



Woodstock Hospital

NEWSLETTER

SUMMER
2019



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WH's Annual Report

GOING THE DISTANCE FOR PATIENT CARE



MESSAGE from the President & CEO



Perry Lang
President & CEO

On June 25, 2019, the Woodstock Hospital Board of Trust met for the 122nd Annual General Meeting. I am pleased to report the hospital ended the fiscal year in a positive financial position. In this newsletter, you will find the 2018-2019 Financial Report, along with Board Chair, Brent VanParys' report to the community on pages 10-11. I

would like to take this opportunity to recognize and thank Brent for his 13 years of valuable service, as he completes his final term as Chair and member of the Board of Trust.

Our hospital family continues to demonstrate their commitment to innovation, teamwork and leadership. On pages 8-9, we recognize Dr. Stephen Petis, who is one of three orthopedic surgeons in the South West LHIN to perform the direct anterior approach to total hip arthroplasty. This method of hip replacement allows the patient to walk within hours after surgery and return home within 24 hours.

In May, I attended a Service Recognition reception at our hospital. This year, we recognized over 100 employees who

achieved 10 years or more of service. I would also like to acknowledge Wayne Smith, our longest serving employee, who retired this month. He worked at our hospital for 46 years and is featured on page 5 of this newsletter.

As a progressive community hospital, we welcome the opportunity to collaborate with local businesses and share best practices. This month, Woodstock Hospital hosted Vuteq representatives to showcase our Lean Six Sigma initiatives. Our Front Line Improving Performance (FLIP) team uses lean thinking to streamline processes, reduce costs and improve the quality of our services. We toured the Vuteq employees through our Laboratory, Information Technology and Emergency Departments, along with patient floors to demonstrate our patient flow processes. Hospital staff plan on visiting Vuteq in the fall.

I would like to recognize and thank our generous community and dedicated volunteers. Because of you, the Woodstock Hospital Foundation's Dairy Capital Run and Annual Charity Golf Tournament were successful events once again. We value your continued support of our fundraising initiatives, which help us replace and update equipment and technology at our hospital. This ensures that we can continue to deliver high-quality patient care to our community. ■



WOODSTOCK HOSPITAL

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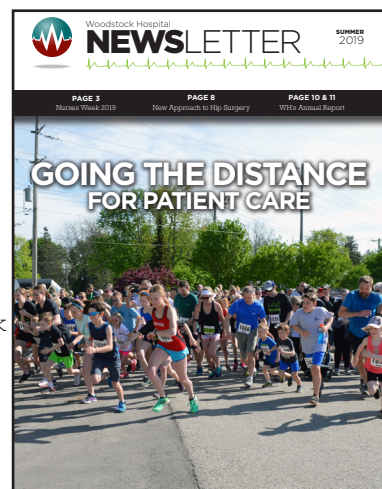


ON THE COVER DAIRY CAPITAL RUN'S 2K RACE

On Sunday, May 26, 2019, the Woodstock Hospital Foundation held the 23rd Annual Dairy Capital Run in Southside Park. This family-fun event features a 10k, 5k, 2k and Lil' Hoofers race.

Going the Distance for Patient Care reflects the fact that by participating in the Dairy Capital Run, you are supporting the equipment needs of Woodstock Hospital. There is a common misconception that the provincial government funds equipment, but it does not. Donations to the Woodstock Hospital Foundation ensure that our physicians have the latest technology and equipment to use when they are caring for your friends, family members or neighbours. Together, we are making a difference in the quality of healthcare and services available to patients in our community.

We want to thank everyone who participated in this year's event. Your involvement helped us raise over \$38,000 which will be put towards the purchase of a general surgical table for our Outpatient Clinic.



NURSING WEEK at Woodstock Hospital

National Nursing Week is recognized May 6-12, 2019. The theme this year was *Nurses: A Voice to Lead-Health for All*. According to the International Council of Nurses, "A Voice to Lead" reflects the fact that every nurse has a story, and every story has the potential to improve the health system. "Health for All" means not only the availability of health services, but the complete state of physical and mental health that enables a person to lead a socially and economically productive life. We would like to say a big "thank-you" to our wonderful nurses, who work tirelessly to ensure our patients and families are cared for in a safe and compassionate manner. ■

"I enjoy the variety in our work day, caring for the patients and their families and making a difference. I have fantastic coworkers at Woodstock Hospital and we always work together as a team," Lisa McMillan, RPN.

LtoR: Jess Karn, RN; Jessie Vancoillie, RN; Lorena Quintero-Pineda, RPN; Lisa McMillan, RPN.



"I was working in the healthcare industry for 15 years when I decided that I wanted to switch to medical care and become a nurse. I want to help patients through their journey in the healthcare system. My favourite part of being a nurse is the connection and trust you develop with patients and their families. I also work with a great team of nurses," Jennifer Parolin, RPN.

