

OPERATION MIRACLE IS A SUCCESS AND YOU MADE IT HAPPEN!

The Foundation's annual campaign 'Operation Miracle' which aimed to equip the operating suites at the Northern Lights Regional Health Centre with six state of the art anesthesia machines. We are pleased to announce the success of Operation Miracle! Five new anesthesia machines have been funded. One unit is already installed and the other four are in the process of being purchased and are on their way!

During the Spring Fling Chef's Extravaganza Dr. Joseph Largoza, Chief Anesthetist at the health centre, likened the new machines to getting a new car. "There is nothing wrong with the old car per say but the new one has much more technology, is easier to use and makes you fall in love with

"...take peace of mind in knowing the best technology will be in our operating rooms and working for you."

driving again." The new machines allow the doctor to see the results of X-rays, CT Scans, blood work and more on the screen. Patient information



One of the new anesthesia machines, installed and ready for action.

pertaining to the entire operation is stored digitally on the machine so replay of a procedure can be precisely monitored. All of this information can also travel electronically with your health record!

With more surgical procedures being performed each week at the health centre you, your family, friends, and co-workers can take peace of mind in

knowing the best available technology will be in our operating rooms.

Thank you to everyone who attended our events, held an event on the Foundation's behalf, or made a donation.

We could not have done it without your tremendous help.

Thank you!



Dr. Joseph Largoza addresses the audience at Spring Fling.

A PLACE TO LAY THEIR WEARY HEADS

Your gifts helped! This past summer the Maternal Child department received nine new recliner chairs for each of the patient rooms on the floor. This is especially exciting to the more than 1,000 new Dads who accompany new Moms through their visit to the department. These recliners mean a more comfortable place to cuddle a newborn, catch a nap or get a night of sleep before going home.

Previously few patient rooms had recliner chairs and where there was a recliner it was very aged and quite uncomfortable. Other rooms were furnished with just an upright

"...a more comfortable place to cuddle a newborn, catch a nap or get a night of sleep..."

chair, leaving no possibility for Dad or other family members to spend the night. The new models are able to fully recline and lay flat, and are covered in an easily cleanable and more hygienic material.

The department also received 20 new chairs for the waiting area on the floor.

With child birth numbers constantly on the rise in our region. Improvements to the floor are sure to be appreciated!

Thank you!



Szymon Szymczakowski comfortably reclines in one of the new recliners.

EMERGENCY ROOM GETS A FRESH LOOK

The emergency room (ER) at the Northern Lights Regional Health Centre sees a lot of patients. In fact there are over 75,000 visits each year. Those patients commonly do not come to the ER on their own so it is safe to say that as many as 150,000 people spend time in the waiting room.

You can imagine the effect that many visitors have on the furniture and waiting room area, especially when you consider the current furniture is approximately 12 years old.

The ER department is planning a waiting area 'we can all be proud

of' and because of you it is coming soon! The plan is to create a space that is more open, relaxing and family friendly through new furniture, a fresh coat of paint and other small changes to the area. Families will be able to sit together as a family on the sofas which will create a better waiting room experience. The new furniture is covered in a durable vinyl that is easy to maintain and clean to the level required by the infection control department. The vinyl will also stand up to the rigorous demands of the oil sands, winter weather and high frequency of use.

Now



New



Photo courtesy: Global Upholstery Co. Inc.

Through your generous donations this project is fully funded and is scheduled to be completed by the end of summer 2010. A 'reopening' celebration will

be held by the ER department. Check www.nlhf.ca/news for details of the celebration. Thank you!

PEOPLE ARE AT THE HEART OF WHAT WE DO

Northern Lights Health Foundation places a high value on our relationship with you, our donors. Without your support we would not be able to achieve our mission to optimize health care services within the Regional Municipality of Wood Buffalo. We thank you for your commitment to us.

