

# Horizons

Newsletter of the Colchester East Hants Health Centre Foundation

## CEHHC Foundation's "We Care About Cancer" Fund helps cancer patients tackle struggles of day-to-day life

**B**eing diagnosed with cancer means a lot of things; travel, medication, fatigue and fear just to name a few. For some who struggle to make ends meet, the diagnosis of cancer also means an added expense that they simply can't afford.

That's why the *We Care About Cancer* Fund was created at the Colchester East Hants Health Centre Foundation – to help those diagnosed with cancer worry less about the financial burden so they can focus on healing. Some of the money raised from this year's golf classic went towards the fund, established in June 2013. The newly designated fund grew out of a scenario that Darlene Holmes, Cancer Patient Navigator, sees time and time again.

"For those in our local community who are falling through the cracks – like the people who don't qualify for supplements, are single parents, under 65 years old and have huge co-pays or are in between wait times for benefits

to come into effect – this fund makes a world of difference. Their decision to undergo treatment is made easier because we can help them with gas to get there, the furnace oil to keep them warm or the groceries to keep them fed. They don't have to choose one over the other," says Darlene Holmes. Through the navigator, there is an established criterion in place to determine whether patients are eligible for the designated fund.

It's a long road to recovery when battling cancer, emotionally as well as financially. With this fund, the CEHHC Foundation hopes to help – one patient at a time. If you're interested in donating to the *We Care About Cancer Fund*, please contact the Foundation office at (902) 893-5541 or visit us online at [www.rootedincommunitysupport.ca](http://www.rootedincommunitysupport.ca). 



*Darlene Holmes, Cancer Patient Navigator*

## Your hospital, your services – Portable ultrasound helps pain clinic patients suffer less

**T**here's no 'i' in teamwork – and no one knows that more than the highly skilled team of health care professionals at the Colchester East Hants Health Centre's Pain Clinic. Collaboration is key and, with donations from our Fall Appeal, a portable ultrasound will help patients with chronic pain at the clinic get procedures done quicker, safer – returning them to some degree of normality.

The Pain Clinic Team consists of many groups who specialize in chronic pain and different approaches – this includes doctors, psychologists, pharmacists, occupational therapists, nurses, dieticians, physiotherapists and additional allied health workers and office staff. The Truro team at the Pain Clinic is one of the larger teams in the province offering an interdisciplinary approach to pain management that tries to address

many things to help the whole person. In other words, they don't just treat pain; they examine the person who is living with pain on a daily basis.

*By donating to the CEHHC Foundation, the staff at the Pain Clinic will be able to help patients in the local community manage their pain. If you're interested in making a donation to the CEHHC Foundation's Fall Appeal, please contact us at (902) 893-5541.*



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Rooted in community support.

## Staff “Half a K on Payday” sheds light on helping jaundiced newborns



Every second Thursday some of the staff at the Colchester East Hants Health Authority cross their fingers and look at the board in front of the Foundation office hoping that their number is drawn. They know that when they contribute \$5 every two weeks through payroll deduction they could win \$500. What they don't know is

how much difference it makes in the lives of newborns with jaundice.

Jaundice is a common and temporary condition in newborn infants. It affects both full-term and premature babies, usually appearing during the first week of the baby's life. Jaundice occurs when there is a build-up of a naturally occurring substance in the blood called bilirubin. Bilirubin is an orange/red

pigment in the blood. As bilirubin begins to build up, it deposits on the fatty tissue under the skin causing the baby's skin and whites of the baby's eyes to appear yellow.



Staff “Half a K on Payday” winner Wendy Davidson for October 31, 2013 is \$500 richer.

For babies that are jaundiced, they may require treatment under a phototherapy light unit. This piece of pediatric equipment breaks down high concentrations of bilirubin and, in turn, gets the baby's blood levels where they need to be. With only one phototherapy light unit at the hospital, some newborns with severe jaundice would have to be sent along with their families elsewhere for treatment. With the staff lottery, we were able to fund the purchase of an additional phototherapy light unit – two in total for the hospital.

