



# Cobequid Check-Up



Summer Issue 2017

The Cobequid Foundation has meaningful volunteer opportunities for anyone who desires active involvement within their community. Each year the Foundation strives to make a difference in the healthcare available in our community. This is only achievable due to the involvement and effort of over 100 volunteers who have made the decision to make a difference.

Here are some ways you can volunteer with the Foundation:

Serve on the Board of Directors  
Serve on a Signature Event Committee  
Serve as a "Day of Event" volunteer  
Serve as an office support/ occasional volunteer

*For more information please contact Heather  
at  
(902) 869-6128 or  
heather.doran@nshealth.ca*

It was a busy spring this year at the Cobequid Health Centre Foundation. In March, we held our inaugural Show Your True Colours Event, the night was filled with live Celtic music, food and celebration.

In April, we hosted our third annual Volunteer Reception for all of our dedicated volunteers. It was our pleasure to be able to recognize the volunteers that help make a difference here at the Cobequid Foundation.

May is Cobequid Month at the Foundation, which means that all month long we will be celebrating the ways that the Cobequid Community Health Centre helps make our community a better place to live.

Our Annual General Meeting was held on June 15th. We were honoured to be able to present four new Cobequid Foundation bursaries to graduating students from four local high schools.

We are excited to be working on our annual Canada Day Float, which will be revealed during the Sackville Patriots Parade, in July.

To learn more about these different events and how you can get involved, take a peek inside this issue of Cobequid Check-Up.

We hope you can join us for these exciting events!  
*Stacey Chapman  
Executive Director*

## COBEQUID MONTH:



Heather & Katherine,  
giving away free cake in the lobby



Some amazing volunteers from RBC

This past May, we celebrated all the good work the Cobequid Community Health Centre does for our community, with our second annual **Cobequid Month!** Each day, the Cobequid works hard to ensure our community has access to quality health care.

During the month of May, all of the campaign donations made to the Cobequid Foundation went towards helping our Emergency Triage Project.

Cake was given out in the lobby and we held our annual BBQ on May 24th with partners Royal Bank to help us with the cooking.

Through the generosity of our donors and local organizations the Cobequid Foundation has raised over 1.5 million dollars for priority medical equipment throughout the years.

We need your help to ensure we can continue to provide you and your family with timely and quality care within your community.

**Together, let's ensure quality healthcare in our community today, and into our future tomorrow!**

## VOLUNTEER RECEPTION:



Anne Vincent & Heather Doran



Yeganeh & Heather Doran

The Cobequid Foundation's Volunteer Reception was held on Wednesday, April 26th in the Cobequid Community Health Centre. The evening was dedicated to our wonderful volunteers, who are a big reason why we are able to improve and expand the services available at the Health Centre.

During the formal part of the reception, four volunteers, Anne Vincent, Yeganeh, Wayne & Inez, were presented with certificates and special Cobequid Volunteer pins to recognize their achievement in volunteerism. A casual reception followed the presentation, with tea, coffee, food and celebration.

**Thank you to all our amazing volunteers that came out to celebrate with us!**



Wayne & Inez

## EMERGENCY TRIAGE PROJECT:

The Cobequid Foundation is dedicated to making our community a better place to live. To us, this means doing everything we can to ensure low wait times and a high quality of care. For this reason, the Foundation is asking you to join us in raising the \$400,000 needed for the Emergency Triage Project.

This project will enable the Centre to expand our triage area, increase infection control measures, reduce wait times, and ensure we have the quality equipment needed for our growing needs.

Each year, your donations help our professional staff touch the lives of thousands of patients; whether they face an urgent need, a devastating disease or seek to improve their quality of life.

*Some Key points of the project:*

- A glass barrier area to provide more dignity and comfort to patients that have influenza, croup, vomiting and other upsets, while controlling drop and contact infection transmission.
- By doubling our triage nurse stations patients can be served more efficiently, reducing wait times and improving the ability for our triage nurses to monitor patients waiting for care.
- By doubling our registration stations patients can check in more efficiently. This will reduce wait times.
- An additional washroom for triage patients and a new sample station washroom for patient privacy.
- Our Emergency waiting room bench-style seating is being changed to individual seats to reduce drop and contact infection transmission.