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This list acknowledges those who gave charitable gifts within April 1, 2009 - March 31, 2010 and recognizes them at their accumulated giving level. *Thank you*

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Stonebridge Hotel



YOU CAN FIND US ONLINE

Visit us at www.nlhf.ca

You can find information on:

- the current need at the health centre
- what's happening with our events
- current Foundation news
- how to become a volunteer
- how to hold an event on our behalf
- how to make a gift
- how to honor or remember a loved one

We apologize if we have inadvertently missed listing your name or business from these lists. Please contact the Foundation office to make any corrections. Thank you.

THIRD PARTY EVENTS: BE CREATIVE!

Third party, what? third party simply means someone other than the Foundation. You, your friends, your workplace, your community group or team, are all examples of third parties to the Foundation.

Through events these groups give to the Foundation by offering their time to plan and execute fundraising events. These events are very important to the overall success of the Foundation and to optimizing local health care.

Hosting an event is limited only by the imagination of the organizer, and can range from car rallies to dinner parties, or golf tournaments to car washes. The Foundation has numerous ideas for simple but effective small or big events that can be found on the web at www.nlhf.ca/hostanevent or by calling the office.

Funds are often raised at events through the collection of a 'minimum donation' to participate, straight registration fees, auction items or from the proceeds of product or service sales.

In 2009-10 the following organizations or individuals held an event or promotion on behalf of the Foundation:

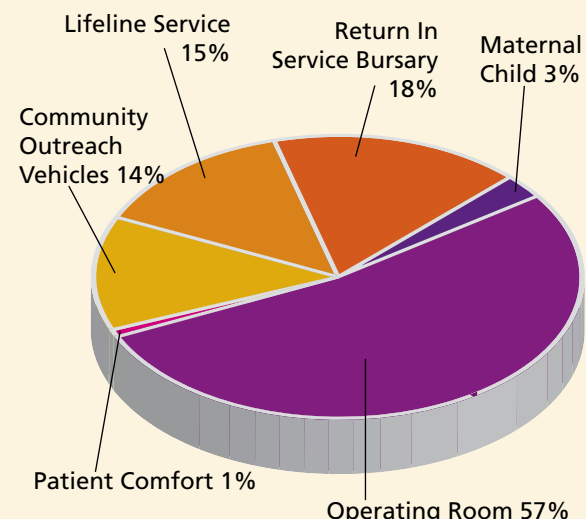
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Park Corporation
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NORTHERN LIGHTS HEALTH FOUNDATION FINANCIAL OVERVIEW

Statement of Operations	2010	2009
Revenue	\$	\$
Fundraising activities	1,190,859	696,583
Unspecified donations	300,261	567,807
Specified donations - externally restricted	131,606	362,646
Specified donations - internally restricted	400,000	400,000
Investment income (loss)	177,448	(60,774)
Non-monetary subsidy	583,931	537,463
	\$ 2,784,105	\$ 2,503,725
Expenses		
Fundraising activities	510,885	545,897
Office and other	190,697	156,779
Amortization of capital assets	2,232	-
Salaries and benefits	583,704	529,752
	\$ 1,287,518	\$ 1,232,428
Excess of revenue over expenditures before the undernoted	1,496,587	1,271,297
Donations to Alberta Health Services	283,514	691,057
Excess of revenue over expenditures	\$ 1,213,073	\$ 580,240

For the full version of the audited financial statements please visit www.nlhf.ca/financials - Thank you!

AREAS SUPPORTED BY YOUR GIFTS 2009-10



SUMMARY OF OUTSTANDING DONATION COMMITMENTS TO ALBERTA HEALTH SERVICES IN THE REGIONAL MUNICIPALITY OF WOOD BUFFALO:

Community Health - Lifeline Service
Community Outreach Vehicles
Emergency Room Department - Seating Replacement
Intensive Care Unit - Central Monitoring System
Maternal Child Department - Various Equipment
Patient Comfort - Item Supply
Pediatrics Department - Playroom Upgrades
Operating Rooms - Anesthesia Machines
Return in Service Bursary Program

McDonald's Restaurants
McMurray Newfoundlanders Club

Thank you for your hard work in organizing your fund raising efforts and for your gift to the Foundation!

