

Spring 2021
Newsletter



(Before/After)

Spring flew by quickly, and we cannot believe summer is now upon us. With the warmer temperatures, we hope you have had the opportunity to get out and explore this amazing area we call home as there is so much to see and do, all within a short drive.

We are happy to be able to share with you some of the accomplishments over the past few months thanks to your support.

May saw the completion of the “We Love Pets Room” in the Pediatrics department of the hospital. Spearheaded by Kristina Segall, this

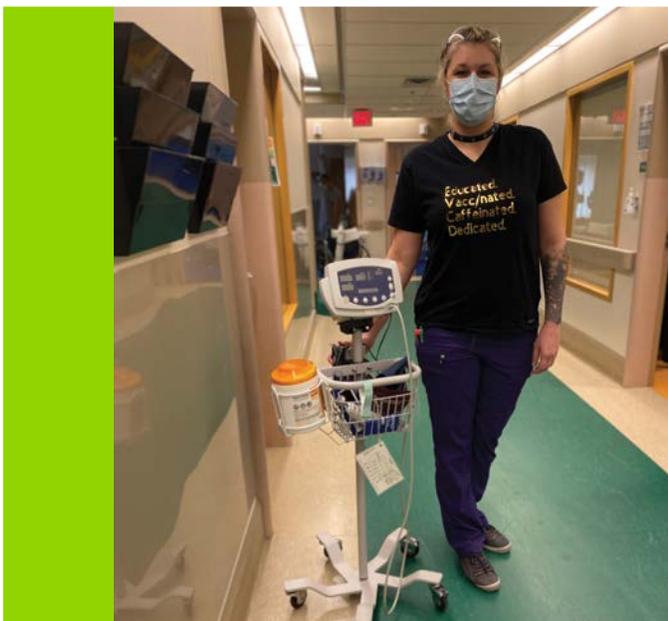
fundraiser had donors submitting photos of their pets to be integrated into the wrap along the room’s bulkhead.

The change to the room is dramatic and has had a positive impact on our little patients and nursing staff. The room was occupied within hours of completion and has been in such frequent use, that we have not been able to get back in for additional photos.

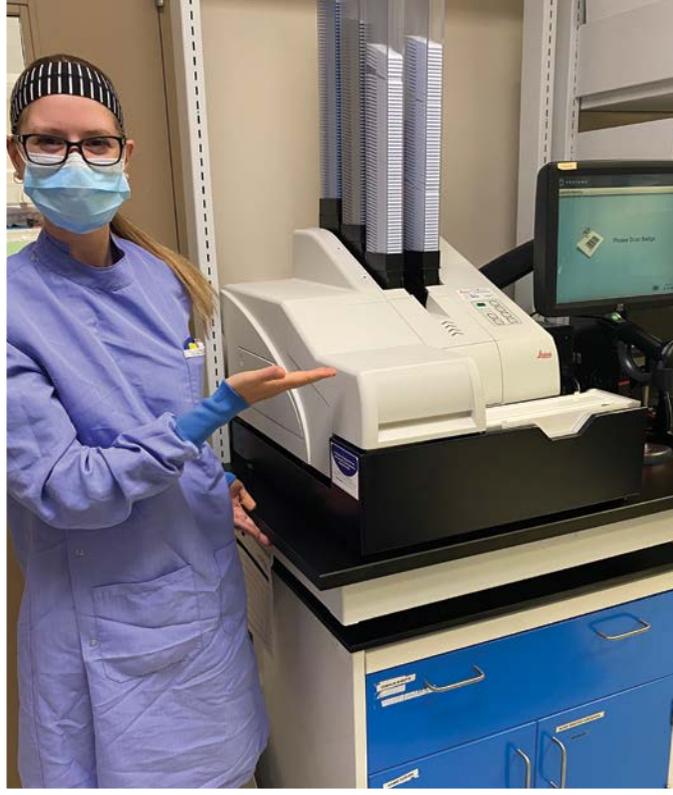
If you would like to host a fundraiser on behalf of the Health Foundation, please email info@ourhealthfoundation.ca.

