

THE
Foundation
 Champlain Valley Physicians Hospital

Connecting You

UPCOMING EVENTS

For information about our upcoming events, contact Michelle Senecal at (518) 314-3359 or msenecal@cvph.org or visit our website UVMHealth.org/CVPHFoundation

Girl's Night Out

October 10
 Strand Theatre, Plattsburgh

Men's Night Out

November 10
 Valcour Brewing, Plattsburgh

Annual Candlelight Ceremony

December 6
 Circle of Healing & Hope, CVPH Main Campus

Stepping Our For Your Heart

February 15
 West Side Ballroom, Plattsburgh

Our Mission

Connecting your generosity to improve health and wellness in our region.

Check us out on Social Media

-  The Foundation of CVPH
-  cvphfoundation
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-  @cvphfoundation
-  Foundation.cvph



Above, Mental Health Technician, Melisa Bushey, shows off the new Comfort Room on the Child & Adolescent Mental Health Unit.

Comfort Room for Kids Created

Special space provides tools for managing feelings

There are times in life when a certain project isn't working out like we'd hoped or things just aren't going our way. You and I likely have the coping skills to deal with those frustrating moments but if we don't learn them early on in life, it can be very difficult and even detrimental to try to get over these stressful times. That's where a new Comfort Room on the Child & Adolescent Mental Health Unit (CAMHU) is aiding in developing these skills in our younger patients. Through your support of The Foundation of CVPH, Mental Health Technician Melisa Bushey and her coworkers have been able to design and create this special room.

CAMHU is a 12-bed unit which cares for children ages 6 to 18 years old
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Tell Me What You Think

Newsletter designed for your information



There are so many ways that your support of The Foundation of CVPH is making an impact. This new semi-annual newsletter will keep you connected to the people, programs and services that are possible because of your support. Read how your generosity is changing lives. Please share your thoughts with me at khaley@cvph.org or (518) 562-7168. I look forward to hearing from you.

Kerry Haley, Foundation Executive Director

A Little Piece of My Mom

The Foundation Intern's perspective of a new program—written by Jess Rojas, Intern

My mother was five months pregnant, and like most expectant mothers, spent her free time reading baby name books. She was expecting her third child, a daughter. She had finally decided on the name Cassandra after her favorite childhood novella protagonist. We loved it.

My mother was experiencing a bit of discomfort one afternoon. She reassured me it was normal. My father insisted on taking her to the hospital just in case as soon as he came home from work. My father was a chef and would work the closing shifts. His arrival time home would always vary. I had kept my mother company that night while she waited up for him.

It was 2am and I was exhausted. My fourteen year old body was giving out but I didn't want to sleep until I knew he was home and she was taken care of. I kept talking to her in hopes of keeping both of us awake. The moment my father came home, I was out like a light. He tells me she kissed me goodnight before they left but I was asleep by then. The next morning, my father came home in tears without her.

The thing about loved ones is that they can be there one minute and gone the next. The hardest part about the grieving process for me was not getting to say goodbye. I felt incomplete. I couldn't accept the fact that she was gone. A couple months later, I found her favorite owl ring in my jewelry box. She had given it to me and I had stashed it away back then because I thought it was the most hideous thing I had ever seen. Now, I wear it every day.

Finding that ugly owl ring got me through those tough times. Knowing that at least a little part of your loved one will always be with you is comforting. Recently, a family at CVPH requested a handprint impression of their deceased loved one to take home with them as a memento. They had walked in with their loved one and were unfortunately, leaving empty handed. Staff searched the hospital until they found the materials necessary to fulfill the family's request. The family was able to leave the hospital with this special memento.

Thanks to our Foundation supporters, there will now be kits available for family members when a loved one passes. Keepsakes include an impression kit that holds a picture, handprint and a card to store a lock of the patient's hair. Giving families a small memento to walk out of the hospital with has been proven to be helpful and healing. Just as my mom's owl ring has helped me through these years, we hope these small mementos will help aid families through the grievance process.



“The thing about loved ones is that they can be there one minute and gone the next.”

Comfort Room continued from page one...

with severe depression, bipolar disorder, suicidal thoughts and other mental illnesses that throw lives into turmoil. The new Comfort Room will be used as another tool to aid in treatment and teach children to identify emotions such as anxiety. This is an environment that promotes self-care, resilience and recovery.

