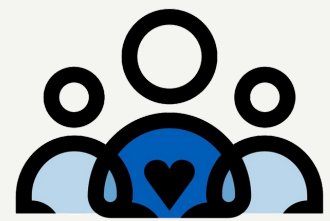


F ANNUAL S NEWSLETTER C H F 2022 / Vol. 001



Fort Saskatchewan Community
Hospital Foundation



A Year In Review: 2022

From new faces to parade shenanigans, the Fort Saskatchewan Community Hospital Foundation (FSCHF) has had a fulfilling and exciting summer quarter. We expanded our staffing base, possible because of the generous and compassionate donors that support our mission, and hired for the new Executive Director role. Soon after, the Board of Directors approved new equipment purchases, including a new LUCAS system (see p. 2)! We marshaled the 2022 Fort Saskatchewan Canada Parade, giving thanks to our frontline workers and those who support them. And we ended the summer with another successful Golf Charity Classic. As fall transitioned into the colder winter months, FSCHF launched

Operation 100: Raise \$100,00 for YOUR Healthcare!

See Page 5

**Newsletter
Sponsored By**



Thank-you Frontline Workers

It has been incredibly exhausting, trying, and challenging the last couple of years because of the COVID-19 pandemic. FSCHF would like to thank our hard-working staff for everything they endured and struggled through. Thank-you for your sacrifices.



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GAME TIME:

1. There are 7 underlined Letters hidden throughout the Newsletter.
2. Locate all 7 letters by reading through the newsletter
3. Use all 7 letters to form the secret word
4. On page 7 you will find the answer/word printed in reverse.

GOOD LUCK!

1

SAVING A LIFE AT A TIME: THE LUCAS SYSTEM

When a patient needs chest compressions they also need an IV or two, medications administered, charting completed, and families need to be updated and cared for. Having chest compressions started by a team member works well, but compressions are a very taxing physical activity that could not only potentially injure the nurse, the nurse also gets tired and may not provide the adequate rate or depth needed which then means they need to switch out with other team members causing a lapse of compressions to the patient; especially when cardiac arrest lasts for hours. Having the Lucas system ensures consistent compressions allowing the rest of the team to perform other duties. *CONTINUED RIGHT....*



*Continued....*Clinical studies have proven the effectiveness of this system, and the LUCAS system has been used to provide compressions during extensive, hours' long cardiac arrest, saving lives that would have had a lower survival chance if manual compressions were used. FSCHF is fundraising for this life-saving, critical piece of equipment for our beautiful hospital.

HOW CAN YOU HELP
SAVE LIVES? **PAGE 5**



NEW FACE



Hello Everyone,

I would like to introduce myself as the new Executive Director for the Foundation. I am thrilled to be here, and I'm excited about many of the things we'll be working on in the near future. We have a great team here in Fort Saskatchewan and I am excited to build upon that team as we continue to develop the Foundation and work towards our mission of Enhancing Healthcare in Alberta's Heartland.

MORGAN DAHMER
Executive Director



2022 Scholarship Recipients

Pictured Right, Top: Brittany Scholdice; Right, Bottom: Serena Heller.

Well! Another year has gone by and the Fort Saskatchewan Community Hospital Foundation had another round of scholarship evaluations. Congratulations to Brittany and Serena for being our 2022 Scholarship Recipients! Both candidates received a total of \$1,500 to go towards their academic pursuits. Brittany is excited to be pursuing her LPN course and Serena is excited to be furthering her capabilities in CT practice while sharing what she learns with colleagues.



7th Annual Golf Classic

Firstly, thank-you once again to our sponsors and volunteers for making our 7th Annual Golf Classic possible and the success that it was.

From Caesars and wieners, to cocktails and ticket sales, 2022 was certainly a tee-off. Raising just over \$20,000 on August 19, the Foundation had one of its best years yet! Thank-you Everyone!



