

# InTouch

Spring & Summer 2022



# INTOUCH

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- BACK IN PERSON!



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# MESSAGE FROM THE PRESIDENT



The Spring weather has made its way to Dartmouth General! With the easing of restrictions and the gradual return to normal on the horizon, it is another exciting season for us at Dartmouth General Hospital Foundation!

We are still working hard to fundraise for Dartmouth General's first MRI! This is going to make such a positive impact on wait times for patients in HRM and across the province! We are making progress towards our goal, and we are excited to get even closer with the funds raised at our 37th Annual Lobster Dinner and Auction! We have a fun, new setup this year with the dinner being held in person at Fisherman's Cove, less than a 10-minute drive from Dartmouth General! Plus the J&W Murphy Foundation is back with another \$100,000 match!

We were so happy to be a part of Urban GUT 2022 on April 1st. So many of you joined us to climb Citadel Hill and walk downtown Halifax in support of Get Up There (GUT), a public awareness movement, fundraiser and event. This year we raised the funds needed to purchase the GI Genius, an innovative artificial intelligence technology used to detect polyps during a colonoscopy. Early detection is critical in the diagnosis and treatment of colorectal cancer, so this technology will help Dartmouth General Hospital save lives. Thanks to the John and Judy Bragg Foundation for matching the funds raised - what a team!

We were also shocked and saddened by the sudden passing of Sean O'Regan, a proud Dartmouth General Hospital Foundation donor and supporter. We honour Sean, his memory, and his family with a special Donor Spotlight in this edition of InTouch.

I hope you and your loved ones are doing well and staying safe. We look forward to seeing you at our Lobster Dinner on June 18th!

With Gratitude,

Stephen Harding  
President & CEO



# DARTMOUTH GENERAL HOSPITAL FOUNDATION BOARD OF DIRECTORS

## EXECUTIVE

|                       |  |
|-----------------------|--|
| <b>Chair</b>          | Bruce Delo, Senior Consultant, Delo Consulting                                       |
| <b>1st Vice Chair</b> | Dan Gibson, Retired Senior Management, The Shaw Group                                |
| <b>2nd Vice Chair</b> | Rick Flynn, CPA, CA, EMBA, Director. Community Volunteer, Retired Aviation Executive |
| <b>Treasurer</b>      | Jennifer Alward, Senior Manager, KPMG LLP  |
| <b>Secretary</b>      | Sharon Davis-Murdoch, Co-President of Health Association of African Canadians        |

## DIRECTORS

|                         |   |
|-------------------------|---|
| Dr. Natalie Cheng       | <i>Medical Site Lead, DGH</i>   |
| Joseph Diab             | <i>President, Baker Drive Developments</i>  |
| Mark Gascoigne          | <i>CEO, Director of Strategy Trampoline Branding</i>  |
| John Fitzpatrick, Q.C.  | <i>Proud Partner at BoyneClarke LLC.</i>  |
| Sandra Lambie           | <i>Auxiliary President</i>  |
| Ann Janega              | <i>Associate, C-Level Executive</i>   |
| Paul O'Hearn            | <i>Director, National Accounts Atlantic Region, TD Bank Group</i>                             |
| Mark Sherman            | <i>Retired, VP &amp; COO, Irving Oil</i>  |
| Candace L. Thomas, Q.C. | <i>Deputy Minister of Justice and Deputy Attorney General for the Province of Nova Scotia</i> |

## EX-OFFICIO

|                  |   |
|------------------|---|
| Stephen Harding  | <i>President and CEO, DGH Foundation</i>                      |
| Dr. Todd Howlett | <i>Senior Medical Director Innovation, Nova Scotia Health</i> |
| Gordon Peckham   | <i>Health Services Director, DGH</i>                          |
| Vickie Sullivan  | <i>Interim Vice President, Operations, Central Zone</i>       |

# DARTMOUTH GENERAL HOSPITAL FOUNDATION STAFF

Stephen Harding, **President & CEO**  
Maria West, **Manager, Finance & Donor Services**  
Lisa Cottreau, **Manager, Donor Engagement**  
Heather Mosher, **Administrative Assistant**  
Kiana Pace, **Marketing, Communication & Media Specialist**  
Jenna Joyce, **Senior Philanthropy Officer**

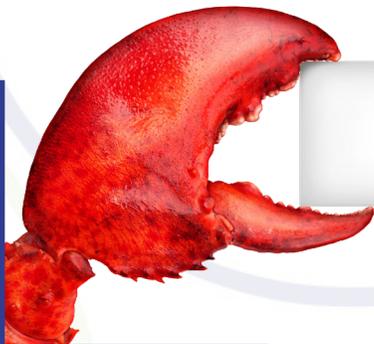


Mark your calendars for June 23rd, 2022 for our Annual General Meeting at 9:30am at BOYNECLARKE LLP.

To join in person or by livestream contact Lisa Cottreau, by email at [lisa.cottreau@dghfoundation.ca](mailto:lisa.cottreau@dghfoundation.ca) or by phone 902-465-8531 to register.

# UPCOMING EVENTS

Visit [www.dghfoundation.ca/events](http://www.dghfoundation.ca/events) or scan this code for more information about any of our events!



## Lobster Dinner and Auction

June 18, 2022



Our Annual Lobster Dinner and Auction is coming up soon! This year we will be hosting a tented event outdoors at Fisherman's Cove in Eastern Passage!

Check out page 10 for more information and to get your tickets today!



 **GOLF CLASSIC**  
September 12, 2022 at  
Brightwood Golf and Country Club

The DGH Golf Classic is back again this year, being held on September 12 at Brightwood Golf and Country Club!

Registration will be open to the public in early June - keep an eye on our website for more information!

We are so happy to be partnering with 105.9 Seaside FM again this year for our third annual Radiothon!

We are going to have a great day of stories, songs, and fun all while raising money for upgraded equipment and technology at the Dartmouth General Hospital!

Mark your calendars for October 22, 2022!



  
**OCTOBER 22, 2022**  
ON 105.9 SEASIDE FM

## RADIOTHON

PROUDLY SUPPORTED BY 

We had so much fun at our In Gratitude Reception last November, where we recognized longtime supporters and friends of the Foundation, as well as launched the Fraser Conrad Society.

We will be announcing the date for this year's gathering soon - stay tuned!

## 2022 In Gratitude Reception

Date to be announced soon!

# SHOWING THE LOVE



A generous donation from Lysol of 63,000 packs of Lysol disinfectant wipes was shared around HRM in early 2022.

This \$300,000 gift through the Dartmouth General Hospital Foundation is helping make sure the only thing being spread this new year is joy.

Lysol approached the Dartmouth General's Foundation after they heard about the Foundation's work with not only the Dartmouth General Hospital, but with the community partnerships it focuses on as well.



The wipes, unable to be used in the hospital due to scent restrictions, were shared with all Dartmouth General Hospital staff and incredible community organizations in Dartmouth and Halifax, such as the Healthcare Association of African Canadians, University/High School Foodbanks, Shelters, and more.

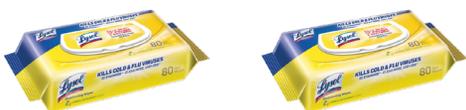
Thank you so much to all of our local Councillors, MLAs, Mayor Mike Savage, and more for connecting us to organizations that will greatly benefit from this incredible donation.



Lysol is making substantial donations to good causes in Canada, reaching the most vulnerable communities and non-profit organizations across Canada.



Thank you to the @DGHfoundation and Lysol for this generous donation of Lysol wipes to HRFE. More information about this gift for healthcare staff, emergency responders and community groups: [shar.es/aWDYt1](https://shar.es/aWDYt1)



Near the end of 2021, Dartmouth General Hospital Foundation, along with DGH leadership, were lucky to be able to spend several days touring the Dartmouth General and handing out “Show the Love bags” to all staff in the hospital.

These bags were meant as a thank you to staff for their hard work during the pandemic. This has been a trying time for everyone in the healthcare field and we wanted to share some love and thanks!

These bags included lots of goodies from local businesses including:

- Granola from Made with Local
- Gift Certificate to the DGH Cafe
- Goodies from Johnson Insurance
- Discount Codes from Under Armour, New Scotland Clothing, Dominos
- Fresh fruit from Pete’s Frootique
- and more!

We are very grateful that the community also wanted to share the love with the hardworking DGH staff this year.

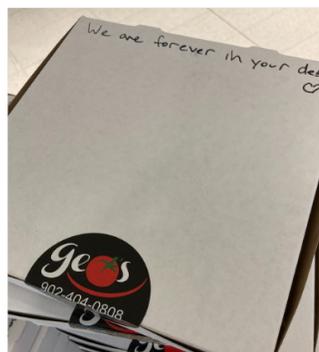
RBC delivered 250 Tim Hortons Gift Cards, with Liza MacDonald personally thanking staff as they received their gift cards.

Dartmouth Seniors Service Centre dropped off cookies and coffee for the nursing staff.

MLA Lorelei Nicoll dropped off healthy snacks and partnered with Geo’s Pizzeria to deliver 250 slices of pizza for staff.

MLAs Claudia Chender and Susan Leblanc visited with healthy snacks for the staff as well!

Cineplex in Dartmouth Crossing delivered bags of popcorn for staff on National Popcorn Day!



## Edwards Family Charitable Foundation supports the DGH Pressure Ulcer Consult Team

We are so delighted to receive a gift of \$30,000 to support the DGH Pressure Ulcer Consult Team.

This generous donation will support the purchase of specialized equipment as well as continuing education for our healthcare team supporting the prevention, treatment and ongoing care of pressure ulcers.

The Edwards Family Charitable Foundation is pleased to support this program in recognition of the innovative leadership and dedication of Dr. George Davis (pictured right with the Pressure Ulcer Consult Team).



## WANT TO KEEP UP TO DATE WITH DGHF?

***SUBSCRIBE TO OUR MONTHLY DONOR DISPATCH EMAIL!***

Contact **Lisa Cottreau**, Manager - Donor Engagement at  
[lisa.cottreau@dghfoundation.ca](mailto:lisa.cottreau@dghfoundation.ca)  
**902-465-8531**  
for more information.



## John E. Irving Family Support Purchase of Digital Mobile X-Ray

We are happy to announce a generous gift from the John E. Irving family supporting the purchase of a Digital Mobile X-ray.

The Digital Mobile X-ray (pictured to the right) is a critical piece of diagnostic equipment.

With the support of the John E. Irving family, we are able to provide care to the sickest patients, faster.





