

# Horizons

Fall 2015

Vol. 15 No. 1

Newsletter of the Colchester East Hants Health Centre Foundation

## New spaces at CEHHC: Palliative Makeover

This summer, the Palliative Care Unit team began its transformation of the terrace into a lush, garden-like space for patients and families to enjoy. Siblings Don and Carol Bubar made a generous donation to turn their vision of a comforting, serene area into a reality, dedicating the space in memory of their parents, Dr. John and Margaret Bubar.

While the project is ongoing, cedar furniture with bright cushions and accents were added to the terrace, as well as several planter boxes for flowers and ornamental grasses. The details are still being worked out, but additional enhancements will include changes to flooring and a sun shade.

An anonymous donor funded a makeover of the solarium and family room. Thanks to the hard work and design



*The terrace garden is one of three upgrades to the family spaces in the Palliative Care Unit*

expertise of Iris Aylmer, she and other volunteers were able to turn these rooms into cozy, comforting spaces for patients and their families to be together. 

## Late Night with the Foundation

The Foundation's annual Gala fundraiser took on a new look this year, channeling the New York City night life and its nightly talk shows.

We're excited to have hosted "Late Night with the Foundation," an evening of fun and entertainment, December 2, 2015.

Eldis Group returned as Presenting sponsor, but there were many changes for 2015, including replacing the live

auction with the new Grand Raffle – 10 opportunities to win shopping sprees, travel vouchers, and so much more, valued from \$1,000 – \$3,500.

The evening included great live shows, video productions, and a host who brought lots of laughs. As always, the Balloon Blitz was a big part of the evening, as well as the silent auction, featuring many local items, products

and services, generously donated by individuals and businesses in our community.

Last year's Gala netted just over \$126,000, which went towards the purchase of vital equipment and other patient care enhancements throughout the health centre.

Be sure to follow the Foundation on social media for updates and information on 2016 Foundation special events! 



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Colchester East Hants  
Health Centre Foundation  
Rooted in community support.

# Positive Impact on Chronic Pain



It's amazing how one piece of equipment can have such a huge impact, but Drs. David Smith and Steve Ellis tell us that a portable ultrasound, funded thanks to the generosity of the Foundation's donors, is making a big difference.

"It's been like having a fog lifted off your eyes and being able to actually see the structures that I am most interested in," said Dr. Smith. "It's the best thing since sliced cheese! I don't use it every single day but I use it every single week and to say that it has had a positive impact on the care I'm able to deliver to my patients would be an understatement."

*Dr. Smith (right) demonstrates the benefits of the portable ultrasound on Dr. Ellis.*

Dr. Ellis says having the portable ultrasound has been a huge help, calling it the 'stethoscope of the 21st century.' "This machine is the standard of practice now and is the imaging modality of the future. We're able to be more precise with it, therefore providing better treatment."

The portable ultrasound can be used for a variety of procedures. Dr. Smith typically works with patients suffering from lower back pain, and uses the machine for epidurals, joint injections and muscle tears as well as several other muscular/skeletal procedures.

The Foundation wishes to thank all of our donors for funding this piece of equipment, including the Chronic Pain team for their very generous donation of \$2500, proceeds from their annual education session. 