**Pictured below is our Triage in its final form. We're excited to be able to finally unveil it!**



## ANGELS IN ACTION:

Call today to find out more about our Angels in Action program or to donate: (902) 869-6111.



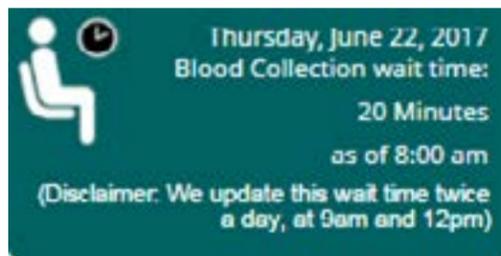
### Did someone make a difference in your care today?

You can recognize your “angel” in action by making a donation today to Cobequid Health Centre Foundation. Your donation will go towards helping enhance and advance patient care, here at the Health Centre. Your Angel in Action will receive acknowledgement of your gratitude as well as a unique lapel pin to wear proudly throughout the Health Centre.

Make a donation in honour of your healthcare provider, doctor, nurse, technologist, registration clerk or volunteer – anyone who made a difference in your care.

## NEW ESTIMATE WAIT TIME SYSTEM:

Here’s what to look for when checking for wait times:



We understand how inconvenient it can be for our patients to wait to have their blood collected, which is why we have recently created a “Wait Time Clock” on our website. The Wait Time Clock displays the time estimated that a patient could be waiting, before having their blood collected. Wait times are updated twice a day, at 9 a.m. and at 12 p.m., so our patients can stop by when they feel is best for them.

Next time you need to have your blood collected, please check our website before you leave:  
<http://www.cobequidfoundation.ca/>

## SHOW YOUR TRUE COLOURS:



We launched a new event in 2017 called Show Your True Colours. The theme was Celtic Nights. We sold over 100 tickets at \$150 a ticket. It was great night of food and celebration. This year’s event was held at CFB Stadacona. Live music was provided by the band Merimac.

*We would also like to thank our sponsors; Halifax International Airport and Sackville Insurance!*



We held a live “Experience It” auction which included a tour of the Trailer Park Boys film set, a modeling opportunity with Lisa Drader-Murphy, a Bruce MacKinnon print and much more. Tickets to the VIP Room (featuring special seating in the same room that once hosted Queen Elizabeth II and Prince Philip) sold out. Show Your True Colours raised over \$23,000, the expenses for this event were almost \$7,600.

*Join us for our next event in April 2018!*

*For information on how to buy tickets, sponsorship opportunities and more, please visit [www.showyourtruecolours.ca](http://www.showyourtruecolours.ca) or call at: (902) 861-6128*

## Volunteer Spotlight:



**Paul Easton**  
Health Services Manager  
Site Manager, Cobequid Health Centre

Paul Easton began working with the Cobequid Community Health Centre in April of 2015, as the Health Services Manager. Paul is the site manager for Cobequid, and is in charge of overseeing that the centre is functioning properly, while ensuring that clinics and other health programs are running correctly and efficiently. Paul is responsible for handling any compliments or complaints from the patients and the staff, as well as making sure that the centre's staff is meeting their job needs.

Since his first month here at the Centre, Paul has been volunteering his time to help the Cobequid Health Centre Foundation with their annual events. Paul was an active volunteer with our annual Walk Run for the Health of Our Community in October of 2016. He lent his time and expertise to lead the runners and walkers in their exercise warm-up, prior to the race. During the month of March, Paul also helped the Foundation with their newest event, Show Your True Colours.

Paul grew up all over Canada, since he was a part of a military family. They ended up moving to Cole Harbour, Nova Scotia, when Paul was fifteen years old.