LtoR: Amanda Maguire, RPN; Jennifer Parolin, RPN.

"I was volunteering at a hospital in my hometown when I realized that I wanted to be a nurse. I liked how hands on they were and how day-to-day and moment-to-moment they were really making an impact in their patient's lives," Michelle Pass, Charge Nurse.

LtoR: Michelle Pass, Charge Nurse; Rachel Weber, RN; Michelle Salt, RPN.



"Being a patient at a hospital can be an overwhelming experience and I believe it can also leave people feeling quite vulnerable. What I enjoy most about being a nurse is that I have the ability to help patients look and feel their best and start to feel more like themselves," Stacey Vandensen, RN.

LtoR: John Stuckless, RN; Stacey Vandensen, RN; Joan Cybulski, Charge Nurse; Carrie Cathers, RN; Carrie Altherr, RN.



INFANT

Feeding Room Opens

Woodstock Hospital has taken another step towards achieving Baby-Friendly designation, with the opening of an Infant Feeding Room on the Second Level of the hospital, room 2620.

“Maternal Child/Women’s Health staff are excited to provide patients, visitors and staff a space to comfortably feed, care for their babies and use as a quiet place to pump after returning to work,” explained Sarah Harmer, Lactation Consultant.

Along with a seating area, the Infant Feeding Room is equipped with a sink, electrical outlets, a change table and signage that indicates when the room is in use. We politely ask others to knock before entering; however, more than one person is welcome to use the Infant Feeding Room at a time.

In order to achieve Baby-Friendly designation, the hospital must comply and meet the standards of the “10 steps of the Baby-Friendly Initiative (BFI)” developed by Baby-Friendly Initiative Ontario. The 10 step guideline promotes best practices for mom and baby, such as placing babies in uninterrupted skin-to-skin contact with their mothers immediately following birth for at least one hour. The guideline also requires our hospital to promote breastfeeding throughout the facility and offer a feeding room for all mothers and caregivers to use.

For more information on the BFI and ways you can help us achieve this designation, visit www.bfiontario.ca. ■



The Infant Feeding Room is located on the Second Level of the hospital, room 2620. (LtoR) Leanne Paton, Director of Maternal Child/Women’s Health and Diabetes Education; Sarah Harmer, Registered Nurse and Lactation Consultant; Sandra LeBouthillier, Charge Nurse.



Photo of Infant Feeding Room which is now available for patients, visitors, volunteers and staff at Woodstock Hospital.



First-year medical students: (LtoR) Michele D’Agnillo, Shakir Ahamed, Anthony Zicarelli, Zachary Weiss, Russell MacMillan, Brittany Curry, Jelena Poleksic, Dianna Deng.

DISCOVERY

with First-Year Medical Students

In May, students from the Schulich School of Medicine and Dentistry shadowed physicians and visited with patients at Woodstock Hospital. Discovery Week is part of their program and provides students with the chance delve into the healthcare environment in communities across the region.

The students at Woodstock Hospital wanted to learn more about the Dairy Capital of Canada and asked to tour a dairy farm while they were visiting. This year, Woodstock was one of 33 communities participating in Discovery Week. ■

HONOURING

Retired Employee Wayne Smith

If you want insight into how the healthcare industry has changed over the years, you should sit down and have a conversation with Wayne Smith. Wayne is Woodstock Hospital's longest serving employee. He has experienced first-hand the technological advancements and overall transformation of our hospital from the old site to our new home on Juliana Drive.

"I was dating my now wife, Donna, when her mother, Joan, told me about an Inhalation Therapy Technician job at Woodstock Hospital. She was a CSR Aid/Porter at the hospital and knew that I was looking into a couple of different career opportunities," explained Wayne.

He enrolled in a two year program at Fanshawe College to pursue this position, and began working at Woodstock Hospital at the age of 22.

"When I first started, we worked out of a room that was the size of a four-bed ward. We would treat patients with intermittent positive-pressure breathing and give them medication to help dilate the airways, just like we do now but a different way," shared Wayne.

At the age of 27, Wayne was asked by Woodstock Hospital CEO William (Ron) Pogue to take over management of Respiratory Therapy; a position Wayne continued to hold until his retirement in June.

Throughout his career, Wayne witnessed many changes in technology, especially in terms of ventilator care. To demonstrate this, he has two antique BIRD Mark 7 respirators (pictured) stored in the Cardio-Respiratory Department.



BIRD Mark 7 Respirator

This design became available in the late 1960's and the device was called "the first modern respirator for use in



Wayne Smith, Manager of Respiratory Therapy, retired in June after a 46-year-career at Woodstock Hospital.

critically ill patients," by the American Association for Respiratory Care.

