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S A R N I A - L A M B T O N



**PULSE**



A Publication of Bluewater Health Foundation

Volume 15 Issue 1

WWW.BLUEWATERHEALTHFOUNDATION.CA

Spring, 2015

**A  
LOVE  
Story**



Theirs is a touching love story of two people who became deeply committed to one another long before they said 'I do.'

Dave Aitken met Colette Richardson through friends at a local event in the summer of 2011. Dave remembers the chance meeting as the start of a beautiful friendship.

"We started up a conversation and I don't think we stopped talking the entire night. Everything took off from there and we have been together every day since."

As their relationship grew and their love deepened, Dave and Colette knew in their hearts the next chapter of their life would include marriage. They shared a vision for their special day and began to plan it even before Dave had officially proposed, secretly setting a date of September 13, 2013.

Then suddenly their focus was forced to shift. A life so full and rich with promise was now disrupted by illness. Colette, who had previously been diagnosed with cancer, learned that it had aggressively returned. Surgery and extensive chemotherapy treatments would delay their wedding

plans through the remainder of 2013 and most of 2014.

Yet even though a heartbreaking end to their fairytale was a possibility, Dave and Colette chose to seize each day and own their moments. With their love undiminished, in September of 2014 Dave and Colette escaped to one of their favourite places in Jordan, Ontario. He privately and romantically proposed before dinner – a treasured moment between two soul mates.

"It felt like the right moment, there in our own little special place," he recalls. "For the first time since I met her, she was speechless."

Yet Colette's illness progressed and three months later, she became a patient in Palliative Care at Bluewater Health in Sarnia. It was while she was in hospital, that Dave and Colette successfully

willed themselves to live in the moment again.

With the support of Bluewater Health's Chaplain, Rev Merv Wilson and close family and friends, they arranged to be married at home in a small, intimate



"It blew us away," said Dave.

**"It was extra special how the staff went above and beyond. You could have spent a huge amount of money on a wedding day, but you'd never have a memory like this."**

ceremony. Elaborate wedding plans of old gave way to small thoughtful details that stayed true to their wishes, and the simplicity of the event was more meaningful than they ever believed possible.

"My memories of that day include relaxing in the basement and sharing time with those close to us before slowly getting ready for the ceremony – a far cry from the traditional running around and typical wedding day stress. We sat, facing each other, held hands and exchanged vows. It was exactly what we wanted and needed," said Dave.

The story of Dave and Colette's love touched many hearts that day. While they were away from the hospital for their ceremony, the staff in Palliative Care, Environmental Services and Maintenance, along with unit helpers from Continuing Care,

took great care to specially prepare Colette's patient room for her return. They thoughtfully adorned her bed with rose petals, turned on music and creatively arranged towels like swans – reminiscent

of a honeymoon suite at a grand hotel.

When Dave and Colette came back to the hospital that evening, they were overwhelmed by the kindness shown to them by staff – people who had been touched by an inspiring love story and wanted to give back in some small way to the young couple.

"It blew us away," said Dave. "It was extra special how the staff went above and beyond. You could have spent a huge amount of money on a wedding day, but you'd never have a memory like this."

Reflecting on their journey together, Dave speaks about a legacy both he and Colette believe is worth leaving... "a life of living in the moment, of cherishing those closest to us, not just sometimes but all the time, in sickness and in health."

*Bluewater Health and Bluewater Health Foundation are privileged to share this story with permission from Dave and Colette Aitken. On behalf of our staff, physicians and volunteers, our sincere sympathies go to the Aitken family on the recent passing of Colette, at the age of 34.*



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**Supporting  
People With  
Disabilities**  
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## Upcoming Events

### Foundation Events

- May 1** PAIRS Trivia Challenge
- May 6** Memorial Wall Dedication Service (see ad page 8)
- May 7** Pinot, Pies & Purses at Jack Doyle's Tickets \$25, supporting Bluewater Health Prostate Cancer Clinic
- June 11** Golf Fore Health (see [www.golfforehealth.ca](http://www.golfforehealth.ca) and poster this page)
- September 13** Race for Health

For further information, please contact Johanne at (519) 464-4405 or [jtomkins@bluewaterhealth.ca](mailto:jtomkins@bluewaterhealth.ca)

### Bluewater Health Board of Directors Meetings

- March 25**, 6:00 pm
- April 22**, 6:00 pm
- May 27**, 6:00 pm

For location, meeting details and other hospital events please visit the events calendar on Bluewater Health's website, [www.bluewaterhealth.ca](http://www.bluewaterhealth.ca).