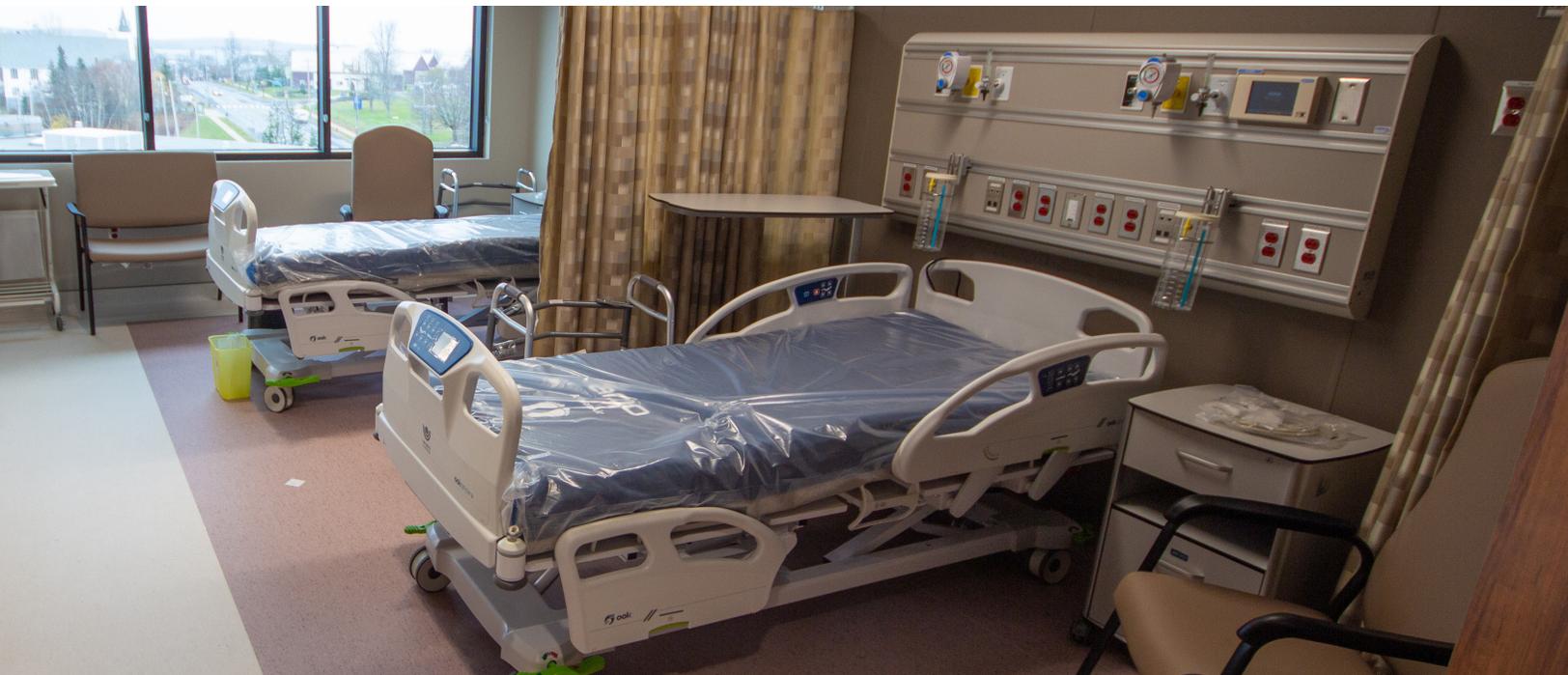
We are so proud to share a look at the completed 5th floor. More than 30 years ago the fifth floor was added to the Dartmouth General in anticipation of future use. That future use will soon be a reality!

In May of 2020 5East was completed, and construction is now complete on 5West and it looks amazing! The rooms and staff areas are gorgeous, with many having incredible views. The city of lakes theme has turned this area into a work of art!

In February we were excited to learn that 12 of the 24 beds on 5 West will be dedicated surgical beds. With this guaranteed space, this is a big step towards addressing surgical wait times!

You can watch a pre-recorded tour of 5West by scanning the QR code with your phone's camera.

SCAN ME



Join us for the 37<sup>th</sup> Annual

# DGH Lobster Dinner & Auction

Help us bring an MRI to  
Dartmouth General Hospital

**June 18, 2022**

Presented By



*New this year! This will be  
an outdoor, tented event at*

**FISHERMAN'S  
COVE**

VISIT  
**WWW.DGHFOUNDATION.CA**

FOR MORE INFORMATION AND  
TO GET YOUR TICKETS TODAY!

# We're excited to bring this well-loved event to the scenic Fisherman's Cove!

## Ways to support the Dartmouth General:

Enjoy a Lobster Feast in an outdoor, live & in-person event in a luxury tent featuring music by Shameless, live auction, silent auction, 50/50 and more!

Upgrade your ticket to enjoy the Harbour Experience: Climb aboard the Harbour Queen at Cable Wharf and sail off to Fisherman's Cove while you enjoy a pre-dinner reception with live jazz music and great company

Can't join us for the dinner? Choose our drive-thru option instead!

**Your generous contribution will be matched by J&W Murphy Foundation again this year, up to \$100,000! This will be a huge support in the purchase of an MRI.**

Check out [www.dghfoundation.ca](http://www.dghfoundation.ca), or scan the QR code to purchase tickets!



