart phone to give your gift online.



I've enclosed a cheque payable to St. Francis Valley Healthcare Foundation *(for one-time gifts)*

OR

Yes, I've enclosed a cheque marked "VOID" *(for monthly gifts through a Pre-Authorized Debit PAID - from my bank account)*

Signature

OR

I prefer to give with my VISA MASTERCARD

_____/____/____

Name on Card

Signature

Telephone

Email Address

(for future receipts and messages via email)

THANK YOU for supporting local healthcare with your Lifesaving Gift!

Please send me information about making a gift in my Will to St. Francis Valley Healthcare Foundation

Please send me more information to consider becoming a Monthly Donor

Our Promise to Monthly Donors

You may revoke your authorization at any time, subject to providing notice of 30 days. To obtain a sample cancellation form, or for more information on your right to cancel a PAD Agreement, you may contact your financial institution or visit www.cdnpay.ca.

Also, please understand that you have certain recourse rights if any debit does not comply with this agreement. For example, you have the right to receive reimbursement for any debit that is not authorized or is not consistent with the PAD Agreement. To obtain more information on your recourse rights, you may contact your financial institution or visit www.cdnpay.ca.



WHO WE ARE!

St Francis Valley Healthcare Foundation

At the St. Francis Valley Healthcare Foundation, we are working hard on your behalf to raise funds to advance local healthcare in our community, supporting the equipment and facility needs of the St. Francis Memorial Hospital, Valley Manor and Madawaska Valley Hospice Palliative Care.

We are so grateful for generous gifts from the heart like those received at Christmas that have helped our excellent caregivers from these organizations with the tools they need to care for us ALL YEAR ROUND!



Q&A

Make a Difference with Monthly Giving!

Why is Monthly Giving so Popular?

Monthly Giving is simply the most convenient and budget-friendly way to give. You can change your donation - or even cancel it - at any time just by contacting us. An annual tax receipt will be sent to you for your total donation, making tax time easier too!

Why is Monthly Giving so Important?

Your Monthly Gift will also save administration costs, allowing more of your generous donation to go directly to work helping our patients.

MAKE YOUR GIFT TODAY!



PHONE: 613-756-3045 EXT. 217 - Friendly and helpful staff are available Monday to Friday, 8 - 4 to help you with your gift



ONLINE: www.sfvhfoundation.com - Go online 24/7 to make a fast, convenient and secure gift.



MAIL: Return this form using the enclosed envelope.

In Honour of
or
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Message: Thank you for all that you do!

Help us light our Christmas tree! Fill out and return the included bulb card and dedicate your gift in memory or in honour of a loved one.