You can give a gift of:

- your time (volunteer!)
- your talent
- your organization skills (create an event)
- your experience (share your health care story with us! www.nlhf.ca/share)

GIFTS COME IN MANY FORMS

The result of one conversation has led Debbie Eveleigh to create Angel Stitches Ministry, the name of her project to provide hats and mittens to as many newborns in our community as she can.

About a year ago, Debbie was chatting with her sister, a maternity nurse in St. Anthony, NL, who mentioned that newborns at their hospital normally receive a knitted hat and mittens. Her sister continued saying that their hospital's supply had run out.

Debbie immediately knew she wanted to do something to help. So she began knitting the tiny hats and mittens. Due to demand she soon switched to using fleece material.

With her success Debbie decided to take a photo of her fleece sets and post the picture on Facebook. From that picture Debbie received numerous requests for the pattern and requests came in from as far away as the state of Texas!

To keep up she now has the help of 15 - 20 ladies at her church, the McMurray Gospel Assembly, who were eager to be involved. Even her two sons in the Edmonton area assist her



Debbie's fleece hat and mitt set, modeled by Kya.

project by purchasing fleece from local stores. Her sons are also quick to give Mom a call when one of their friends has a new baby.

Recently Debbie came to the Northern Lights Regional Health Centre to give her first 50 sets to the Maternal Child department. The department was extremely grateful to receive the donation. One set was put to immediate use on one day old baby Kya (see photo).

VOLUNTEER PROFILE

Isn't it funny how one person's enthusiasm can cause others to get involved? That's how Randy McDougall came to volunteer for the first time at this year's Spring Fling Chef's Extravaganza and maybe how you'll feel after hearing what he has to say!

Randy says he got involved with the Foundation because of a "wonderful lady named Bonnie Smith" who he just can't say no to when she asks. A personal connection is a great way to get involved, but Randy says his involvement is more than that "...the fact that it gets me involved with the community, I get to meet wonderful people that might turn out to be future friends."

Randy volunteered twice within one week with the Foundation's two spring time events, Spring Fling and Radiothon, which were very different events. At one Randy met a famous chef at the other he interacted directly with donors to the Foundation but at both he had fun! He says that through these two experiences his eyes were opened to the fact that there are people in Fort McMurray who care. Having only lived in the community for two years Randy likes to keep busy on his days off from Suncor Energy and he finds that giving his time in volunteering gives him a sense of accomplishment.

Let Randy's enthusiasm inspire you! "Do it. It's fun and getting involved with the community in any way is a good thing. This won't be my last time!"

Thank you Randy!



More information can be found on the Angel Stitches Ministry page on Facebook.

On behalf of all the newborns, Moms, Dads and staff at the Northern Lights Regional Health Centre, thank you Debbie! Your thoughtfulness only adds to the sweetness of a new life.

DIAMOND SPONSOR PROFILES

Country 93.3 & Rock 97.9

COUNTRY 93.3 features Today's Best Country and is the station closest to the community: providing the latest news, weather, local events. COUNTRY 93.3 is also proud to be the official broadcaster of the Oil Barons Hockey Club Junior A hockey games.

ROCK 97.9 features Today's Best Rock and Killer Classics, playing great rock music spanning over 5 decades. Aside from playing great rock, ROCK 97.9 is committed to the community of Fort McMurray, providing exposure to local events as well as up to the minute news, weather, and sports.

KAOS 91.1

KAOS 91.1 FM is a part of Kings Kids Promotions Outreach Ministries Incorporated and a registered charity with the Canada Customs and Revenue Agency. Since June 07 KAOS Radio has been promoting the traditional values which have been foundational in building a strong Wood Buffalo Region, through their vision of "Exposing Hope through Music talk and Action". They are listener supported and can be found online at www.kaos911.com or on our local air waves at 91.1FM.