You can also call (902) 460-4149.

## Thank you to our sponsors





# AUXILIARY UPDATE

Due to the COVID 19 Pandemic, our Auxiliary Gift Shoppe has been closed since 2020. We finally reopened again on 28 February 2022. Even though the past two years have been stressful for us, we did experience some exciting events.

Last September, several of our members volunteered at the DGH Foundation Golf Tournament. In October, we manned the pledge phone lines for the DGH Foundation’s Seaside FM Radiothon. Both events provided fun and fellowship for those who were able to volunteer. One of our members made and donated a lovely basket to the Foundation for their Lobster Dinner silent auction.

Unable to meet in the hospital, we held both executive meetings and general meetings in other settings to keep up with and discuss issues affecting our Auxiliary and Gift Shop. It was also a time for us to share a coffee and catch up with others. Proof of vaccine was required to attend. When we were unable to meet in person, our members were kept up to date via email on items that would be of interest to them.

Once again, our members stepped up and sold many tickets to ensure our Christmas Basket Raffle was a success. We also recently had a Quilt Raffle for an upcoming Mother’s Day draw.

In February 2022, we met with Stephen Harding, President DGH Foundation and Board Members in the Hospital Atrium to present our final payment of \$40,000 to fulfill our \$200,000 pledge to the Foundation’s “Above and Beyond Campaign”. While there, we were given a tour of our new fifth floor patient rooms which will soon be ready to receive patients, “Very Impressive”.

To honour our Auxiliary, a Plaque has been placed in the new DGH ICU Unit, Room 2915 in recognition of our total \$2,000,000 contribution made to the Hospital since 1973.

Also, we were thrilled this past year to learn our Auxiliary is 2nd on the Foundations donor list for our continued loyalty and financial support to the Dartmouth General Hospital and the DGH Foundation.

Our Auxiliary is always willing to accept new volunteers to work in our Gift Shop. Applications are available on the DGH Foundation website under the “Auxiliary” icon.

Sandy Lambie  
President, DGH Auxiliary



# VOLUNTEER SPOTLIGHT

## OLGA BELLEFONTAINE - THE PINK LADY

Volunteers are an essential part of the DGH team, and staff are always excited to share stories about the incredible people who take time out of their days to make a difference for hard working hospital staff. Alex Grant, a Med Rec Tech in DGH Emergency, reached out to DGHF to let us know about Olga Lunde Bellefontaine.

“There’s a very special volunteer at DGH Emergency, her name is Olga,” said Alex. “Olga’s regular volunteer day is Wednesday and she always showed up with home made treats for the Emergency staff. Due to COVID 19 restrictions we no longer have our volunteers on site - yet, every Wednesday during the pandemic, Olga has continued to drop off her treats to us. This has been a huge boost for our morale. One of our RNs even refers to that day as “Pink Lady Wednesday”, referencing the coats often worn by female volunteers.”

Olga loves being a part of the Emergency Room staff’s Wednesday routine, saying “they just deserve it. They work so hard, and I realized that it means so much to them, this little thing - a square or something! I look forward to getting back and seeing them.”

As for being recognized by the Emergency Room staff in this way, Olga is overwhelmed and grateful.

“It means so much, it really humbles me and I certainly didn’t want acknowledgment for something this small. Now, realizing what this means to a lot of them is really eye-opening. The staff have left flowers for me, and these beautiful cards that just bring tears to your eyes. Reading some of their cards about how they look forward to this and how it brightens their day, that meant everything.”

The Dartmouth General Hospital is proud of the culture of collaboration and community, which owes a lot to the incredible volunteers like Olga and the staff who take the time to recognize their contributions.

Alex says it best: “Thank you to Olga and all of our volunteers. We miss them and are looking forward to welcoming all of them back when it is safe to do so.”





Sean O'Regan

# Remembering Sean O'Regan

Sean was a true champion of the Dartmouth General, and we will all miss him dearly. Sean's caring advice and transformational support of the Dartmouth General set the example of what a philanthropist can accomplish, making our hospital and our community stronger.

