



# Lake of the Woods District Hospital Foundation

Fall/Winter 2021



*Thank you for helping your hospital help you.*

# Your chance to win helps your hospital take care of our communities!



Following a full year of LWDHF online 50/50's our generous supporters helped to raise over **\$1 million** for Lake of the Woods District Hospital! In turn LWDHF was able to award our winners the same, our biggest jackpot win coming in December 2020 at \$186,335! What a feeling it is to be able to give these life-changing amounts to our supporters. As a new year of 50/50's emerges we are excited to announce new ways to win and more ways to buy! Each month will now feature not one, but two early bird prizes of \$1,000 (with some month's featuring even MORE early birds)! Tickets, as always, will be available to purchase 24/7 online throughout Ontario to those 18+ at [www.lwdhf5050.ca](http://www.lwdhf5050.ca) and also now in person, cash only at our offices or at special events.



DRIVEN BY THE  
**Dingwall**  
GROUP



Our \$1,000 early bird winners are able to start off the winning excitement thanks to the generous donation of our partners The Dingwall Group.



**LWDHF**  
**50/50**

Tickets continue to be available 24/7 online with Visa/Mastercard/Visa-debit. Cash only in person purchases are available at LWDHF offices 21 Wolsley Street, 1st floor St. Joseph's Health Centre during regular business hours.

**5 tickets for \$5**  
**20 tickets for \$10**  
**100 tickets for \$20**

**[www.lwdhf5050.ca](http://www.lwdhf5050.ca)**

*Our first winner of the new year of draws Margaret Heithoff, celebrates her big win with LWDHF Board Chair Anthony Sharp.*



This month LWDHF 50/50 proceeds will support women's health. Living in Northwestern Ontario can pose challenges in accessing specialty health care. LWDH is always looking for ways to work with care providers to improve that access. Your hospital is pleased to now have the services of Dr. Leslea Walters, Gynecologist Specialist, to offer a colposcopy clinic and soon, hysteroscopies through surgical services. (please read our interview with Dr. Walters on pg. 3 to find out more)

## LWDHF 50/50 supports Women's Health

Living in Northwestern Ontario can pose challenges in accessing specialty health care. Lake of the Woods District Hospital is always looking for ways to work with care providers to improve that access. Your hospital is pleased to bring the services of Dr. Leslea Walters, Gynecologist Specialist, to offer a Colposcopy Clinic and in the near future hysteroscopies through surgical services. Dr. Walters graciously took time from her busy schedule to answer LWDHF's questions about this new service spotlight.

### Can you tell us a little bit about yourself and the services you bring to patients?

My pleasure! I am Dr. Leslea Walters, originally from Winnipeg. Unlike a lot of city kids, I didn't spend my summers and weekends in Kenora. My grandparents lived near a lake in Saskatchewan and my parents took us there every summer. I fell in love with Kenora after my aunt and uncle got a place on Poplar Bay and we started coming out to visit them. My mother is Francophone, so my sisters and I were educated in the Franco-Manitoban school division. I eventually went to medical school in Ottawa, where I was able to complete my doctorate in French. I completed residency training in Obstetrics and Gynecology in Winnipeg and I have always been passionate about serving and educating that population.

A Gynecology Specialist is a doctor whose medical focus is on female reproductive health which can have an impact on overall health. The need in our area is significant as demonstrated by the waiting list already compiled to see Dr. Walters.



**Why do you think it's important to have a Gynecology Specialist at LWDH?** My field deals with puberty, fertility, getting pregnant or not getting pregnant, pelvic pain, bleeding, pelvic masses, menopause, infections, sexual health and generally providing education around a subject area that many people are shy about addressing. Most people's lives will at some point be affected by something on that list, about 51% of the population will be directly affected. Having access to this essential gynecology care near home is a huge advantage that has not been available for a long time in this area.

**Why would someone be referred to you?** Common reasons for referral to gynecology include abnormal bleeding, pelvic masses, skin changes and difficult to treat infections. Some patients are referred for preconception counselling when they have medical issues and are planning to get pregnant, or need help with a safe-for-them method of contraception. We are also running a Colposcopy Clinic at LWDH, which is where patients are referred if they have had abnormal cervical cancer screening, or if their healthcare provider identifies an abnormality during an examination. I can provide medical or surgical management of most of these issues.