### Health Watch

- April:** Daffodil Month for Cancer Awareness
- April 7:** Oncology Nursing Day
- April 7:** World Health Day
- April 12 - 18:** National Volunteer Week
- April 19 - 25:** National Medical Laboratory Week
- April 18 - 25:** National Organ and Tissue Awareness Week
- May:** National Physiotherapy Month
- May 1:** Doctors Day
- May 4 - 10:** Mental Health Week
- May 5:** International Day of the Midwife
- May 5:** Save Lives: Clean Your Hands Day
- May 5:** World Asthma Day
- May 11 - 17:** National Nursing Week
- May 12:** Canada Health Day and International Nursing Day
- May 31:** World No Tobacco Day
- June:** Stroke Month and Seniors' Month
- June 5:** Clean Air Day
- June 8 - 12:** Healthcare Housekeepers Appreciation Week
- June 15:** Elder Abuse Awareness Day

**Thursday June 11, 2015**  
**Sarnia Golf & Curling Club**  
 Shotgun Scramble @ 12:30pm  
 Sign up now for team registration and sponsorship opportunities (Sold out last year)

**Special Contests**

**Hole-In-One Program**  
 Main prize will be \$10,000 on Hole #3 Additional Hole-in-One Prizing on Holes #7, 12, & 17

**Bonus Hole-in-One Sponsor**  
 Three extra hole-in-one opportunities on Hole #7, 12 & 17 to win prizes valued over \$5000

**Putting Green Contest**  
 Two opportunities to win prizes valued over \$500

**\$10,000 Putt-Off Contest**  
 Eight Tournament participants will be randomly drawn for a shoot-out from 100 yards. The closest two players then have a chance to make a Putt for \$10,000

Note: Prize value may be subject to change

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For more information or team registration please contact Johanne at 519-464-4405 or email [jtomkins@bluewaterhealth.ca](mailto:jtomkins@bluewaterhealth.ca) [www.bluewaterhealthfoundation.ca](http://www.bluewaterhealthfoundation.ca)

## PLANNED GIVING HELPING NOW AND IN THE FUTURE



Pictured are three generations of the Hogan family: Barry Jr. and Erika with their children Thomas (in Erika's arms), and (l-r) George, Victoria, Jack, Paul (in Barry's arms) and Mary, and in the inset, Barry Sr. and Marcia.

## Important Information About Your Care

If you're coming to the hospital for a planned appointment or unexpectedly arriving for emergency care, you may have questions about what to expect during your stay with us.

Our Patient and Family Guide will help put you more at ease during your hospital experience. The guide provides helpful information like patient rights and responsibilities, infection control tips, safety measures, mealtimes, hospital and local amenities, and contact information.

Please pick up your Patient and Family Guide at any high-traffic location throughout the hospitals in Petrolia and Sarnia, or view it on our website at [www.bluewaterhealth.ca/en/patientfamilyguide](http://www.bluewaterhealth.ca/en/patientfamilyguide).

Bluewater Health produces and provides the guide at no cost through the generous support of the following advertisers:

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There are many ways to financially support Bluewater Health – attending a special event, responding to a direct mail appeal, giving on-line, or naming us in a Will, for example – but did you know that helping Bluewater Health can also help YOU?

Charitable Gift Planning could help you to reduce your federal income taxes, capital gains taxes and Ontario probate fees, and allow for immediate or deferred tax credits. Planned Giving can provide you with options that are suited to your financial plans as well as your retirement and estate plans. Taking advantage of time and favourable taxation allowances will help you maximize the benefits to you while providing a legacy of funding for your community hospital.

**Giving by Will: Bequests and Endowment Bequests**

The majority of planned charitable gifts are made in the form of bequests. A bequest to Bluewater Health Foundation in your Will can be a donation of cash, property, securities or other assets. Whatever your choice, the wishes of your bequest are activated after your death and will not affect your estate during your lifetime. Your estate is entitled to a charitable tax receipt for the full value of the gift

in the year of your death, reducing taxes owed by your estate.

**Giving Securities**

Giving Securities can significantly reduce capital gains taxes owing on appreciated assets. These gifts from publicly listed North American exchanges will receive a charitable tax receipt for the fair market value at the time of transfer, as well as a favourable tax reduction on the capital gain.

**Giving Life Insurance**

A gift of life insurance can make it easier to make a major contribution, through a series of regular policy premium payments. These payments may generate a tax credit at the time of your largest earnings, and your donation of a paidup policy gives you a charitable tax receipt for the cash value of the policy. This type of gift is separate from your estate and is not included in the probate process.

**Charitable Gift Annuities**

A charitable gift annuity is an ideal way to receive guaranteed payments for life, and to maximize your personal tax advantage. A gift annuity also provides a means of worry-free investment and can be set up to cover both you and your spouse. The income is guaranteed through a life insurance company.

**Giving Residual Interest**

A residual interest gift refers to an arrangement under which an asset is deeded directly to Bluewater-Health Foundation but the donor continues to retain use of the asset for life or a term of years. Depending on your wishes, upon death, the Foundation may retain your gift, or sell it and use the proceeds to benefit the area of your choice. Benefits include relief from capital gains tax, probate fees and ongoing and future legal fees.

**Charitable Remainder Trust**

A Charitable Remainder Trust is a legal arrangement that allows you to give assets through a trustee (Trust Company) to Bluewater Health Foundation now, and continue to benefit from them throughout your lifetime. These irrevocable gifts are advantageous to those who are interested in making a gift but want to continue to receive an income from their capital, and want a sizable tax receipt that they can use now to offset current tax liabilities.

