



Left: Mark, Rebecca and Lili Westlake, founders of Stay Strong Be Positive Ptbo with Clinton Smith (Imprinted Apparel) and Lesley Loyst at the t-shirt campaign pick up. Right: Opal performs for the Virtual Fall Flutter.

Donors, Partners, Sponsors, Volunteers Enabled GPHSF to Move Forward Despite Challenging Year

By Laura Kennedy,
Executive Director, GPHSF

While the last year has been full of many challenges and constant pivots from a fundraising perspective, we have been able to provide funding for vital programming needed for our community as a result of the pandemic. I would like to thank our Board of Directors for their vision and commitment to fund so many essential projects when all of our

fundraising events were cancelled or on hold indefinitely.

We have been most fortunate to continue to work with dedicated partners and increase our visibility through campaigns like the Imprinted Apparel Social Distancing t-shirts which raised over \$6,000 for our Compassion Fund. Our donor database has also grown this past year, with 35% of donors being new to the Foundation.

While we still face uncertainty in the ability to plan for larger scale events, we remain hopeful that the support we have received this past year will continue. As our legacy funds allow us to move forward with a revitalized vision to create access and equity in healthcare across our community, we remain ever grateful to our donors, partners, sponsors and volunteers, past and present.

YWCA Nourish Food Boxes 'Have Been a Lifeline'

By Joelle Favreau, YWCA

Here is a recent quote from a participant about the impact of our YWCA Nourish food boxes on that family:

"We are very grateful for the food box. It is making an incredible difference to our family. My husband is asthmatic and diabetic and I had 2 types of cancer last year so staying in is a matter of safety for us. We cannot afford produce normally (only through the food box program). This emergency box helps us literally survive and we truly thank everyone involved."

We receive many similar comments / testimonials from participants. What they all tell us is how much the boxes have been a lifeline for them. It helps them get healthy food through a dignified approach. We hear countless stories about people making some of the recipes they receive in their newsletters.

Doing this work isn't easy. The need is so much greater than our capacity to deliver. Since March of this year, we have been able to support over 900 unique adults and children, most often twice a month, thanks in part to the grant. We deeply value the support of GPHSF, Your Family Health Team Foundation and its donors. The funding has been dedicated to the overall infrastructure of the program (staffing and transportation), without which, none of this would be possible. GPHSF has helped us bring smiles to people's faces, and even tears for some as they have been able to enjoy ingredients they had almost forgotten due to the lack of funds to purchase food.

This support was instrumental in enabling vulnerable community members to gain access to nutritious food to feed themselves and their families.

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"The funding and organizational support provided by GPHSF has been critical throughout the ongoing development of our community programs. GPHSF has provided PACA the opportunity to carry out meaningful work within the community and has enabled local organizations to mobilize around the idea of spreading awareness and education on concussions in sport."

— Ryan Sutton, Coordinator, PACA (Peterborough Athletic Concussion Awareness)

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“I wanted to share with you how we have been using some compassion fund money. There was a huge need for Blood Pressure cuffs for patients, as patients who need this monitored often go into the doctor’s office or use the pharmacy, but since the pandemic started this has not been able to happen, most pharmacies actually have them blocked off. As such there has been an increase in cardiac events since the pandemic this became quite a concern. We did some deal searching and found a great cuff for patients and are providing them free of charge. They have been so happy and so grateful. It is extremely important for these patients to get their BP checked often and this will prevent cardiac events going forward!”

– CSS Team, Peterborough Family Health Team

Our Volunteers

Thank you to all our volunteers who dedicated their time remotely including:

Social Distancing T-Shirt Campaign

Lesley Loyst

Sarah Jane Duncan Mitchell

Clinton Smith (Imprinted Apparel)

Tebey Golf Classic

Arleigh Elson

Mark Fatum

Rebecca Avis Goedhuis

Judy Ruttle

Todd Sargent

Brian Young

Allocations Committee

Amber Brown

Alix Kempf

Dr. Bob Neville

Todd Sargent

Dr. Don Spink

Our Community Partners

We are very grateful for our partners who continue to inspire us with their passion, hard work and focus on strengthening our community.

Peterborough Butterfly Run:

This community group continues to be a strong partner and while the Peterborough Butterfly Run did not take place in 2020, the Purple Porch Campaign was a massive success. In an effort to pivot for fundraising opportunities the Virtual Fall Flutter was created.



Students Caleb Duketow and Diana Fairbair receive the HOPE Steve Montador Bursary.

HOPE:

The Board at HOPE are deeply committed to the work of PACA and the Steve Montador Bursary. While they were unable to fundraise this past fiscal, they continue to support these projects with the legacy funding they have provided. The Gaskell Cup is planned for 2022.