"It is incredible to see how technology has created efficiencies. We used to have to take electrocardiogram (ECG) strips, count them and mount them. Now our ECG machines print out the information on an 8-1/2" by 11" piece of paper," added Wayne.

An ECG records the heart's rhythm and activity on a moving strip of paper or a line on a screen. Physicians interpret the peaks and dips to determine if there is any abnormal or unusual activity.

In retirement, Wayne plans to continue travelling with Donna and enjoy spending time with his four children and eight grandchildren.

"If you work in the healthcare industry, you are doing so because you want to help others," said Wayne. "I will miss helping people and also the social aspect of the job," he added.

We would like to thank Wayne for his dedication and commitment to the health of our patients throughout his long tenure. We wish him all the best in his retirement. ■

DID YOU KNOW?

You can send e-mail greetings to a patient via the hospital website!

This service is available by going to www.wgh.on.ca, click on Family and Friends under the Patient & Visitors tab and then click on Send a Message. Click "here" at the bottom and an e-mail window will open. Please review the information before sending your greeting. Once received, greetings are given to the volunteers at the Information Desk to verify or add a room number and are delivered to the unit. ■



VOLUNTEERING

Owen Noels' Experience

Both Woodstock Hospital staff and patients in the Dialysis Unit thoroughly enjoy their weekly visit from Owen Noels. The room is full of smiles, quiet banter and quick-witted comments that you hear amongst friends.

Owen has been volunteering at Woodstock Hospital since May 2012. As a Friendly Visitor, he spends time with individuals receiving hemodialysis treatment in our Dialysis Unit once a week. Karen Murray, a Registered Nurse in the Dialysis Unit, explained that Owen's visits are meaningful to the patients, as they could be spending upwards of 12 hours or more receiving treatment each week.

"Patients and staff look forward to Owen's visits. We enjoy his charm and he is aware of the comfort and needs of the Dialysis patients," shared Karen.

"I add to the ambience," joked Owen.

Owen has Multiple Sclerosis (MS), an autoimmune disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. Because of his inability to work, Owen began to see volunteering as a way to connect with others in the community.



Karen Murray, RN and volunteer Owen Noels in our Dialysis Unit.

"I enjoy talking with people and hearing their stories. The people I visit are awesome and sweet," said Owen. "Volunteering has changed my life for the better and I encourage everyone to volunteer in their community."

Woodstock Hospital is pleased to recognize our volunteers. We appreciate the care and compassion they bring to their roles within our hospital. These roles include assisting patients with meals, providing information and directions to patients and their families and supporting the Foundation's special events such as the Dairy Capital Run.

You can learn more about volunteering by visiting our website www.wgh.on.ca. ■

EARTH DAY at Woodstock Hospital

On April 26, 2019, Woodstock Hospital celebrated Earth Day by sharing our green efforts with staff and the community. We are pleased to have recently completed the installation of 21 electric car charging stations and we are in the final phase of constructing a Combined Heat and Power (CHP) Cogeneration plant. These achievements demonstrate the hospital's commitment to being an environmentally responsible and sustainable facility. ■



(LtoR) Back: Kathy Lavelle, Chief Financial Officer; Heidi Dantes, Director of Emergency Services and Outpatient Clinic; Aaron Friesen, student; Milosz Wozniak, Capital Projects Coordinator; John Shram, Housekeeping Supervisor. Front: Jayne Menard, Vice President of Patient Care and CNO; Janis Humeston, Director of Housekeeping & MDRD; Chris Marion, Director of Capital Projects; Trevor Birtch, Woodstock Mayor; Perry Lang, President & CEO; Cristal Sawchuk, Honeywell; Kim Vieni, Purchasing.



RECOGNIZING Staff for Their Dedication

Woodstock Hospital held its 33rd Annual Service Recognition reception in May. Staff who were present are pictured below.



10 Years of Service: (LtoR) Back: Cheryl Tovey, Housekeeping; Bethanie Fulton, RN; Laurie Demarte, Purchasing; Mary Pereira, Social Worker; Monica Brandt-O'Quinn, Registration; Karen Cassells, RN; Cindy Pugh, Registration; Amy Townsend, MRT; Shannon Bowman, MRT. (LtoR) Front: Pam Moodie, Food Services; Sherri O'Dea, Food Services; Deb Baron, RN; Rose Heskett, Occupational Therapist; Elvira Giustizia, RN.



15 Years of Service: (LtoR) Linda Wabie, Ward Clerk; Jessica Smith, Ward Clerk; Christine Van Gaal, Registered Speech Language Pathologist; Patricia Vandenenden, Pharmacy Technician; Laura Hayes, Lifeline Coordinator.



20 Years of Service: (LtoR) Jennifer Muller, MLT; Donna Osinga, Ward Clerk; Sue Wilford, IT; Heidi Dantes, Director of Emergency & Outpatient Services; Laurie Killing, Health Records Analyst.