When his family found out they had to make another move, this time to the United States, Paul decided that he would board with a family in Nova Scotia, so he could remain in Cole Harbour and attend High School.

After graduating High School, Paul was accepted into Dalhousie University's Kinesiology and then the Physiotherapy program. After graduating, Paul then took the education he received from Dalhousie to Brussels University and completed a Masters Degree in Disaster Medicine. After working at the QEII Health Centre, Paul came to the Cobequid Health Centre as our Health Services Manager. Paul loves the community atmosphere that the Health Centre offers, and how all the staff members share the same passion for helping others. When asked why he volunteers with the Foundation, Paul says, "We can't expect two to three people in the Foundation office to do all the work that goes into fundraising."

Paul feels it is important to give to the Cobequid Health Centre Foundation because it provides equipment that benefits the healthcare and patients within the Centre. He says that without the Foundation, these needs would get lost in the shuffle and not be prioritized. Paul feels that it is important to lend a helping hand to the Foundation because the money raised by the Foundation goes back into helping our patients.

When Paul isn't working at the Health Centre or helping out with the Foundation, you can find him spending his time with the Canadian Military. As a Reservist, Paul is a Captain with 33 (Halifax) Field Ambulance and fills the role of Company Commander. Paul is also a very active volunteer with the Canadian Wheelchair Sports Association. Paul has been working with the Canadian Paralympic Team for the last 18 years.

**Thank you for your amazing volunteer work Paul, The Cobequid Health Centre Foundation, and the community, appreciates all your hard work!**

## Donor Spotlight:



**Dr. Toby Mandelman O.D**  
Optometrist  
Bedford Eye Care

Toby Mandelman was born in Toronto, Ontario. After graduating from the University Of Waterloo School Of Optometry Program in 1983, she decided to move to Nova Scotia, so she could live closer to the ocean. This move turned out to be very successful for Toby, as she opened her own optometry office in Bedford, in 1984, in the Sun Tower. Toby's practice was quickly expanded in 1992, and she moved her office to the mezzanine level of the Sunnyside Mall. In 2012, her practice expanded again and the office was relocated to where it is now, on 36 Duke Street, in Bedford.

As of 2015, Bedford Eye Care consists of five optometrists, 24 staff members, including licensed opticians and a contact lens fitter and an office manager. The Bedford Eye care mission has always been to provide the very best in eyewear and make your eye care visit an experience. Bedford Eye Care is the only all women workplace within the metro.

Bedford Eye Care are one of the few optometry offices that have only one office, "We want to have the best care centralized in one location," Toby says of the location of her practice.

Bedford Eye Care does more than 8,500 eye exams a year, and their Develop Brain Injury Clinic has around 100 patients per year.

Very recently, Toby and her colleagues have contributed to the Cobequid Health Centre Foundation's Cobequid Month by making a very generous donation of \$1,000, which will go towards the funding of the Health Centre's Emergency Triage Project.

When asked why she thinks it's important to donate to the Cobequid Health Centre Foundation, Toby says, "We look for organizations [to donate to] that are community based, that provide services to our clients. The Cobequid provides emergency care when we are not able to be open." Bedford Eye Care has been not only donating money to the foundation, but has also donated prizes to the annual Walk Run for the Health of Our Community event that the Cobequid Foundation organizes every October. "We were happy to give to a local healthcare facility," says Toby, on this recent donation being the first cash donation Bedford Eye Care has given to the Foundation.

When she is not working, Toby enjoys spending time outdoors kayaking, or playing sports like golf. She also enjoys photography. Toby has been a volunteer with some eye care projects in Trinidad, and is a board member for the CNIB, an organization dedicated to improving quality of life for Canadians who are blind or partially sighted. She resides in St. Margaret's Bay with her husband and her two cats, who she lovingly calls her children.