## Colchester East Hants Health Centre Stats

### Total Admissions

(Dec 1, 2014 – Dec 9, 2015) 4,437

### Total ED visits

(Dec 1, 2014 – Dec 9, 2015) 31,263

### Births/Deliveries

(Dec 1, 2014 – Dec 9, 2015) 482

### MRI volumes

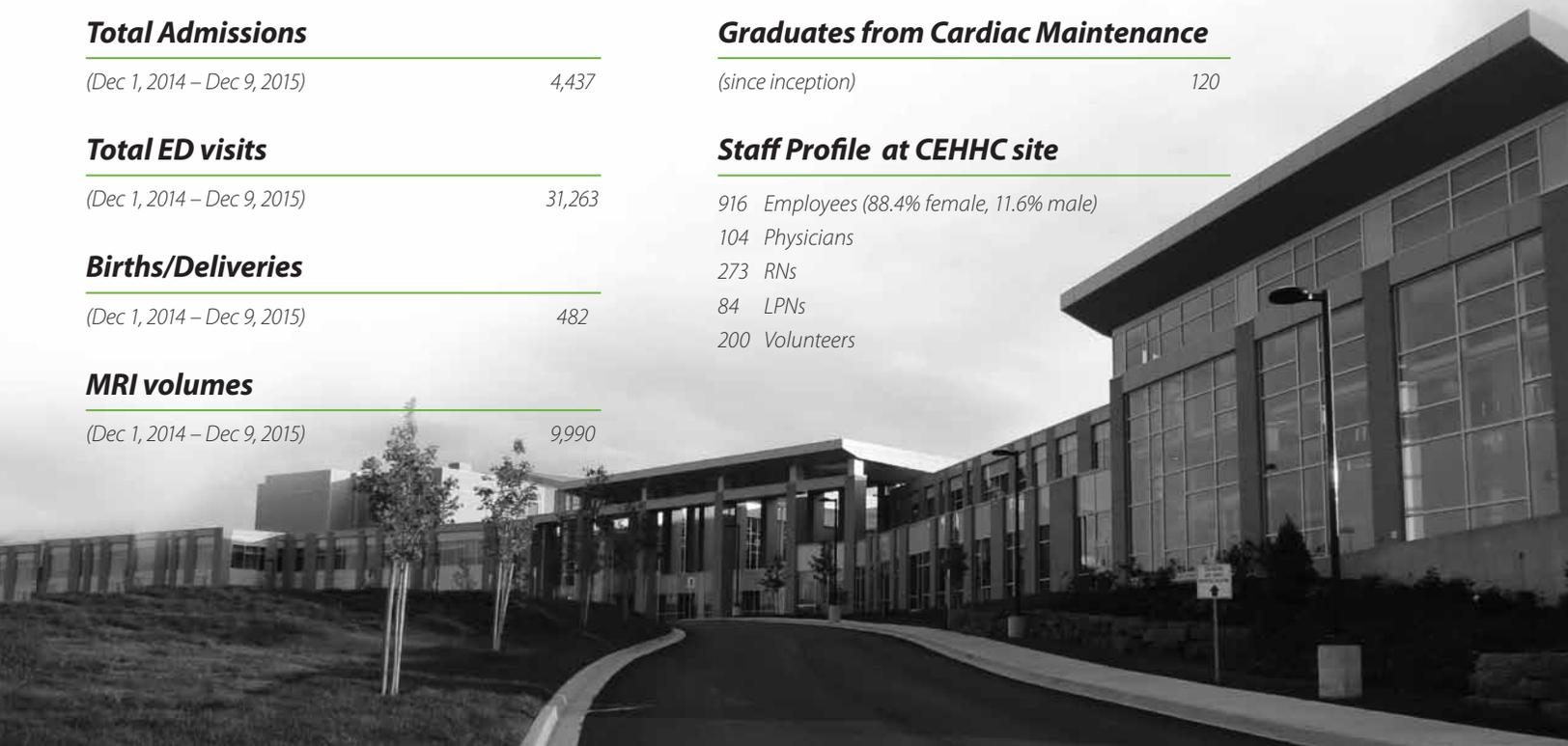
(Dec 1, 2014 – Dec 9, 2015) 9,990

### Graduates from Cardiac Maintenance

(since inception) 120

### Staff Profile at CEHHC site

916 Employees (88.4% female, 11.6% male)  
 104 Physicians  
 273 RNs  
 84 LPNs  
 200 Volunteers



# Impact Report

*How your gifts make a difference*



*(above) MEP team members Patti Moore, CTA, and Megan Graves, RA, with MEP participant Wayne Gilcrest*

## Mobility Enhancement Project

A great new initiative called the Mobility Enhancement Program (MEP) recently got underway on the Inpatient Medical Unit. The program, under the management of Shannon Andersen, Health Services Manager, Inpatient Medicine & Rehabilitation Services, is led by MEP team members Patti Moore and Megan Graves, who are intentionally working with patients to maintain and/or improve their mobility.