25 Years of Service: Diane Murray, Palliative Care Coordinator.



30 Years of Service: (LtoR) Lucia Proper, Diagnostic Imaging; Cindy Hilderley, Staff Educator



35 Years of Service: Sherri Maltby, Dialysis RN.

VUTEQ Sharing Our Lean Processes

Woodstock Hospital had the opportunity to showcase our Lean Six Sigma initiatives to Vuteq employees on June 6, 2019. Our Front Lines Improving Performance (FLIP) team uses lean thinking to streamline processes, reduce costs and improve the quality of our services to meet the increasing demand for services in the healthcare system. ■



(LtoR) Back: Kevin Somerville, Director of IT; Demetri Makris; Joe Oliveira; Steve Baker, Clinical Educator; Shawn Xavier; Kathy Lavelle, Chief Financial Officer; Matt Dayboll. Front: Heidi Dantes, Director of Emergency Services and Outpatient Clinic; Marita Vroom, Performance Improvement Specialist; Jayne Menard, VP of Patient Care and CNO; Janis Humeston, Director of Housekeeping & MDRD; Tatsuo Taitso, Vuteq Vice President; Perry Lang, Woodstock Hospital President & CEO; Dave Scott, Vuteq General Manager; Ezio Andreola, Vuteq President; Cindy Smart, Director of Acute Inpatient Services.

A NEW APPROACH

to Total Hip Arthroplasty

At Woodstock Hospital, we take pride in our highly-skilled and dedicated team of healthcare professionals. With that in mind, we would like to acknowledge Dr. Stephen Petis for bringing a new surgical technique to our hospital.

The direct anterior approach to total hip arthroplasty allows surgeons to repair the hip by making a small incision through a natural space between muscles on the front of the hip. This is opposed to going through larger posterior muscles, which was the traditional surgery. Dr. Petis had the opportunity to learn this technique in a collaborative approach with Dr. Lanting and Dr. Howard at London Health Sciences Centre (LHSC).

Dr. Petis completed well over 100 surgeries during his fellowship and residency training, and now at Woodstock Hospital he has completed eight hip surgeries using the anterior approach. He is also notably one of three orthopedic surgeons to perform the anterior approach in the South West Local Health Integration Network (LHIN).

"As long as you pick the right candidate, there is a huge benefit to using the direct anterior approach. There is also a benefit to the hospital because it means shorter stays and less stress and strain on the healthcare system at large.



Dr. Paul Willoughby and his wife Donna. Dr. Willoughby underwent hip surgery using the direct anterior approach this spring. He stressed the importance of having a good caregiver following surgery and credited Donna for her help during his recovery.

Those are some of the main reasons why I wanted to bring this technique to Woodstock Hospital," shared Dr. Petis.

The decision to have anterior hip replacement surgery is made on a case-by-case basis and both the doctor and patient must consider whether or not the patient is a good candidate for the surgery.

"First and foremost when you are selecting someone for this approach, safety is the priority. There are certain morphologic or bony conditions where I think this approach isn't safe because we can't safely view the thigh bone or pelvis to do the reconstruction," explained Dr. Petis. He added that if the patient has extra soft tissue around where the incision is made, there is a higher risk of infection, so the individual would not be eligible for the anterior approach.

"At the end of the day, we always measure the outcomes one-year after a joint replacement and regardless of what approach you have for hip surgery, patients tend to do very well. The direct anterior approach works if you pick the right candidate, as they benefit early on. In that first six to twelve-week period, there is less soft tissue healing that happens and their rehab is expedited."

Having this procedure doesn't mean that the patient can jump out of the hospital bed and begin walking. A physiotherapist helps the patient get on their feet and slowly walk with the aid of a walker. Presently, patients must stay overnight at Woodstock Hospital; however, some have expressed that they could have gone home that same day.

In December of 2017, Dr. Paul Willoughby began experiencing pain in his right hip. One year later, it was diagnosed as osteoarthritis. Osteoarthritis is the most common form of arthritis and it affects millions of people worldwide. Dr. Willoughby was deemed to be a good candidate for the direct anterior approach and became one of the first patients to undergo the surgery using this technique at Woodstock Hospital.

"I really didn't feel that much pain post-op and I actually got up that night using a walker. The next morning, the nurse said I was free to get up and brush my teeth with the aid of my walker. Dr. Petis came in and assessed me and said if I got the green light from the physiotherapist, I could go home," shared Dr. Willoughby.

Reflecting on this procedure, Dr. Willoughby stressed the importance of preoperative physiotherapy to ensure that the muscles affected by the procedure are in good condition. In fact, he was swimming one kilometre four times a week prior to surgery. Dr. Willoughby also spoke about the importance of a good caregiver and recognized his wife, Donna, for all of her assistance during his recovery. Lastly, he added that patients should attend all of their postoperative physiotherapy appointments, on top of completing exercises at home.