**Thank you Toby, for helping make the Cobequid Health Centre a better place to visit, the Foundation and the community thank you!**

## Staff Spotlight:



### Kim Munroe

Director of Ambulatory Care for the QEII & Cobequid and the Cobequid Site Lead

Kim Munroe grew up in Yarmouth, Nova Scotia. After graduating from Dalhousie University with a Bachelor of Science in Nursing, Kim continued her education at Dalhousie, and received a Masters Degree in Health Administration. Kim has been a registered nurse for the last 18 years and has worked in various areas of health care including; renal dialysis, pediatric hematology/ oncology/ nephrology, quality improvement, adult protection, long term care, mental health and administration.

Kim joined the Cobequid Health Centre December 2016, when she was asked if she would be interested in an interim position as the Director of Ambulatory Care for the QEII and the Cobequid, and Cobequid Site Lead. When asked what she likes best about her job, Kim says it's the people she has the opportunity to work with that makes her job worthwhile. She also noted that knowing that the decisions she makes will have a direct impact on improving patient care contributes to her satisfaction. Interestingly, Kim tries to learn something new every day when she comes to work.

Kim's day-to-day work schedule is very busy as she works between two offices; at Cobequid and at the Centennial Building. She has been working on accreditation, as she is leading the work for Ambulatory Care Standards for the Central Zone of the NSHA. Kim is also co-leading the work regarding Ambulatory Care for the QEII Redevelopment Project by facilitating dialogue

regarding functional programming of ambulatory care in the future.

The Cobequid Health Centre happens to be Kim's local healthcare facility as well as her workplace; "I have been a client and had the opportunity to meet several care providers during the time I have lived in the area. The Cobequid is a wonderful facility and I am fortunate to have the ability to work here."

Kim sits on the Board of Directors for the Cobequid Health Centre Foundation, as the Health Centre Representative. She has also been an influential steering committee member for our annual Walk Run for the Health of Our Community.

When asked why she thinks it's important to support the Cobequid Foundation, Kim says; "It's important because the Foundation supports the healthcare needs of this building, the staff and the patients who use it. The Foundation listens to the staff and does their best to meet their needs by replacing and funding equipment when the Centre needs it. They also assist in renovation needs and have led the renovation initiatives in the Emergency Department by making private room dividers in the emergency room and completely funding the recent Emergency Triage Project."

Kim says she sees the direct impacts of the Foundation every day, from equipment purchases to renovations. The Foundation is constantly looking for opportunities to improve outcomes for patients; "The Cobequid is a great facility and it is this way because of the support and relationships the Health Centre has with the Foundation."

Kim and her husband live in Middle Sackville, N.S. with their 12 year old daughter Chelsey. Kim is an active volunteer with 4-H, an organization who strives to engage youth to reach their fullest potential while advancing the field of youth development. In her spare time, Kim works at a local long term care facility, "I missed being a front line nurse and felt the need to be able to keep up my nursing skills."

**Thank you Kim, for all the great work you do for the Cobequid Health Centre Foundation and your Community!**

## ANNUAL GENERAL MEETING:



Guest speaker, Alan Horsburgh sharing his insights



Cobequid Ambassador Ian Tramble, accepting his certificate from Kelly Adams and Stacey Chapman

Our Annual General Meeting (AGM) took place on June 15th, at 7:00 p.m. The meeting was very successful, we were able to discuss the successes and challenges faced by the Foundation within the past year. We also discussed what new equipment we were able to purchase with the funds raised from our events.

We were also honoured to present our guest speaker, Alan Horsnorgh. Who is the Vice-President, Stewardship and Accountability & Chief Financial Officer. Alan spoke about overcoming challenges and the future of the Nova Scotia Health Authority.

We honored three retiring board members: Sandra James, Jaye McQuillin, Ian Tremble, and Mark Thompson. We also awarded four bursaries to four wonderful high school graduates!

## SACKVILLE PATRIOTS PARADE:



Some volunteers enjoying their time on the float during the parade.



In the process of decorating the float!



Our awesome Cobequid Man mascot, volunteer Chelsey Munroe!

Each year on Canada Day, the Foundation enters a float in the Sackville Patriots Day Parade to celebrate Canada and what the Cobequid Community Health Centre does for the local community.

