

Foundation Monitor



Health, happiness, hope, hugs. Many of the best things in life start with the letter “h”. They are also some of the things we miss most when we no longer have them.

Yet maybe the most iconic “H” word, especially during these challenging times, is the large blue and white “H” of our Hospital – home to our healthcare heroes and a beacon of hope, courage and selflessness we all count on.

People have never been more aware of our hospitals and caregivers; the impact they have on our lives, the trust we place in them to ensure our health, healing and even the lives of those we love.

We owe our Hospitals and healthcare heroes so much. They’ve had our backs throughout this pandemic. Now is the time to show them we have theirs.

In recent months many people have stepped forward to show their appreciation and support ... support that has gone straight to the front lines of fighting COVID. Those donations have helped us purchase vital equipment like the BD MAX and GenX for the lab, pulse oximeters, vital signs monitors and thermometers for ICU, specialized resuscitation training for nurses, staff supports and a specialized Glidescope for resuscitation!

That generosity has put lifesaving tools, training and technology in the hands of our healthcare heroes to carry on the COVID fight.

While COVID has inflicted anxiety and hardship on us all, it has helped to illuminate our strengths and weaknesses. At our Hospital it has confirmed what we

already knew – that our staff and physicians are our greatest strength. But it has also revealed our Achilles’ heel ... old and outdated equipment.

At this critical moment Stratford General Hospital needs a shot in the arm from you – an infusion of support from our donors that will enable and sustain them in their immediate battle with COVID, while building a stronger, healthier hospital for the years ahead.

Right now we’re targeting equipment that can tip the balance towards life. Some of our vital signs and cardiac monitors are 20 years old and becoming less reliable by the day. They simply won’t stand up to the round-the-clock demands should another wave of COVID materialize or our Intensive Care Unit be overwhelmed.

We also need to purchase items like defibrillators, digital x-ray machines and a portable C-arm that can be wheeled to a patient’s bedside to examine their lungs. While this equipment is vital to our immediate COVID needs, it will also be used well beyond this tumultuous time, ensuring a stronger hospital in years to come.

But it can’t happen without you. You see, while government pays for many aspects of our healthcare system, purchasing hospital equipment is not included. Our hospital relies on the generosity of donors; people who care and share the goal of ensuring their Hospital remains strong, flexible and equipped to care for our families, friends and ourselves.



Our Doctors Have a Tremendous **IMPACT**



**Dr. Paul
Parackal**

An ounce of prevention is worth a pound of cure.

It's a time-honoured saying in healthcare and good advice for lessening the heartache and the thousand natural shocks, scrapes, cuts and breaks that our flesh is heir to.

But sadly, it's a philosophy that's often overlooked when it comes to treating patients with mental health issues, says Dr. Paul Parackal, a recent addition to Stratford General Hospital's Mental Health Services. But prevention through early treatment with the right therapies and supports can be life-changing, altering the trajectory of patient lives and their families for ever.

"I'm a strong believer in early intervention and being proactive. The hope is that we can minimize the gravity of the situation for young patients and steer their course in a way that they can become functional, well adapted members of society who can achieve whatever goals they set for themselves," he explains.

Dr. Parackal is new to Stratford General Hospital and has a background that's truly international...born in India, medical school in China, and residency and fellowship training in Louisville, Kentucky. He recently moved back to Canada with his American wife when things became increasingly difficult with COVID-19 and the Trump immigration ban. In this case, America's loss is Stratford's gain.

Trained in both adult and child/adolescent psychiatry, Dr. Parackal likes variety in his work "enjoying a little bit of everything." But his passion for helping children and adolescents experiencing mental health issues and his admiration for their courage and humour is evident.

"Even though children and adolescents might be going through tough times, they often show a certain amount of resilience and ability to laugh at themselves that I appreciate, even in cases that are quite traumatic and chaotic," he says. "I also often see those same qualities in their families – that amazes me as a provider."