Mix 103.7

Mix 103.7 Today's Best Music is Fort McMurray's newest and best source of entertainment and local information. They are committed to not only bring you today's best music first, but also the latest news and information that affects you, our neighbours in Fort McMurray. Mix is committed to supporting our community with an on air platform to present both sides of issues, a physical presence at events in the community and provide financial and educational support to programs within the community.

Quality Hotel and Conference Centre

The Quality Hotel features 153 spacious guestrooms including executive rooms and suites with king bed, fireplace and private whirlpool. All rooms have wireless high speed internet, fridge and microwaves. Our meeting rooms have 12,000 square feet of meeting space, including 6 function rooms.

Fort Mc Murray's only 24 hour restaurant on-site Athabasca Grill, The Sport Bar and entertainment Spot-The Den

Syncrude Canada

Syncrude is a leader in the Canadian oil sands industry, with a production capacity equivalent to 15 percent of the nation's crude oil requirements, and cumulative production that now exceeds two billion barrels. Syncrude is committed to building a sustainable operation by making substantial investments in research, development and new technologies. They are also constantly improving by building on everything they have learned through 31 years of production experience.

In fact, Syncrude is regarded as an innovation leader in the industry, and is among the top 50 companies in Canada for investment in research and development. Syncrude's mission is to create wealth for all stakeholders from Canada's oil sands by producing high quality crude oil in an environmentally and socially responsible manner. This is why, among other things, Syncrude supports the Northern Lights Health Foundation.

RBC Royal Bank

RBC believes in building prosperity by contributing to the communities in which we live and work. They are now one of Canada's largest corporate donors, and they support a broad range of community initiatives, through donations, sponsorships and employee volunteer activities. In 2009, RBC contributed more than \$105 million to community causes worldwide.

Since 1996, RBC has proudly supported the Northern Lights Regional Health Foundation with nearly \$400,000 in funding to advance health care in the region. As a founding member of Imagine Canada, RBC is committed to donating at least one per cent of their average annual net income before taxes.

SIGNATURE EVENTS: REVIEW AT A GLANCE

RBC Tournament FORE Health

The Foundation's first signature event of the year and it raised \$150,000. Golfers enjoyed a round of golf, banquet, live auction and the million dollar hole in one contest. A horserace game and Calcutta auction of the tournament's team were also part of the fund raising activities.



Festival of Trees

Celebrating its 20th anniversary, the Festival of Trees expanded to include the BAH! Humbug cocktail evening and Silver Bells Shindig. The Grand Ball gala event saw 38 trees auctioned off, while guests were treated to a five course meal and live entertainment. Together these activities and 3,000 visitors helped raise \$262,000.



Volunteers are at the core of our events.

Did you know that more than 350 volunteers gave over 3000 hours of their time to the Foundation's events this year?

Thank you volunteers!

Spring Fling Chef's Extravaganza

Working with community members at large, Ramona Morrison, Shelley Morrison, Brian Hatfield and Cliff Deveau to create a memorable event, this event raised \$245,000. The evening's special guest was Chef Michael Smith of Chef at Home on Food Network. Chef Michael treated almost 700 guests to a tastebud's dream.

Radio-thon

A true industry partnership, the first annual Radio-thon was the culmination of work by the teams from Country 93.3, KAOS 91.1, 100.5 KROCK, Mix 103.7 and Rock 97.9. This event was held at the Northern Lights Regional Health Centre just a few days after Spring Fling and raised \$60,000.

Thank you to the many supporters of our events from Alberta Health Services to our guests, sponsors and donors.

Your support allows the Foundation to keep the cost per dollar raised from events to below \$0.50, our industry's standard for best practice.



More photos of all events can be viewed at www.nlhf.ca on each event or on our Facebook page.



We are on Facebook! Search 'Northern Lights Health Foundation'