"Your Family Health Team Foundation"

2017 Annual Report

Strength in Awareness & Stability in Community Partnerships

What an exciting time to be joining the Foundation. Since being appointed as the Executive Director in the fall of 2016 it's been a pleasure to work with such a passionate Board of Directors, volunteers and staff here at GPHSF, Your Family Health Team Foundation. With deep historical roots in the community—originally founded by the Sisters of St. Joseph's—the Foundation has evolved with the changing landscapes of medicine and the alliance with the Peterborough Family Health Team in 2009. It is wonderful to be a part of an organization that works to support and enhance patient care across Peterborough.

By working with the Peterborough Family Health Team, who encompass the family doctors providing care for more than 115,000 patients across Peterborough city and county, we continue to raise funds to improve primary care for specialized programs with the Peterborough Family Health Team, such as the Youth Sports Concussion Program, Mindfulness for Mental Health, INR Clinics (Stroke Prevention) and more, as well as research, capital equipment, training and continuing medical education for health care providers.

We are so very grateful for the generosity of our donors and community partners that allow us to help patients at all stages in life and continue to accomplish the mission that the Sisters of St. Joseph's set in motion more than 30 years ago: Bridging gaps in community healthcare.

Board of Directors 2016-2017

Todd Sargent, Chair
Laura Boden
Jason Becker
Vince Bierworth
Laurie Downey
Michael Gunsolus
Catherine Johnston
Cara Rasmus

Inaugural Tebey Golf Classic Raises $25,000 for New Youth Mental Health Initiative

Country music star and hometown boy, **Tebey** (above in red with his foursome), hosted a charity golf tournament on May 30 at the Quarry Golf Club and raised $25,000 in support of a new Mental Health initiative through Peterborough Family Health Team. Golfers enjoyed a tex mex buffet lunch before heading out for 18 holes, with samples of Tito's Vodka and Fireball whiskey, carpool karaoke and a Peterborough Petes putting contest mixed in throughout the course. Upon their return, golfers were treated to a complimentary drink at the Coors Banquet reception before a plated three-course meal was served. Tebey also performed a live acoustic set before being surprised and presented with a gold record for his album *Wake Me Up*. **Stay tuned for the 2018 date!**

Your Family Health Team Foundation and the Partners in Pregnancy Clinic are proud to have been partners for the first annual Butterfly Run in Peterborough on April 30 that supported families who have experienced loss during pregnancy, the loss of a child, or are unable to conceive. $40,000 was raised that will be dedicated to creating resources and support for these families, as well as educational opportunities for healthcare providers to better meet patient needs.

WE NEED YOUR SUPPORT

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 health care providers. The Foundation relies 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's set in motion more than 30 years ago, bridging gaps in community healthcare.

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

via ❑ Cheque Enclosed ❑ Visa ❑ MasterCard ❑ American Express

Card #: _____ **Exp:** _____ **CVV:** _____

❑ I would like to become a monthly donor

○ Please deduct the amount specified from my credit card

Full Name: _____ **Tel:** _____

Address: _____ **City:** _____

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To make a secure online donation, visit www.gphsf.ca/donate

For assistance in donating publicly traded Shares or in Legacy Giving, please contact us below:

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Nurse Practitioner Hub Supports Patients of North Kawartha

Last summer access to primary healthcare got a bit easier for patients living in North Kawartha, most whom previously had to drive 45 minutes to Peterborough. In May 2016, the Nurse Practitioner Hub at North Kawartha Medical Centre opened. Through the generosity of our donors, Your Family Health Team Foundation was able to support Peterborough Family Health Team in their efforts to expand primary care to this region with **$13,700** to fully furnish the Hub with capital equipment. The types of equipment required included a Doppler; a diagnostic wallboard that consists of an otoscope (ears, nose, mouth), ophthalmoscope (eyes), and blood pressure machine; Coagucheck meter for patients on warfarin to have their blood tested; transfer and setup of a barrier-free exam table; and a treatment cart.