While recognizing the limits of our health care system, Dr. Parackal is a strong advocate for strengthening supports and services locally, investing more into mental health – especially for children. He'd like to see a less fragmented system where youth could be cared for locally, and ultimately – if he had a magic wand – the creation of three child/adolescent beds in Stratford along with the staffing to

serve those needs.

While the Stratford General Hospital Foundation, through community support, raised money for the construction of the hospital's new mental health wing 10 years ago, additional funds from donors and government could pay huge dividends in the future, he says.

"We should be investing in our child and youth population. I think almost every adult mental health issue arises from childhood years – they don't just start out of the blue in their adult years," says Dr. Parackal. "It's much easier to deal with most mental health issues when people are younger, more resilient, adaptable and flexible. They are our future, so when we provide the appropriate mental health care and give them the tools they need, we're really investing in your own future."

It's estimated that about one in five people in Canada will personally experience a mental health problem or illness in any given year. And while some of the stigma surrounding mental health has decreased in recent years, that's done little to help many people find the services they need and access those services in a timely manner.

"Compared to 20 or 30 years ago, there is a higher level of stress that life puts on us. There are different societal expectations...we live in a more competitive world where everybody is on a treadmill and it's a rat race," says Dr. Parackal. "That puts a certain amount of stress and anxiety on all of us, without teaching us how to manage the expectations and anxieties of everyday life."

And that was before COVID. Since the pandemic arrived, there's been a huge increase in anxiety and mood disorders, suicidal thinking and substance abuse with few additional resources to handle what many believe was already a mental health crisis.

"I think the people who are struggling most are those who were already on the brink – people who were hanging in there by doing what they always did to cope. Now with lockdowns and disruptions to their lives, many of those people have fallen off the cliff; now they're really struggling," he explains.

Many might think that working with patients and families in crisis and dealing with serious mental health issues might be an overly taxing and exhausting occupation. "Nothing could be further from the truth," says Dr. Parackal. "When you look at physician satisfaction surveys in North America, one of the specialties with the highest satisfaction rate and lowest burn-out rate is psychiatry."

Dr. Parackal says misconceptions and preconceived ideas abound in mental health. "It's not all dark and gloomy. There's actually a lot of beauty, hope and cure in mental health care," he explains. "There's a lot of light at the end of the tunnel and a lot of happiness and joy that comes with it. That gives me a lot of encouragement to continue to work in this field."



Making A Real Impact . . . A Salute

Each donation is precious, and every donor is priceless ... individuals, groups, and organizations

Glidescope Saving Lives



The Glidescope is an important tool for life saving measures for adults, infants and children and is necessary for intubation of patients and will be required for suspect/confirmed COVID patients. We are so thankful to be a repeat recipient of the Emergency Community Support Fund, in partnership with Stratford Perth Community Foundation!



In this round: as well as receiving funds for The HPHA Peer Support Program, the Stratford General Hospital Foundation was awarded \$12,100 for "a Glidescope to save lives". Another big thank you goes out to Loralee McNaughton and her family for their gift to help purchase a specialized Glidescope Attachment for infants, in memory of their Father: Robert Seaboyer.