"In talking with people that had hip operations, they would say that they can't believe the pain is gone. And let me tell you, it was. It was gone the following day. The only pain I experienced was minor pain from the incision," added Dr. Willoughby. He said that he was off of pain medication one week after the surgery and could switch from a walker to a cane one week afterwards as well.

According to the Canadian Institute for Health Information, nearly 60,000 hip replacement surgeries were performed between 2016-2017, and that number continues to rise. The South West LHIN and other health system partners are working together to improve hip/knee and low back pain care in our region with the implementation of Rapid Access Clinics (RACs).

Previously, patients were referred to orthopedic or spine surgeons and placed on a wait list to be seen. Patients were waiting months for a consultation with a surgeon and some of these patients would wait only to find out that they are not a surgical candidate.

Now, primary care providers, including family doctors, have one point of contact to refer patients through Central Intake at LHSC. Patients will then receive a timely assessment from an Advanced Care Provider (APP), who is typically a physiotherapist, nurse practitioner, or occupational therapist with specialized skills and training. Through this process, newly referred patients are expected to be assessed within four weeks.

"If it is determined the patient requires a surgical consultation, the patient will be offered the option to have the next available appointment within the region, or they can choose to wait for their preferred surgeon or location," shared Sean Willis, Director of Therapy and the Woodstock Rehabilitation Clinic.

If the patient does not need surgery, they will be given a self-management plan and connected with local, community-based supports.

"There are many benefits to this new model. For the patient, they should experience more timely access to a comprehensive assessment and consultation by an Advanced Practice Provider," added Sean.

At Woodstock Hospital, we have two APPs, one for hip/knee patients and the other for low back pain. The APPs split their time between our hospital and St. Thomas Elgin General Hospital to see patients referred through Central Intake.

To find out more about this initiative, please visit the South West LHIN's website at <http://www.southwestlhin.on.ca>. ■



Photo of Dr. Stephen Petis in an Operating Room at Woodstock Hospital. Dr. Petis is one of three orthopedic surgeons in the South West Local Health Integration Network to perform the direct anterior approach to total hip arthroplasty.

Woodstock General Hospital Trust, incorporated without share capital under the laws of Ontario.

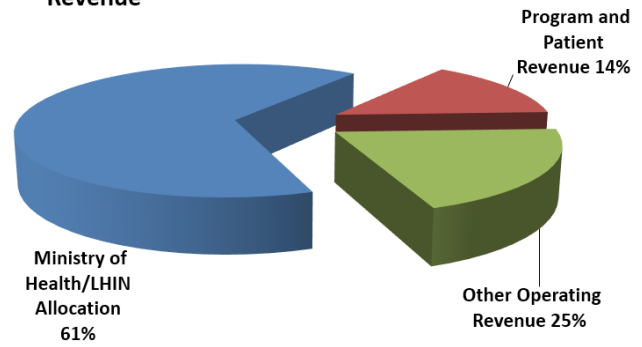
| | 2018/19 | 2017/18 |
|--|---------------------|------------------|
| REVENUE | | |
| Ministry of Health/LHIN Allocation | \$ 85,574,121 | 80,524,548 |
| Program and Patient Revenue | 18,720,647 | 17,909,701 |
| Other Operating Revenue | 26,291,197 | 26,415,551 |
| | 130,585,965 | 124,849,800 |
| EXPENDITURES | | |
| Salaries, Wages and Benefits | \$ 67,658,874 | 64,135,911 |
| Supplies and Other Operating Expenses | 30,015,901 | 29,372,584 |
| Drugs, Medical and Surgical Supplies | 8,838,870 | 7,960,196 |
| Equipment and Building Amortization | 7,142,110 | 7,537,930 |
| Long Term Building Expense | 10,318,968 | 10,491,600 |
| | 123,974,723 | 119,498,221 |
| EXCESS OF REVENUE OVER EXPENSES | | |
| | \$ 6,611,242 | 5,351,579 |

Audited reports are available by contacting the Finance Department at (519) 421-4227.

