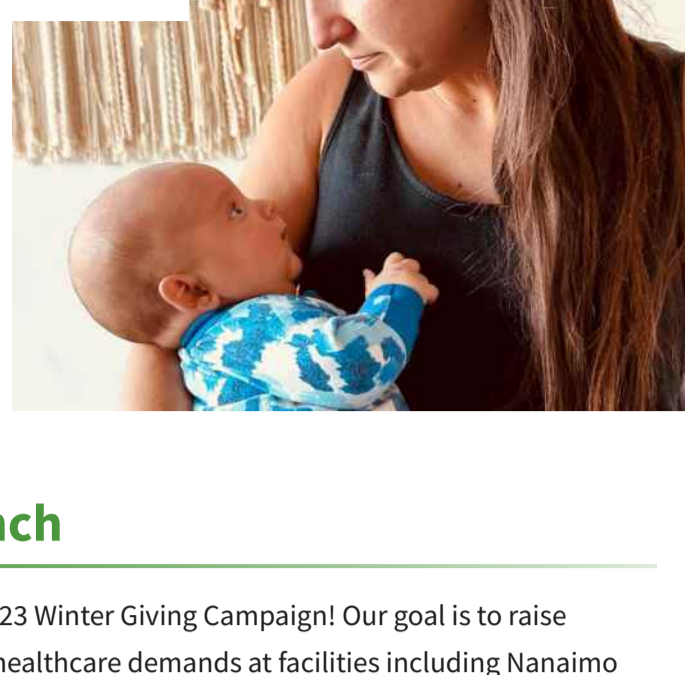


Your hospital is there when you need it most.  
**Today, your hospital needs you.**  
 Please consider donating today, it's in our nature to give.



**THE FACES  
 BEHIND OUR  
 WINTER  
 GIVING  
 CAMPAIGN**



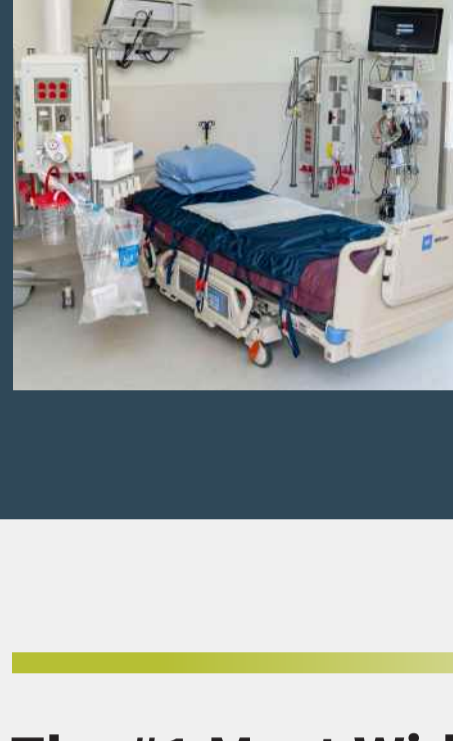
**Winter Giving Campaign Launch**

We are so excited to share with you the launch of our 2023 Winter Giving Campaign! Our goal is to raise \$1 million to fund equipment urgently needed to meet healthcare demands at facilities including Nanaimo Regional General Hospital (NRGH), Oceanside Health Centre, and the long-term care homes the Foundation supports.

We are incredibly grateful to three amazing local people who volunteered to share their stories of how the hospital has been there for them when they needed it most, through all the stages of life. Watch your mailbox, visit our [website](#), follow us on [social media](#) and read your local paper to learn about **Deryck**, a former teacher from Nanaimo who, alongside his children, made a significant donation to our ICU campaign as a way to keep the memory of his wife Linda alive. You'll also meet **Austen**, a mom from Salt Spring Island who received urgent care when she went into premature labour and whose son Beau was in Neonatal Intensive Care at NRGH. And nine-time surgical patient and former business owner **Rocky** shares how the care he received allowed him to continue his active lifestyle and inspired him to give back to support healthcare in our community.

We would also like to thank the incredible healthcare workers who answered the call to appear in this campaign, representing the hospital, their colleagues and the patients they care for.

We hope you will be inspired by these stories and the faces of the healthcare workers who are here for you when you need them most.