“We have pediatricians advocating for it and our staff are so excited to be able to provide that extra support as well,” says Shannon Andersen, Colchester East Hants Health Authority Rehabilitation Services Manager and CEHHA Women and Children's Health Unit Manager.

Thanks to staff choosing to take part in our lottery, the hospital is able to treat severely jaundiced newborns closer to home. 

*CEHHA staff who are interested in taking part in this program, call the Foundation office at 893-5541 or stop by the office to fill out an enrolment form. Once an active player, you just have to keep your fingers crossed and know that you're making a difference locally.*

## A matter of the heart

### Truro's Cardiac Maintenance program graduates first class

Graduating is often a time of reflecting on what you learned.

This is especially true of the first class graduating from the district's cardiac maintenance program – thanks in part to funds raised from the Foundation's 2013 Spring Appeal.

Previously only offered in Halifax, this class is the first of its kind in Truro. The ten-week program's aim is to help people who recently had their first experience with a heart attack or heart failure, or had a recent procedure such as a stent or bypass surgery. With a medically-supervised exercise and education

program, program participants reduce the risk of having another cardiac event.

Funds raised from the 2013 Spring Appeal were used to fund the equipment for the program, such as arm ergometers, recumbent ellipticals and steppers to name a few. These pieces of equipment are not the kind that you typically see in fitness facilities, but are helpful in rebuilding exercise and activity tolerance for doing everyday things such as climbing stairs, pushing a lawnmower, and carrying groceries.

One of the education sessions includes a grocery store tour to educate patients

on the importance of understanding and reading food labels, how to label compare and make healthier choices – which was informative for participant Murray Ewart.

“It was informative and a good way to take my mind off what had occurred, what works and what doesn't. I really learned a lot about labeling and the best thing was that it was in Truro – the QEII called me for the same program but I was able to get into this one – which was closer. It was a huge relief to me and my family and not having to travel is one less thing to worry about,” said Ewart. 

# The Kenny Wayne White Memorial Washer Toss Tournament

*Giving back as a way of saying thanks*

For Shelley, Kendra, Jasmine and Alayna it wasn't a matter of whether they wanted to give back or not, it was just a question of how.

Husband, father and grandfather Kenny White was diagnosed with esophageal cancer in February 2011 and received his treatment at the Chemotherapy unit at the Colchester Regional Hospital. Even under tragic circumstances and with unsuccessful treatments, being taken care of by a supportive staff meant the world to him. It meant a lot to his family too. That's why every year, the family organizes and hosts the Kenny Wayne White Memorial Washer Toss Tournament with the proceeds going to the Chemo clinic at the CEHHC. The event came to Kendra as a dream and, with lots of hard work canvassing the neighbourhood for donations, what was once a dream became a reality.

Last year the tournament raised \$1,000 and this year it raised close to \$1,300. This year they gave to the *We Care About Cancer Fund*.

Some come to eat, play or do both – all in honour of Kenny with plenty of support from their surrounding community in Kennetcook. Their donation to the fund is a way of saying thanks to the staff that worked there while helping other families that are going through the same thing they did. For wife Shelley, the event is equally about supporting something that touches the lives of so many families as it is about raising money.

"It makes them (attendees) feel good that we could give back because people were so good to our Dad," says Jasmine White, Kenny's daughter. According to his family, Kenny was passionate about helping others when asked. Seems that,



*Alayna MacAskill and Jasmine White (back, left to right); Shelley White and Kendra MacAskill (front, left to right) holding a photo of Kenny White.*

even after he is gone, giving back is something his family continues to be passionate about too. We thank them for that, and the families and patients who benefit from their donation thank them too. 