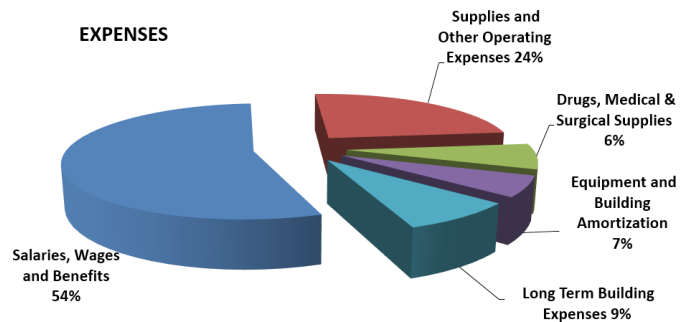
STATISTICS

| | 2018/19 | 2017/18 |
|---------------------------|---------|---------|
| Surgical Procedures | 9,008 | 8,617 |
| Admissions | 6,621 | 6,427 |
| Patient Days | 54,503 | 52,996 |
| Births | 1006 | 870 |
| Emergency Visits | 46,858 | 45,467 |
| Diagnostic Imaging Exams | 66,859 | 66,293 |
| MRI Exams | 5,176 | 6,112 |
| ECGs | 13,409 | 12,792 |
| Renal Dialysis Treatments | 5,006 | 5,139 |
| Total Hip Replacements | 119 | 117 |
| Total Knee Replacements | 221 | 251 |
| Eye Lens Implants | 902 | 698 |
| Medical/Surgical Clinic | 15,706 | 15,280 |
| Allied Health | 46,210 | 45,041 |

Revenue



EXPENSES



REPORT to the Community

2018/19 BOARD OF TRUST MEMBERS

CHAIR

Brent VanParys

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Rick Shaheen

PAST CHAIR

Ken Whiteford

TREASURER

Patrice Hilderly

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COUNTY REPRESENTATIVE

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Dixie Westcar

Patricia Wettlaufer

Carole Wilson



Brent VanParys
Woodstock Hospital
Board of Trust, Chair

This report marks the conclusion of my term as Chair and, in particular, as a member of the Woodstock Hospital Board of Trust. My report to the community for the fiscal year ending March 31, 2019 is a special one to me.

The Hospital ended the 2018/2019 year with another financial surplus. The Board continues to work with Senior Management to find operational efficiencies and act as careful stewards of the hospital's capital resources.

During the last several years we began to invest some of our available funds into important capital improvements and replacements. The hospital undertook a major Operating Room integration and camera upgrade, and replaced most of our IT infrastructure. We installed 21 electric car charging stations and are nearing completion of our Cogeneration Power facility.

The Board extends a big thank you to the Woodstock Hospital Foundation for its continued fundraising, and to our generous community for its support of these critical capital investments. I wish to also give special recognition to the Woodstock Hospital Auxiliary and thank them for their many years of service to the Hospital.

This year, the Board presided over a change in the leadership of

the hospital. After 22 years at the helm, Natasa Veljovic retired. She guided the hospital through some of the most transformational years in its history. As a Board, we are unanimously confident that, in Perry Lang, we have leadership in place that will continue our award-winning success, and our patient and people centric culture.

This past February, we received news from the new Provincial Government about "Ontario Health", a new super agency that will oversee health care in Ontario. Our Senior Management Team is working through the guidelines and collaborating with our local health care partners to form a "made in Oxford" Health Team. We look forward to this new era in patient-centred health care delivery.

The staff at Woodstock Hospital continued to excel over this past year. We received award-winning recognition from Cancer Care Ontario for both our Laboratory and our Surgical Services Department. Our hospital also ranked #1 in the province for January to April 2019 out of 74 Pay for Performance Hospitals for Emergency Department Wait Time Performance.

In closing, I would like to thank my fellow Board members for their commitment to good governance and the Values and Vision of this hospital. I have enjoyed my 13 years on the Board and am very thankful for the opportunity to give back to our community in this way. My skills are in the boardroom rather than the surgical theatre, but I hope in some small way I have helped the people of this wonderful institution do what they do so well. ■

UPDATE on Equipment Purchases

By participating in the Dairy Capital Run and Golf Tournament in 2018, you helped fund the purchase of new cardiac monitors for our Critical Care Unit (CCU) and Emergency Department (ED). Your support transformed the level of seamless patient care Woodstock Hospital can offer its patients.

The new cardiac monitors in ED and CCU provide continuous monitoring of a patient when they are transferred within the hospital. Previously, when cardiac patients were transferred between these departments, their monitoring lines had to be disconnected and then reconnected to the new monitor. The patient's information would then have to be discharged from the previous monitor and re-associated with the new monitor. Not only does this create more work for caregivers, it also means an interruption in monitoring.

With the new cardiac monitors, the monitor itself can be transferred with the patient between the Emergency Room and the CCU. This allows all of the patient's information to stay with them, and for continuous monitoring wherever they go within the hospital. The new monitors enhance patient safety and are highly specialized to meet the monitoring needs for critically ill patients in both departments.

The new monitors, which cost \$384,000, will help the hospital respond to the growing needs of our community and ensure we have the latest in healthcare technology here, when it's needed. Thank you to everyone who supported these new monitors. ■



(LtoR): Joan Cybulski, Charge Nurse; Paula North, RN; Amanda Battram, RN; Melissa Robinson, RN pictured with the new cardiac monitors.



