

**“We all have ability. The difference is how we use it.”**

**~ Stevie Wonder**

[www.gphsf.ca](http://www.gphsf.ca)

## I WOULD LIKE...

To volunteer     To share my health care story     To donate

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

*Please make cheques payable to: Health Services Foundation.*

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You can make an easy and secure online donation by visiting [www.gphsf.ca](http://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

2011-06



SPRING 2011

# Wellness Check-Up

You are now reading the 3<sup>rd</sup> issue of the Greater Peterborough Health Services Foundation's (formerly St. Joseph's Care Foundation) informative new bi-annual publication, *Wellness Check-Up*.

We are excited to be sharing this 3<sup>rd</sup> issue with you and to be bringing you the latest and most valuable information on your community-based health care services in the City and County of Peterborough.

We hope you enjoy reading this newsletter and encourage you to share your feedback, stories, and news with us at [info@gphsf.ca](mailto:info@gphsf.ca) or by "Liking" us on Facebook.

## Inside this Issue

- Your Dollars at Work for access to high quality care
- Volunteer Spotlight on 20 year volunteer Ron Black
- Events Corner

## Want More...

Please visit [www.gphsf.ca](http://www.gphsf.ca) or call (705) 740-8074

## Peterborough Exclusive: Speaking Up for Better Living Speakers - inspire, motivate & challenge

A new event in town did not disappoint! Inside the exciting new Peterborough Speakers Series event held at the Venue (March 30), attendees were treated to the rare opportunity to hear 7 remarkable speakers.

Event proceeds support the Greater Peterborough Health Services Foundation (GPHSF).

An all-star guest list included: Olympian John Hastings, Venue owner and entrepreneur Michael Skinner, and local author and past politician Peter Adams.

Other star speakers were historian Mark Kozak-Holland, motivational speaker Tracy Groombridge, distinguished university professor Brian Patrick, and sweet 16 year old Katie Barron who spoke of her adventures climbing Mt. Everest.

CHEX Television personality, Teresa Kaszuba, emceed the inspirational evening, and celebrated family physician Dr. Don Harterre, hosted the pre-event VIP dinner.

With the Series, the Foundation took a new approach to raising vital awareness and dollars to advance, support, and enhance the efforts of your 5 local Family Health Teams.

Good for you and good for your health, was the feeling of the evening.



Speakers shared unique stories, perspectives and experiences that motivated attendees to 'chase their dreams' and challenged their views of some pressing issues of our times.

"The local love and support for the Series helped raise invaluable awareness and dollars," said Hannah Routly, Foundation Executive Director.

"Thanks to this vital support, we can now fund more life saving equipment, and more innovative local health care programs that help prevent you from getting sick or help you to better manage your health."

This inaugural event raised a net total of \$6,106.69 and 185 people attended the intimate evening.

Next year's March 2012 event, promises to continue to deliver more non-stop inspiration and motivation.

[Check out the full photo gallery from the event at www.gphsf.ca](http://www.gphsf.ca)

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## WELLNESS TIP

Cut out this section & post on your fridge

Regular physical activity can improve your overall sense of well-being by improving fitness levels and self-esteem, reducing the effects of stress, increasing energy and contributing to positive mental health.

Public Health Agency of Canada  
[www.publichealth.gc.ca](http://www.publichealth.gc.ca)

# Your Dollars At Work

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

That's why the Foundation is 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 has helped to improve access to high quality health care in the City and County of Peterborough:

- **Access to high quality diabetes care** - thanks to your support, training was funded for 50 Family Health Team members to attend a 2-day educational session to maximize the potential within our Teams for prevention and management of diabetes
- **Life saving equipment to help keep you and your family safe** –



17 Automated External Defibrillators (AEDs) were provided to the Family Health Teams thanks in part to funding received from the Peterborough Festival of Trees.

AEDs can literally mean the difference between life and death as they can be used to restore your heart rhythm and life. 40,000 Canadians experience cardiac arrest every year. That is one cardiac arrest every 12 minutes.

*See more on these investments in your health at [www.gphsf.ca](http://www.gphsf.ca)*

# Events Corner

## Freedom 55 Financial ~ Charity Golf Classic

Thursday, July 21, 2011  
Peterborough Golf & Country Club  
Shotgun start at 1:30PM

This 5<sup>th</sup> annual tournament will support the new Youth Sports Concussion Program.

The 1<sup>st</sup> of its kind in Canada, it will establish a best practice model in the prevention, diagnosis, treatment and management of concussions.

Join Edmonton Oilers' Kurtis Foster at the tournament.

Register early to ensure your spot in this popular tournament. Register a foursome, sponsor, or for more info visit [gphsf.ca](http://gphsf.ca) or call (705) 740-8074.

# Volunteer Spotlight - *Your exclusive glimpse into the people behind the Foundation*



**Ron Black** - an extraordinary volunteer and a champion improving your access to high quality health care services. Ron has been a dedicated volunteer with the Foundation for the past 20 years.

Ron has helped to guide the direction of the Foundation's work and carry on the legacy of the Sisters of St. Joseph. His leadership as Chair of the Board was instrumental in moving the Foundation forward after the hospital closure. He has a strong belief that we are all responsible to be a part of our community, if we want a strong and good community to live in.

Born and raised in Montreal, Ron graduated from the Michener Institute in Toronto as a Registered Respiratory Therapist and moved to Peterborough to work at St. Joseph's General Hospital. Ron is now a Senior Business and Productivity Manager for Medigas, a division of Praxair Canada Inc.

Ron is a big hockey and Montreal Canadiens fan. He also has a passion for the outdoors where he enjoys boating, spending time at the cottage, and as a "gentleman farmer".

Ron has enjoyed many positive feelings and memories from his numerous volunteering efforts, and is proud of the example he has set for his family. Ron and his wife Sharon have 3 children.

*Thank you, Ron, for 20 years of life-changing action.*