Marching Forward 2022



What an honour. The Fort Saskatchewan Hospital Foundation was given the title of 'Parade Marshall' in this year's Canada Day celebrations. We are so proud of all the individuals who worked tirelessly through the Covid-19 pandemic and couldn't be

more grateful for the recognition they deserve and received in part thanks to the City of Fort Saskatchewan and all those who could march with us!



A special thanks to the DOW crew for helping with the float construction and set-up!



Weird Science: Psychedelic-assisted Therapy

Its official! Alberta is the first province to set guidelines around psychedelic-assisted therapy. In October 2022, Alberta's government introduced new requirements for psychedelic assisted therapy through an amendment to the Mental Health Services Protection Regulation. These requirements come into effect on January 16, 2023. Emerging evidence shows that psychedelic assisted therapy can lead to improvements for people with certain psychiatric disorders, including PTSD and treatment-resistant depression. Psychedelic drugs include psilocybin, psilocin, MDMA, LSD, mescaline (peyote), DMT, 5 methoxy DMT and ketamine.

As psychedelic drugs carry health and safety risks, proper safeguards and expert medical oversight are required to ensure patient safety.





THANK YOU!

38 Sleeper Recliner Chairs purchased, and our campaign is complete **\$42,000 later!** The presence of a familial support system in a clinical hospital environment has an incredible impact on the patient's experience, recovery, and overall mental health and well-being. At the Fort Saskatchewan Hospital Foundation, we recognize that creating a comfortable environment is essential to promote and encourage family members to contribute to the care of their loved ones.

Providing sleeper chairs to our visitors will have several positive impacts, (1) patients will experience less stress and greater wellbeing by having their loved ones present, (2) family members will be supported to maintain their health by receiving adequate sleep while caring for loved ones. We have moms in labour who would like their partner present, palliative patients who need that extra support and those with Alzheimer's who require additional assistance.

Thank-you to everyone who helped us reach our goal!



HOW YOUR SUPPORT MADE A DIFFERENCE:


"I want to thank all those who donated in support of the sleeper recliner chairs. My husband has multiple health issues: Cancer, Crohn's, Diabetes, Arthritis, COPD, Cardiovascular Disease, and Iritis. We spend a great deal of time in the Fort Saskatchewan Community Hospital and, quite often, the emergency department. These trying times are difficult for us to endure on a regular basis.

When my husband is sick, it requires time to figure out what is wrong because he struggles with so many complications. He often receives pain medication and is extremely sick. I do not leave his side during these times, as I deeply love my husband and need to be and remain part of his care and health.

A good example of this is the one time we went to emergency. It was a very stressful time for us both, and I was exhausted and afraid of what was to come. A nurse saw that I was uncomfortable in a chair trying to catch a little sleep while waiting. She offered me the sleeper recliner chair! I was so grateful to put my feet up and lay down for some much-needed rest and it gave me the comfort I needed. It may not seem big to other people, but for me it was everything!!!

Thank-you again for your kindness and generosity." - Anonymous

HELP US GET TO OUR \$100,000 GOAL!



SOUTHFORT IS
CHEVROLET
MATCHING UP TO \$20,000
IN DONATIONS
FOR *Operation* 100



Fort Saskatchewan
Community Hospital
Foundation

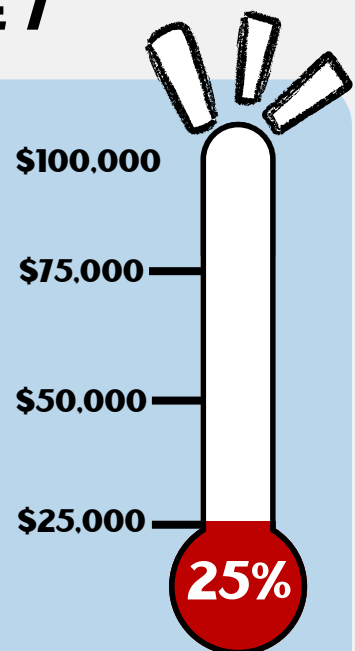


**HOW CAN YOU HELP?
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WHAT IS *Operation* 100?

The Fort Saskatchewan Community Hospital Foundation is raising over \$100,000 for the purchase of equipment and healthcare enhancement. In order to cover these costs, the FSCHF launched "Operation 100" in November 2022. So far The Foundation has raised over \$25,000 towards the Campaign.

