

# promise.

ISSUE 1.0 JUNE, 2024

Huntsville Hospital Foundation donor impact stories that inspire giving today, transparency always and fact-based updates on what the future promises.



## Full circle.

It's a classic Huntsville / Muskoka story: Carolyn Christodoulou (nee - Brown) grew up in Huntsville. George Christodoulou met Carolyn, they fell in love and were married. Then he fell in love with Huntsville too, buying what would become their family cottage on Peninsula Lake.

"Growing up here, family cottaging here, giving in support of our hospital here - it's a complete circle," says Carolyn.

The support Carolyn is referring to is the transformational gift of \$1 million from the family's G&C Be Kind Foundation to the Huntsville Hospital Foundation Focus on Imaging campaign in June 2024.

"We see this very much as our community and our hospital," says George. "Giving to help the hospital acquire Muskoka's first MRI made the most sense to us - we see Huntsville as home."

The gift continues a lifelong commitment to local hospital support that started over a generation ago with Carolyn's parents and family. In addition, George and Carolyn know first hand how important MRI technology is to the local District Stroke Unit and to local emergency care.

Huntsville Hospital Foundation's Focus on Imaging Campaign raised in excess of \$10 million over three years. Construction for the Muskoka and area's first MRI unit is scheduled to begin this summer on the existing Huntsville Hospital site.


## What is your personal legacy?



"A legacy gift is a gift for others but thanks to tax benefits, and the satisfaction of helping our hospital, a legacy gift is also a gift for you."

- Jane McCutcheon

Your Will can be a powerful tool to shape the future of Huntsville Hospital and benefit your estate at the same time. Talk to your Foundation team to learn more about Legacy Giving. Visit [huntsvillehospitalfoundation.ca/legacy](https://huntsvillehospitalfoundation.ca/legacy) to learn more.



"I always knew I'd be back."

**Amy Gargal**  
Manager, Intensive Care  
District Stroke Centre Coordinator  
Muskoka Algonquin Healthcare

Amy is a bright, positive voice in local healthcare with big responsibilities in the Muskoka District Stroke Centre and the ICU. After leaving home here in Huntsville to earn her degrees at McMaster University, she returned to Muskoka where she settled into her career at MAHC and settled into life on the Muskoka River with husband Rich and eventually son Brody, now seven. "I always knew I'd be back after university," she says. "Why wouldn't I come back - everything I want is here."

#### **What is your favourite thing to do in Huntsville and Muskoka?**

I love just sitting on the dock, watching the water flow by and talking to kayakers and boaters who float by with it. No matter where you are in Muskoka, there's always a shoreline to enjoy.

#### **What is your favourite road to drive on, alone or with your family?**

Limberlost Road. Every time we go for a family drive along it to the camp lakes, it takes us back in time as individuals and as a family. It's a feel-good drive.

#### **Why is the District Stroke Centre so important here?**

With stroke, time matters. Huntsville Hospital currently delivers time sensitive stroke treatments, and the plan is to open our stroke unit and stroke rehabilitation programs this fall. Why is that important? Because it gives everyone access to local specialized care - it allows stroke patients to go through treatment with their families close by. There is less stress for everyone - and a much better chance of recovery.

June is stroke awareness month. We're educating everyone in Muskoka about prevention and equally important, about how to recognize early signs of a stroke. Check out the Heart & Stroke link here for details:

<https://www.heartandstroke.ca/stroke/signs-of-stroke/-fast-signs-of-stroke-are-there-other-signs>

#### **What technology is still needed?**

Getting Muskoka's first MRI is a critical, huge step forward for stroke, intensive care and emergency care. Next up, we need to fund monitoring equipment and plan for more advanced rehab equipment to support recovery.

Over 300 stroke-related visits to local emergency departments last year, 175 stroke-related admissions and at least 10% of admissions were people who do not live locally full-time.

#### **Why is getting a new Central Patient Monitoring System so important?**

The existing patient monitoring equipment has been around longer than I have (over ten years). Reliability due to equipment age will become an issue, and that doesn't serve patients or medical teams. The new technology when funded and acquired, will be far more intuitive, more portable, and far more useful to the team. That improves outcomes in both the ICU and the emergency department.

#### **What makes your team unique?**

We work as one big family. Everyone is in. The rehab team - they rock, they inspire us all. I think our patients feel that - they know they are in a better place as a result.

#### **What message do you have for our readers?**

Donations are the difference maker. The difference between obsolete technology and advanced care. Why give? Eventually, having access to the best, up-to-date technology will save the life of someone you know, someone close to you - just like the folks who paddle by my dock each evening.



## Future State Update

Meaningful conversations and evolving strategic options are still at the center of redevelopment for Muskoka Algonquin Healthcare. In that context, we know two things for sure. First, the process itself is open, transparent and, as a result, generating plans for a truly progressive healthcare system for Muskoka and area that will serve the needs of everyone in a sustainable way. And second, your Foundation is 100% confident that the redevelopment team will reach a reasonable conclusion and make their target submission dates to the Ministry.

Here's what else we know...

- Both Muskoka Algonquin Healthcare sites (Huntsville and South Muskoka) will have improved, 24/7 emergency departments.
- The hospital redevelopment project will bring new healthcare services to the region and connect existing healthcare partners to leverage more of a system approach.
- Having newly developed hospital sites and a sustainable system approach will help MAHC attract and retain the best available healthcare professionals and staff.

If you're interested in following the planning process of Muskoka Algonquin Healthcare and the future of healthcare here, please visit [madeinmuskokahealthcare.ca](https://madeinmuskokahealthcare.ca). Or give your Foundation team a call at 705-789-4756.

## What your donations do.

Replacing old technology and adding new advanced equipment to your hospital's toolkit is an on-going, almost never-ending process. Your donations are used to acquire the technology not covered by the government. Here are just a few examples:

### Mammography Machine with Tomosynthesis

This is an upgrade to existing mammography technology and local women's health. The new equipment will allow 3D views, essentially a three-dimensional reconstruction of the breast tissue which provides clearer and more detailed images than what we have today.

### Central Patient Monitoring System

Our current monitors are at their end-of-life. We need 19 new units in total (ICU and bedside in the emergency department). It's a two-year project and the cost is approximately \$320,000. Would you want to be in the emergency department without reliable monitoring? Replacing our technology now is imperative.

### Bio Safety Cabinet

Most donors know about the big ticket changes we're making (the addition of Muskoka & Area's first MRI for example). But the smaller updates and upgrades are important too and just as constant. New bio-safety cabinets will protect our healthcare teams against biohazardous or infectious agents. The cost is \$14,000. It's a small thing from a cost POV - it's a big deal if protecting our healthcare team is important to you (which we know it is).

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## Coming Soon!

There are many ways to get involved in support of Huntsville Hospital. Here are just a few coming up soon!

Look for the Foundation over the summer. We'll be at local businesses and the following events:

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**Huntsville Farmer's Market**, Thursdays in July

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**Lake of Bays Association AGM**, Saturday July 6

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**Bigwin Gala**, Saturday July 6

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**Nuit Blanche**, Saturday July 20

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**The Baysville Walk About**, Saturday July 27

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July 28

**Joy Jarvis Swim**

Joy will swim 9km, starting at the AO Dock Downtown, up the Muskoka River to Lake Vernon, around Gallagher Island and back. You can help Joy reach her fundraising goal of \$5,000  
<https://www.justgiving.com/page/joys-swim-2024>

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August 22

**40th Anniversary Huntsville Hospital Foundation Garden Party**

Please join the celebration. Visit [hhfoundation.ca](http://hhfoundation.ca) for details.

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