

Vital Signs

Winter 2011



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Thanks to Christmas Angels

Thanks to the support of thousands of Christmas Angels, the Owen Sound Regional Hospital will be able to make important improvements in heart care.

The campaign received almost \$350,000 in donations from supporters across the region.

“Wow, what a wonderful Christmas present for our patients and a great way to start the new year,” said Dr. Bob Severs, GBHS Chief of Staff.

“With this support, we will be able to make important improvements to ECG testing,” said Severs.

Mark Ostland, Chair of the Foundation, added his thanks. “Donors make such an important difference at the Hospital. We have great people working here, but they need the latest tools to do their work. Donors make that happen.”

ECGs are among the most important tests performed on patients with heart problems. Over 12,000 ECG tests are done here each year.

The funds raised will support a new computerized system that will allow electrocardiogram test results to be stored digitally, eliminating paper test results. Tests can be viewed and reported on by specialists remotely, improving diagnosis and speeding time to treatment. It’s a big step forward.

There are several other pieces of equipment that will help heart patients. Portable heart recorders are worn both in and out of the Hospital to record ECG



Foundation Chairman Mark Ostland, left and GBHS Chief of Staff Dr. Bob Severs, celebrate the success of the Christmas Campaign.

data when a patient experiences symptoms like dizziness, shortness of breath or heart palpitations. A new heating and cooling system is used to lower the body temperature of patients who have suffered cardiac arrest. Cooling the body helps to minimize damage to the patient’s brain and heart muscle.

The Hospital will be moving as quickly as possible to get the new equipment in place and serving patients.



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New Lab Equipment



An average of 100 patients daily need their blood tested to identify disease or monitor treatment progress. A new analyser has been added to the lab, with the support of donors. Laboratory Technologist Rene Johnston works with the new machine.

Healthy Tomorrows a Winner

Bayshore's Healthy Tomorrows has won the Ontario Association of Broadcasters 2010 Community Service award for Radio small markets.

Through its radio stations, Bayshore Broadcasting has partnered with seven hospital foundations including the Owen Sound Regional Hospital Foundation, to promote giving by bequest to Hospitals. Bayshore Broadcasting has produced radio spots, talk shows and a website to promote planned gifts.

"This is just one of the many ways that Bayshore Broadcasting has supported the Hospital," note Paul Weitendorf, Foundation Executive Director. Gifts made through wills are critical to the future of the Hospital.

Spring Campaign to Support New Mammography Equipment

Early detection is the key to surviving cancer. Mammograms (breast screening) help save lives by finding breast cancer when it is in its early stages.

You can help mothers, sisters and wives—all women across Grey-Bruce by helping the Owen Sound Regional Hospital to upgrade to the latest digital mammography equipment.

The Foundation's spring campaign, golf tournament and the Bayshore Race will all be raising funds to support this critical need.

Existing mammography equipment is now over 17 years old and is reaching the end of its useful life. As a result of recent problems with one of Hospital's two machines, some types of exams can no longer be performed. The Hospital has taken measures to ensure that patient care is being maintained including extending operating hours and using more ultrasound testing. Two new digital mammography units will be put in place as quickly as possible.



Radiologist Dr. Scott Thomson compares digital mammogram images, on computer screens in the front, to images recorded on film.



Karen McGuire, Mammography Charge Technologist/Navigator Ontario Breast Screening Program, prepares a patient for testing. About 9,000 mammography tests are completed at the Hospital each year.

The upgrade to digital equipment has many benefits to patients and doctors. Digital mammography tests are complete in less than half the time – images appear within seconds of being taken. Images created allow doctors to more easily spot potential problems. Digital storage of images means no more x-ray film to store, and no misplaced tests.

Patients experience some discomfort during the test. Digital mammography tests take less time, so the period of discomfort is reduced.

Through the Ontario Breast Screening Program, and the Hospital's mammography service, about 9,000 mammograms are completed each year for patients from Owen Sound and throughout Grey-Bruce.

The OBSP offers mammograms without a referral from a doctor for women aged 50 to 69. The Hospital's mammography service is available to women whose doctors refer them for testing, including those under age 50 and follow-ups for cancer survivors.

Between 1989 and 2005, breast cancer mortality rates in Ontario women age 50-69 decreased by 35% due to improved cancer treatments and increased participation in mammography screening.

Hospital Cancer Care Role Continues to Grow



Oncology nurse Brent Oldham with chemotherapy patient Jayne Fulford.

Thousands in Grey-Bruce are cancer survivors, thanks to services offered at the Owen Sound Regional Hospital.

Over the 25 years since the Hospital opened, cancer care services provided have grown dramatically. Today the Hospital is a centre for cancer care in the region, working in cooperation with other hospitals in Kitchener, London, and Toronto.

The Hospital provides services to diagnose, treat and monitor cancer patients. Diagnostic services include mammography, CT and MRI scans, nuclear medicine tests, colorectal cancer screening, and lab testing of thousands of cancer biopsies. Treatment services include cancer related surgeries and chemotherapy. Then there are the followup visits with patients.

About two dozen specialist physicians are involved in cancer care, including oncologists, surgeons, radiologists and pathologists.

About 10,000 patient visits are made to the Oncology department each year. Most of these are related to chemotherapy treatments. This makes oncology/ chemotherapy second to only day surgery, CT scans and ER visits in terms of sheer volume of patients coming to the regional hospital.