This year, we are excited to announce that our float followed a Red & White theme to celebrate Canada's 150th birthday.

It also included signage and decoration to promote our website's newest feature; the estimate wait time system.

Despite the rain on Saturday, our volunteers and parade committee stuck through the rough weather to deliver quite the spectacular float!

We'd like to thank all of our amazing volunteers; those who helped us decorate the float the night before and those who helped us the day of the parade. We truly appreciate all your hard work!

## 2017 HIGH SCHOOL BURSARY PROGRAM:

Every year since 2009, the Cobequid Foundation has been proud to offer bursaries to students from Lockview, Charles P Allen, Sackville and Millwood High Schools. The bursaries are the Foundation's way of acknowledging these four schools' outstanding contributions during the Capital Campaign to build the new Health Centre on Freer Lane.

The bursaries also encourage students to study in areas which would be a great benefit to the Cobequid Community Health Centre. To date, the Cobequid Foundation has given out a total of \$40,000 in bursaries to local students. This year we were once again thoroughly impressed by the applicants and we are pleased to announce the recipients of this year's bursaries!

*Congratulations to all our amazing bursary recipients!*



*Pictured above: (Left to Right) Chairman of the board Kelly Adams, Executive Director Stacey Chapman, and selection committee member Dave Murray, with the four bursary recipients*

## SMILING FACES OF COBEQUID:



**Rick Johnson,**  
Retail Assistant at the Centre's Gift Shop



**Marlene Ross,**  
Tead Lead for Ambulatory Care at the Cobequid Centre



**Larry Collings**  
Lead hand

### *Here are the recipients for the 2017 Cobequid Health Centre Student Bursary:*

**Hillary Shears**

*Lockview High School*

Hillary will be attending St. Francis Xavier University in the fall to pursue a degree in Nursing. Hillary volunteers with the Juvenile Diabetes Research Foundation, and Halifax Pride. She plans to return to her community after university and use her new skills and knowledge to help people through health care.

**Jenna White**

*Charles P. Allen High School*

This fall Jenna will be attending Dalhousie University, to work towards a degree in Nursing/Bachelor of Science. An active volunteer in her community Jenna has been involved with Feed Nova Scotia and Maple Enhanced Care, a Shannex Healthcare Facility. She hopes her future in health care will make a difference to her community and province.

**Emily Ball**

*Sackville High School*

Emily plans to pursue a degree in Nursing at Queen's University. Emily spent a large amount of her time volunteering with the IWK Health Centre. She is part of her school's all-girl curling team, and is also involved with the planning of her school's first student run prom.

**Taylor Macleod**

*Sackville High School*

Taylor will be starting her Bachelor's Degree in Science this fall at Memorial University. After she completes her degree, she plans to enroll into medical school and study emergency medicine. Since June of 2016, Taylor has been volunteering at the Cobequid Health Centre, Emergency Department. She feels that her time volunteering at Cobequid has validated her decision to attend Memorial University.

## THANK YOU TO OUR GENEROUS DONORS!

We would like extend a huge thank you to all our Donors, but especially those who chose to donate throughout this spring.

Our donors allow us to make updates and purchase new equipment needed by the Community Health Centre.

*Thank you very much for your generous donations, and for making our community a better place to live!*



*RC Legion*



*Bedford Eye Care*



*George P. Vanier Jr. High School*



*Kinette Club of Sackville*

## UNTIL NEXT TIME...

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Thank you for reading the Cobequid Check-Up, stay tuned for our next issue in August!

In the meantime, please get involved with our volunteer programs and help make a difference in your Cobequid Health Centre!



*Our Foundation Staff: (left to right) Stacey Chapman (Executive Director,) Rita Sadnam (Office Administrator,) Katherine Flynn (Student Intern,) & Heather Doran (Volunteer and Events Coordinator)*

## SIGN UP FOR OUR WALK RUN:



## FIND US ONLINE!

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[www.cobequidfoundation.ca](http://www.cobequidfoundation.ca)



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