

Aberdeen Health Foundation

Enhancing health care here in Pictou County

Report to Community 2016



YOUR GENEROSITY. **BIG IMPACT.**

After an injury on the basketball court, Caitrin Skelton is getting back into game shape. Even though the injury meant sitting out her senior year, Caitrin is excited because she can already see great improvement following her surgery.

Fortunately, Caitrin could get the surgery she needed close to home. That's because the Aberdeen Hospital is one of four orthopaedic centres in Nova Scotia. The department has been successful in attracting surgeons and being well equipped, thanks in part to support from the Aberdeen Health Foundation, which has invested \$1.5 million in operating room enhancements since 2010.

One thing the Foundation couldn't buy is the care Caitrin received. "Right from the first meeting to the day of the surgery, everyone was so helpful. They took the time to explain everything to me in detail. I knew what to expect and that made me feel completely at ease. Believe it or not, I actually love going to the hospital."



*The hospital's four orthopaedic surgeons perform an average of nine surgeries every day, with equipment that is on par with private hospitals in the US, according to Caitrin's surgeon, Dr. El-Tahan. **Pictured:** Dr. El-Tahan, Dr. Boudreau, Dr. Sequeira, and Dr. Hayward*

Our Community Thrives on Generosity

2015 was a year of rewarding opportunities for the Aberdeen Health Foundation. After finalizing and adopting a new strategic plan, Board members have worked diligently on its implementation. We are focused on good governance, supporting wellness programs in Pictou County, and building partnerships with the new health authority and government.

At all times and in all endeavours, the Foundation's ultimate mandate is to ensure that state-of-the-art equipment and enhanced wellness programs and services are fully accessible to Pictou County residents.

We are grateful for the continued generosity of our donors, which enabled the Foundation to allocate a remarkable \$900,000 in 2015 toward our \$1.5 million commitment for the re-development of our emergency department and pharmacy.

It is a privilege to be part of an organization that is in a position to respond to the emerging health care needs of our community and ensure our hospital exceeds the standard of care, with access to new technology and the latest training for staff.

~ Susan L. Green, Chair

2015 Board of Directors

Susan Green, Chair
Hilary Amit, 1st Vice Chair
Valerie Ryan, 2nd Vice Chair
John Morrow, Treasurer
Robyn Eaton, Secretary
Wade Taylor, Past Chair
Neil Bysterveldt
Joanne Cumming
Jim Gogan
Rick Goodman
Murray Hill
Aulayne Jeans
Mike Jenkins
Jim MacConnell
Heather MacDonald
Harry Munro
Sean Murray
Jim Shaw
Frank Sobey
Jana Sobey

Cora's New Hope

For Cora, her diagnosis of Bipolar Disorder marks a beginning in her life – the beginning of healing for herself, her family, and her future.

Before her diagnosis, Cora's life was one of contrast. She had a wonderful family, good education, and great job opportunities. But she couldn't seem to keep her work or personal life together. She was making bad choices and blamed herself.

During an admittance at the Aberdeen Hospital two years ago she was properly diagnosed for the first time in her life. Looking back now, Cora realizes that the symptoms of her mental illness began to appear when she was 14.

As part of her care, Cora was referred to New Hope, an outpatient program to support people experiencing mental illness. It took her six months to muster the courage to go but when she did she soon realized that the more she went the better she felt.

"New Hope gave me a reason to get up and get dressed three days a week, it gave me a routine; it stabilized an unstable situation."

At New Hope clients receive therapy, care, and support. They meet others who are going through similar things, and they spend time having fun together – simple activities that help them regain confidence, build relationships, and get their lives moving forward again.

New Hope receives support from the Aberdeen Health Foundation's **Sandbar Mental Health Endowment**.



THE WAYS YOU GIVE.

Healthy outcomes for children and families in our community

Five community organizations received a total of \$95,000 from the Children's Aid Society (CAS) Endowment this year. Maranatha Bible Church, Highland Community Residential Services (HCRS), Summer Street, New Glasgow Academy and Kids First are developing projects that range from food security to respite services, health and wellness programming, and safe, play-rich learning environments.



Crop out cancer

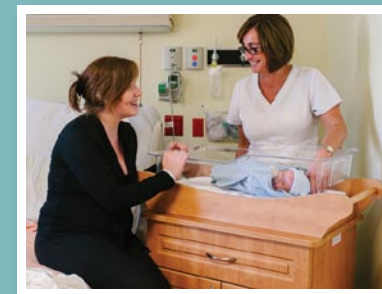
Annie Corbin and Elaine MacKenzie organized a day of scrapbooking and card making to raise funds for the Oncology Unit's Client Fund. The donation is in memory of Annie's sister-in-law Linda Corbin and Elaine's good friend Fleur Mainville, and will assist families with additional expenses for their cancer care.



Pictou County students gain experience in health field

This summer, three grade 12 students had the opportunity to explore if a career in health care is for them. Through co-op placement at the hospital, students were introduced to a range of health professions. Additionally, two of the program's first students graduated from nursing this year and one has decided to return home and accept a position at the Aberdeen.

THE DIFFERENCE YOU MAKE.



Local businesses support local moms and babies

The Aberdeen Hospital's Women & Children's Unit received two new birthing chairs thanks to McDonald's McHappy Days and new bassinets thanks to Shoppers Drug Mart Tree of Life campaign. The new equipment is helping moms relax during delivery and giving infants a safe and comfortable stay while at the hospital.

Adopt-A-Library supports the ER

Thanks to the Pictou County Adopt-A-Library program, the hospital's Emergency Department now has a selection of books and games to help brighten a child's visit to the ER. Kids can take home the items they have selected from the fully stocked bookshelf and treasure chest.



Racing for oncology care

Through Race on the River, the Women Alike Dragon Boat team raises money for cancer care and gives back locally. This year, with the team's donation of \$36,000, the hospital's lab has new equipment – a microscope and blood stainer, enhancing the hospital's diagnostic capabilities.

Living & Giving with Gusto

Our 2015 Funding Commitments