Sean and the O'Regan family have shown through example the importance of being present in your community, and being a positive force of good for everyone around them.

We will miss you Sean.





Darlene Metzler



Team Parfuls



Team GUT Instinct



The 14th annual Get Up There (GUT) event, took place on Friday, April 1st 2022. This year this amazing community event raised over \$57,000!

This year, proceeds raised by GUT participants supported the purchase of Medtronic’s GI Genius, an innovative artificial intelligence technology used to better detect polyps during a colonoscopy. Scan the QR code below to learn more about this incredible technology!

We were so happy to be joined again this year by incredible supporters and fundraising teams like Power Up, McInnis Cooper, Halifax Professional Firefighters Local 268, Bob’s Brigade, DGH Above and Beyond Climbers, and more!

GUT is on a mission to bring awareness to colorectal cancer through the event, a public awareness movement, fundraiser and event. For the last 13 years, this event has raised over \$800,000 to support the awareness for fight against colorectal cancer, purchase equipment to aid in early detection, outfit a third endoscopy suite with specialized equipment and fund the promotion of Nova Scotia’s world class colorectal cancer screening program.

Early detection is critical in the diagnosis and treatment of colorectal cancer. This new technology and increased awareness will help the team at Dartmouth General Hospital save lives.



Halifax Professional Firefighters Local 268



Team: Bob's Brigade



Team Qteam

# MEET THE DGH SOCIAL WORK TEAM!

The Social Work Team at the Dartmouth General Hospital are vitally important to the patient experience. To quote the team, they are “the non-medical players on the medical team.”

Social work is often a division of the hospital that is misunderstood, with people not fully understanding the scope of their work. They are a patient advocate, they help plan for the recovery process and the patients’ discharge, they learn about who the patient is and what is important to them to ensure they receive the very best care possible. They are truly indispensable.

Many of you may have received our spring mail-out, where we highlight how you can support the Social Work Team by donating to our Patient Necessities Fund. This fund was created to allow our social work team access to funds needed to support patients while they receive care, or when they are able to return home. This fund is about allowing patients to be people again, without the added stress involved in making sure they have healthy food to go home to, transportation from the hospital, medical devices and accessories needed for their recovery, or even something as simple as a clean pair of socks.

“The Patient Necessities fund gives us the ability to fill in the gaps in the patient’s needs that have historically been overlooked. More importantly, the fund reminds us that we live in a community that cares for folks,” says Lana MacLean, MSW, RSW. “Dartmouth has always been a place in which people feel connected to Dartmouth General as a community hospital, although we are becoming much more than that we haven’t lost that community connection or the compassion for the patient.”

**If you would like to support the patient necessities fund you can donate by calling (902) 460-4149, visiting [www.dghfoundation.ca/donate](http://www.dghfoundation.ca/donate) or scanning the code below with your cell phone’s camera.**



