

SPRING 2022

# HEADS UP TO YOUR HEALTH

## THANK YOU FOR HELPING YOUR HEALTH CARE TEAM

I always look forward to Spring. It brings a fresh new perspective, much to be thankful for, and of course warmer weather!

And while 2021 was another year that forced us to continue to navigate unprecedented challenges, our community never left our side, and for that we are so truly grateful.

Due to your support, Headwaters Health Care Centre was recently able to purchase vital equipment and complete important hospital upgrades including:

- A new mammography machine with tomosynthesis (3D imaging) arrived allowing Headwaters to enhance our breast screening program and provide even better care to our increasing number of breast cancer patients.
- A new C-Arm was installed at Headwaters in December. The C-Arm is an essential tool in displaying high-definition live videos to guide surgical procedures in the operating room.
- Two new ultrasound machines arrived which allow for better imaging resolution to support patient care with faster, more accurate diagnoses.

In our lifetime, 80% of the health care each of us require will be delivered at a community hospital. I know many of you, like me, are fully behind, and grateful for our front-line health care team who are there when we truly need them.

The equipment and renovations you support help make our team stronger and better equipped to provide the exceptional care our community deserves. Without you, this wouldn't be possible.

As we continue on our journey, one community, caring together, I want to thank you once again for reaching out a helping hand in support of the Headwaters team through your kind philanthropic gifts, the many meals that were donated, your words of appreciation and encouragement, and so much more. We are thankful to you, our donors and sponsors for your continued commitment to ensuring outstanding health care is available here, when you and your loved ones need it the most.

You are making a positive difference, right here, everyday. Thank you!

With sincere gratitude,

*Kim Delahunt*

**Kim Delahunt, President & CEO**  
Headwaters Health Care Centre

# UP CLOSE AND PERSONAL WITH K.C. CARRUTHERS, CFRE

A passionate fundraiser in the health care sector, K.C. Carruthers joined the Foundation as the CEO in December 2021.

K.C. came to Headwaters from Hamilton Health Sciences and has a long history of successful fundraising in the charitable sector with leadership roles in the health care and education sectors, and for organizations both national in scope and community based. He has built meaningful relationships with donors and volunteers at organizations that range in size from one-person shops to multi-level health and education systems.

“Headwaters Health Care Centre is at the heart of so much of what matters most in the community. Celebrating new life, overcoming injury and illness, thriving despite physical, mental and emotional setbacks, and even leaving this world in dignity and comfort. Your community hospital is with you at each of these vital stages in your life, and it will be my privilege to play even a small role in helping one community, caring together at Headwaters.”

In his personal time, K.C. enjoys...connecting with his family outdoors at soccer games, in the park, camping, at the beach, or by the pool – or indoors with a music night, movie night or trying out new recipes in the kitchen.

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## Tell us about yourself:

I live in Georgetown with Michelle, my wife of almost 30 years. We have three children including twins Nate and Chloe, who are in grade 11 and our oldest daughter Hannah who is in her 2nd year at Western University. And I suppose I shouldn't forget our dog Delilah and our rabbit Dennis as well!

## How did you get involved in health care?

I started my fundraising career phoning past patients of Women's College Hospital to do a patient satisfaction survey and talk to them about contributing to the Foundation. At first, I felt nervous about asking people for financial support, but I quickly realized how rewarding it is to spend time with people who truly want to give back to help others. Now I couldn't imagine working in any other field!

## What is your vision for the future of HHC Foundation?

I believe it's important for us as a team to all have the same vision of the best local health care through inspired community giving. I see my role as working with our staff, Board and volunteers to build community support to meet the growing healthcare needs of the people and families served by Headwaters.

## Since you are new to the community, what inspired you when you first got to Headwaters?

For me, inspiration comes from stories. And the people at Headwaters have already shared so many stories with me about lives saved, about the passion and kindness and exceptional care that patients and families receive at Headwaters, and about the difference that the generosity of our donors has made to enabling outstanding care, close to home.







## INVESTING IN A CLEARER PICTURE CAMPAIGN UPDATE

Since launching *Investing in a Clearer Picture* to improve diagnostic imaging capability at Headwaters Health Care Centre, we have many reasons to be grateful to our community. Following are some examples of equipment we received and projects that we completed due to support from you!

Our new Mammography Machine with Tomosynthesis (3D imaging) arrived allowing Headwaters to support our breast screening program and our growing number of breast cancer patients. A new C-Arm was installed at Headwaters in December which is an essential tool in displaying high-definition live videos to support our surgeons in the operating room, and lastly two new Ultrasound Machines arrived to help with quicker, safer, more accurate diagnoses.

We are now half-way to our goal of ensuring we have state-of-the-art diagnostic imaging services available for our patients. This equipment will be faster, use lower doses of radiation, and produce clearer images to ensure the best health care outcomes. To complete Investing in a Clearer Picture, we still need your help to fund the following:

**New X-Ray Room (\$725,000):** This room is outdated and needs to be fully replaced. The new room will include an X-Ray camera, adjustable table, technician workstations and accessories to provide quality imaging to diagnose everything from broken bones to pneumonia.

**Nuclear Medicine Camera (\$600,000):** This camera uses precision 3D imaging to look at specific organs to diagnose, evaluate and plan treatment for a variety of diseases.

**Echocardiogram Ultrasound (\$240,000):** A new ultrasound machine will allow for better imaging resolution of heart structure and support our cardiac patient needs.

*We are fortunate that health care technology continuously evolves and improves to enable better care and outcomes for patients. Thank you for Investing in a Clearer Picture, to make this vision a reality at Headwaters.*

**TOTAL PROJECT:  
\$3.5 MILLION**

**TOTAL FUNDED:  
\$2.2 MILLION**

**REMAINING GOAL:  
\$1.3 MILLION**





# HOST A COMMUNITY EVENT FOR HEADWATERS

Community members, businesses and service clubs play a crucial role in helping fund the purchase of vital medical equipment, renovations and education at Headwaters Health Care Centre. And there are so many ways for you to get involved!

Hosting your own event is a rewarding and effective way to give back, and it helps support better care for you and your community at Headwaters.

Mrs. Post used our on-line system to create a personal fundraising page to honour the staff at Headwaters. It was easy and her family and friends loved it!

For local businesses, a Cause Related Marketing (CRM) initiative is another great way to get involved. For example, a number of retail locations have dedicated a month to ask customers for a modest donation at check-out. Customer feedback shows that people appreciate this opportunity to give back to a good local cause.



These are just a couple of the many ways our community gets involved. If you would like to discuss your ideas, please contact: **Nicole Warren – Senior Coordinator, Direct Response, Marketing & