

YOU CAN HELP US MAKE A DIFFERENCE

**“Alone we can
do so little;
together we can
do so much.”**

~ Hellen Keller

www.gphsf.ca

- Yes**, I would like to volunteer and make a KEY difference for better living
 Yes, I will help improve health care services in my community NOW:

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

Please make cheques payable to: Health Services Foundation.

Name: _____ Phone: _____

Email: _____

Address: _____ Postal Code: _____

You can make an easy and secure online donation by visiting www.gphsf.ca.

You will receive an official tax receipt for all donations of \$10 or more, unless otherwise requested. The Greater Peterborough Health Services Foundation is committed to protecting and maintaining the confidentiality of your donor information and privacy.

Charitable Registration Number: 888118247RR0001

2010-12



WINTER 2010

Wellness Check-Up

You are now reading the 2nd issue of the Greater Peterborough Health Services Foundation's (formerly St. Joseph's Care Foundation) new bi-annual publication, *Wellness Check-Up*.

We are excited to be sharing this 2nd issue of *Wellness Check-Up* with you and to be bringing you the latest and most valuable information on primary health care in the City and County of Peterborough.

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

Inside this Issue

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- Your Dollars at Work for equipment, education, and research
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Want More...

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

Early Christmas Gift for Your Local Health Care

Vascular program receives \$43,500

Christmas came early to the Greater Peterborough Health Services Foundation (GPHSF) this year, thanks to the outstanding success of the 2010 Freedom 55 Financial ~ Peterborough Charity Golf Classic.

“We are so thankful that Freedom 55 Financial selected the Foundation as the beneficiary for this year's annual golf tournament,” said Hannah Routly, Executive Director, GPHSF.

“The Foundation is leading the way in improving your primary health care services in the City and County of Peterborough. Valued efforts of our volunteers and staff, and the generosity of our supporters like Freedom 55 Financial, make our contributions to your local community-based health care possible.”

You will be happy to hear that the Foundation has already put these life changing funds into good use. Funds were contributed to the Comprehensive Vascular Disease Prevention & Management Initiative (CVDPMPI).

A first in Ontario, CVDPMPI is a local program created to find individuals at risk of Canada's #1 cause of preventable death – vascular disease.

This program is aimed at educating



and informing the residents of your community about the risk factors of vascular disease, as well as its early detection, prevention, management, and treatment.

“By changing the manner in which vascular disease is identified and treated in patients, CVDPMPI will lead to fewer life altering events such as heart attacks, strokes, and vascular dementia, in addition to decreasing the number of visits to the Emergency Department,” said Bill Casey, Executive Director, Primary Health Care Services of Peterborough.

Thanks to your support, this key contribution will lead to greater accessibility and comprehension of the vascular program for all residents of the City and County of Peterborough.

It truly is the most wonderful time of the year...

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WELLNESS TIP

Enjoy improved health! For better living and health, our wellness tips are here to help you. Cut out this section and post on your fridge for a daily reminder.

Have a question on everyday food choices, disease prevention, or nutrition? As an Ontario resident, you can call **1-877-510-510-2** and speak to a Registered Dietitian today for **FREE**.

www.eatrightontario.ca

Your Dollars At Work

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

That's why we are committed to loyally targeting your valued dollars to key equipment, education, and research initiatives.

Here are just a few of the recent ways your support helped the GPHSF improve your primary health care services:

- The Partners in Pregnancy Clinic received funding to print brochures that will educate you, patients, and the general community on the **care you as a patient would receive during and after your pregnancy.**
- Optical Coherence Tomography (OCT) equipment was provided to the Peterborough Clinic Ophthalmology Department to aid in **earlier diagnosis and improved treatment of retinal diseases.**



- Funding for training in Mindfulness Based Stress Reduction (MBSR) was provided to the Family Health Teams' Mental Health Clinicians.

MBSR is a free course that is being used to provide you with techniques of meditation and mindfulness to **reduce stress, control pain, improve overall health, and uplift your life** in positive and constructive ways.

For more information visit: www.gphsf.ca

Events Corner

To purchase tickets, or for more information visit www.gphsf.ca or call (705) 740-8074

Peterborough Speakers Series
Wednesday, March 30, 2011
The Venue (286 George Street)

You are invited to share an evening with some of the most dynamic speakers. Plus, you will have the rare opportunity to meet the speakers face-to-face, ask questions, and enjoy cocktails/hors d'oeuvres.

Celebrate Donors Reception
Wednesday, January 26, 2011
The Peterborough Clinic
26 Hospital Drive, Peterborough

We invite you to join us for tours and demonstrations to show you examples of how your generous donations have helped to improve your health care. Parking passes and refreshments provided.

Volunteer Spotlight

Giving you an exclusive glimpse into the people behind the Foundation – featuring the stories and experiences of volunteers...people just like you. This edition's volunteer spotlight is shining on Peterborough resident Anne Doughty.

For Anne, the decision to become a part of the local Comprehensive Vascular Disease Prevention & Management Initiative (CVDPMI) was an easy one. "Although I did not have any visible symptoms of vascular disease, I did have a family history of heart disease with my mother dying of heart disease at just 56 years of age. I also fall into the category of women aged 50-75 years of age that are at high risk to develop vascular disease. I entered the program with an open mind and ready for an eye-opener on my health and risk factors.

I was contacted to voluntarily begin in May of 2010 and the CVDPMI program has so far involved routine assessments with a vascular health registered nurse (including blood pressure and cholesterol tests) and workshops with a dietitian. The sessions with a dietitian provided a great refresher on portion control and healthier alternatives. I have also really liked that throughout the whole process my family physician has been consulted on any appropriate medication prescriptions to help me control my risk factors.

Going forward, I will continue to receive on-going support, guidance, and motivation from my health care providers about my health and risk factors. CVDPMI has helped me to get back on track with my eating habits and motivated me to get more exercise. Right now, I feel great! I am thrilled that the GPHSF helps fund this life changing program."

Anne came to the Foundation in 2009 and regularly assists the Foundation with data entry and event support. She has been married to her husband Ted for 32 years, and loves to travel.