Loralee McNaughton,
RN Mat-Child Unit

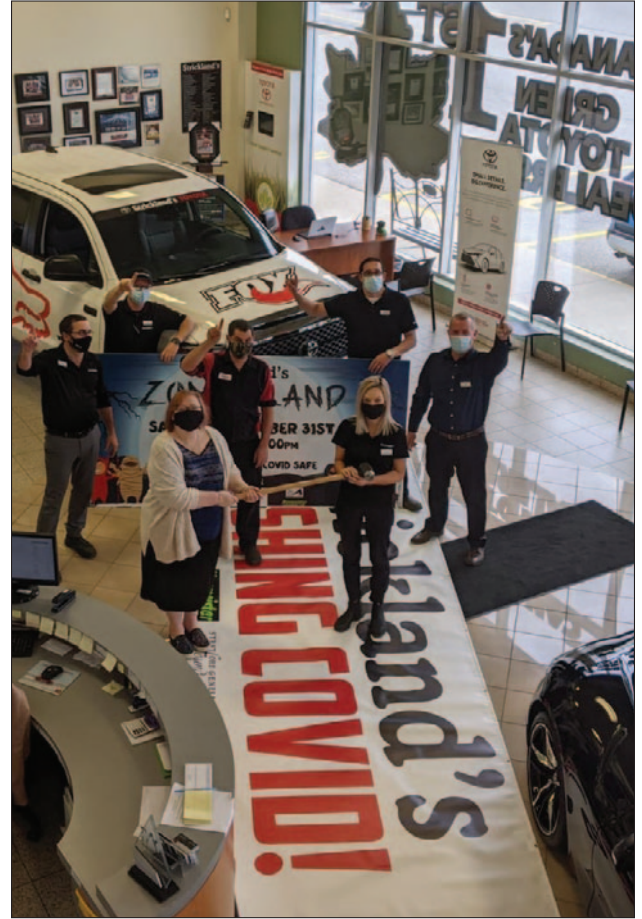
High Performance Marks

More great news...we have received notification from The President & CEO of the Association for Healthcare Philanthropy International congratulating Stratford General Hospital Foundation which is **one of 40** foundations recognized as "High Performer: Overall". Overall high performers represent AHP's traditional criteria of the top 25% in net production returns across all respondents in the 2020 Report on Giving.



Our achievement will be recognized on the AHP website and in upcoming AHP publications. AHP identified participants "that have shown high efficiency and effectiveness as they relate to bottom-line returns". Membership in this group of 40 "is quite an achievement – one worth special recognition." AHP recognizes high performance based on net production returns in the top 75th percentile. We have a small but mighty team of staff and Board volunteers!

Strickland's Crushing COVID!



A salute to the Strickland's team, event partners and all those who participated in the October Crushing COVID campaign with \$100 donated for every trade-in raising \$9,700 for our HPHA Healthcare Heroes fund! We can never say thank you enough!

50/50 is a win win:

February 2021 Winner



Doug and Jackie Menchenton,
Stratford
Prize \$16,240!

Doug, a former employee in the kitchen at SGH was pleased to know that ticket proceeds will go towards purchasing new beds for our hospital. He proudly shares his winning prize with his wife Jackie.

March 2021 Winner



Grace Forget, Ingersoll
Prize \$8,943!

Grace has a family member who had wonderful care at SGH and was so impressed with the compassion, care and hard work of all the staff. (Good work, team!)

April 2021 Winner



Barry and Barb Smith, Stratford
Prize \$9,360!

Barry and Barb chose to support our 50/50 after discovering it on Facebook and the radio. Barry "dropped everything" and bought their tickets. Barry and Barb will use their prize to redo their basement, and have also chosen to generously donate a portion of their winnings back to the SGHF. Barb also gifted some beautiful painted rocks for our garden.

Stay tuned for the winner of MAY's Prize...
sales end May 28th at 9 PM,
DRAW May 31st at 11 AM

June Draw Dates: 9:00 am on June 1, 2021 to June 25, 2021 until 9:00 pm. Draw to take place on June 28th, 2021 at 11:00 a.m.



Lotto # RAF 1200571

Tickets: www.stratfordhospital5050.com

Thank you once again to our sponsors:

February



March



April



June



to Our Community's Generosity!

and businesses building a brighter future for healthcare throughout our region.

Thanks to Tradition Mutual



Thanks to Tradition Mutual, the Community Stroke Rehabilitation team and Recreation Therapy Department will purchase a Virtual Reality system and accompanying therapeutic applications to be used with stroke patients during both

their inpatient and outpatient stroke rehabilitation. VR technology is a multifaceted rehabilitation tool that provides the opportunity to incorporate encouragement and fun into the rehabilitation process. VR has been used successfully to treat stroke patients. A study conducted in 2015, featuring 15 trials with 341 participants, shows that VR helped patients regain mobility after experiencing a stroke.

