



Overcome with Gratitude



Record-Breaking \$1,841,935 Raised

You showed up for your hospital when it needed you the most. We are overwhelmed with gratitude by donations to the Winter Campaign. Thanks to your incredible support, an astounding \$1,841,935 was raised, with 2,285 gifts given from 1,809 generous donors, making this the largest Winter Giving Campaign in the Foundation's history!

You answered the call this winter loud and clear, and the impact will be felt by our healthcare workers immediately. The need has never been greater, and your contributions will ensure our hospital is there when you need it most.

This phenomenal show of support from you, our donors, means we can fund equipment on the priority list that the government can't.

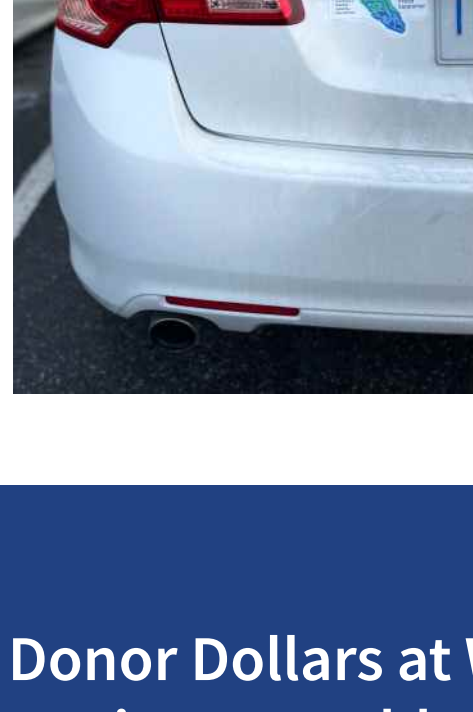
This includes:

- All of the medical equipment in the new High Acuity Unit.
- Contributing to the new x-ray suites at the Oceanside Health Centre.
- Support for our three long-term care facilities
- AND the long list of urgently needed medical equipment throughout NRGH to meet the demand your hospital is facing.

I'm excited to share more about the impact of your campaign gifts ([story and video here](#)) and a look ahead to plans for 2024 on how your contributions will continue to make an impact in our medical facilities and community.

To our donors, I personally want to thank each and every one of you for showing up for your hospital when it needed you the most.

Warmly,
Barney Ellis-Perry

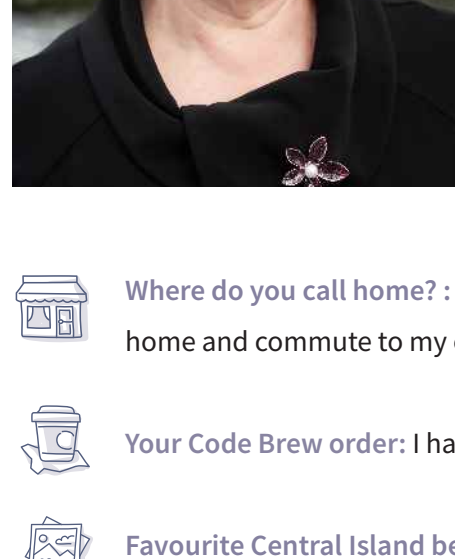


Show Your Support with a Colourful Bumper Sticker

Proud Supporter stickers are popping up on cars and windows all over Central Vancouver Island these days, as more and more people are displaying their support of Nanaimo & District Hospital Foundation. If you received a tax receipt by mail during our winter campaign, a sticker was included. If you don't yet have your sticker and would like to help raise awareness about the need for support for healthcare in our region, please [email Cheryl](#) and she will send one to you!

Donor Dollars at Work: New Equipment Adds Efficiency to Oceanside Health Centre

Through your donor dollars, Oceanside Health Centre has recently acquired a Pediatric Syringe Pump, marking a needed check mark for required pediatric care equipment. Ranked as the fourth busiest Island Health site for pediatrics, this addition aims to mitigate the need for patient transfers to NRGH. The infusion pump ensures precision in medication administration, alleviating the 10–15-minute manual IV push burden on nursing staff. This not only enhances patient care but also frees up valuable time for nurses to attend to other critical tasks. The announcement of the funded equipment came during the holiday season. As Dr. Drew Digney from Oceanside summarized, "A great early Christmas present! Will make things so much better for our little patients and their families."



Meet Your Foundation Team: Susan Ryan, CPA, FCPHR Chief Financial Officer

We continue our series sharing a closer look at your NDHF team! Today, fresh off her 20TH anniversary working for the Foundation we are so happy to share with a little bit more about our incredible CFO Sue Ryan.

- Where do you call home? : I was born and raised in Chichester, Sussex, UK but I proudly call Duncan home and commute to my office at NRGH every day.
- Your Code Brew order: I have so many! But a regular coffee and muffin combo always hits the spot!
- Favourite Central Island beach or park: I love the walkway around the harbour.
- Bring your lunch or go out (and if so where): Most days I buy lunch at Code Brew - always great choices and funds go right back to the Foundation!
- Best part of your job: I love hearing the donor stories and what inspires them to give. This community is amazing.
- Place you spend your time most (outside of the office): I travel a lot, and I love it. I also love to go for walks, usually along the trail system by our house.
- A joyful holiday memory from this year: Having a few dear friends over on New Year's Eve to celebrate with us - even though we didn't make it until midnight!
- Why is it in YOUR nature to give: It makes me happy!

