



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 9
Strand Theatre, Plattsburgh

Men's Night Out

November 8
Valcour Brewing, Plattsburgh

Annual Candlelight Ceremony

December 6
Circle of Healing & Hope, CVPH
Main Campus

Stepping Our For Your Heart

February 7
West Side Ballroom, Plattsburgh

Honoring His Caregivers

For Gary, receiving care in the Intensive Care Unit was an unexpected and unnerving experience – he didn't realize how sick he was.

However, he credits the staff for making what could have been a frightening experience to one filled with care and tenderness. "The care they showed for me was unbelievable," shared Gary.



Taylor, Jamie and Mary were recognized for their compassionate care and presented with Healthcare Hero pins at Gary's request.

Gary took the opportunity to recognize his caregivers through our new Honor a Caregiver program, which allows you to support The Foundation of CVPH in the name of a special nurse, doctor, or multitude of staff who stood by you throughout your healthcare journey.

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Monthly Giving

A new option for supporting the Foundation

Instead of making a one-time annual gift to The Foundation of CVPH, you can now donate on a monthly basis, giving you the option to spread your giving throughout the year. Doing so can actually help fund more programs throughout the year, providing dollars on an on-going basis to meet community needs.

Here are a few ways a monthly gift can make an impact:

\$10 per month can help purchase bicycle helmets for kids to ride safely

\$15 a month can help with ferry tickets when a patient needs specialized care

\$25 per month can purchase new blood pressure cuffs so people can keep better track of their health

To learn more and to sign up, visit UVMHealth.org/CVPHFoundation

Our Mission

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

Check us out on Social Media

 The Foundation of CVPH

 [cvphfoundation](https://www.instagram.com/cvphfoundation)

 The Foundation of CVPH

 [@cvphfoundation](https://twitter.com/cvphfoundation)

 [Foundation.cvph](https://www.snapchat.com/add/foundation.cvph)



Please share your thoughts with me about these programs and any other comments about our newsletter at khaley@cvph.org or (518) 562-7168. I look forward to hearing from you.

Kerry Haley, Foundation Associate Vice President

Catching Her Breath

Heat and humidity make it difficult to breathe

Remember those summer days this year, where the humidity was so thick, it felt like you could cut the air with a knife? When a patient has COPD, they struggle with breathing every day. When you add in the high humidity, there can be serious consequences.

One particular woman living with COPD had no air conditioner in her home and no relief from the tremendous pressure she felt on her lungs. Day after day, she would come to the Emergency Department in hopes of finding some relief in the cooler, dryer air. It was the only place where she knew they would help her breathe again and she would feel safe.

Her care providers quickly realized that a solution to her health concerns would be an air conditioner installed in her home, something that she could not afford on her own. With your Foundation support, she was given a new air conditioner and was able to breathe easy at home through the dog days of summer. It seems simple but it's been a life changing gift for this patient who cried when the air conditioner was delivered.



“I cried when they delivered the air conditioner. I was so thankful to finally be able to stay safely in my home.”

Honoring His Caregivers continued from page one...

Our Honor a Caregiver program allows you to pay tribute to a hospital team member who offered especially meaningful comfort and care throughout your experience. After you give a gift to The Foundation in honor of a designated caregiver, he or she will receive a notification about the gift along with a “Healthcare Hero” pin – letting our whole community know about your caregiver’s heroic efforts.

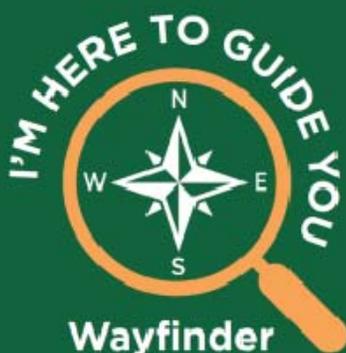
This is your opportunity to recognize:

- The staff member who made you smile during your recovery;
- The provider who put your worries at ease;
- The volunteer who brought you a warm blanket;
- The food service worker who made sure you had a special meal;
- Or any other situation where you were grateful for the care you received.

To donate through our Honor a Caregiver program, visit UVMHealth.org/CVPHFoundation or call us at (518) 562-7169



VOLUNTEERS TO HELP WITH WAYFINDING



New Wayfinder Volunteer Role

A new volunteer role has been created at CVPH to help patients and visitors navigate through the hospital. Wayfinders are friendly greeters and helpful ambassadors of The University of Vermont Health Network-Champlain Valley Physicians Hospital, bringing patients, family members and visitors to and from various destinations for services and appointments. Training for this role will be provided and schedules are flexible.