L-R Julie Houben, (Former Manager District Stroke Centre, Director Quality and Risk, HPHA) Holly Leyser (Therapeutic Recreation Specialist, Community Stroke Rehab Team), Paul Burns, CEO Tradition Mutual

We can never say Thank You enough to McLean Taylor.



We have so much gratitude for this Christmas gift to our Healthcare Heroes fund from McLean Taylor Construction Limited. Their generous gift of \$12,500 will help purchase urgently need vital signs monitors.

L-R Andrea Page, SGHF Executive Director and Steven Fife, Business/Finance McLean Taylor Construction Limited



BMD Unit - Paid In Full

Jenn Carter, MRT(R) CBMD ADT & Lori Selves, MRT(R) CBMD ADT

One quarter of all women now aged 50 will experience a serious fracture of the spine &/or hip during their lifetime. Identifying and treating those most at risk will make an impact both on patient well-being and health care expenditures.

Stratford General Hospital performs approximately 1800 BMD studies per year.

Thanks to the generosity of our donors, the Stratford General Hospital Foundation is able to fund this very important piece of Imaging equipment.

Tiniest Patients Impacted by Incubators



Help us reach our goal of \$40,000 for a infant incubator in our Special Care Nursery! For every gift of \$100 or more, a plush Bear will be given to a child at our hospital (pictured here: "all dressed up" thanks to one of our generous and creative donors)



STRATFORD GENERAL HOSPITAL
Foundation
"People Caring for People"

YES, I care!
I wish to support our Hospital.



Name: _____ Address: _____

City: _____ Postal Code: _____ Telephone: _____

Enclosed is my cheque to Stratford General Hospital Foundation. Email: _____

\$1,000 \$500 \$250 \$100 \$50 \$25 I prefer to give \$ _____

Card # _____ Expiry Date _____

I'd like to pledge my support of \$ _____ each year over the next _____ years.

Signature _____ Date _____

A receipt will be issued for tax purposes. Charitable Registration # BN 11920 0004 RR0001
Our donor records are confidential. We do not share our lists.

Thank you for caring!

Donations in Honour of and in Memory of ...

The Stratford General Hospital Foundation is grateful to the family members and friends who have made Honour and Memorial donations from October 1, 2020 to April 30, 2021.

In Honour of

Cathy & Mike Bachner
Hilary Bald
Lydia Balfour
Theo & Mila Banghart
Harold Bart
Ina & Lavern Bender
Laverne Bender
Monica Boom - R.N.
Cheryl Cade
Jay Carter
Kathie Cuerden
Sue Davey
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Theresa Ryan
Andrea Sanchez
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James Stewart
Marilyn Thiel
Anne & Paul Vogels
Patricia Yundt

In Memory of

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Norman Albrecht
Tom Alexandris

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Jean Allen
Helen Anderson
Brian Anderson
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Murray Arthur
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Shirlie Beaumont
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Audrey Brickman
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SGH FOUNDATION MONITOR...

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STRATFORD GENERAL HOSPITAL FOUNDATION

46 General Hospital Drive, Stratford, ON N5A 2Y6

The SGH Foundation works with the community to help raise funds for equipment, upgrading of facilities and special projects of the Stratford General Hospital.

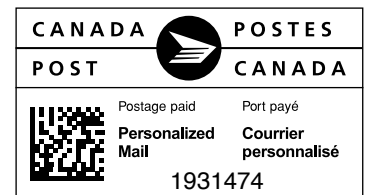


Readers will note a change to coated paper, which is the same cost and allows clearer pictures. Contains recycled fibre and is recyclable.

Charitable Reg. BN 11920 0004 RR0001



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