Now a year since opening, Peterborough Family Health Team estimates that the Nurse Practitioner Hub averages 10 visits per day, 44 visits per week, and 162 visits per month. The Hub provides patients with a full-time Nurse Practitioner, INR Stroke Prevention Clinic, lab, and visiting Mental Health Clinician and Registered Dietitian services. Please call the Hub directly for more information at (705) 656-2222.

PETERBOROUGH SPEAKS

7th Annual Peterborough SPEAKS Event Raises $15,000 for Mindfulness

On April 19 a dynamic lineup of local speakers took the stage at Market Hall in downtown Peterborough to share their time and personal stories with over 250 guests. To kick start the evening, Mental Health Clinician Julie Brown led the crowd in a short Mindfulness exercise, demonstrating the successful program work she and her team have done with hundreds of patients these past few years. Guest speakers included Canadian rugby Paralympian **Cody Caldwell**; mom and autism activist **Kate Wells**; Artistic Director at New Stages, **Randy Read**; former forensic profiler and author **Kate Lines**; and keynote presenter and renowned geriatric medicine expert **Dr. Jenny Ingram**. Attendees each received a complimentary cocktail by Grey Goose & St-Germain and delicious canapés served by local Spanish restaurant Fresh Dreams as they browsed silent auction items and purchased keys to our Mystery Box to win the $800 grand prize of a bed & breakfast stay in Muskoka. **Save the date Thursday, March 1, 2018 for the 8th edition of Peterborough SPEAKS!**

Stay Connected on Social Media

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Upcoming Events

Montreal Canadiens Alumni Team vs. Peterborough Quacks Charity Hockey Game

Friday, November 10 7:00-9:00 p.m. at Peterborough Memorial Centre
$20 General Admission, $75 VIP
Visit www.memorialcentre.ca, call (705) 743-3561 or stop in to the Peterborough Memorial Centre Box Office at **151 Lansdowne Street West** to purchase tickets

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8th Annual Peterborough SPEAKS
Thursday, March 1 from 7:00-9:00 p.m.
Market Hall Performing Arts Centre
Speaker lineup to be announced this fall

Peterborough Family Health Team physicians & allied healthcare professionals are located at the following clinics:

- Alexander Building
- Brookdale Family Clinic
- Buckhorn Medical Centre
- 380 Burnham Street
- Citi Centre Medical Clinic (Aylmer)
- Chemong Medical Centre
- Curve Lake Medical Clinic
- 555 George Street N
- Lansdowne Medical Clinic
- Medical Arts Building (Charlotte)
- The Medical Centre
- Millbrook Medical Centre
- Morton Community Healthcare Centre
- Norwood Medical Centre
- Partners in Pregnancy Clinic
- Peterborough Clinic
- Times Square
- Turnbull Building

Your Dollars at Work Through Our Partnership with Peterborough Family Health Team

More than $500,000 has been raised since 2009 to support programs including:

- Youth Sports Concussion Program
- INR Clinics (Stroke Prevention)
- Cardiovascular Health & Wellness
- Mindfulness for Mental Health Program
- Diabetes Prevention
- Senior Care
- FHT to Quit Smoking Cessation Program
- Patient Transportation Fund — Ensuring patients suffering from anxiety & depression have transport to and from every appointment
- Trans Care Clinic
- Grand Rounds — Weekly medical education sessions for local healthcare providers from September to May

The Foundation has granted just over $330,000 in capital equipment across the 35 locations of the Peterborough Family Health Team:

- **56 Blood Pressure Monitors** — Ensuring the most accurate blood pressure readings
- **24 Vaccination Refrigerators** — For on-site storage ability
- **20 Transport Chairs** — Supporting patients with mobility issues
- **100 Hearing Amplifying Headsets** — For residents in long-term care
- **18 Power Exam Tables** — Ensuring accessibility and quality of patient care
- **17 AEDs (Defibrillators)** — For emergency medical intervention in case of a sudden cardiac event
- **Bilichek System** — To detect neonatal jaundice at the Partners in Pregnancy Clinic
- **Handheld Ultrasound** — To offer service on-site at the Partners in Pregnancy Clinic without additional appointment and referrals to hospital
- Updated equipment for **Ontario Telemedicine Network** — Enabling patients to see clinicians via satellite that saves on patient travel time and costs