**Why is it important to perform Colposcopy?** Colposcopy is an important step in cervical cancer screening and prevention. By finding abnormalities early, we can monitor for spontaneous resolution, and treat when a high grade abnormality is identified and is persisting. We can treat cervical cancer before it happens and that is extremely worthwhile.

**Can you explain how the hysteroscopes work and what they are used for?** A hysteroscope is designed for looking inside the uterus. This allows diagnosis and treatment of some of the causes of abnormal bleeding, for example. We can identify and remove polyps or fibroids. We can obtain biopsies which are used to identify whether or not there is cancer in the lining of the uterus. Beyond that, we can treat abnormal bleeding with a procedure called "ablation" which is a method of cauterizing the uterine lining. This is especially useful as a conservative treatment which is attractive to patients who may not want hormonal therapy or major surgery such as a hysterectomy.

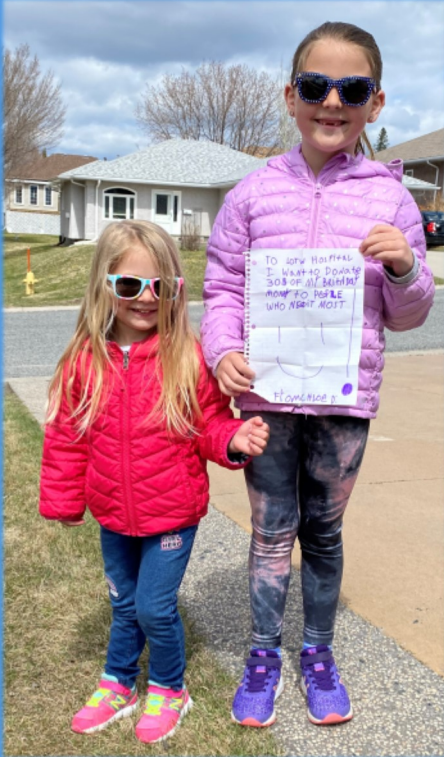
Lake of the Woods District Hospital Foundation is very excited to allocate funds raised in the next few months of 50/50 draws to our new service spotlight- Women's Health.

You contributions will help fund:  
Colposcopy Clinic Equipment \$30,750  
Hysteroscopes \$50,000

## Giving inspirations.

### The gift of sharing Birthday's with LWDHF!

LWDHF loves visits from the children in our community who selflessly donate back to our hospital. Accompanied by her little sister Claire, Chloe Dingwall (pictured right) dropped off \$30 of her birthday money this past May! What a generous and thoughtful gift to share with your hospital. Thank you so much Chloe and Happy 7th Birthday!



**“Alone we can do so little; together we can do so much.”-Helen Keller**

### Friends and Family Scramble



Paige Stevenson paid a visit to LWDHF this summer to deliver a donation of \$2170 following her friends and family scramble golf tournament held at the Kenora Golf and Country Club. This is the second year in a row that Paige has hosted this event in support of LWDHF and because of loosened restrictions this year, was able to golf for the first time with her family and was also able to recruit an additional 6 teams! The group had decided to once again give back to LWDHF in appreciation of treatment they have received from their hospital. Thank you Paige and friends for thinking of your hospital 'FORE' this donation.



Your Family *Ford* Dealer Since 1921



Thank you to our friends at Dingwall Ford in Kenora for thinking of the hospital during their 100th Anniversary celebration in October. Dingwall Ford hosted a fun Tailgate Party for the community, complete with classic cars, free chili and a football fundraiser toss for LWDHF. By the end of the event LWDHF received a \$5,000 donation from Dingwall Ford and \$500 in donations from community members in the toss. Thank you for the fun event and for those who came out to support Dingwall Ford and your hospital!

We can all make a difference one '100th Anniversary' at a time!