“There is every indication that growth will continue well into the future,” noted Maureen Solecki, GBHS President and CEO.

“Most days there are over 20 patients receiving chemotherapy,” said Mark Landy, Program Manager for Oncology. “Another 20 to 30 have other clinic appointments.” “These numbers are far beyond what our facilities can comfortably handle.

Plans are underway to address this issue. The Owen Sound Regional Hospital Foundation and the Foundations that support the other Grey Bruce Health Services Hospitals are beginning to plan a fundraising campaign that will support major improvements to cancer care.

Cancer Care Ontario (CCO), the agency that coordinates cancer services in the province, has recognized that the services offered in Owen Sound are critical. For the thousands who have had treatment here, that would be no surprise.

Approval has been received from CCO for the addition of a third oncologist at the Owen Sound Regional Hospital.

A third oncologist is expected to help in the Hospital’s long term effort to bring a radiation treatment bunker to the region. There is every possibility we could see the establishment of such a bunker in Owen Sound within the next five to seven years.

Breast Cancer facts

- Breast cancer is the most common type of cancer for women in Ontario.
- 80 % of breast cancer is found in women over 50 years old
- Most women diagnosed with breast cancer have no family history of the disease.
- There is no way to prevent breast cancer yet, but if it is found early, when it is very small, there is a good chance it can be cured.
- Mammography is the best way to detect breast cancer at its early stages.

Christmas Fund Broadcast



Left to right, Foundation Chair Mark Ostland, Sun Times Publisher Cheryl McMenemy, Manager Women and Child Care Unit, Paula Clark and Bayshore Broadcasting Manager, Ross Kenter.

The 71st Annual CFOS – Sun Times Christmas Fund Broadcast has raised \$8,000 for the Hospital’s Women and Child Care Unit. Four sleeper chairs will be purchased to allow parents to sleep over when a child is hospitalized.

Charity Curling Classic raises over \$16,000!

The 11th annual Curling Classic was held on November 27th at the Grey Granite Curling Club in Owen Sound. 14 teams enjoyed a fun day of curling and raised



John Matheson throws a rock in the 11th Annual Charity Curling Classic, held at the Grey Granite Curling Club in Owen Sound.

\$16,300 for the hospital. "In our 11 years, it's one of the best results we've had," said organizing committee Chair Larry McCarthy. I want to thank all our sponsors, the club, my committee and especially all the curlers who came out this year.

Stock Donation Supports Patients & Families

Owen Sound residents Jack and Dorothy MacLeod supported their hospital over many years. Together, they gave gifts in memory of friends and neighbours and benefitted the hospital (and themselves) through a charitable gift annuity. John volunteered at the hospital through the Golden K for 10 years.

After Dorothy passed away in 2006, Jack approached the Foundation with the idea of leaving a gift in his will. He wanted to do something in Dorothy's memory. "She was the one who kept the family and the household together," said John. "You never give enough credit because that's hard work." His goal was to honour her and make patients and their families comfortable.

With encouragement from his children, Jack gave a \$30,000 gift of securities instead of a will bequest.

Shares were transferred from Mr. MacLeod's investment account to the Foundation's account. He received a receipt for the full value of the securities and will avoid paying tax on the capital gain on those shares. The Foundation redeemed the shares with no tax consequences.

"People are pleased to see the value of their investments go up, but capital gains cause concern at the same time," says Foundation Development Officer, Willard Vanderploeg. "Gifting securities that have increased in value is a wonderful solution - you don't incur any gains from the gift and the charitable receipt helps offset tax payable on other income." With the special tax benefits created in the 2006 federal budget, gifting listed securities has grown in popularity. This past December, the Foundation received 7 such gifts.

In August, 2010 - the 4th floor medical and 6th floor surgical nursing units traded places in the hospital to make better use of available space. A new palliative care family room was created on the 6th floor after the move. "We need to do some redecorating to



Jack & Dorothy MacLeod on their 60th wedding anniversary

give the new space a home like feel," said Program Manager Robin Dykeman. "But, fabric covered furniture puts our patients, staff and visitors at risk for infection because it's very difficult to clean. New furniture needs to be purchased to speed room cleaning and turnaround time.

Furniture in two family/sitting rooms on the 6th floor poses similar challenges. Mr. MacLeod's gift will support refurbishment of these rooms.

Patients who are at risk of falls while in hospital will also benefit. The remainder of the donation will be used to purchase new hi-lo patient beds which can be positioned just six inches from the floor, virtually eliminating the risk of injury from a fall.

"Mr. MacLeod's gift makes a difference on several levels," said Dykeman. "It will help us care for palliative patients and their families in a warm, comfortable, but safe setting. It's going to help us in our fight against hospital acquired infections and help us provide safer care to patients with fall risk." The improvements are expected to be completed by the end of March.



Vital Signs is a newsletter of the Owen Sound Regional Hospital Foundation. The Foundation raises funds to support the Owen Sound Regional Hospital. We welcome your comments and suggestions.

How to Contact Us

Box 1001, Owen Sound, ON N4K 6H6
Call us at 519 372 3925 or visit us at:
www.OSHfoundation.ca
Email us at: office@OSHfoundation.ca

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