

Grape Escape 2015 – a Great Success!

Thank you so much!

Thanks to the hard working Grape Escape committee, to the generous support of those who donated auction items, to those who sponsored the event, those who bought tickets and attended, to those who donated the excellent food and beverages, to the musicians and photographer and to all those who dug deep and supported the special auction at the end of the evening, **over \$45,000 was raised!**

7 IV stands and the Pediatric Crash Cart were purchased, thanks to you!

Happy for each day 1

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Nadine Ransome, grateful for every day

Nadine moved to Durham from Hanover in 1966. She worked for Acme Ruler for 25 years, then at Durham Furniture and at the Durham Hospital until 2014.

She was diagnosed with serious intestinal concerns in 1986, had 2 life-saving surgeries in 1996, and a 3rd surgery in 2012.

Nadine's life was changed forever. Her health challenges restrict some of her hobbies and activities, she cannot tolerate heat and humidity and is a reg-

ular visitor to the Hospital's Emergency Department.

Nadine receives infusions once every 2 weeks and up to 2 / week during the hot summer. These may take 2 to 4 hours.

She is incredibly grateful to have this hospital nearby, and for the caring and skilled doctors, nurses and allied health team. Their humour helps reduce her stress.

Nadine pays it forward by



volunteering for the Foundation and says, "We are extremely lucky to have the hospital here!"

Welcome Dr. Bik Rai To The Clinic And The Community!



The Foundation Board and Clinic doctors are pleased to welcome Dr. Bik Rai to the healthcare team and to the community.

After receiving his undergraduate degree in Health Sciences from

McMaster, he completed his medical degree at the Schulich School of Medicine. He chose to work in Family Medicine and completed his training at Mt. Sinai Hospital, University of Toronto and followed this with a 2 years residency. He also completed 8 months of Emergency Medicine training.

Dr. Rai has been working as a Locum since graduation, while looking for a place to establish a practice and call home. He was drawn to a smaller, rural community where he could work in both his medical passions, Family Practice and Emergency Medicine.

He first came to Durham because he knew people here, but returned because he felt very welcome and was impressed with the hospital.

He is close to his family and appreciates the close-knit and exceptional medical team, the caring, small town atmosphere in Durham and the many diverse opportunities for outdoor activities. He will enjoy access to the beaches, cross-county skiing and is an avid softball player.

Dr. Rai thanks Dr. Lakhani for the excellent job he has done for 10 years and plans to continue that level of care.

A WARM WELCOME TO DR. SARITA SINGH !

The community is fortunate to have attracted a “new” doctor with 20 years of experience!

Dr. Singh received her training at the University of Alberta. She was mentored by Dr. Rick Spooner who established the Alberta Rural Physicians Action Plan.

She has worked in academia as well, in the Department of Internal Medicine at Tufts, Massachusetts.

Dr. Singh worked for Health Force Ontario as a Locum in 15 different communities, including many in Northern Ontario. She feels that working in smaller, remote communities keeps her on her toes professionally; without access to specialists, doctors must be skilled

and knowledgeable in many areas to save lives.

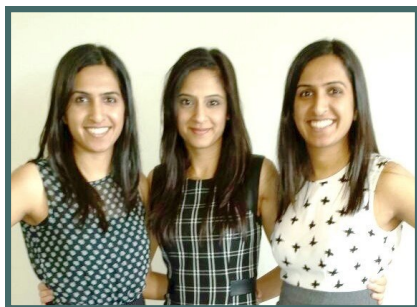
Dr. Singh is passionate about an individualized approach to health care, with more focus placed on prevention, part of an integrative, holistic approach to health care and healing. She encourages people to look at all approaches to improve their health, including better nutrition, physical activity, stress management and the appropriate use of medication. Her goal is to keep people out of the Clinic!

Dr. Singh first came to the Durham area as a Locum and felt welcomed and at home here. She is very impressed with the skill of the nurses and the working relationship



with the Family Health Team, doctors, hospital and staff. The presence of the hospital and Emergency Department was critical to her decision to set up practice here. She would like to work more closely with families and young patients with prevention and education. Welcome Dr. Singh!

BRINGING YOUNG PEOPLE TO THE COMMUNITY



This summer Remedy's Rx, the in-hospital pharmacy, was pleased to host three interns from University of Waterloo. Chandni and Roshni Chaudhari and Jaismeen Lamba are all fourth year students in the school's Doctor of Pharmacy program.

During the last six months,

students are required to participate in a patient care rotation which allows them to engage with professionals and patients in the field.

Chandni, Roshni and Jaismeen chose to do their rotation in Grey County and completed placements 2 locations- at the Owen Sound Regional Hospital, Owen Sound Pharma Plus or at Remedy's Rx.