Whatever your decision, we respect your gift-giving choices and will direct your donation to where you ask – or to the greatest priority need. For more information about planned giving, contact the Foundation Office at 519-464-4408.

Heike DeImore of DeImore Photography



## DREAM HOME WINNERS PREPARE FOR MOVE



Winners Judy and John Scholz pose with their daughter, Beth, son-in-law Mike and granddaughter Violet.

They always thought they would take the cash prize – and then they won and everything changed. John and Judy Scholz faced a tough decision after seeing the 1,989-square-foot brick bungalow on Kamal Drive for the first time, after their ticket was drawn for the grand prize in Bluewater Health Foundation's 20th anniversary Dream Home Lottery. In the end, they decided to keep the five-bedroom Key Homes-built house, with furnishings, valued at \$513,000. It's just the second time in the lottery's history that the grand-prize winners have chosen to move into the home, according to Kathy Alexander, Executive Director, Bluewater Health Foundation.

Having purchased tickets for 19 years and never winning a single prize, John and Judy were not expecting a call late in the evening of the draw. "At first we wondered if it was a telemarketer that was calling that late at night," said John, a Bluewater Health psychiatrist. "But we did answer the phone anyways."

"We were shocked to hear we won," adds Judy. "Once we saw how phenomenal the house is, we decided to downsize and join the modern generation."

The pair have three grown children and one grandchild. Another grandchild is expected within a few weeks, and they plan to move into their new home soon after the birth.

This year's 8,000 tickets sold out with two weeks to go before the draw, and the proceeds – \$280,000 – will support Bluewater Health's Maternal/Infant/Child program, with funds earmarked for new birthing beds, birthing lights and some construction work.

"This year we offered our largest prize board to date – \$552,000, and we're thrilled with the support for our biggest fundraiser," says Kathy. "We're already working on next year's draw."

In 20 years, the lottery — which has raised almost \$6 million total to date — has also helped finance two MRI machines, mammography equipment, urology equipment and x-ray equipment.

*Thank you to the Sarnia-Lambton community for 20 years of Dream Home Lottery support.*

## Donor Profile THE BLUEWATER CHORDSMEN



Pictured, l-r, are: Anita Minielly, Gift Development Officer, Bluewater Health Foundation; Cindy Wilson, Physiotherapist - Rehab, Alison Coy, Physiotherapist, Sonya Maitland, Occupational Therapist, Bluewater Health; Douglas F.C. Doull, Past President, David Crosbie, President, and Bob Grimshaw, Secretary/Treasurer, Bluewater Chordsmen.

Imagine the following scenario: one minute, you're fine; the next, you're paralyzed from the waist down. The culprit? Transverse Myelitis, a virus that destroys the myelitic sheath surrounding the nerves in your spine. This is the

scenario faced two years ago by David Crosbie, Chorus Director for the Bluewater Chordsmen.

David has adapted to a new life in a wheelchair, through many activities at Parkwood Hospital in London. He now is able to spend

most of his time in Sarnia, and last fall returned as one of the directors of the Chordsmen. His recovery continues; his doctors are now recommending that he use a hydraulic Assisted Standing Device (ASD) – but there's only one in all of Southwestern Ontario, in London.

An ASD, which costs just over \$5,000, improves circulation to the lower body and helps prevent loss of bone mass. His family tried to obtain an ASD for David's home, but came up empty-handed and frustrated. Hearing about this by chance, two Chordsmen decided to try to help David by talking to Bluewater Health Foundation about obtaining such a device for our Sarnia hospital.

Foundation personnel discussed the ASD proposal with the Physio-

therapy Department Manager, and found enthusiastic acceptance, which enabled the Foundation to propose a deal: if the Chordsmen could raise a significant portion of the ASD cost, the Foundation would provide the balance.

The Chordsmen took up the challenge: through a Garage Sale, a Christmas Benefit Concert, and numerous personal donations by Chordsmen and friends, they were successful in raising the full purchase price of the device, which will be installed in March 2015. Not only did the Bluewater Chordsmen help David, but they've helped the whole community at the same time.

The Sarnia Bluewater Chordsmen are the Sarnia Chapter in the Ontario District of the Barber-shop Harmony Society: a society

of 30,000+ men who sing in the "a cappella" style. The group received its charter in September 1945 – only the second such group in Canada to do so. The chorus and its quartets have presented shows almost each of the past 70 years and have entered and placed well in numerous competitions. They also perform in public, at nursing/retirement homes, the Dow People Place, and civic events. Using the District's designation as a charitable organization, the Chordsmen support local projects to help the speech impaired, and provide support for music programs at Sarnia and area schools. The Chordsmen will celebrate their 70th anniversary at the Imperial Theatre in Sarnia on May 3.

## Volunteer Profile BETTY BOND



Betty Bond wants everyone to win big: whether it's a Dream Home prize from Bluewater Health Foundation, or a comfortable hospital experience at Bluewater Health.