We have joined the Mental Health Foundation to host a virtual walk (or run, swim, bike) from July 19-24. Our Health Foundation staff has entered a team and will be fundraising for our foundation’s mental health initiatives.

We challenge our supporters to sign up, as a team or individually, fundraise amongst your peers and walk with us. To register, for more information, or to support a participant, please visit breakingthesilence.com.



Earlier this year we highlighted the hospital’s need for additional vital signs monitors and rolling stands. Thanks to our donors who responded to this appeal, an order has been placed for this needed equipment. Sheila Burkhart, 4 West Nursing Manager commented, **“Thank you so much on behalf of all the 4 West staff, and most importantly, our patients. This generous donation is greatly appreciated, more than you know.”**



Our Lab department recently took delivery of a Leica Block Printer, and they are very grateful for the equipment. The department is responsible for every kind of tissue sample you could have removed from your body. Each sample is assessed, sampled into a block, and labelled with a unique specimen number and barcode for tracking before being processed. Doctors rely on the results of these specimens to diagnose patient cancers or diseases, and to provide specific treatment plans.

This purchase was made possible thanks to the Medicine Hat Breast Cancer Golf Classic, with funds raised matched by the Yuill Family Foundation. This year's tournament takes place on August 26th at the Medicine Hat Golf & Country Club.

I'M FINE, THANKS. WHY DO YOU ASK? OH, I HAVEN'T BEEN SLEEPING WELL, AND WORK IS REALLY BUSY. I BARELY HAVE TIME TO REST, EVEN WHEN I'M HOME. BUT I'M GRATEFUL TO EVEN BE WORKING. A LOT OF PEOPLE AREN'T SO LUCKY. SO I WILL NOT COMPLAIN ABOUT IT. EVEN IF I DID, WHO WOULD LISTEN? SOME STRANGER I BARELY KNOW? I'M NOT OKAY WITH THAT. IT'S COMPLICATED. I JUST HAVE TO MAKE IT TO THE WEEKEND, THEN I CAN PRETEND THINGS ARE FINE. THAT THIS ENDLESS CYCLE OF WORK AND DEPRESSION AND EXHAUSTION IS OKAY FOR A LITTLE LONGER.

GO FURTHER THAN FINE – HEAR WHAT ISN'T BEING SAID.



MEDICINE HAT & DISTRICT HEALTH FOUNDATION



Giving Hope of Mental Health, our largest capital campaign to date, officially kicked off in March. Thanks to the support of donors, we have already purchased new mattresses for the Medicine Hat Recovery Centre! You can find additional information about the campaign at ourhealthfoundation.ca/givehope4mh/. Keep an eye on our social media and website to see how you can join us in creating safe spaces for those in our community.



The Bassinets for Babies campaign is officially wrapped up. A total of 38 bassinets have been purchased. We are incredibly thankful to everyone who contributed to this project.

Our Gift Shop continues to bring in new stock. If you would like to purchase a gift & have it delivered to a loved one in the hospital, please call **(403) 529-8863**.

Patients who find themselves unexpectedly admitted to the hospital without personal care items can contact a healthcare worker to request a personal care package provided free of charge from the gift shop.

The 2nd annual Teeing Off Fore Men's Health Golf Tournament takes place Sept. 13th at the Medicine Hat Golf & Country Club. For more details and registration, see the News & Events page at ourhealthfoundation.ca.

With spring came the election of the Health Foundation Board Executive. Nick Punko takes on the role of Board Chair, moving up from his previous role as Secretary / Treasurer. Jamie Graham and Tanelle Krassman have transitioned from their roles as Directors to Vice-Chair and Secretary / Treasurer.

As the temperatures continue to rise, we look forward to spending more time outdoors with all there is to experience in our region. Take care and enjoy the summer!

Heather Bach
Executive Director