To learn more about how to become a volunteer, contact:

Sarah Hardy, Manager of Volunteer Services at (518) 562-7595 or shardy@cvph.org

Creating a Legacy

Honoring the memory of Craig Sample and helping future patients

Craig Sample was a brilliant man with a passion for educating others. For 43 years, he influenced his students at Columbia and then SUNY Plattsburgh teaching language arts and serving in administration. It was six years ago that Craig was diagnosed with colon cancer and his life became greatly influenced by Dr. Jan Duus and the caring staff at the FitzPatrick Cancer Center. Over that period of time, Craig, and his wife, Alice, developed a deeply meaningful relationship with the dynamic team. Alice attributes that relationship to Craig's ability to live twice as long as his original diagnoses of two years life.

When Craig passed on, Alice, also a firm believer in the power of learning, wanted to have Craig's legacy live on and so she created the Craig Sample Fund with The Foundation of CVPH. Interest earned from this endowed fund will be used to support the education needs of the staff at the Cancer Center. "If, years down the road, someone says, 'I don't know Craig Sample, but I'm thankful for him and this scholarship,' then I know I will have done the right thing in creating this for him," explained Alice.

Creating an endowed fund for Craig is a gift that will be a lasting legacy and support the people who touched his life so deeply. If you are interested in learning more about this type of legacy, please contact Kerry Haley at (518) 562-7168.

Girls Night Out

October 9 at the Strand Theater

Join us for the 20th annual Girls Night Out! This year's comedian, Stacy Pederson, presents "Dying to Laugh" and we'll have a special performance by the Boobie Sisters.

Tickets are \$20 each and are available at the Strand Center Box Office on 23 Brinkerhoff Street every Wednesday-Friday from 1-6 p.m. and Saturday from 1-4 p.m. Tickets are also available online at UVMHealth.org/CVPHFoundation.

Show times are 4:30 and 7:30 p.m. The Boobie Prize will be presented at the 7:30 p.m. show. There is a 10% discount at supporting restaurants and shops - check out our Facebook page for a full list.

Thank you to this year's underwriters:

Lake Champlain OB/GYN

MYRIAD

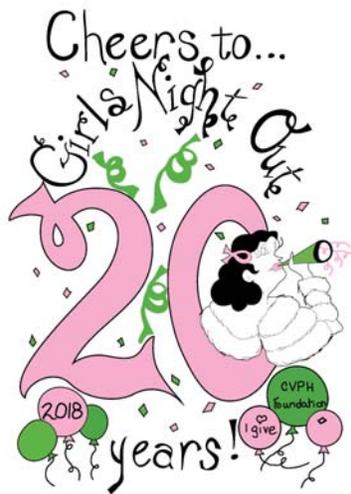
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Clinton County Board of Realtors



Men's Night Out

November 8 at Valcour Brewing

Men's Night Out is back again at Valcour Brewing on Thursday, November 8th at 6 p.m. Speakers this year will be Cardiologist Dr. Joel Wolkowicz speaking about the misconceptions of heart health along with Bill Staub who will briefly share how he turned his life around after a life threatening cardiac event. Stephanie Gorin of MyNBC5 will also be present to share her story about genetic testing.

Admission is \$20 and includes one complimentary beverage and souvenir glass, hors d'oeuvres, music by Dr. Craig Hurwitz, and auction and raffle prizes.

Grab your buddies and come out for an evening of entertainment combined with education about serious health issues that every guy should be aware of.

Special thanks to event sponsor Myriad.



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

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FOUNDATION OFFICE

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

FOUNDATION STAFF

Kerry Haley
EXECUTIVE DIRECTOR
khaley@cvph.org

Sarah Hardy
MANAGER OF VOLUNTEER SERVICES
shardy@cvph.org

Karen Kalman
DEVELOPMENT ASSISTANT
kkalman@cvph.org

Michelle Senecal
EVENTS & SPECIAL PROJECTS MANAGER
msenecal@cvph.org

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Thank you to our outgoing members: Terry Beyer, Maureen Milanese, Bob Parks, Matthew Parrott, and Diane Wyand.