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Welcome to the first edition of our newsletter, the Cobequid Check-Up! We hope you enjoy this publication as we strive to keep you up-to-date on all Foundation activities and news around the Cobequid Community Health Centre.

In this issue, I hope you enjoy hearing about how one of our donors made a big difference. As well, I am pleased to introduce Beth, one of our valued health centre staff and Foundation volunteers. If you have comments or story ideas, please contact the Foundation Office at 869-6112.

I would like to thank you on behalf of the Board of Directors and Foundation staff for your ongoing support. We are pleased to be able to turn your donations into action to ensure that the Cobequid Community Health Centre is always there when you and your family need it.

We hope that you will join us at our upcoming Valentine Gala.

*~Stacey Chapman, Executive Director*

## JOIN US FOR THE 2ND ANNUAL VALENTINE GALA

Polish your dancing shoes, dig out your finest threads, and plan to join us on Saturday, February 9th for the Second Annual Valentine Gala in support of the Cobequid Community Health Centre.

This elegant event will take place at the Cunard Centre, starting with a reception featuring wine and fine foods. The evening then moves onto the dance floor with the Novelty Salesman and the Sweetland Band. A silent auction will entice you to bid on some exciting items. After dancing, you can rest your feet and feast on a decadent dessert buffet.

The best part of this glamorous evening is that all funds raised will support the Cobequid Community Health Centre. Whether you require emergency health services or routine tests, events like this ensure that care is available when you need it. We would like to thank our sponsors Glitnir, Municipal Group, Phillips Medical Systems, Kynock Resources, and Johnson Insurance.

Tickets for the 2nd Annual Valentine Gala are now on sale! Individual tickets are \$75, and tables of ten are available for \$650. Please join us at this wonderful event in support of your health centre.

Purchase your tickets for the 2nd Annual Valentine Gala at these locations:  
The Foundation Office, 40 Freer Lane, Lower Sackville (869-6128)  
Alyssa's Classic Formals, Sackville Drive  
Mills Brothers, Spring Garden Road  
or online at [www.cobequidfoundation.ca](http://www.cobequidfoundation.ca)



## A MESSAGE FROM OUR BOARD CHAIR

It has been an exciting year for the Cobequid Community Health Centre Foundation with new staff, another successful Walk Run event and the planning for our upcoming Valentine Gala.

Our Annual Appeal is underway, and we are raising funds for the purchase of a Carotid Ultrasound Unit, used in the detection of full strokes. In our Annual Appeal materials, we introduced Michael, a 34 year old father who awoke one morning with limited vision in one eye. He assumed it was fatigue, but by the time he finished breakfast, his leg was numb.

A trip to the Cobequid Community Health Centre emergency department determined Michael was having a mini-stroke. Stories like this are scary and common. With this new piece of equipment, the Carotid Ultrasound Unit will help our health professionals in the early detection of strokes to prevent serious long term damage to patients like Michael.

We hope you are able to support our Annual Appeal this year, and perhaps we will see you dancing the night away at our 2nd Annual Valentine Gala - February 9, 2008. On behalf of the Foundation Board of Directors and Staff, we wish you all the best in 2008. Thank you for your generous support with your help we can make a difference in the lives of our friends and family.

*Kind regards,  
Stan Spavold, Chair, Board of Directors*



## DONORS MAKING A DIFFERENCE

Mickey MacDonald is known for his many successful business ventures. However, what you may not know is that Mr. MacDonald is also a generous supporter of the Cobequid Community Health Centre.

During our Getting Better Together, Capital Campaign, Mr. MacDonald pledged \$150,000 to help enhance health services for the community, on behalf of his business, Palooka's Gym. "I have made this investment in honour of the hard working and dedicated staff that work in my businesses. After all, it is only through them that I am able to be in a position to give back." said Mr. MacDonald.

The new building brought many upgrades to the Health Centre including a cutting edge physiotherapy department named after Palooka's Gym, in honor of Mr. MacDonald's commitment to the Health Centre. An important component of rehabilitative physiotherapy is exercise equipment, something Mr. MacDonald became very familiar with after opening Palooka's Gym.



***New exercise equipment  
in the physiotherapy  
department***

This new equipment allows the centre to make another addition - a new Chronic Obstructive Pulmonary Disease (COPD) Rehabilitation Program. This program is made possible through a partnership between Respiratory Services and Physiotherapy, in part due to the generous donation made by Mr. MacDonald and Palooka's Gym.

Donna Haverstock, Nurse Educator with the Asthma/COPD Program, can quickly identify the importance of the Program at CCHC. "I am pleased we can offer this program. It allows us to encourage individuals with similar symptoms of COPD to exercise and improve their quality of life. The necessary equipment makes this possible."

COPD largely affects those over the age of 50, and can reduce a person's mobility due to a shortness of breath and decreased energy. The COPD Rehabilitation Program will be comprised of an education component and an exercise component. Getting people moving not only improves their health, but also their confidence in their ability to improve their lifestyles. People interested in participating in the COPD Rehabilitation Program should speak with their family doctor to arrange a referral.

## **DONOR TIPS!**

**Tribute Gifts:** Are you having trouble finding a perfect gift for your mother's birthday or your grandparent's golden anniversary? Here's a great idea – make a donation in their honour! Did you know that you can make a donation to the Cobequid Community Health Centre Foundation in any denomination in honour of a loved one for any occasion. The Foundation office will send a greeting card to that special someone to let them know a gift has been made in their honour.

**A Gift Through Your Will:** Making a planned gift to the Cobequid Community Health Centre Foundation can greatly benefit both you and the Health Centre. Making a gift through your will has several benefits including reducing taxes on your estate, and creating a lasting memorial to you or your loved ones.

A valid will ensures that your estate benefits the people and causes you care about. Many people undervalue their estate and without a will this can result in dishonored wishes and payment of unnecessary taxes.

A bequest provides information and direction regarding money, assets or a portion of your estate to be given to the CCHC Foundation following your death. A bequest can be added when you make or revise your will. It allows you to leave a legacy for the future of healthcare. We can provide you or your legal advisor with wording to assist in preparing your bequest or gift. Contact the Foundation Office today at 869-6112 to get more information about making a gift.

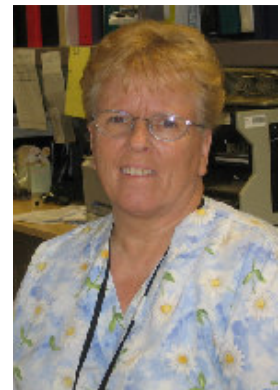
**GIVE A GIFT ~ LEAVE A LEGACY ~ MAKE A DIFFERENCE**

## **DEDICATED STAFF MEMBER AND VOLUNTEER, ALL IN ONE!**

In 1980 Beth Harland, joined a friend of hers to volunteer with the new medical centre in Sackville. She could not have known that it would develop into her career.

Beth joined founders Shirley Freer and Carol Crosby as a volunteer receptionist, and traveled with them as they moved around to a few locations before settling into the Cobequid Multi-Service Centre on Memory Lane. When thinking about her time with Freer and Crosby, a noticeable smile comes across her face. "A lot of people come to work only for the pay, and with no soul, and don't get me wrong, I like the pay, but Shirley had soul. She was fabulous and wanted everything for the public."

In September of 1981, Beth was sponsored by the Cobequid Multi-Services Centre and the government department, Manpower, and was retrained as a formal receptionist. After her training, she joined the paid staff as a receptionist, and remained in that role for five years.



When the freestanding Emergency Department was built in 1987, Beth relocated and took on a new role with the Centre. On the day the ER opened, Beth was there as a Ward Clerk, where she was the only staff member in that role for 20 years. She was then on hand for the last day of operations at the Cobequid Multi-Service Centre, and also for the first day at the new Cobequid Community Health Centre.

When asked about her favourite part of her job, she struggled to pin it down to one thing. "Well, I guess it has to be the satisfaction that comes from day-to-day work with the staff. You feel like you're really making a difference here."

Over the years, Beth has adopted many volunteer roles within the Centre for both the Foundation and Christmas Cheer, a staff-led program that provides gifts for families in need during the holidays. She had volunteered with the long standing Cobequid Christmas Concert, and continued to help the committee when the event evolved into the Valentine Gala. This year Beth is chairing the silent auction component of the Gala.

# ANNUAL APPEAL

Since moving to the new location at 40 Freer Lane, the Cobequid Community Health Centre Foundation has purchased a number of new pieces of equipment, and helped to fund new programs and services to better health care for our area residents.



This year the funds raised from our Annual Appeal will go toward the purchase of a Carotid Ultrasound Unit, used to detect full strokes and help prevent the long term effects and heartache full strokes cause.

Consider Michael's story. Michael engages in a healthy lifestyle, playing baseball and eating well. When he awoke one morning with limited vision in one eye, he assumed it was fatigue. By breakfast, his leg was numb. This young husband and father was experiencing a mini stroke.

The Carotid Ultrasound Unit at the cost of \$250,000, will help our health professional work to decrease the number of stroke related fatalities in Nova Scotia. As it is, strokes are the fourth-leading cause of death in Canada.

We hope you will consider contributing to the Cobequid Community Health Centre Foundation's Annual Appeal this year when choosing a charity to support. With your help, we can work towards happy endings for people like Michael and his family.



## ONLINE UPDATE!

The Foundation has a new home on the web - [www.cobequidfoundation.ca](http://www.cobequidfoundation.ca). "Our redesigned site is such an important tool when communicating with the community, and we're very excited to have it completed," said Stacey Chapman, Executive Director of the Cobequid Community Health Centre Foundation. It offers quick and easy access to information about the Cobequid Community Health Centre and Foundation.

Visit our site to find out about Foundation Events & News. Walk Run for the Health of Our Community participants can register online, solicit pledges with email and share their personal profile page with friends and family. Tickets are also available online for the upcoming Valentine Gala, where people can easily and securely purchase any number of tickets with their credit card. A new feature on the site also includes the Donate Today function, where people can visit the website and make a one time donation or arrange monthly donations.

We want to thank Colin Gourlay of Electric Playground for his design efforts to get our site up and running. We encourage you to visit our new site today - [www.cobequidfoundation.ca](http://www.cobequidfoundation.ca).

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YES, I WOULD LIKE TO MAKE A DONATION TO THE COBEQUID COMMUNITY HEALTH CENTRE FOUNDATION

MR.  MRS.  MS.  DR. I WILL CONTRIBUTE: \$ \_\_\_\_\_

NAME: \_\_\_\_\_ I PREFER TO PAY BY:

ADDRESS: \_\_\_\_\_  CHEQUE  VISA  MASTERCARD

PRE-AUTHORIZED DEBIT (PLEASE ENCLOSE A VOID CHEQUE)

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ CARD # \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ TEL: \_\_\_\_\_ EXPIRY: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

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WE WELCOME YOU TO CONTACT US.  
COBEQUID COMMUNITY HEALTH CENTRE FOUNDATION  
40 FREER LANE, LOWER SACKVILLE NS B4C 0A2  
(902) 869-6112 OR [WWW.COBEQUIDFOUNDATION.CA](http://WWW.COBEQUIDFOUNDATION.CA)