

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." -John F. Kennedy



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Your Foundation's March Updates

March 2018

Hello Ms. Ball, with the feeling of spring in the air, there are a number of exciting things happening at the Collingwood G&M Hospital that we would love to share with you!

Simulation Mannequin

Meet the Collingwood G&M Hospital's new Simulation Mannequin! This new technology will be used to train physicians, staff, medical residents and students on how to respond quickly and effectively to any emergency. This state of the art simulation mannequin creates an immersive and realistic training experience. Simulating life threatening crises provides a unique opportunity for all care team members to develop and practice the technical, communication and teamwork skills necessary to optimize performance in any crisis situation.



CGMH Respiratory Therapist Jessica Metherall explained the importance of this new technology to hospital staff, "Having this new piece of simulation equipment will allow staff throughout the hospital to practice procedures and interventions with a more lifelike feel. Our simulation man has many features that give a more realistic idea of how a patient may or may

not react to different interventions".

How will this equipment affect our staff's ability to care for our patients?

"Staff are able to use this equipment in a comfortable environment where they will be able to practice and learn with the SimMan, allowing them to get more confident with their skills. By continually and frequently running education sessions and mock codes with this SimMan we are enhancing the care that our patients will receive when they are at CGMH"-Jessica Metherall, Respiratory Therapist.

Thank you again to the CGMHF individual donors and the Giving Circle for funding this very important piece of equipment.

Bell Let's Talk Day



One in five Canadians will experience a form of mental illness at some point in their life.

On January 31st CGMH staff members joined the conversation around mental health for Bell Let's Talk Day! Here are some helpful resources available at the Collingwood G&M Hospital: <https://www.cgmh.on.ca/programs-services/community-mental-health>



Upcoming Foundation Events

Save the Date!

Saturday May 19th, The Breakdown County Boys are coming back to Collingwood!

This concert by Prince Edward Island's #1 small hall performers is an amazing concert you don't want to miss.

Keep an eye on our website for ticket sales later in March.



On Sunday, June 3rd it is time to celebrate!

Join us for our Celebration Dinner at Blue Mountain Resort as we Celebrate YOU – our donors and learn about the impact your donations have made on patient care.

Keynote speaker; Jessica Holmes will provide insight as she shares her hilarious personal anecdotes of how she overcame a near crippling depression that threatened her happiness AND her career in a presentation called “Laugh It Off And Bring It On”.

Jessica presents her insights in a funny interactive way that is rarely seen on stage. Audiences are motivated to set the bar higher for their personal happiness. She discusses the latest discoveries in the field of positive psychology, how to turn your embarrassments into punch lines, and measurable ways to achieve greater fulfilment and happiness in work and life.

[Click here](#) to get your tickets or call the Foundation office 705-444-8645, before it's too late!

For more information about support and strategies available through your Hospital and in our community on topics such as: depression, sleep deprivation, anxiety and fears, bereavement, loneliness and more follow these links.

<http://gbfht.ca/our-programs/mental-health/>

<https://www.cgmh.on.ca/programs-services/community-mental-health>



A New Exciting Event!



The Everest Challenge is a new, exciting, one-day event taking place at the Village at Blue Mountain.

As individuals or in teams of up to 10 people: donors, families, challenge-seekers and

participants of all ages will come together for the incredible challenge of climbing 29,092 feet, the height of Mount Everest.

Starting with an opening ceremony and closing with a village mountain festival, participants will climb four separate hiking trails and be celebrated throughout the day as they complete their mission. Every mountain ascent will offer a new vista and a new sense of achievement.

For more information and registration details go to www.EverestChallenge.ca

Christie/Cummings Ski Day was a Huge Success!



Wednesday February 14th was another extremely successful Christie/Cummings Ski Day in support of the Collingwood Hospital Foundation.

Tickets were sold out by mid-January and the lucky 180 participants who attended enjoyed a beautiful sunny day on the slopes of Osler Bluff. This year's tickets and sponsorship raised over \$40,000!

Unique to this year, the participants were invited to make a donation towards the purchase of a mini orthopaedic drill in a "Fund A Need" auction. With the help of a \$15,000 matching donation, we were able to raise over \$37,000, making the total revenue for this year a record breaking \$77,000! Thank you to everyone who participated.

Over the past 19 years **this event has generated \$575,000** towards the purchase of equipment for our Hospital.



A New Fundraising Campaign!



WASAGAGIVES.CA

#WASAGAGIVES

WHAT IS WASAGAGIVES?

#WasagaGives is a new initiative focused on raising funds for the Collingwood G&M Hospital through Third Party Events in the community of Wasaga Beach.

CGMH is in need of updated obstetrical equipment to continually provide superior care to the hundreds of babies born here annually. The Wasaga Beach efforts and support during this campaign will help purchase equipment such as an infant resuscitation warmer, birthing beds and fetal monitors.

For more information about the campaign [click here](#)

What is a Third Party Event?

A third party event is any fundraising initiative that you organize to help raise funds for your local hospital.

Third party event examples: tournaments, barbecues, bake sales, dinner/dances, dress down days at work, yard sales, or 50/50 draws.

Win a WASAGAGIVES Gift Basket

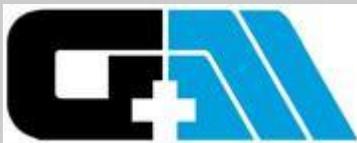
Take a picture of one of the two new Wasaga Gives billboards in Wasaga Beach and post them on your social media (Instagram or Facebook) with the hashtag #wasagagives and tag the Collingwood G&M Hospital Foundation in the post, or share our Facebook post about Wasaga Gives. It's that easy!

At the end of March we will do a random draw for the winner of the WasagaGives Gift Basket.

Gift Basket Includes:

- \$50.00 Gift Certificate for Georgian Family Circle Restaurant
- A bottle of Italian Specialty Olive Oil from the Georgian Family Circle Restaurant
- A bottle of pure Canadian Maple Syrup from Wasaga Beach

Help Make a Difference to Healthcare in Your Community



The Collingwood General and Marine Hospital is seeking dynamic candidates for positions on the Board of Trustees, with the term commencing September 2018. The complexity of healthcare is increasing and now-more than ever-strong, strategic, governance leadership is required.

Ultimate accountability for the services provided by the hospital is held by the Board of Trustees. Working in partnership with the senior management team of the hospital, the Board provides oversight of operations, foresight in terms of planning for the future and insight to ensure the right questions are being asked.

The hospital is currently seeking several, Board experienced candidates, with some preference given to individuals from Wasaga Beach and Clearview Township. In addition to previous Board experience, we seek candidates whose experience demonstrate an understanding of the nature, complexity and needs of Ontario's evolving health system, and the needs of our patients and their families for seamless care within and beyond the hospital.

Interested individuals can submit a resumé by March 23, 2018 to stevensj@cgmh.on.ca.

For further information, contact Jennifer Stevens, Executive Assistant to the Board of Trustees at 705-445-2550 ext 8303 or visit www.cgmh.on.ca.



Daylight Savings Reminder

Daylight savings time begins on **Sunday, March 11th.**

Don't forget to move your clocks forward!

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