Check out Susan's full bio on our [website](#).

Message from Hospital Leadership: Community Health Services (CHS) - Enabling At Home Independence

Did you know that you can access many supportive services through Island Health without a referral from a primary care provider?

Supportive services to enable individuals with health-related problems to remain independent in their own homes include:

- Nursing
- Rehabilitation
- Nutrition
- Social Work
- Respiratory Therapy
- Community Virtual Care
- Palliative, End of Life Care
- Home Support Services

If you think you may need support, please call the General Enquiries Line for your region:

- South Island 1-888-533-2273
- Central Island – 1-877-734-4101
- North Island – 1-866-928-498

You will need your personal health number ready



Volunteer Opportunities

Are you looking for a rewarding way to get involved and give back to the community? [Volunteer with Nanaimo Lifeline!](#) Lifeline is a personal emergency response service, with help at the press of a button. Lifeline is seeking volunteers for the positions of Check-In Service Representative and Home Service Representative. [Nanaimo Lifeline](#) is owned and operated by Nanaimo & District Hospital Foundation. All proceeds support healthcare in our region.

In the Community



Dine About Charity Dinner

[Tickets now on sale now](#) to join us for the second annual charity gala at Camas Restaurant on January 18th.

This delicious evening, themed **Après Ski Sparkle Party** will feature live music, auction, gourmet canapes and will serve as the official kick off for [Dine About Mid-Island 2024](#)! See you there! Buy your tickets [here](#).



Attention all Quality Foods Shoppers

Thanks to our amazing partners at Quality Foods, every shopping trip to can make a difference! Quality Foods shoppers can support healthcare on Central Vancouver Island by donating More Rewards points (in increments of 1000) at all 14 local stores. Just let your cashier know you would like to donate your points at the end of your transaction. Your generosity supports the Nanaimo & District Hospital Foundation, ensuring quality healthcare for all. Join Quality Foods in making a meaningful impact!

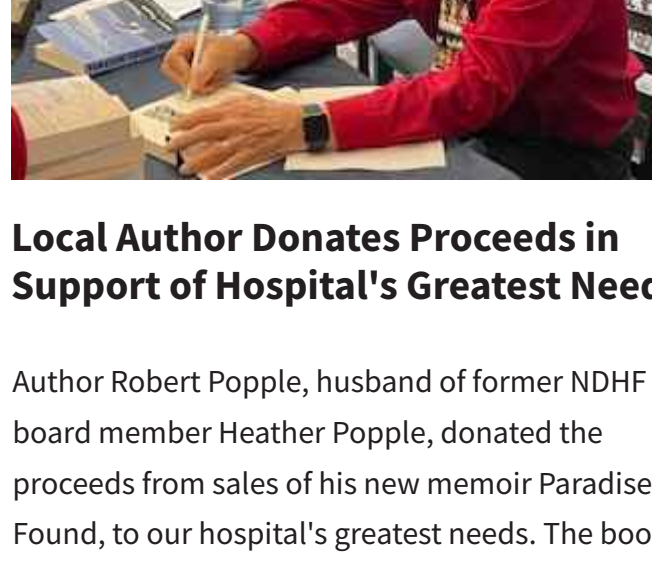


NCHL Scores with Brovember!

Here's to some very special Bro's, from the Nanaimo Casual Hockey League (NCHL) who raised over \$4000 this past 'Brovember' and more importantly raised awareness around men's mental and physical health.

As NCHL player Chris Lohr so perfectly said, "keep talking with each other, keep sharing, keep reaching out to one another, and remember, together, we are raising awareness and ending the stigma around men's health. Together, we are saving dads, brothers, sons, friends, and teammates."

We are always so grateful when groups like this come together with the common ""goal"" of raising funds and awareness for health issues on Central Vancouver Island! Thank you NCHL!



Local Author Donates Proceeds in Support of Hospital's Greatest Needs

Author Robert Popple, husband of former NDHF board member Heather Popple, donated the proceeds from sales of his new memoir Paradise Found, to our hospital's greatest needs. The book launch was held at Fairwinds clubhouse on December 14th . The book recounts highlights of the Popples' 20 years on Vancouver Island, and includes nine first-hand stories by fascinating people they met along the way. You can purchase a copy of Paradise Found on [Amazon.ca](#).

Help Improve the Health and Well Being of Our Community in 2024

Becoming a monthly donor is an easy way to make a big impact on healthcare in central Vancouver Island all year long! To learn about options for monthly giving, please [email Cheryl Onciul](#), Manager of Annual & Planned Giving or [join our community of care here!](#)

Thanks for reading our newsletter!

DONATE TODAY

