

“Take care of your body. It’s the only place you have to live.”

~ Jim Rohn

www.gphsf.ca

PLEASE HELP US MAKE A DIFFERENCE

- Yes**, I would prefer to receive FREE email versions of Wellness Check-Up
- Yes**, I would like to volunteer and make a KEY difference for better living
- Yes**, I will improve primary health care services in my community NOW:

ENCLOSED is my tax deductible gift of: \$25 \$50 \$100 Other \$ _____

Please make cheques payable to: Greater Peterborough Health Services Foundation.

Name: _____ Phone: _____

Email: _____

Address: _____ Postal Code: _____

We will send you an official tax receipt for all donations of \$10 or more, unless otherwise requested. The Greater Peterborough Health Services Foundation is committed to protecting donor privacy and maintaining the confidentiality of donor information. To make an online donation visit: www.gphsf.ca.

Charitable Registration Number: 888118247RR0001

SUMMER 2010

Wellness Check-Up



We are excited to share this exclusive issue of Wellness Check-Up with you - our new bi-annual publication.

Bringing you the latest and most valuable information on health and primary health care in the City and County of Peterborough.

We hope you enjoy reading and – as always - we hope you will share your news, feedback, and suggestions with us at E: info@gphsf.ca

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- 5 Tips to Better Living
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Want More...

Please visit www.gphsf.ca or call (705) 740-8074

How can you make a vital difference to the health of your community?
We've already started...

A trail blazing partnership began on May 27, 2009, between the Greater Peterborough Health Services Foundation (GPHSF) and Primary Health Care Services of Peterborough (PHCSP).

You may not immediately recognize our name, but our actions reach deep into the Greater Peterborough community.

Formerly St. Joseph's Care Foundation, GPHSF supports the 5 local family health teams by funding key equipment, education, and research, while fostering preventative action and promoting healthier living.

PHCSP is a nonprofit organization created to support the planning and implementation of Peterborough's 5 Networked Family Health Teams.

The goal is to work together to identify areas of need in the provision of community-based health care services and provide life changing financial support to better the primary health care services available to you.

“(PHCSP) has worked tirelessly since its inception to improve quality and access to primary healthcare in the Peterborough community,



an initiative that the GPHSF is proud to support,” says Hannah Routly, Executive Director.

While the GPHSF is a fairly new name in the Greater Peterborough community, the people and purpose behind the Foundation have a 25 year history of loyal service to bettering the health and health services available in this community.

GPHSF is proud to carry on the enduring legacy of the Sisters of St. Joseph.

This exciting partnership will provide direct support to improve key primary health care services in the City and County of Peterborough.

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5 TIPS TO BETTER LIVING

Enjoy improved health! Here are our wellness tips for better living. Cut out this section and post as a daily reminder.

1. Walk for 20 minutes per day
2. Listen to your inner voice
3. Sleep a min. 7 hours a night
4. Spend time in nature
5. Learn to meditate

Brenda Whiteman, Mental Health Clinician,
Peterborough Clinic Family Health Team

Your Dollars At Work

Your donation is a life changing investment in your health – your better living.

That's why we're committed to loyally targeting those valued dollars to key equipment, education, and research projects.

Here are just a few of the recent ways the Greater Peterborough Health Services Foundation improved primary health care services in your community thanks to your valued support:

- 40 pulse oximeters were provided to the Family Health Teams through the support of the Peterborough Festival of Trees.

This powerful little piece of equipment measures the oxygen concentration in a patient's blood. Among its wide range of important uses, it helps to assess influenza-like illness, breathing problems and pneumonia.



- Electrocardiogram (ECG) provided to Buckhorn Regional Health Centre. An ECG is a life saving device used to monitor the heart's rhythm and pace.
- 20 transport chairs (heavy-duty wheelchairs) were provided to the Family Health Team clinics.

The greater accessibility and convenience these chairs now provide benefit the patients visiting their health care providers in Greater Peterborough.

Events Corner

Thursday, July 22, 2010

Freedom 55 Financial

Peterborough Charity Golf Classic
Peterborough Golf and Country Club



Funds raised will be directed to the enhancement and expansion of a local vascular program, created for individuals at risk of vascular disease to help with early detection, prevention, management and treatment.

Vascular disease is the number one cause of preventable death in Canada and can cause heart disease, stroke, kidney disease, or diabetes.

For more information or for sponsorship inquiries, visit: gphsf.ca or call (705) 740-8074.

Volunteer Spotlight

Featuring the stories and experiences of volunteers with the Greater Peterborough Health Services Foundation, to give you an exclusive glimpse into the people behind the Foundation.



This edition's volunteer spotlight is shining on Natasha Serkus. Natasha came to the Foundation (2010) as a third year nursing student from Trent University. Natasha's story focuses on the importance of primary health care professionals having all of the life changing equipment necessary to provide the best possible patient care.

"When I was a teenager I had white coat syndrome, so every time I went to the doctors to get my blood pressure checked it was always very high. The doctor was not sure if it was white coat syndrome or whether I had hypertension. Hypertension runs on my father's side of the family. The doctor was going to decide the next time I came for a check-up whether or not he would put me on high blood pressure medication.

The next time I went to the doctor's office, my doctor had a BpTru blood pressure monitor. I sat in a room by myself while the machine took my blood pressure 3 times within a span of 20 minutes. My blood pressure was 110/75 mmHg. The BpTru blood pressure monitor saved me from going on serious medication and the risks associated with the medication." - Natasha

Stay tuned when the next Volunteer Spotlight focuses on the life changing benefits of the Vascular Program (CVDPMI)...