A HUGE shoutout to Southfort Chevrolet for partnering with FSCHF in launching a matching-donation corporate challenge, enabling us to raise a maximum of \$40,000 towards Operation 100 in 2023!



ONLY KIDDIN' DO_C



PATIENT: "DOCTOR, I SLIPPED IN THE GROCERY STORE AND REALLY HURT MYSELF."

ME: "WHERE DID YOU GET HURT?"

PATIENT: "AISLE SIX...."

—JOHN MUNSHOWER, DO, MEDIA, PENNSYLVANIA

Needed Equipment

Gas Analysis & Babies

In June of 2022, the Fort Saskatchewan Community Hospital Foundation approved the purchase of much needed medical equipment for the Fort Saskatchewan community Hospital.

Two critical items needing donor and community support are the Radiometer Gas Blood Analyzer and Neonatal Philips Monitors: two (2) are needed for the best care.

What is a Radiometer Gas Blood Analyzer and Why is it Important?

The blood gas analyzer is key when treating our acutely ill patients. We can obtain a small blood sample and get critical lifesaving results in under a minute. These results provide a better window of time for treatment thus improving the patient's outcome.



What is a Neonatal Philips Monitor and What is the Importance?

Do you all remember the Panda Warmers FSCHF campaigned for? This is the next step to help care for our precious newcomers in Fort Saskatchewan.

This small monitor will attach to each of our Panda warmers (where the baby is placed post-delivery). It allows for better awareness of the baby's vital signs at arm's length and can move with the baby when they need to be transferred from the OR to IPU or the ED for continuous monitoring. Continuous monitoring of our infants provides for timely intervention and better health outcomes.



HOW CAN YOU HELP?

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HOW CAN YOU SUPPORT YOUR

LOCAL HOSPITAL?

The Fort Saskatchewan Community Hospital needs your HELP! 2022 has been a year for recovery and catching up. From research and healthcare enhancement, and equipment purchases, we have a lot to fundraise for!

Operation 100: Southfort Chevrolet Matching Challenge

Help us meet our goal of raising \$100,000 to enhance healthcare and support life saving equipment. For every dollar donated towards Operation 100, Southfort Chevrolet will match all donations up to a max of \$20,000.

Monthly Giving Program

The monthly giving program is structured to support all aspects of the Foundation from research and equipment purchases to programming and staff support. This is best for those wanting to provide ongoing support to the Hospital. Interested in being a Monthly Donor? Give us a call today at 780-342-3115.

SECRET WORD: CARDIAC

Give Today To Give Every Day Tomorrow: Legacy Giving

Donate today for a better tomorrow. For loved ones, for charitable good, for continued community enhancement, this fund provides sustainable funding to the Foundation. Your donation keeps on giving year after year, providing life-saving support, providing the strength The Fort Saskatchewan Community Hospital Foundation needs to continue on its mission. Legacy giving provides financial and tax benefits, contact us today about how you can contribute!



Enclosed donation of \$ _____ (Please do not mail cash). For your safety, to ensure proper receipt procedure, please fill out this slip (or make an online donation), detach from newsletter, and mail to the address below:

To: Fort Saskatchewan Community Hospital Foundation
 Address: Room 1C-012, 9401-86 Avenue, Fort Saskatchewan, AB, Canada T8L 0C6
 Mail Income Tax Receipt to: _____
 Address: _____ City: _____
 Postal Code: _____ Telephone Number: _____

Use My Donation For:

Operation 100

Where Needed Most

Other: _____