The multisensory room's equipment plays on the senses to engage the user as well as reduce agitation and anxiety. Activities help enhance developmental growth and communication through play while creating the feeling of safety and independence. The room features bubble tubes that provide visual sensory input by gradual changing colors and movement of bubbles and beads in water. There is also relaxing nature scenes for the television; oil diffusers to add calming scents; discovery boxes themed with butterflies, ocean and rainforest for the patient to feel with their hands; relaxing music; comfortable furniture that envelopes the body, and other tactile toys.

Melisa anticipates that this new room will be used several times a day by patients. “I really want to thank all of The Foundation of CVPH donors for helping to make this room possible,” said Melisa. “You can't imagine the impact it's having on our patients.”

Did You Know?

You make a big impact

A gift you make to The Foundation of CVPH in any amount has an impact. Here are some of the ways you make a difference:

\$25

Two bicycle helmets for kids that don't have a helmet
A blood pressure cuff for a patient to go home from the hospital and safely monitor his/her blood pressure

\$50

Gas mileage and ferry tickets when a patient needs to travel for specialized care
Crafts and reward items for the children on the Child & Adolescent Mental Health Unit

\$100

Scholarship for a patient to attend a medically integrated fitness program usually after cancer or a cardiac event
Walker for a patient so they can successfully move around their house when home from the hospital

\$500

Travel expenses for a cancer patient to get to and from the cancer center for frequent chemotherapy treatment
Sponsorship of a community health lecture.

\$1,000

Scholarships for employees continuing education or high school students pursuing a healthcare career
Sponsoring a fitness in the parks program or clothes and personal items for sexually assaulted victims.

Partnership Brings New Grant Dollars

NYS Health Foundation supports local projects

The New York State Health Foundation is a private, statewide foundation dedicated to improving the health of New Yorkers. It's through two recent grants, facilitated by The Foundation of CVPH, that we've seen expansion of recreational opportunities in our region. In 2015, the NYS Health Foundation provided a \$200,000 grant to build 13 outdoor and 11 indoor pickleball courts around the county. It also created a Fitness in the Park program to bring kids out to their local parks for free activities and the addition of a foot-golf course at Twin Pines Golf Course in Cadyville. The newest grant for \$175,000 will fund most of the work to create a spur off of the Saranac River Trail Greenway in Morrisonville. The Lapierre Lane Riverway will provide a wide variety of physical activity opportunities for all ages and abilities. From an Adirondack adventure type play area; access to the Saranac River; a ½ mile loop trail; there will be something for everyone. The project is expected to be completed by June 30, 2018 and we're looking for community partners to help finalize the project. If you're interested in learning more or lending your support, contact Laurie Williams at WilliamsLL@charter.net



FOUR-LEGGED VOLUNTEERS



Pet Therapy Volunteer Program

Our Pet Therapy Program enhances the healing environment by providing patients with the opportunity to be visited by specially certified canines.

To become part of the Pet Therapy team, dogs and their humans must be certified by Therapy Dogs International, Canine Companions for Independence, Delta Dogs or Therapy Dogs of Vermont. Most dogs and their handlers take classes to prepare for two mandatory tests. These tests are the Canine Good Citizen Test and a Therapy Dog test. Those who complete the certification process and pass both tests can become CVPH volunteers. That application process includes:

- A background check
- A health assessment (including a TB test)
- Providing copies of certifications and vaccinations (for both the handler and the dog)

To learn more about how to get involved with the CVPH Pet Therapy Program, contact: Sarah Hardy, Manager of Volunteer Services at (518) 562-7595 or shardy@cvph.org

To be added to or deleted from our mailing list, please call (518) 562-7169.

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This newsletter is produced on a semi-annual basis and sent by mail. If you would prefer to receive this newsletter by email, please send your email to kkalman@cvph.org

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2016 Annual Report

In an effort to be green and fiscally responsible, the 2016 UVM Health Network - CVPH and The Foundation of CVPH Annual



Report, *Changing Lives*, is exclusively online. We invite you to follow this link to read about the programs, services and people that are changing lives every day:

UVMHealth.org/CVPHAnnualReport

Included in *Changing Lives* is a heartfelt thank you to those who have supported us throughout the year and stories about what that support has meant to people in our community.