RADIOTHON

Returns for the Third Year

The Woodstock Hospital Foundation is excited to announce the return of The Heart FM Give Thanks to Your Hospital Radiothon. The Radiothon is raising money for the Maternal Child Department at Woodstock Hospital.

On October 17, 2019, Heart FM will broadcast live from Woodstock Hospital from 6am - 6pm. During the 12-hour long Radiothon, we will feature stories about Woodstock Hospital's Maternal Child Department.

During the Radiothon we will be encouraging individuals from the community to call in to donate or stop into the hospital to make a donation in support of our Maternal Child Department. ■

The Heart FM Give Thanks to Your Hospital Radiothon
on Thursday, October 17, 2019

Listen, Call, Donate!

For more information about the Radiothon please contact foundation@wgh.on.ca.



Bill and Mary Mackesy pictured in front of our donor wall staircase at Woodstock Hospital.

Since then, it has been exciting to witness the hospital obtain state-of-the-art technology and new equipment that will enhance patient care for residents of Woodstock and Oxford County.”

The Mackesy’s have called Woodstock home for over 50 years, with Mary enjoying a teaching career, and Bill, a financial advisor.

“We have been really blessed in our lives,” said Mary. “Now, we have the opportunity to give back. Donating to the Woodstock Hospital Foundation is one of the ways we have chosen to give back.”

Mary added that being from a small town, they have personally known more than one friend or family member who needed Woodstock Hospital’s services and stressed the importance of having access to services like Chemotherapy and MRI close to home.

“There is an increasing need for hospitals and it’s not going away. The reality is that one of these days, one of us will be in a hospital bed here. So we want to ensure this facility and the care provided will be as good as it can get for not only ourselves, but our friends, family and the community,” shared Bill.

The Woodstock Hospital Foundation would like to thank Bill and Mary for their \$100,000 donation, along with the years of dedicated service to our hospital. Because the provincial government does not fund the purchase of equipment, donations like Bill and Mary’s are vital. If you would like to learn more about donating to the Foundation, please visit our website at www.wghfoundation.ca or call 519-421-4226. ■

THANK YOU

Bill and Mary Mackesy

If anyone understands the importance of supporting their community hospital, it’s Bill & Mary Mackesy.

Bill served a full term on both the Woodstock Hospital’s Board of Trust and the Foundation Board. This translates to a total of 21 years experiencing first-hand, the impact that donor gifts have on our local hospital.

“I was involved in the strategic planning for the new hospital,” stated Bill. “Near the end of my term with the Board of Trust, construction was about to begin at the new site.

THANK YOU

RBC Royal Bank

RBC Royal Bank presented the Woodstock Hospital Foundation with a \$10,000 cheque in May.

The funds will be used to support training programs and educational opportunities for nurses.

“A community is only as healthy as its people, which is why our rural hospitals are so important. That’s why we’re so proud to present this \$10,000 cheque to the Woodstock Hospital Foundation as part of our larger \$90,000 commitment to healthcare in local communities,” said Dan Woods, Regional Vice President of Central Shores, RBC.

Since this initiative began in 2009, RBC has donated \$780,000 to support the future of nursing through educational programs in Grey, Bruce, Wellington, Perth, Dufferin and Oxford Counties. ■



(LtoR): Lincoln Simmons, Vice President Commercial Financial Services at RBC; Perry Lang, Woodstock Hospital President & CEO; Jocelyn Jenner, Senior Development Officer; Dan Woods Regional Vice President at RBC; Kelly Verhoeve, Manager of Professional Development/Accreditation Coordinator; Ankur Guleria, Community Manager at RBC; John Goodbun, Investment Advisor and Branch Manager at RBC.

MONTHLY DONOR Casey Kaczynski

There are a number of ways to make a positive difference in the community in which you live. Whether it's volunteering or donating to community organizations, we can all make small contributions that together, will amount to something much bigger. This was part of the thought process Casey had when he began making monthly donations to the Woodstock Hospital Foundation.

"I used to make one-time donations at the end of each year. When I began to look at my finances, I realized I could increase my overall contribution by making small monthly gifts that are more manageable," shared Casey.

Monthly donations, like all gifts made to the Foundation, stay in our community and will help to enhance patient care at our hospital for our friends, family and neighbours. Donations like Casey's support the purchase of new equipment that will advance technology or replace outdated equipment. This means that our highly-skilled and dedicated staff will have access to the best possible equipment they need when caring for patients.

"The nurses here care for you and your life is basically in their hands. Everyone in Dialysis is well cared for and it is a nice environment, especially in our new hospital," added Casey.

In April 2017, Casey began hemodialysis treatment three times a week at Woodstock Hospital. He is currently on the wait list for a kidney transplant.