Andersen referenced studies conducted in 2010-2011 in academic hospitals which found that less than 30% of patients were mobilized regularly in hospital. A 2009 study found that inpatients spent a median of only 43 minutes per day standing or moving. That's a trend that Andersen and her team would like to change.

"One study showed that without mobilization elderly patients lose 1%–5% of muscle strength each day in hospital while another study showed that one-third of older adults develop a new disability in a daily living activity while hospitalized and half of those never recover

that function," says Andersen. "This is preventable. The concept of a mobility enhancement program is not new, as other hospitals in our province have moved in this direction – so we knew we could do this!"

Andersen and her team looked at what would be needed to make the program a reality. By shifting some staffing schedules and \$5,500 in funding from the Foundation for equipment, the program got underway. On May 1<sup>st</sup> the program was rolled out with communication, education and early implementation. Full implementation involving equipment enhancements followed in September.

While the program is young and the team is small, Andersen says that with one front-wheeled walker and transfer belt for each inpatient room, patients and family can take comfort knowing that their loved ones will have increased access to safe and appropriate mobility equipment to support them during their admission. 

*Kudos to Shannon and her team for their dedication to improving patient care!*

## 2015 Fall Appeal Campaign Update

The 2015 Fall Appeal campaign is well underway, and so far our community has donated over \$60,000 towards the most urgent needs within the health centre. In the past, donations have funded several programs and services providing many benefits to our community, including the We Care About Cancer fund, and the Cardiac Maintenance program as well as life-saving equipment throughout the health centre.

Earlier this year, the Spring Appeal donations helped fund a new SPECT

CT scanner for the Diagnostic Imaging department. The CT Scanner provides more precise images for physicians, and in turn allows them to make more accurate diagnoses and treatment plans for their patients. Renovations to accommodate the new machine began late in the summer, and are anticipated to be completed with the new unit in service by December.

While our health centre may be the newest in the province, the ongoing support of our community is vital to ensuring that our teams have the resources needed

to ensure patients receive the best care possible. The Foundation is committed to funding medical equipment and other patient care enhancements that have a direct, positive impact on our community, and we can't thank our donors enough for their continued support.

If you're interested in making a donation to the 2015 Fall Appeal campaign, please contact the Foundation office at 902-893-5541. Donations made by December 31, 2015, will receive a charitable tax receipt for the 2015 tax season. 

# Simulation and Learning Lab in the ER



A new simulation and learning lab was created in the Emergency department for use by physicians, staff, and students. In collaboration with the Medical Education program, the room includes various training tools that were purchased through generous donations from the community.

As an extension of the Medical Education program, staff and students alike will be able to practice various procedures such as suturing, inserting chest tubes and intubations, enhancing numerous skillsets.

“The Foundation is very excited to have contributed to this project,” said Sharon Crowe, Executive Director of the CEHHC

Foundation. “To have this lab available for our medical students to learn vital procedures is a great asset to our facility, and also gives our experienced staff and physicians an opportunity to continue practicing and perfecting their skills. It will certainly prove to have many benefits, thanks to the generous support from our donors.”

Thanks to our donors, our health centre is able to provide valuable learning opportunities for medical students and it’s our hope that they will return to serve our community as physicians and continue to share their knowledge with future students. 

## 20th Anniversary of On Course Fore Health Golf Classic

This year marked the 20th anniversary of the Foundation’s annual golf tournament, the On Course Fore Health Golf Classic, and what a great day we had. Netting approximately \$60,000, it was one of our most successful tournaments, all thanks to our generous sponsors, donors, participants and volunteers.