As part of their rotation, students completed a project addressing a

gap in the community of practice. Chandni, Roshni and Jaismeen planned and presented education sessions on Lyme Disease, Drug Abuse and Probiotics.

These were open to the public and held in the Medical Clinic Boardroom. The students were able to engage with the community while taking a leading role in an educational experience.

The Durham Hospital and Clinic also hosted

two medical residents over the summer. These students must complete 24 months in a chosen specialty under the supervision of a doctor before they become certified.

Internships are a great way of attracting skilled young people to the community. Coming here shows them the many benefits of a rural lifestyle and helps in ensuring the future of local health care!

“NEW” LABORATORY OPENS

Thanks to the incredible support of donors, the hospital lab is once again “Open For Business”! After a year of renovation, the patience of both staff and are residents has been rewarded by a redesigned, more efficient and state-of-the-art laboratory. Donors were invited to tour the completed project on July 8th and share in some refreshments.

The new lab is ergonomically designed to meet government health and safety standards. It includes separate wash stations for patients and staff, has slip-proof and easy-to-clean flooring and chemical-resistant surfaces.

In addition, the Foundation also funded a new phlebotomy chair for patients’ comfort and safety while having blood drawn.

The new chair has adjustable height, arms and backrest. The backrest can be adjusted so that patients can recline at a 30 degree angle, an important feature for those who become light-headed or nervous!

More staff are in place to meet the increased demand and process patients in a timely manner.

Having an efficient and well-equipped lab is crucial to the Durham Hospital; it allows doctors to diagnose and prescribe medications quickly. Laboratory and medical staff will be able to keep providing top-quality service to their patients.

Next time you have to visit the lab, trust that you are in good hands as you sit back and relax!



2015 FUNDRAISING GOAL AND PROJECTS

The Durham and Community Health Care Foundation is committed to building healthy communities in and around West Grey. Thanks to its generous donors, over \$645,000 has been directed to hospital improvements and medical equipment since 2005. In 2014 the Foundation directed \$122,000 towards renovating the Hospital laboratory and purchasing new lab equipment.

Several capital purchases have been approved for 2015, including an ultrasound probe disinfection system, blood bank sample processing system, 7 new intravenous (IV) pumps, a badly-needed pediatric crash cart, transport ventilator, physio chair, and a secure pharmacy fridge.

These items will come to \$98,998; will provide up-to date technology and deliver improved patient care. Rural residents deserve access to the best health technology and safety!

Funds are raised through special events such as Grape Escape and Radiothon, Spin-a-Thon, the Curling Bonspiel for Health, the direct mail letters, the Christmas campaign, sponsorships, grants, and generous donations from individuals, groups and corporations.

With your support, the Foundation can ensure the continued deliverance of top quality health care to area residents!





Yes! I want to support a healthy community

I would like to make a gift of \$25 \$36.50 \$50 \$100 \$365 \$500 or \$ _____

Name: _____ Town: _____ Postal Code: _____

Address (1): _____ Phone #: _____

Address (2): _____ E-mail: _____

My cheque is enclosed (payable to Durham & Community HealthCare Foundation) **or**



Cardholder's name: _____ Card #: _____ Exp date: ____/____

Have you considered joining our Monthly Giving Program? Here are a few great reasons:

- *Your gift is secure and green- saving paper, postage and energy*
- *You are always in control- able to cancel or make changes at any time*
- *You will maximize the impact of your support- your gift is put to work immediately*
- *Budgeting is easy and painless- plan for a level of support that is right for you*

I've enclosed a blank cheque marked "VOID". I authorize Durham and Community Health Care Foundation to deduct

\$20 \$25 \$36.50 \$50 or \$_____ from this account on the 1st 15th or 30th / month

or

I authorize Durham and Community Health Care Foundation to charge \$ _____ to my credit card (as above) on the

Coming soon! The 2015 Christmas Campaign!

While Fall has just arrived, the Foundation is busy planning the 2015 Christmas Campaign.

The holiday season is an opportunity to look back on the year, remember loved ones, appreciate the support of those who made a difference, and do something to honour these people.

This Christmas, the Board of Directors encourages you to make a donation to

support your hospital. The Durham Hospital has skilled and caring staff available 24 hours a day, 365 days a year and needs your help to ensure quality care is available when you need it.

Donation forms will be mailed, inserted in the West Grey Progress, and available locally in November. You can also pick one up at the Foundation office!



This Christmas, please add the Durham Hospital to your Gift List!

We're on the web!

www.durhamfoundation.ca / www.facebook.com/durhamfoundation

Visit and "Like" us!