**GIVING TUESDAY** Nov 28

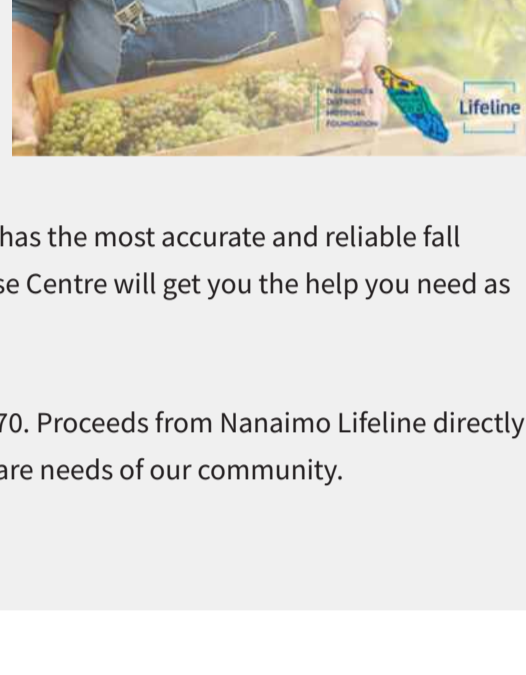
**Get a Jump on Giving Tuesday and Help Buy Beds – Your Gift Will be Doubled**

Now through November 28, help us meet the growing demand for critical care – your gift will be matched up to \$100,000 from an anonymous donor! We are raising funds for state-of-the-art beds that improve patient comfort and reduce healthcare worker injuries in our future High Acuity Unit.

**Learn More and Donate Now!** ➔

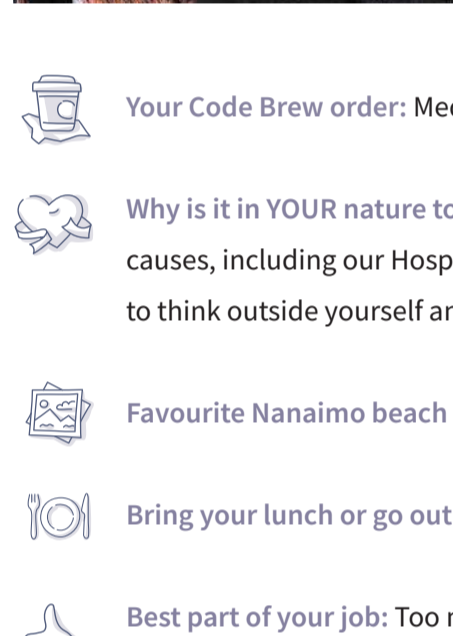
**The #1 Most Widely Adopted Fall Detection System**

November is Fall Prevention Month. A time when we all need to bring awareness to the risk posed to seniors from falling. Having a fall when you are an older adult poses extra risks to your health. Changes in mobility, bone density, and muscle tone all affect the recovery after a fall.



Lifeline can help. Nanaimo Lifeline's Auto Alert personal help button has the most accurate and reliable fall detection technology on the market today. Our local Lifeline Response Centre will get you the help you need as soon as you need it.

Contact the Lifeline Nanaimo team for more information 250-739-5770. Proceeds from Nanaimo Lifeline directly support the Nanaimo & District Hospital Foundation and the healthcare needs of our community.



**Meet Your Foundation Team:  
 Janice Krall, Chief Development Officer**

Janice is a people-first senior leader known for building relationships. Her work with teams, volunteers and donors has earned local, provincial and national recognition. She is passionate about her community, having contributed significantly to the health and vibrancy of the Nanaimo region through her leadership on several diverse boards and community round tables.

- Your Code Brew order: Medium dark roast with 2 cream and sometimes 1 sugar when I'm feeling feisty.
- Why is it in YOUR nature to give: It's in my nature to give, time to community and funds to charitable causes, including our Hospital, because I care about being a part of solution also because it's important to think outside yourself and be active in helping make a difference, not just talking about it.
- Favourite Nanaimo beach or park: Neck Point.
- Bring your lunch or go out (and if so where): I like to mix it up, depends on what the day brings.
- Best part of your job: Too many to list, I get to work with amazing people that inspire me everyday, our team, our donors, the board members I serve with in our community at various tables. My mother-in-law Trudy was a nurse in ER, NRGH has saved my Dad's life so many times. My husband and I were both born in our Hospital and our Hospital has cared for so many other loved ones and neighbours, it's an incredible honour to support our community as we rebuild our tired Hospital. It's exciting to bring essential healthcare services here, that we desperately need and support our incredible healthcare and facility workers who work tirelessly every day to ensure our loved ones and neighbours are so kindly cared for.
- Place you spend your time most (outside of the office): I love just enjoying home, I'm a huge movie buff and am known for wearing my PJ's all day and watching Sunday NFL – go Chargers! Check out Janice's full bio on our website.



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**Today, your hospital needs you.**

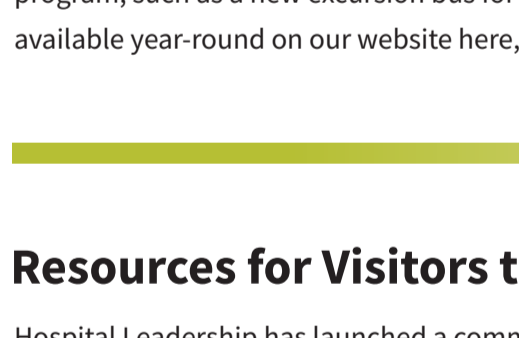
**Help us Kick Off the Holidays!  
 Please Join Us and Shine Bright for your Hospital!**

**Friday, December 1st from 4:30pm - 6:30pm**

Light the Trees returns on December 1st at the front entrance of NRGH and you are invited as the hospital lights up for the holiday season. Presented by **Wenner**, this family friendly event includes a visit from Santa, live holiday music, ginger bread cookies and hot chocolate provided by Code Brew Café, a toy drive to ensure every child in the hospital this holiday season has a gift to open, as well as a drive-through donation supported by the live-on-locati on team at The Wave 102.3. Bring the kids and get your holiday spirit shining!