Over 120 golfers vied for various hole-in-one prizes, took a shot at the ‘Big Break,’ and enjoyed several other on-course

activities throughout the day. Our special guest, local NHL player Zach Sill, also spent the day on the course with us, taking pictures and signing autographs for everyone after the round.

Over the past 20 years, the On Course Fore Health Golf Classic has raised over \$820,000, funding equipment and various patient care enhancements for the former Colchester Regional Hospital, and now the Colchester East Hants Health Centre. We’re already planning for 2016 and are looking forward to raising even more funds to support your health centre. 

## 2015 Third Party Events

100 Women Who Care	\$17,430
Johnson Inc.’s Ice Cream Social	\$750
Kenny White Memorial Washer Tournament	\$1,325
Lawton’s Healthy Leg Clinic	\$3,060
Little Derek and the Haemo Blues Band	\$5,023
McDonald’s McHappy Day	\$5,093
River Run Men’s Golf	\$1,103
Wink Day Spa’s Wedding Show 2015	\$200

*Thank you all for your support!*

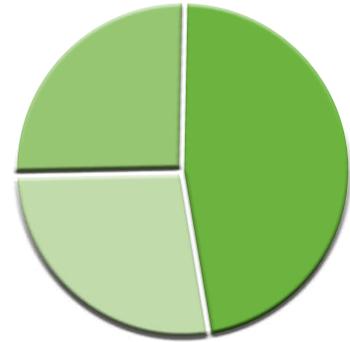


# Financial Highlights

In 2014–2015, through the support of our community, the Foundation generated revenues of more than \$800,000

## REVENUES 2014 – 2015

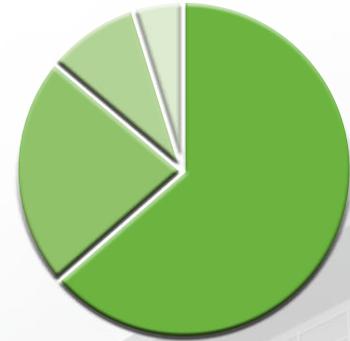
	Received Donations	\$382,276.00
	Non-Received Donations	\$214,426.00
	Interest & Investment Income	\$205,531.00
	Gifts from other charities	\$951.00
	Government Funding	\$ –
		<hr/>
		<b>\$803,184.00</b>



## Disbursements

	Gifts to CEHHA	\$687,806.00 *
	Charitable Program	\$237,084.00
	Fundraising	\$99,625.00
	Management and Administration	\$50,675.00
		<hr/>
		<b>\$1,075,190.00</b>

\* includes the final payment for the to our health campaign commitment



## Revenues

	Unrestricted	\$524,063.00
	Restricted (designated purpose)	\$279,121.00
		<hr/>
		<b>\$803,184.00</b>



# Charitable Donations

December 31, 2015 is fast approaching! To help you prepare for the 2015 tax season, here is some information on charitable donations.

## Tax changes may affect estate planning

When was the last time you reviewed your estate plan? Tax changes that come into effect on **January 1, 2016** could provide a good reason to take another look. If your estate plan includes creating a trust in your will or you are a trust beneficiary or an estate trustee, you may be affected by the federal government's new legislation to tax certain trusts at the top marginal tax rate rather than the lower graduated tax rates that some trusts currently pay.

You may also be affected by a change that will tax accrued gains in spousal, alter ego and joint partner trusts in the deceased's beneficiary's hands and not in the trust itself.

*If you are unsure if your estate plan will be affected, the Foundation encourages you to speak to your estate lawyer, tax professional or financial advisor.*

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

**Answer:** *Donations of cash, goods, land, or listed securities (i.e. 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, jewelry, 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, etc.)
- 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
- payment of tuition fees (exceptions exist)

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



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**Colchester East Hants  
Health Centre Foundation**  
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*Return undeliverable Canadian addresses to above address*