*If you want to learn more about giving back to your community through the CEHHC Foundation, contact us at (902) 893-5541 or visit us online at [www.rootedincommunitysupport.ca](http://www.rootedincommunitysupport.ca). You can also like our page on Facebook or follow @CEHHC on Twitter.*

## Hospital Stats

### ER Visits

Nov 25, 2013 – Sept 30, 2013

Nov 25 to 30, 2012	489
Dec 2012	2790
Jan 2013	2776
Feb 2013	2415
Mar 2013	2689
Apr 2013	2552
May 2013	2753
Jun 2013	2613
Jul 2013	2845
Aug 2013	2759
Sep 2013	2566
<b>Total</b>	<b>27,247</b>

### Births/Deliveries

Dec 1, 2012 – Sept 30, 2013

Dec 2012	38
Jan 2013	35
Feb 2013	33
Mar 2013	34
Apr 2013	38
May 2013	32
Jun 2013	33
Jul 2013	36
Aug 2013	32
Sep 2013	50
<b>Total</b>	<b>361</b>

### MRI Volumes

Jan 1, 2013 – Sept 30, 2013

Jan 2013	255
Feb 2013	276
Mar 2013	242
Apr 2013	251
May 2013	246
Jun 2013	238
Jul 2013	272
Aug 2013	327
Sep 2013	316
<b>Total</b>	<b>2423</b>
<i>*no MRIs performed prior to January 2013</i>	

### Blood Collection Lab Patient Visit Volumes

Nov 25, 2013 – Sept 30, 2013

<b>Total</b>	<b>43,265</b>
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# Charitable donations

With December 31, 2013 coming near, here is some information on charitable donations.

## What types of gifts qualify for charitable tax credits?

**Answer:** Donations of cash, goods, land, or listed securities (like stocks) to a registered charity or other qualified donees are eligible for a charitable tax credit. For a donation to be eligible for the charitable tax credit, the transfer of ownership has to be voluntary.

Examples of donations that **usually qualify** for charitable tax credits include:

- money;
- securities;
- ecologically sensitive land;
- certified cultural property;
- capital property;
- personal-use property (such as prints, etchings, drawings, paintings, sculptures, jewellery, rare folios, rare manuscripts, rare books, stamps, and coins); and,
- inventory (such as art, antiques, rare books).

The following **do not** usually qualify for charitable tax credits:

- contributions of services, such as time, skills, effort;
- certain admission fees to events or to programs (e.g., fees for daycare or nursery school facilities); event tickets;
- the purchase price of a lottery ticket or other chance to win a prize, even though the lottery proceeds benefit one or more charities; and,
- the payment of tuition fees (exceptions exist).

For more information, go to Canada Revenue Agency at [www.cra.gc.ca](http://www.cra.gc.ca).

## MRI testing volumes continue to increase

Patients have been receiving Magnetic Resonance Imaging (MRI) at the Colchester East Hants Health Centre (CEHHC) since December 2012 thanks, in part, to our donors.

MRI is a medical imaging technique used in Diagnostic Imaging to visualize internal structures of the body in detail and provide diagnostic information that may not be possible through other means. Previously, there wasn't one in Truro and those who needed it were sent elsewhere. In December 2008 it was announced that an MRI service would be available at our new Health Centre with 25 per cent, amounting to \$1,055,000, of the cost being raised by the Foundation. More than \$600,000 of the funds raised by the Foundation for the MRI were from parking revenues.

MRI Scanning began in December 2012 with 255 in the month of January increasing to 316 during September 2013. We are able to offer MRIs of the abdomen, brain and some additional body parts along with the expertise to interpret the image but MRIs are not yet available at the CEHHC for all body parts. We're optimistic that, over time, the service will expand to more regions of the body. 



Help the Foundation help the environment by reducing the use of paper. If you wish to receive this newsletter by e-mail instead of by mail, please contact us at

[crh.foundation@cehha.nshealth.ca](mailto:crh.foundation@cehha.nshealth.ca)

The Colchester East Hants Health Centre is pleased to provide this newsletter to inform and assist with your estate and financial plans. While we believe that the information and opinions contained in this newsletter are accurate, we strongly urge you to consult with your own professional advisors to verify both the accuracy and the relevancy of the information to your situation.

The Colchester East Hants Health Centre Foundation and its employees and agents assume no responsibility for errors or omissions, or for damages arising from the use of the published information and opinions contained in this newsletter. The Foundation's Planning Newsletter is provided as a special service to donors and friends through the planned giving program.

Your comments and suggestions are welcome. Please direct them to:

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