PMC Drive in Shows:

We were proud to be selected as the charitable ticketing partner for the Peterborough Memorial Centre’s Drive in Shows for 2020 with over 400 guests attending each show.

Crooks Rapids Country Fest:

Charitable Partner with funds raised supporting youth mental health. Included speech from the stage to 600 guests, on-line auction and logo placement from the stage.

Imprinted Apparel:

This local business became a key partner for this year, providing their time, resources and marketing to execute the Social Distancing t-shirt campaign. As a result, more than 300 customers bought t-shirts and were posting across social media using our hashtag engagement.

PACA:

The PACA (Peterborough Athletics Concussion Awareness) panel mission is to further awareness, resources, care and prevention of concussions across our community. The panel consists of many community stakeholders including PVNCC DSB, KPR DSB, Lakefield College, Trent University, Fleming College, The City of Peterborough, Ontario Brain Injury Association, PRHC ER Department, Ontario Neurotrauma Foundation, HOPE and the Canadian Mental Health Association.



Winning Foursome of the Tebey Golf Classic having fun with our Tebey cut out.

“

“The support of the GPHSF and the Tebey Golf Classic has made a huge difference in preventing youth from experiencing the traumas of homelessness. For the last 2 years, with this support we have been able to prevent over a 100 youth who were at imminent risk from experiencing homelessness. Now, with mental health seriously declining among our youth clients, we are able to open a COVID safe drop in for youth who are homeless during this pandemic, to provide a small break from their challenges and to provide a safe, positive space for them to take care of themselves. We are so grateful for this support, it is making a huge difference.”

– Meagan Hennekam, Executive Director, YES Shelter for Youth and Families

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“The generous support of the GPHSF also enabled PFHT to adapt quickly at the onset of the pandemic, to create a shared resource model with our FHO colleagues for patients requiring access to INR services. Initially this also included a “curbside” service option at the Lions Centre and when a more permanent set up was established at 185 King Street, this model was adapted and the “curbside” service option remained available for selected patients who could not access the building. The GPHSF support for INR service has remained strong and is greatly appreciated by PFHT and residents of our community.”

– Mike VandenBroek, Peterborough Family Health Team

Looking to the Future

While our operating year runs April to March, we are excited to share the many successes we have seen this past spring and summer.

Stay Strong Be Positive

We were honoured to partner on this initiative created by Mark Westlake and his step-daughter Lili raising \$16,000 for youth mental health. Envisioned to encourage youth ages 10 to 16 to get outside and stay physically active during the lockdown, what started as a small grassroots initiative quickly snowballed on a private Facebook page with over 500 members and 1,300 t-shirts provided for free to families across the area. The group partnered with GPHSF, Your Family Health Team Foundation and asked members to donate to support youth mental health, and with RBC's support, more than \$16,000 has been raised that will support Peterborough Youth Services.

Peterborough Butterfly Run Virtual Run April 2021

While we missed gathering at Millennium Park, the virtual

implementation of the annual run was a tremendous success raising \$50,000 for individuals and families impacted by perinatal loss, the loss of child and infertility.

Tebey Golf Classic June 2021

With covid-protocols in place this annual event was able to proceed with a restricted number of golfers. Thanks to Tebey, Imprinted Apparel, Russelle Toyota, all our partners, golfers and volunteers that helped us raise \$20,000 this year for youth mental health initiatives.

Steve Montador Bursary

In partnership with HOPE we are so pleased to have two recipients of the Steve Montador Bursary this year, Caleb Duketow and Dianna Fairbairn. The H.O.P.E. Bursary in honour of Steve Montador was established in 2018 to support students transitioning from high school to college/university that are suffering the long-term effects of a sports-related concussion and require a reduced academic course load as result of injury.

2020-2021 Volunteer Board of Directors

Our Board of Directors is comprised of volunteers whose commitment to the Foundation is outstanding. We have benefited from their keen insight and expertise and greatly appreciate everything they contributed during this challenging year. We are pleased to welcome Alix Kempf as our new Board Chair and would like to thank Laurie Downey, our outgoing chair for her many years of service.

Theresa Beebe • Co-Treasurer

Vince Bierworth • Vice-Chair

Scott Cockburn • Director

Catherine Johnston • Ex-Officio

Alix Kempf • Chair

Forest Li • Co-Treasurer

Judy Ruttle • Director

Todd Sargent • Past Chair



Performers Megan Murphy and Kate Subr from the Verandah Society with Executive Director Laura Kennedy, on set for the GPHSF Season's Greetings Showcase to support seniors facing isolation over the holidays.