**Learn More about our Light the Trees event** ➔



**Your Donations Improving the Lives of Seniors in Care**

This month the Foundation had the pleasure of supporting leisure and social activities for seniors in care at Trillium Lodge, one of three long-term care homes supported by donations from people like you. If you are interested in directing your support to a specific facility or program, such as a new excursion bus for Dufferin Place, please use our regular donate page which is available year-round on our website here, and specify your gift designation using the drop-down list.

**Resources for Visitors to the Emergency Department**

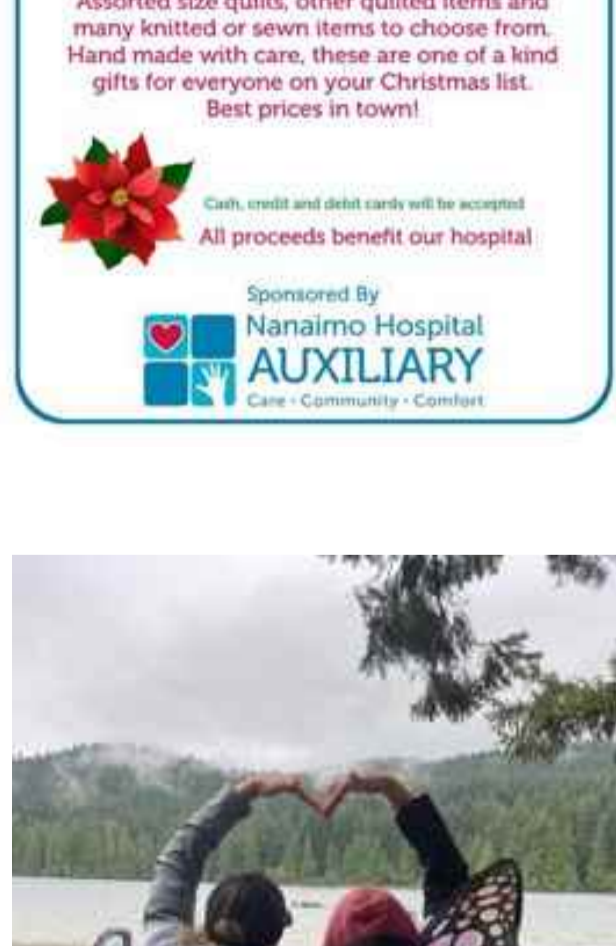
Hospital Leadership has launched a communications campaign to share alternate resources with the public visiting the Emergency Department.

- Information around Community Pharmacy Services**
- Need an urgent prescription renewal?
  - Contact your pharmacist, they may be able to provide an emergency supply
  - Get assessed by a pharmacist for 21 minor ailments: such as allergies, skin rashes, minor infections, urinary tract symptoms and more
  - Book an appointment at [bookapharmacist.gov.bc.ca](http://bookapharmacist.gov.bc.ca) - Or call 1-833-882-0022

- Information around access to Cancer Screening:**
- Did you know you can access free Cancer screening
  - Book your free screening with CanScreenBC
  - Easy access to screening tests and follow-up for breast cancer, colorectal cancer and lung cancer are available
  - To book online, visit [canscreenbc.com](http://canscreenbc.com)

Watch for additional resources next issue!

**Community Events**



**Butterfly Run Supports Families Facing Loss**

In a vibrant display of community spirit, the Butterfly Run on Vancouver Island, held on October 15th, exceeded expectations by raising an impressive \$1,481.35 to support families navigating the challenges of loss. We are grateful to have been invited to be part of this impactful event.



**\$7,000 for Cancer Care from Women in Construction**

Grateful shout-out to Women in Construction Nanaimo for their amazing support at the July Sip and Swing Event! Together, they raised \$7,000 to enhance cancer care for women in Central Vancouver Island. Thank you for making a difference!

**Donating securities can be a powerful way for you to fulfill your philanthropic goals while also receiving tax benefits.**

Due to proposed changes to the Alternative Minimum Tax (AMT) rules, it may be an advantage to consider donating a gift of publicly listed securities in this calendar year in support of your favourite causes. This week alone, three donors have given gifts of securities totalling \$100,000 to the Hospital Foundation. [Click here for information](#) on how the proposed changes to the AMT may impact your donations. To request a securities transfer form, please email [Cheryl Onciu](mailto:Cheryl.Onciu@nanaimohealth.ca), Manager of Annual & Planned Giving.

Thanks for reading our newsletter!

**DONATE TODAY**