"I've learned that the cost of hemodialysis treatment per patient is fairly astronomical. While I can't cover that cost, becoming a monthly donor means that I am still trying to do my part in thanking the hospital for the care I am receiving," Casey explained.

The Woodstock Hospital Foundation would like to thank Casey and all of our monthly donors for their continued support. There are many ways to make an impactful donation. To learn more about the different ways that you can give to the Foundation please visit www.wghfoundation.ca or call 519-421-4226. ■



Casey Kaczynski receiving hemodialysis treatment in our Dialysis Unit.

PHILIPS Lifeline

Lifeline has been offering a 24-hour Personal Emergency Response System at the push-of-a-button, to the residents of Oxford County for over 25 years.

Lifeline is now offered with the added protection of AutoAlert. AutoAlert is the first pendant-style help button that can automatically place a call for help if it detects a fall and you are unable to push the button.

Dependability is key to peace of mind. That's why doctors, professional care givers and families trust Lifeline. Lifeline allows people to live independently in their own homes, knowing that help is close at hand.

For more information about Lifeline, or to have Lifeline installed in your home or the home of a loved one, please call the Lifeline office, located in Woodstock Hospital, at 519-421-4259 or toll free at 1-877-575-5086.

ADVERTISE with our Digital Signage

Woodstock Hospital has a growing network of digital advertising displays strategically placed throughout the hospital. The digital advertising signs can be found in the main entrance atrium, the cafeteria, the main waiting area and other high traffic locations.

The revenue generated from the ad spaces will support equipment needs of Woodstock Hospital and provide excellence in patient care in Oxford County.



If you are interested in advertising with us, please contact the Foundation Office at 519-421-4226



(LtoR): Michael Bell, patient; Frances Crown, Registered Nurse; Tiffany Hammond, Registered Nurse.

EQUIPMENT

Needed for the Dialysis Unit

When Michael was 24 years old, he was diagnosed with inherited polycystic kidney disease. This genetic disorder causes the kidneys to become very large and multiple cysts form, compressing and scarring the normal tissue in the kidney.

Later in life, Michael began dialysis treatments and currently receives hemodialysis treatment three days a week with each treatment taking three and a half hours. On top of this, Michael now faces the reality of needing a kidney transplant.

Michael's family went for testing to determine if they would be a match and through that process they learned that Michael's son also has polycystic kidney disease. "Thankfully my two daughters didn't inherit the disease but they are too young to donate. I need a donor to keep me going so that I can be there for my kids."

Michael's journey with hemodialysis treatment began in London two years ago. After six months, his care was transferred to Woodstock, where he currently resides. Woodstock Hospital's Dialysis Unit operates as a satellite unit of London Health Sciences Centre, allowing patients to be in their own community and still have full access to the entire renal team.

If you ask Michael what he first observed about the Woodstock Dialysis Unit he would tell you it is the personal and caring approach each nurse has with their patients. "We are on a first-name basis and we share what is going on in our lives. It's like a family and I think this is extremely important, especially when you are spending 12 or more hours each week in the unit."

“

The first item on my wish list is a kidney donation. The second is a portable ultrasound machine for the Dialysis Unit.

-Michael Bell, patient

”

His lifeline, like any patient receiving hemodialysis treatment, is vascular access. A nurse places two needles into this access point, to connect the patient to the dialysis machine. The preferred method of vascular access is through a surgically altered vein in the patient's arm, called an arteriovenous (AV) fistula. The AV fistula provides the highest blood flow for dialysis and is less likely to become infected or clot.

Nurses often use an ultrasound if they are having difficulty locating this vein, as the ultrasound will show the exact depth and width of the fistula. The ultrasound can also detect any problems with the fistula.

Currently, in these situations nurses rely on borrowing ultrasound machines from other departments in the hospital. This isn't ideal, as it can prolong the time the patient is in the Dialysis Unit and it can also delay the next patient coming in for treatment.

Woodstock's Dialysis Unit operates six days a week and provides about 5,000 treatments each year; dialysis is a busy unit. Nurses provide lifesaving treatment to patients and it is an honour to be able to offer this service close to home for those who live in Oxford County, but we need your help. A portable ultrasound machine costs \$48,000.

Your donation can help ensure that patients, like Michael, get to spend as much time as possible outside of the hospital, enjoying life with family and friends.

Please consider making a donation today, so that our skilled and knowledgeable staff members have the equipment they need, when they need it, at their fingertips. For your convenience, a fillable donation form is on the back cover of this newsletter. ■

2019 DAIRY CAPITAL RUN

RAISED OVER \$38,000 AND HAD 650 PARTICIPANTS

Thank you to everyone for your support in making this a successful event.

Special thanks to our sponsors:



Yes! I want to support Woodstock Hospital's portable ultrasound.

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310 Juliana Drive, Woodstock ON N4V 0A4
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