"Everyone can benefit from volunteering," says Betty, who began selling and inputting Dream Home Lottery tickets in the Bluewater Health Foundation office about three years ago. "Volunteers can provide assistance to allow the staff to focus on the specialized tasks they were trained for, and also gain personal satisfaction in the process. Both staff and patients are so appreciative of volunteers' help. Everybody wins!"

In fall 2013, she was approached about another volunteer position, in Bluewater Health's Mammography Department. "I wasn't working in an office anymore, and I wanted to do something more regularly outside of the home so I welcomed the opportunity to use my skills and interests," says Betty. "I really like the staff, and I enjoy meeting people and contributing to the services in this community." In Mammography, she shows the patients where to change and wait for their mammograms and volunteers in this department every other Wednesday morning.

Betty has a family connection to volunteering at Bluewater Health as well. Her husband, Greg, is the Bluewater Health Foundation Board Chair and has served on the Board since 2006.



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## WE COULD N'T DO

### Long-Time Donors Continue Giving



Long-time donors Pascale Daigneault and Carl Fleck recently contributed \$25,000 to Bluewater Health's new Prostate Clinic. Pictured, l-r, are: Dr. Rajiva Singh, Bluewater Health; Jenn Mackey, Manager, Oncology; Carl Fleck, Q.C.; Pascale Daigneault; Dr. Paul Martin and Dr. Alvaro Ramirez, Bluewater Health.

### Cookie Walk Raises Dough



More than 20 members of the Bluewater Health Children's Auxiliary (in its 60th year of serving and volunteering at the hospital) together baked and sold 220 dozen cookies to raise over \$1,100 for the Maternal/Infant/Child Unit. Pictured, l-r, are: (Back) Patti Moss, Lynn Walsh, Jo-Anne Rowe, (Front) Anne Hume, Cheri Paisley and Cathy Bayne.

### Lions Make Pledge Payment



The Petrolia Lions have held various fundraisers throughout the year in order to make the third payment toward their \$25,000 pledge to the MRI Campaign. Pictured, l-r, are: Carol Stankevich, President, Petrolia Lions; Kathy Alexander, Executive Director, Bluewater Health Foundation; and Dianne Piggott, Petrolia Lion.

### Charity Craft Sale Supports MIC



Admission and vendor fees totaling \$1,000 raised through a fall craft sale in Forest have been used to donate toys, games and stuffed animals to the Maternal/Infant/Child (MIC) Unit at Bluewater Health. Pictured, l-r, are: Diane Hales, Sally Jenkins, MIC Manager, Kelly Chartrand, MIC Charge Nurse, Lisa Bell.

### Auxiliary Supports Education



Since disbanding in September 2014, the former Bluewater Health Ladies' Auxiliary members have donated their remaining funds of \$11,000 in support of an Education Endowment to be used at Bluewater Health. Pictured, l-r, are: Kathy Alexander, Executive Director, Bluewater Health Foundation; Carolyn Robinson, Fern Tice, Jackie Phair, Donna Smalls and Barb Scott.

### 'Liz & Friends' Present Wheelchair



Liz Richards' three years of collecting pop tabs and pop cans in Forest has resulted in the donation of a wheelchair to Bluewater Health. Pictured, l-r, are: Joan Price, Liz Richards, Diane Hales, Dale Hodges, Corinne Wasilewski, Cindy Wilson.

### Families Unite to Share Holiday Spirit



Several families continued their tradition of helping patients in hospital, by making a contribution of holiday bags to the Oncology Department. Pictured, l-r, are: (Back) Zach Veenendaal, Abby Veenendaal, Julia McMichael; Jenn Mackey, Manager, Oncology; Sarah Canning, Patient Navigator; Grace Seed, RN; Jackie Opauskey, RN; (Front) Nathan Hendra, Sophia McMichael, Jillian Hendra, Grace Hendra. Missing are Noah Veenendaal and Madi, Ty, Ben and Sam Wright.

the little shop in the atrium of bluewater health  
a great reason to visit the hospital

flowers accessories snacks

**poppies**

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## IT WITHOUT YOU

### Added Enjoyment Acknowledged Through Gift



Don and Mary Hislop have made a generous gift to be used in Bluewater Health's Orthopedic program. The Hislops feel Bluewater Health and the Orthopedic program in particular have added, in their estimate, 20 years to their enjoyment of activities such as hiking, gardening, cross-country skiing, etc. They feel very fortunate and wanted to acknowledge the benefit of a healthy and active lifestyle they feel they have received.

### Mittens Provide Warmth, Protection



The Corunna Legion Sew Crazy Girls have donated 360 pairs of mittens for use in the Maternal/Infant/Child Unit's nursery at Bluewater Health. The mittens keep babies from scratching themselves, provide protection for tubes and keep babies warm and comfortable. The group has been donating mittens for the past six years. Pictured, l-r, are: (Back ) Corunna Legion Sew Crazy Girls Penny Barraclough and Melinda Stevens, (Front) parents Dana and Greg Stephens with baby Kaylah.