LWDHF Board Chair Anthony Sharp (above) shows how the football toss is done. Operations Assistant Andrea Bieman (top left) welcomes community members and Laci Dingwall, Public Relations Manager-The Dingwall Group and Board Member (top right) celebrates the \$5,000 donation!

# Giving inspirations.



The Beer Store in Kenora recognized the tremendous effort our hospital is making to support our community during these extraordinary times as we navigate through Covid-19 with a generous donation of \$557! Funds were raised through empty bottle returns along with donations from customers throughout July. Across the province, \$258,843 was raised for charities at The Beer Store. LWDHF thanks The Beer Store in Kenora for thinking of their hospital. Thank you for helping your hospital help you.

## Lake of the Woods District Hospital Ladies Auxiliary

Graciously giving their time and effort into doing great things for our hospital are the LWDH Ladies Auxiliary! One of those things is operating the Kenora Hospital Gift Shop, a true hidden gem! When you visit you are sure to find something for that special someone or yourself and feel great knowing proceeds from your purchases are supporting patient care at your hospital. In March 2021 The Hospital Auxiliary was able to give \$15,000.00 towards the following items: Stat centrifuge for the lab, 2 epidural pumps for obstetrics, and instrument supplies for surgery. All because of their loyal customers. Have you shopped the Hospital Gift Shop lately? There are so many beautiful treasures to be found.

**Open Monday - Friday 2 p.m.-4:15 p.m.**

## 34th Annual Tree of Life Campaign

While remembering and honouring your loved ones, you've directly been a part of helping to raise \$1.68 million for your hospital. Consider the possibilities of purchasing your bulb in honour or remembrance of your loved ones this holiday season! Forms will be sent out in the mail, or donate online at: [www.lwdhf.com](http://www.lwdhf.com). The Tree of Life has been a Kenora tradition since 1987. Money raised through the Tree of Life Campaign goes to purchase much needed medical equipment so that when you need your hospital, your hospital will have what it needs to take care of you! You are truly making a difference by getting your bulb today! Watch for your Tree of Life form in the mail this holiday season and help us celebrate 34 years of tradition, one bulb at a time.



Community businesses like Lowerys allow LWDHF to give more back to your hospital. Support your community by shopping at your local businesses.

  
Your local office supply experts

Printing of this publication is provided by the team at Lowerys. Thank you Lowerys!



Find us on Facebook and Instagram to see what we're up to throughout the year!

The Lake of the Woods District Hospital Foundation was established in 1992 and continues to be the lifeline between your community and your hospital. LWDHF is governed by an 11 member board which meets monthly; has 3 full time employees and benefits from over 2,000 volunteer hours per year. We are dedicated to raising funds for the purchase of medical equipment and capital infrastructure. Since our inception, LWDHF has transferred over \$21.96 million to Lake of the Woods District Hospital (LWDH).

## **LWDHF Board of Directors and Staff 2020-2021**

**Chair: Anthony Sharp**, Base Manager (Kenora)Ornge Air Ambulance

**Vice-Chair: Kim Mejia**, Partner, Hook, Seller & Lundin LLP

**Treasurer: Jackie Hailstone**, General Manager, CIBC Kenora

### **Directors:**

**Brock Chisholm**, Manager, Rehabilitation Department, LWDH

**Marc Bissonnette**, Owner, Bell's Septic & Environmental Services

**Barry Marmus**, Commercial Branch Manager, The Standard Insurance

**Laci Dingwall**, Public Relations Manager, The Dingwall Group

**Melanie Buffett**, Human Resources Manager, LWDH

**Angela Kuchma**, Broker of Record, Re/Max NorthWest Realty Ltd.

**Stephen Mitchell**, Director, Ministry of the Solicitor General

**Shauna Aubin**, The Standard Insurance, Kenora Branch

### **Staff**

**Andi Scheibler**, Development Coordinator since Jan. 2016

**Andrea Bieman**, Operations Assistant since Dec. 2019

### ***Our needs are ongoing***

Ontario Ministry of Health covers, on average, 80% of your hospital's operating costs. This limited funding for healthcare increases the financial pressure for your hospital in addition to the fact that none of this funding is designated to cover capital expenses. There is not a matching program from the Ministry to help purchase equipment, which leaves LWDHF to raise the funds needed, dollar for dollar. Our hospital maintains a five year capital needs list to plan for equipment purchases and infrastructure needs. This list is amended several times throughout the fiscal year as equipment is purchased, emergency needs arise or equipment maintenance/repair prolongs its lifespan. This 5 year planning list has several million dollars of identified needs. You can make a difference in healthcare for your community.



