



THE
Foundation

Champlain Valley Physicians Hospital

Connecting You

UPCOMING EVENTS

Shamrock Shuffle 5K

March 17
Valcour Brewing

Free Health Screening

March 23
Walmart, Plattsburgh

Easter Egg Hunt

April 20
Hospital front lawn

Are Your Affairs in Order

May 14
Holiday Inn

Abbott & Coffey Golf Tournament

June 7
Adirondack Golf & Country Club

Diamonds & Denim

June 15
Location TBD

Annual Remembrance Ceremony

June 20
Circle of Healing & Hope

Mayor's Cup Bike Ride

July 7

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

The Impact Report

Your support in 2018 is building a healthier community

Our 20-member Board of Directors met recently to look inward at the programs we provide and the support we receive to make those programs possible. Because of the sheer number of programs and the variety of ways our community supports us, our Board identified overarching themes to summarize the work you make possible. Inside this issue, you'll learn more about the five identified themes, which are:

- Education
- Equipment & Comfort Items
- Travel Funds
- Transitions of Care
- Support for All Ages

We're proud of the work we do and I hope that you will feel proud of what you make possible. One of our donors recently shared that she feels like giving herself a pat on the back every time she reads a story of how someone was helped. I hope you feel that way too.



Thank you for making a difference.

Kerry Haley

Foundation Associate Vice President

Our Mission *Connecting your generosity to improve health and wellness in our region. All donations stay in our local community.*

Are Your Affairs in Order?

Planning for the future is often neglected yet it is one of the most important processes that we can do for ourselves and our families. The thought of putting your affairs in order can be overwhelming but we want to help simplify and demystify the process.

Join us on May 14, 2019, at 5:30 p.m. at the Holiday Inn in Plattsburgh for a discussion with local experts to learn what you can do to best plan for your future and take care of your family. Panelists include:

- Estate Planning Attorney - Heather West, Rural Law Center
- Financial Advisor - Christina Ubl, Clute Wealth Management
- Tax Accountant - Patrick Russell, Abbott Frenyea & Russell, CPA's
- Funeral Home Representative - Ryan Bennett, Brown Funeral Home
- Elder Care Expert - Office for the Aging

This event is free and open to the public. Please RSVP to (518) 562-7168 or khaley@cvph.org

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/cvphfoundation)

Education

As Nobel Peace Prize recipient Kofi Annan said, "Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family."

The key to learning new things and improving our future is through continuous education. Your support of The Foundation of CVPH provides education on a wide range of initiatives including:

- Scholarships for high school seniors pursuing a career in healthcare.
- Patients with diabetes who are learning to manage their disease and live a healthier lifestyle.
- Educational support for hospital staff furthering their knowledge to enhance the care they give.
- Sending breast cancer patients to a local women's health conference.
- Supporting resource needs of support groups for cancer, post-traumatic stress, new parents and more.



Growing Our Own Doctors

Your support of the CVPH Family Medicine Residency is providing education and top-quality training of family medicine doctors right here in our community. Our first class of four physicians will be graduating this summer and three of those four have already committed to staying here to serve our community.

We already know they will be a great fit and will help meet our increased need for primary care physicians.

Transitions of Care

Just over 100 grants were given to qualifying patients for an item or service that allowed them to safely transition home from the hospital, providing anything from a blood pressure monitor to an air conditioner to a medication alarm. For example, an elderly gentleman was missing critical medication doses because he was forgetting to take them; in one week alone, he missed 12 doses. Through the Transitions Success program, nurses purchased a pill box with an alarm for him to use to make sure he doesn't miss another dose.

Equipment & Comfort Items

There are all sorts of equipment and program needs that your support is able to fulfill to better the health of our region. From the simplest of items to complex projects and state-of-the-art technologies, your support makes a meaningful difference and has provided:

- Phone charging stations for family waiting areas.
- Bicycle helmets for local children.
- Power exam tables that are easier and safer for patients to get on and off.
- Ultrasound units to help those with chronic pain.
- Niceties to improve a person's stay in the hospital like deodorant, puzzle books and hair brushes.
- Renovations to the Family Medicine Center to improve work space for the Family Medicine Residency.

Cart with a Heart

14,000 visits
in a year

Being a patient in the hospital can feel lonely and scary unless you have people there to show you how much they care. Daily, volunteers visit patient rooms with the Cart with a Heart to offer complimentary items like deodorant, a hairbrush and puzzle books to make a patient's stay brighter. Often, it's the volunteer's caring smile that really makes the patient feel better.

Travel Funds

While CVPH offers a wide range of services, sometimes more specialized care is required. Our travel funds help qualifying families with travel expenses when that specialized care is not available locally. Additionally, some patients need help getting to frequent appointments at CVPH and your support ensures they have the means to get to those critical appointments for treatment that they need.



Getting Lifesaving Treatment

“You don’t know how much this means to my family,” were the words spoken from a parent whose son may need a heart transplant in New York City. As you can imagine, traveling with a child who is ill, while trying to be at work and care for the rest of your family at the same time can be overwhelming.

You are helping this family be by their son’s side as he receives crucial specialized care.

“With everything that’s going on, it’s so relieving to know you don’t have to worry about getting back and forth to the doctors,” shared Dad.

Support for All Ages

Improvements in an individual’s health and wellness can be made throughout a lifetime. Whether it’s children receiving a new bicycle helmet or backpack of food for the weekend, teens serving as role models for tweens to become stronger individuals or adults getting special wishes granted through our Wish Fund -- your impact on health has no age boundaries.

We’re fortunate to have the opportunity to partner with many organizations who have the connections and the skills to positively impact health. With your help, we’re able to provide the funding to bring projects to fruition.

Combining Wellness with Nature



In July, LaPierre Lane Riverway opened to the public with great fanfare. Support from the New York State Health Foundation and several local businesses and civic groups helped to bring this space in Morrisonville to life. It includes a youth adventure area, adult outdoor exercise equipment, a walking trail and other great ways for families to be active and experience nature.

FOUNDATION OF CVPH NEWS | ISSUE 4 — WINTER/SPRING 2019

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
ASSOCIATE VICE PRESIDENT
khaley@cvph.org

Sarah Hardy
MANAGER OF VOLUNTEER SERVICES
shardy@cvph.org

Karen Kalman
DEVELOPMENT ASSOCIATE
kkalman@cvph.org

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

Free Health Screening

Step out for your health on Saturday, March 23 and get a free health screening at Walmart in Plattsburgh. The Foundation of CVPH and several CVPH departments are partnering to provide an easy, convenient way to get a snapshot of your health. Find out your cholesterol, A1C levels, blood pressure and talk to experts in fitness, nutrition and much more. Fasting is recommended for those who plan to have their cholesterol and A1C checked, so come early.

This screening is funded by proceeds from the Stepping Out For Your Heart fundraiser held in February. Special thanks to the Stepping Out Committee and all of the underwriters who helped to support this event. In addition, we thank the Plattsburgh Lions Club for partnering with us for this health screening.

Free Community Health Screening

Saturday, March 23

8 a.m. to 11:30 a.m.

Walmart Store in Plattsburgh near the Garden Center