### Christmas Benefit Supports Music Therapy



The Art Christmas Memorial Benefit was held in October, with part of the proceeds, totaling \$2,500 being donated to Bluewater Health Foundation to invest. The annual interest has been directed to be used for the Music Therapy Program at Bluewater Health. Pictured, l-r, are: Grant McKenzie; Kathy Alexander, Executive Director, Bluewater Health Foundation; Mike Tanner; Lynn (Christmas) Kloss; Paula Christmas; Jeff Christmas; Brian Donovan. Missing is Stephanie (Christmas) Scott.

### Squash Tournament Proceeds Help Clinic



Proceeds totaling \$795 from the Simon Warder Memorial Prostate Cancer Squash Tournament, held in November, were donated to Bluewater Health's new Prostate Clinic. Pictured, l-r, are: Dr. Paul Martin; tournament organizers Brian Wilkins and Brad Fisher; Dr. Alvaro Ramirez and Dr. Rajva Singh.

### Community Service Project Offers Patient Comfort



The IODE Errol Egremont Chapter has donated 24 grooming bags for patients, valued at more than \$600. For 20 years, its 22 members have committed to annually completing at least one bag each as part of the chapter's local community services program. The IODE Chapter offers its annual Christmas Tour, and sells geraniums. Pictured, l-r, are: Kathy Alexander, Executive Director, Bluewater Health Foundation; and Sheila Brown, IODE Chapter Services Office.

### Pledge Nears Completion



The Rotary Club of Sarnia has presented Bluewater Health Foundation with the 8th payment toward their \$1 million pledge to Bluewater Health's Maternal/Infant/Child Department. Pictured, l-r, are: Lawrie Lachapelle, Rotary President, Kathy Alexander, Executive Director, Bluewater Health Foundation; and Dr. Mark Taylor, Chief of Professional Staff, Bluewater Health.



## LEADING STROKE CARE

In the world of stroke, it's often said that 'time is brain.' When oxygen-rich blood is blocked from reaching the brain, more brain nerve cells will die, producing damage and disability. Early intervention in stroke is critical – to help to restore blood flow to the brain and, as a result, better the chances of recovery.

At Bluewater Health, we're giving patients increased access to the brain-saving treatments they need.

### Improving response times and using the power of technology

Research shows that quick access to treatment can dramatically reduce the severity of strokes suffered by Canadians. To shorten the time it takes to treat patients, Bluewater Health uses a process called Code Stroke.

Similar to calling a Code Blue, which alerts the hospital team of a heart attack, Code Stroke is the alert for a stroke. In the Emergency Department, Code Stroke ensures the prompt arrival of key staff for an incoming stroke patient by ambulance. By readying care providers before a patient's arrival, the hospital team is better able to respond and plan for their care. Patients with stroke symptoms can then be rapidly and thoroughly assessed once they arrive, and that early intervention can decrease life-altering effects.

In addition to improving response times, Bluewater Health is using the power of technology to connect its staff and physicians with stroke experts across the province. Telestroke is the use of telephone, internet and videoconferencing to exchange medical information specifically for stroke care. This 24/7 service provides the hospital team with immediate access to neurologists in Ontario who have expertise in stroke care and can support both the assessment and treatment of patients experiencing a stroke – including whether or not to administer clot-busting drugs like tPA.

Having a prompt neurological evaluation increases the possibility that you may receive clot-dissolving therapies or other clot-retrieving procedures in time to reduce disability and death resulting from stroke.

Bluewater Health put Telestroke to work in June of 2014. Between June 2014 and December 2014, Bluewater Health provided stroke neurology consultation to 29 patients with stroke, 11 of which received tPA. These encouraging



Jim Lambert of Point Edward stands in the small woodworking shop at New Beginnings, where he's responsible for cutting out project patterns for others to put together, paint and decorate.

early results show that Telestroke is a great enhancement to stroke care provided here in our community.

### Putting ideas into action

Jim Lambert of Point Edward had a stroke in July 2014 and says it was early intervention and access to Telestroke that allowed him to have an amazing recovery.

"I remember feeling off that day, and went to lie down in bed while I waited for a phone call from my wife," Jim says, reflecting back on the day he had his stroke. "I started to feel worse and knew that something was wrong. Then I lost my vision."

With the phone close by, Jim instinctively began to dial. As if by fate, he placed a call to a friend who answered when Jim needed her the most – even though he couldn't tell her that he did. Because Jim's speech was slurred, that friend went over to check on him with her son-in-law, a registered nurse at Bluewater Health. He was quick to recognize the signs that Jim was having a stroke and he called 911 immediately. A Code Stroke was then called in hospital.

"I remember waking up in the ICU and learning what had happened. I learned that the doctors at Bluewater Health had consulted with a neurologist in Ottawa, and everyone had worked together to help me. They had used the clot-busting drug tPA, and it worked," says Jim.

Over the course of the next nine days, Jim spent time in the Acute Stroke and Rehabilitation Units at Bluewater Health in Sarnia. His recovery was swift, and with the ongoing care and support of Stroke Nurse Specialist Angela Sekeris and the hospital team, he talked, moved his left side and did everything he did before his stroke.

On the day he left the hospital, Jim stopped in to visit the staff and physicians in the Emergency Department. He was able to share his appreciation for the team that had cared for him on the day of his stroke, and show them the extent of his recovery. "The doctors and nurses helped me to recover the way I needed to and wanted to," he says.

Reflecting back on his experience, he says, "Everyone worked so well together and my care was excellent – it allowed me to walk out of the hospital after nine days with no long-term effects."

Jim is now a member of the New Beginnings Club in Sarnia, which provides social, recreation, education and leisure opportunities to survivors and families impacted by brain injury or stroke. The program is supported by the United Way of Sarnia-Lambton and the Erie St. Clair Local Health Integration Network.

As the first patient to journey through the Code Stroke and Telestroke process, Jim's successful outcome is a shining example of why enhancements in care and practice at Bluewater Health are giving patients increased access to the brain-saving treatments they need.

### Being a high performer

Bluewater Health was highlighted as the top performer in the province in three of 19 key areas, in the Ontario Stroke Network's 2014 Ontario Stroke Evaluation Report. The report reviewed stroke data between April 2012 and March 2013.

Our strengths are in providing access to care – both on the Acute Stroke Unit and Inpatient Rehabilitation. Specifically those three areas highlight that:

- 94% of stroke patients received care on our Acute Stroke Unit when an inpatient stay was required
- Patients had the greatest access to Inpatient Rehabilitation following a stroke event if they required it
- Patients who required Inpatient Rehabilitation were able to access that care quickly, and in the shortest time in the province

What this means for Sarnia-Lambton is that our patients have the best opportunity for recovery following a stroke. The brain is primed for optimal recovery in the early days following a stroke and that is why timely access to care and rehabilitation are so very important.

### Know the signs and act FAST

Stroke is a medical emergency and every minute counts.

Anyone who witnesses or experiences the signs of a stroke should call 9-1-1 immediately so the person can get to a designated stroke hospital that is equipped to provide emergency stroke care.

The sooner someone who is experiencing stroke gets to a hospital and receives appropriate treatment, the better their chances of recovery.

In Lambton County, the designated stroke centre is Bluewater Health in Sarnia.

**LEARN THE SIGNS OF STROKE**

**F**ACE is it drooping?

**A** RMS can you raise both?

**S**PEECH is it slurred or jumbled?

**T**IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

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**HEART & STROKE FOUNDATION OF CANADA**

*Finding answers. For life.*

## Living with Stroke

Living with Stroke is being offered this spring and will be hosted by the New Beginnings, ABI and Stroke Recovery Association, in partnership with the Sarnia-Lambton District Stroke Centre at Bluewater Health.

You are invited to participate in the eight-week session commencing

**Wednesday, April 8, 2015.**

**For more information, please call the District Stroke Centre at 519-464-4400, Ext. 8562.**



## BLUEWATER HEALTH AND FOUNDATION SEEK BOARD AND COMMITTEE MEMBERS

Did you know Ontario is the only Canadian province where voluntary governance for hospitals exists? That means residents can play an important role in healthcare, on the Board of Directors at their community hospitals.

"The provision of healthcare touches so many in our community and is integral to our quality of life here in Sarnia-Lambton. In volunteering with the Bluewater Health Board, I wanted to give back to the community, and notwithstanding the many challenges facing healthcare today, to be part of a group continuing the tradition of compassionate and quality healthcare at Bluewater Health," says Brian Knott, Bluewater Health Board Member.

When positions on the Board and Committees of Bluewater Health and Bluewater Health Foundation become vacant, replacements are sought, with a mix of skills, experience, personal qualities and diversity to represent the community.

"As a relatively new member of the Sarnia community, I am thrilled to be able to give back to the hospital – an organization so

critical and central to our lives. Helping ensure we have a state-of-the-art hospital will make Sarnia-Lambton a strong and vibrant community for years to come," says Heather Richardson, Bluewater Health Foundation Board Member.

In June, both organizations will elect new Directors at their Annual General Meetings. Directors serve three-year terms and Non-Director Committee Members (for Bluewater Health's Board) one-year terms.

### Bluewater Health

Bluewater Health is governed by a volunteer Board of Directors responsible for setting policy, establishing strategic directions and monitoring organizational performance. Its 17 members bring diverse skills, expertise and experience to hospital governance on behalf of Sarnia-Lambton. Twelve Directors are volunteers representing the community, and five are "ex officio" Directors (the hospital's President/CEO, Chief of Professional Staff, Chief Nursing Executive and the President and a Vice-President of the Professional Staff Association).

### Bluewater Health Foundation

The work of Bluewater Health Foundation is overseen by a 14-member volunteer Board of Directors made up of community leaders, financial experts and philanthropists committed to enhancing healthcare through charitable efforts. Directors work with Foundation staff to generate funds through donations and special events.

### Non-Director Committee Members

Non-Directors from the community participate on certain Bluewater Health and Bluewater Health Foundation Board Committees providing a broad range of perspectives and additional expertise. This practice also helps to identify individuals' interest and aptitude to be Directors in the future.