# Progress! Progress! Progress!

Your hospital can boast SO MANY success stories - credited to the incredible team, amazing communities, exceptional partners and generous donors. The next few pages offer a highlight of just a few of successes and updates. To keep on top of on all things hospital related follow LWDH on social media - Facebook, Twitter and LinkedIn!

**NEW HOSPITAL PROJECT UPDATE:** The project to redevelop Kenora's hospital surely seemed quiet in the public eye throughout the summer of 2021, however, the project has progressed significantly. In April of this year, Stage One was completed by submitting an extremely thorough master programming proposal including site and space analysis to the Province of Ontario, Ministry of Health (the project's major funder). This detailed document was a result of much work over the past 18-months by the Project Planning Team, Community Steering Committee, Consultants and was informed with feedback from our communities, our staff and our partners through an extensive first round of engagement.

May to September has had Lake of the Woods District Hospital leadership and project managers in discussions with the Ministry of Health surrounding details of the Stage One proposal. These discussions have been tremendously positive and approval for the next stage is anticipated in the very near future. While capital projects such as this are funded through the Ministry, operating funding for public hospitals in Ontario is received through Ontario Health North (formerly the LHIN – Local Health Integrated Network). In order for the Ministry to support this project, Ontario Health North would first need to review the Stage One proposal and indicate support for the programs and services proposed. As can be appreciated, this can become a timely process. We are extremely pleased to share that a letter of support for the project was recently received from this body. Despite the desire to share proposed project details with our partners, communities, staff, and donors, advice from the Province was to keep elements such as recommended location confidential until discussions on Stage One were complete. It can be shared today that the recommended option is to build a new facility on a new site (versus expansion and renovation project on the current site). A new site / new facility was costed as the most affordable option and the one with the shortest time-frame and zero service interruption.

Proposed is a new hospital designed to meet modern hospital standards, both in service delivery, staff, and patient / family needs, as well as space requirements to achieve these standards. Bed requirements for most programs remain the same but there are an increased number of beds proposed for Mental Health & Addictions to address service gaps experienced in the region. Key service delivery model themes identified in the proposal include accessibility, functionality, efficiency, blending of Western Medicine and Traditional Healing on a new campus, and building strong partnerships for service coordination with other providers across the continuum of care.

The Planning Team and Community Project Planners are anxious to launch a second round of engagement where greater details of the proposal will be shared publicly. Ongoing feedback from the community will continue to be prioritized.

**NORTHERN ONTARIO SCHOOL OF MEDICINE STUDENTS:**

Lake of the Woods District Hospital is pleased to have six 3rd-year students from the Northern Ontario School of Medicine completing their Comprehensive Community Clerkship in our hospital over the next few months. The students will be working in all aspects of our healthcare community, in the hospital and in clinics. Student Taylor Wilkins shared some thoughts on LWDH and impressions of Kenora: *"My experience at LWDH over the last month has been fantastic. Every single staff member I've met has taught me something new (and kindly redirected me in the hallways more than once!) I am thoroughly impressed with the collegiality and excellent patient care I've witnessed, and I'm grateful to everyone who has made me feel welcome as part of the team. As for Kenora - I am loving it here! I am particularly enjoying the scenic sunrises, the excellent restaurants (Bob's Burger Bar and 901 Westside are favourites so far!) and the kindness of the community as a whole. Living and learning in Kenora really is hard to beat!"*



**Ashlyn  
Kopanski**



**Alura  
Castle**



**Nikka  
Stoger**



**Taylor  
Wilkins**



**Tara  
Wilson**



**Zvia  
Mazal**

**SIMULATION LAB & ROOMS:**

Lake of the Woods District Hospital's Simulation and Skills teaching programs recently got a major upgrade through renovations (completed by the incredible LWDH Maintenance Team!) to the education rooms and upgrades to simulation equipment. Renos included creating a simulation lab and two smaller simulation rooms. Dr. Sean Moore must be acknowledged for the great care and effort he has put into guiding the creation of the room and sourcing necessary props. Summer student Taylor Clark is another key player in this project.

Through the generous donations of the LWDH Foundation, a comprehensive suite of equipment will be put together to provide essential high fidelity education and professional development for our students, residents, physicians, nurses and staff throughout the hospital as well as being a community resource. Ornge has utilized the space for training, as has Confederation College.



**ABOVE: Larry Somers, LWDH Manager of Facilities and Plant with Dr. Sean Moore in the Training Centre.**

**LEFT: NOSM students in the Simulation Lab practice diagnosing and caring for an ER patient.**

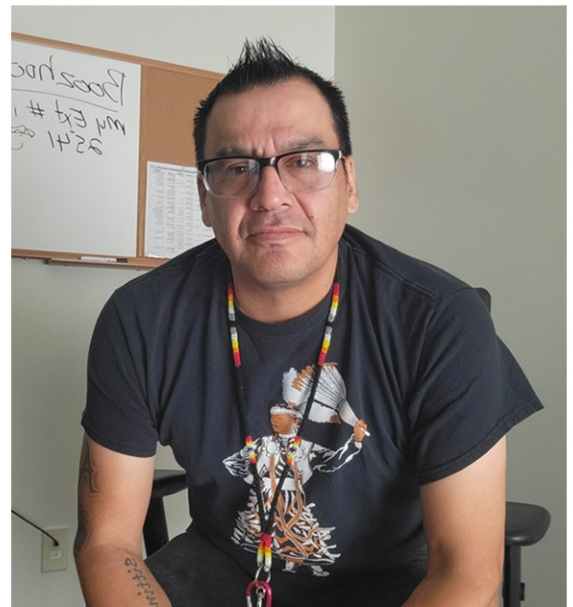
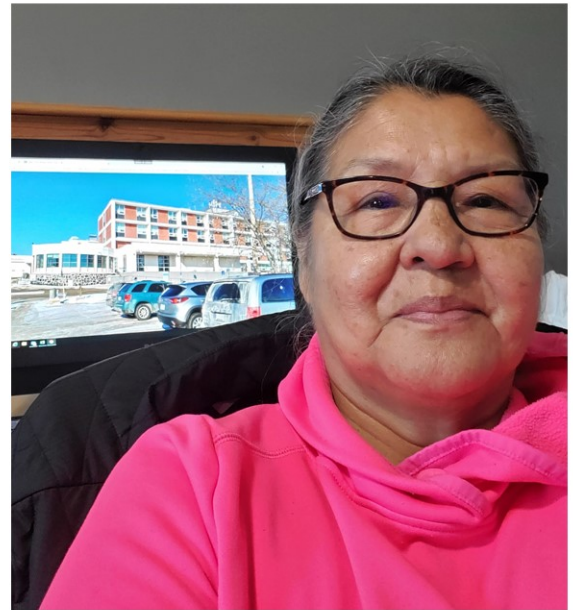


**TRANSITION FACILITATOR/CURRENT OPERATION INNOVATION WORKING GROUP:**

One theme strongly emerging throughout the new hospital engagement was having positions dedicated to supporting patients navigate their healing journeys. With a particular need identified to provide support to Indigenous patients and clients, Lake of the Woods District Hospital has partnered with Waasegiizhig Nanaandawe'iyewigamig (WNHAC) to offer a Transition Facilitator position based in the hospital. Marlene Landon has filled this role and works at the hospital primarily Wednesday through Friday, 8 am – 3:30 pm. Marlene joins two Kenora Chiefs Advisory Indigenous Client Navigators also working in the hospital (Jim Sitting Bull White and Donna Namaypoke). Marlene's position will aim to support inter professional teams in providing the best possible culturally safe care. She will also assist in facilitating referrals to physical, mental and emotional care for clients, bridging the understanding between traditional and western approaches to health and healing and focusing on ensuring patients receive quality and equitable access.