Loni Doucette, MSW, RSW



Marlene Smith, MSW, RSW



Lana M. MacLean, MSW, RSW



Kristen Small, MSW, RSW



Jan Ward, MA, MSW, RSW

# STAFF SPOTLIGHT

## DR. JENNIFER LEIGHTON, MD, FRCSC

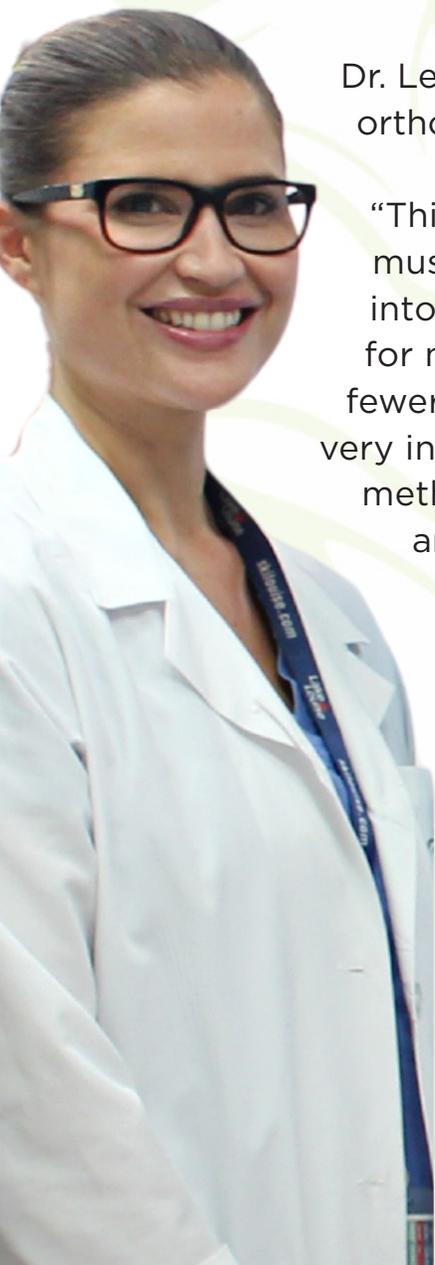
One of the many friendly faces you see as part of our orthopedics team is Dr. Jennifer Leighton.

Dr. Leighton, a Dalhousie graduate, is happy to call Dartmouth General Hospital one of her homes. Dr. Leighton specializes in lower extremity reconstruction surgery, with a focus on primary and revision hip and knee arthroplasty.

“It’s an exciting time to be a part of the Fred Smithers Centre for Orthopedic Care team,” says Leighton. “We are seeing a lot of change and innovation to improve the care and access for our patients.”

Dr. Leighton is no stranger to innovation, being the only orthopedic surgeon in HRM doing anterior hip replacements.

“This is the only approach where you don’t have to cut any muscles, instead you go between them. This means that early into the patient’s post-operative recovery there is a lower need for narcotic consumption, lower pain scores, less of a limp, and fewer physiotherapy requirements,” Dr. Leighton explains. “I am very in favour of the anterior approach, but long term all of the methods work really well. The patients that are eligible for the anterior approach are also perfect candidates for day surgery, which is fantastic.”



Dr. Leighton is enthusiastic and excited about the ongoing change and innovation taking place at Dartmouth General Hospital, especially in the **Fred Smithers Centre for Orthopedic Care**.

One of these changes is the addition of an MRI at Dartmouth General. This MRI will include an orthopedic package, so in addition to emergencies and diagnostic imaging needs, there will also be an MRI available for orthopedic patients.

“If we know what we’re treating, it’s much easier to treat it,” says Dr. Leighton while speaking to a group of Foundation staff at a recent tour of the Orthopedic Assessment Centre in Dartmouth.

In the future, the addition of an orthopedic robot will be another game-changing innovation at Dartmouth General Hospital. Dr. Leighton is currently learning about the robot available in Halifax and is part of the team learning more about the options that can be brought to Dartmouth General. This robot will be a key piece of equipment, helping to increase surgical precision.

“Even a 1-degree difference in the placement of a replacement can make a big difference. When we look at our precision without the robot, we are plus or minus up to three degrees. The robot is accurate to 0.1 to 0.5 degrees. One of the biggest things these robots are doing is increasing accuracy and capturing data, which will help us move forward”

Dr. Leighton is one of the many innovators Dartmouth General Hospital is lucky to have in our midst. She is keen to help Dartmouth General evolve and is a great addition to our orthopedic team.

“All of this data from this new equipment is what is going to help us continue to be a centre of excellence and grow in the future.”



Orthopedic Assessment Centre in Queen's Square, Dartmouth



Follow us on social media

    @DGHFoundation

"Just wanted to say I had surgery today and the staff were truly the best I have ever had with surgery. If I could rate them, they would be 15 out of 10. Thank you all."

"Incredible @DGHfoundation - I've seen lots of random acts of kindness from you with same pic at many charities. Part of my motivation to support your organization doing GREAT things!"

"So many amazing people at that hospital. Spent 15 months there with my husband and he was so well taken care of. Thank you does not seem enough to say to all these amazing people."



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