Bluewater Health's Board welcomes Non-Directors on its Quality Committee and Resource Utilization and Audit Committee, while Bluewater Health Foundation's Board has opportunities on committees related to financial performance, donor stewardship, investment activity, allocations and fundraising.

## Breastfeeding Buddies Support New Moms



Breast milk remains the best source of nutrition for babies, providing them with optimal nutrition and helping to protect them from infection and disease. And, while breastfeeding is natural, it is a skill that some new mothers may need help learning.

Supporting women to breastfeed is a key priority for Bluewater Health. We have partnered with the North Lambton Community Health Centre and Lambton Public Health to promote Breastfeeding Buddies, a mom-to-mom breastfeeding support program designed to assist breastfeeding families in Sarnia-Lambton.

A Breastfeeding Buddy is a caring, committed and trained volunteer who has breastfed for at least six months, and is willing to provide new moms with the support and information they need to establish and maintain a positive breastfeeding experience. Through one-on-one telephone contact, Buddies share tips, knowledge and personal experience; and can direct moms to more help if it's needed.

"Volunteer Breastfeeding Buddies are invaluable in helping us support breastfeeding mothers. Evidence shows mom-to-mom peer support increases women's confidence in their ability to breastfeed their babies and supports them to continue breastfeeding for longer," says Kelly Chartrand, Charge

Nurse, Maternal/Infant/Child & Lactation Specialist.

### Benefits of Breastfeeding

Breastfeeding is free and environmentally friendly, and, most importantly, it decreases the risk of many health problems for infants and mothers

### Benefits for baby...

- Most easily digested form of nutrition with the proper balance of nutrients
- Reduces the risk of infections, and the chance of illnesses later in life
- Protects from diarrhea and tummy upsets
- Lowers the likelihood of Sudden Infant Death Syndrome (SIDS)
- Always the right temperature to drink

### Benefits for mom...

- Reduces the risk of breast cancer, ovarian cancer, and weak bones in later life
- More rapid return to pre-pregnancy weight
- Very convenient with no preparation required. Always ready for baby.

If you're a mom with experience breastfeeding and would like to share your knowledge and help other local moms, or if you are a new or expectant mom looking for support, we would love to hear from you! Contact the North Lambton Community Health Centre at 519-786-4545, ext. 231.

For details on applying to join these Boards of Directors, please go to [www.bluewaterhealth.ca](http://www.bluewaterhealth.ca) (under "About Us/Board of Directors/Board Recruitment") or [www.bluewaterhealthfoundation.ca](http://www.bluewaterhealthfoundation.ca) (under "About Us") or contact **Jacqueline McGregor**, Bluewater Health at 519-464-4459 or [jmcgregor@bluewaterhealth.ca](mailto:jmcgregor@bluewaterhealth.ca) or **Kathy Alexander**, Bluewater Health Foundation at 519-519-464-4438 or [kalexander@bluewaterhealth.ca](mailto:kalexander@bluewaterhealth.ca).

### 17th Annual P.A.I.R.S. Trivia Challenge Coming Soon

On Friday, May 1st the 17th Annual P.A.I.R.S. Trivia Challenge is being held at the Holiday Inn. Our goal is to raise \$25,000 for Bluewater Health Foundation and St. Joseph's Hospice. Proceeds will help purchase three Isoflex mattresses for the Hospice and fund the Palliative Care Music Therapy program at Bluewater Health

**Sponsorships available:** Sponsor a Round for \$300, or a Table Sponsorship for \$125. Contact Johanne Tomkins, Bluewater Health Foundation at 519-464-4428 / [jtomkins@bluewaterhealth.ca](mailto:jtomkins@bluewaterhealth.ca)

## Patient Cites Professional, Proficient, Personal Care

*Dear Bluewater Health, Today, I experienced a visit to Day Surgery - Endoscopy for a procedure. I want to tell you about the visit.*

*The visit started early with registration with a very pleasant clerk who identified herself as a former student of mine from some years ago. Reception at Day Surgery was friendly and*

*efficient. I was quickly directed to my little cubicle. The facilities were bright and open, and private when necessary.*

*The department staff were outstanding. From Amanda, a new graduate initiative nurse, who got me settled in and skewered with the IV, to Karen who wheeled me to the procedure*

*room with a friendly chat that kept me well informed of what was happening and going to happen, and later back to Irene who helped recover me and set me out the door - every member of the department who looked after me (and there were many) was professional and proficient, and at the same time personable and caring.*

*Today, I got to see a little bit of LEAN and experience a few hours of being 'Emily'. I could not have been more impressed or satisfied.*

*Over the last while, a number of my friends and acquaintances have been to Bluewater Health - one of those time-of-life markers - and without exception they have all been com-*

*plimentary, and commented very favourably on the care they have received. Now I can join them as another very satisfied patient.*

*Please pass along to the department, my thanks and compliments.*

*Sincerely,*

*Jim*



## STRENGTHENING OUR CAPACITY



Hospitals across Ontario are changing. An aging population, higher costs of care, increasing chronic disease, changing needs and expectations of patients, and ongoing financial pressures are driving hospitals to relook how they deliver services. To help curb rising costs, the Ministry of Health & Long Term Care has launched an action plan and a new funding model to drive greater quality and affordability into the healthcare system.