This Year's Funded Projects

\$20,000

to Peterborough Family Health Team Compassion Fund to support patients in health equity providing blood pressure cuffs to patients for home readings, fresh food boxes, assisting with medical supplies not covered by OHIP and providing transportation to medical appointments

\$20,000

to YES Shelter a Covid Safe Drop in Centre for vulnerable youth in safe transportation to in person appointments, etc.

\$11,000

to Peterborough Family Health Team in support of PACA (Peterborough Athletic Concussion Awareness)

\$8,250

to Peterborough Family Health Team for a Drive Thru INR and home testing to keep at risk patients safe

\$8,000

to YWCA to support their nourish food program

\$7,000

to Peterborough Family Health Team to support family physician Covid-19 Vaccinations for patients

\$5,000

to Community Cares for Covid Support for at risk seniors

\$890

to Peterborough Butterfly Run Kits

\$700

to Season's Greetings for those in isolation

\$200

to Cardiac Rehab Peer Support Group

THANK YOU Peterborough City and County Healthcare Providers



GPHSF, Your Family Health Team Foundation would like to thank all of the healthcare providers across Peterborough City and County who are working very hard to provide care for patients during this pandemic. We would particularly like to recognize our primary care providers of the Peterborough Family Health Team. Along with the Family Physicians listed below, we are also very grateful for our Nurses, Nurse Practitioners, Pharmacists, Mental Health Clinicians, Registered Dietitians, Medical Residents, and Administrative Staff that support primary care in our community.

849 Alexander Crt.

Dr. Auyeung
Dr. Shahbaz
Dr. Webster

270 Charlotte St

Dr. Courtney
Dr. Dallaire
Dr. Lindsay

Dr. Hudson

Dr. Khan
Dr. Lunn
Dr. Mak
Dr. McLaughlin
Dr. Neville
Dr. Richard
Dr. Sokolon
Dr. Vilcini
Dr. Waghmare
Dr. Wheeler

Dr. A Binette

Dr. N. Binette
Dr. Cameron
Dr. DeLuna
Dr. Dickie
Dr. Friesen
Dr. Lehmann-Bender
Dr. Mcisaac
Dr. Multani
Dr. Newport
Dr. Pallett
Dr. Romanowski
Dr. Stoker
Dr. Taylor
Dr. Uy
Dr. Wesolowski
Dr. Whatley
Dr. Zaniewski

Apsley

Dr. Hasson

1199 Chemong Road

Dr. Crane

Brookdale Clinic

Dr. Archibald
Dr. Kathiravelu
Dr. Millar
Dr. Mungara
Dr. Neville

Chemong Medical Centre

Dr. Cuppy
Dr. Motyer
Dr. Shannon

Millbrook

Dr. Robinson
Dr. VanLoon

Be Well Centre

Dr. Lawson
Dr. Thomas

George St

Dr. Friesen
Dr. Messervey

Morton Clinic, Lakefield

Dr. Arthur
Dr. Boyes
Dr. Houpt
Dr. Hughes
Dr. Hurst
Dr. Majeed
Dr. Munoz
Dr. Wilson

Times Square

Dr. Bowley
Dr. D'Souza

Buckhorn

Dr. Ferrier
Dr. Mallory

Lansdowne St. W

Dr. Nichols

Turnbull Medical Building

Dr. Eldridge
Dr. Heidman
Dr. Lem
Dr. Maltman
Dr. Moore
Dr. Morelli
Dr. Post
Dr. Selby
Dr. Sundareswaran
Dr. Whiting

Burnham

Dr. Berg
Dr. Hicks
Dr. Jacka
Dr. Matheson
Dr. Turner
Dr. Vanderkamp

Medical Centre

Dr. AlMakadma
Dr. Belanger
Dr. Braun
Dr. Carr
Dr. Comerford
Dr. Corbeil
Dr. Curtin
Dr. Gifford
Dr. Holwell

Norwood

Dr. Keogh

Peterborough Clinic

Dr. Ahee
Dr. Barber
Dr. Barlett

243 Charlotte St

Dr. Lokanathan

WE NEED YOUR SUPPORT

GPHSF, Your Family Health Team Foundation, supports patients in the community who rely on expert, compassionate care delivered by the Family Health Teams by raising funds for specialized programs, research, capital equipment, training and continuing medical education for healthcare providers. The Foundation relies solely on the generosity of donors and community partners to help patients at all stages in life and continues to accomplish the mission that the Sisters of St. Joseph set in motion more than 30 years ago, bridging gaps in community healthcare.

YES! You can count on my support.

I am enclosing a gift of: \$25 \$50 \$100 \$200 Other: _____

via Cheque Enclosed Visa MasterCard American Express

Card # _____ Exp: _____ CVV (Required): _____

I would like to become a monthly donor Please deduct the amount specified from my card

Full Name: _____ Tel: _____

Address: _____ City: _____

Postal: _____ Email: _____



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