The intent of partnerships with KCA and WNHAC is to enhance the patient care experience and discharge process for Indigenous clients, ensuring they have timely access to services such as translation, follow up appointments, discharge prescriptions, hostel services, home care services, etc. Our collaborative goal is to improve health outcomes, support healthy families and stronger communities. An LWDH Current Operation Innovation Working Group is working to put solutions such as the Transition Facilitator into action. Representatives from LWDH, KCA, WNHAC and Community Project Planners participate in this committee.

Lake of the Woods District Hospital is grateful for partnerships which allow for client navigation / transition facilitator services. Pictured right, top to bottom are the happy and helpful team you will see providing these services in the hospital: Marlene Landon (WNHAC), Donna Namaypoke (KCA) and Jim Sitting Bull White (KCA).



### EMERGENCY DEPARTMENT RENOVATIONS:

Your Lake of the Woods District Hospital Emergency Department (ED) leadership, physicians, Facilities Management and Executive teams have been working hard to review the ED and new ER South space (previously Dialysis, which recently moved to the 4th floor) with a lens for improved patient and staff flow. This included working with CSI Consultants in 2020 who conducted a thorough engagement (staff from all departments, patients, and partners including Ornge, police and ambulance) and compiled a final report including recommendations for improvement.

Some elements of the renovation have taken place including recently installed glass walls in two trauma rooms (pictured below). This improvement was funded through your LWDH Foundation in 2021 using 50/50 proceeds and has equated to improved visibility for staff, improved privacy for patients and improved infection control practices. Architecture and engineering firms have been engaged and we are now entering the design phase with drawings being drafted for major changes. These improvements are anticipated to begin in 2022 once funding has been confirmed and will include:

- An additional quiet room
- Accessible washroom
- Ambulance offload area
- Larger staff break room
- Improved storage for medical supplies and medications
- Separate office space for physicians and medical students
- Upgraded work station
- Improved triage space



**ABOVE:** a preliminary depiction of an upgraded Emergency Department work station.

**LEFT:** Recent LWDH upgrades included installation of glass walls in two Emergency Department trauma rooms.

## Ways to Give to LWDHF

### Memorial Giving

A memorial gift to LWDHF provides a meaningful way to remember your loved ones. Family and friends have an opportunity to donate towards a lasting tribute set up as a memorial fund. Memorial gifts are recognized on our Donor Board when accumulated donations for the fund reach \$1,000.

### Monthly Giving

Did you know that for as little as \$5.00 per month, you can make a difference in the quality of medical care available at your hospital? Imagine the possibilities for your hospital, our patients and your community!

### Planned Giving

Including LWDHF in your Will ensures your support for a cause you care about will continue—even after you're gone. By choosing to designate to LWDHF's endowment fund, your gift continues to give, benefitting your family and your community—forever. You can also take comfort in knowing that your gift will lessen the tax burden on your loved ones when transferring your estate. Please contact LWDHF to discuss your planned giving options such as bequests, gifts of life insurance, RIFs or RRSPs. Final arrangements should be made through your financial advisor.

### For the Goodness of Your Heart—Grateful Patient Program

Many of LWDH's staff members make a difference in the lives of their patients. If you have been touched by the LWDH health care team, consider making an honorary gift to your hospital through the Grateful Patient Program. Your gift will help support your hospital and will benefit others in need. LWDHF's Grateful Patient Program is flexible and personal. You can designate a gift of any size to a specific area, or allow LWDHF to direct the funds where they're needed most.



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Cover photo courtesy of: Kim Pirie-Milko—  
Naturescape Photography.

Kim grew up in Canada with a life long passion for nature and the outdoors. An avid photographer of the Canadian Shield with it's countless lakes and vast forests, her passion for travel compliments a love to capture natural beauty in both backyard and beyond. See galleries at [naturescapephoto.ca](http://naturescapephoto.ca)





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