In 2015/16, Bluewater Health is forecasting \$3 million in decreased revenue within the new funding model, and a \$3 million increase in inflationary expenses (e.g. medications, supplies, utilities, collective agreement commitments). With these projections, the hospitals is seeking \$6 million in cost savings to help balance the budget as is mandated for hospitals.

In this, its third year of Strengthening Our Capacity, Bluewater Health will continue to optimize

beds, roles and resources. Efficiency measures will include such strategies as matching the number of beds to utilization trends, cohorting patients who require Alternate Level of Care and improving patient flow. Reallocating operating room blocks of time to optimize utilization, exploring partnership and collaboration opportunities, redesigning the food service delivery model and focusing on staff wellness initiatives are other proposed strategies. The organization expects to modify staffing to match patient occupancy and utilization, match the staffing model to patient intensity, stability and predictability, develop standard work for all roles, work to full scope of practice and advance inter-professional collaboration. To respond to best practices and evolving trends, it will add, realign and reduce positions in administrative, clinical and support services.

President & CEO, Sue Denomy said, "We've maintained a balanced operating budget for the

past four years, yet it's progressively more difficult as hospitals head into the third consecutive year with rising costs and a 0% funding increase – and in the case of Bluewater Health a funding decrease."

As part of the proposed changes, Bluewater Health will undertake an evidence-based validation process to ensure a match between the right care and the right care provider and the patient's stability, predictability and intensity.

"Our goal is to provide timely, accessible, safe, quality care services for the community even more efficiently and affordably," Denomy said, "with exemplary patient and family-centred care at the core of our Mission."

For more information on how Bluewater Health is Strengthening Our Capacity, visit [www.bluewaterhealth.ca](http://www.bluewaterhealth.ca) (click on News/News Releases). For information about Ontario's Action Plan for Health: [www.health.gov.on.ca/en/ms/ecfa/healthy\\_change](http://www.health.gov.on.ca/en/ms/ecfa/healthy_change)

## It's Music To Their Ears



Music Therapist Joe Graham feels blessed to be able to provide comfort – not only for palliative patients, but also for their families and friends – at a difficult time. "Music at the bedside can be very soothing for patients – reducing anxiety, increasing relaxation and comfort, and decreasing pain," says Joe, who spends one day each week at the Sarnia hospital. "I can also document their life story in song and provide that review to their family to help them cope."

The Music Therapy program at Bluewater Health has been providing this type of comfort to palliative patients for decades. During the 1980s, the late Dr. Linda Bowring (a forerunner in the practice of Palliative Medicine in Lambton County) believed music could reach patients in a way that traditional therapy and counseling could not. Before passing in 2003, Dr. Bowring expressed her desire that Music Therapy continue to be available in the Palliative Care program. Today, through fundraising and support from the Foundation, music therapy is available to approximately 120 patients in Palliative Care each year through the Dr. Linda Bowring Endowment Fund. Joe also visits patients in other units if time allows.

"A typical visit lasts 20 to 30 minutes, but can last much longer, depending on the needs of the patient and loved ones," Joe says. "This is a significant time in the patient's life, and I am humbled to play a part in it. I am grateful for the donor support that makes this impactful service possible."

Joe works closely with the clinical team and is an integral part of the circle of care provided in Palliative Care. To donate to the program, please contact Bluewater Health Foundation at 519-464-4429.

## Supporting People With Disabilities



Ontario has an important law called the Accessibility for Ontarians with Disabilities Act (2005). The Act and its associated regulations and standards is the first of its kind in Canada, and the goal is for all of us to work together to make Ontario more accessible for people with disabilities.

Bluewater Health is committed to providing equitable treatment to people with disabilities in a manner that respects their dignity. As part of this commitment, we agree to provide alternate accessible formats and communication supports for persons who need them. These supports will be provided in a timely manner, taking into account a person's accessibility needs and at no additional cost – all you have to do is ask.

We invite you to explore our accessibility plan, policies and supports on our website, [www.bluewaterhealth.ca](http://www.bluewaterhealth.ca). Click on Patient & Visitor Information / Accessibility, for more information on the steps we have taken to support this goal.



**BLUEWATER**  
HEALTH  
FOUNDATION

### Memorial Wall Dedication Service

*To honour those for whom we received memorial gifts in 2014.*

**Wednesday, May 6, 2015**

**Holiday Inn - Venetian Room**

1498 Venetian Boulevard  
Point Edward

#### Times of Services:

**Last names beginning with A-L at 11:00 am**

**Last names beginning with M-Z at 2:00 pm**

*Invitations will be sent to next-of-kin we have on record, but everyone is welcome, including those who purchased memorial bulbs for the Light Up Our Hospital Campaign in December.*

*All names on the Memorial Wall will be honoured at both services.*

**Refreshments to follow**

**Inquiries: Foundation Office - Lisa - 519-464-4429**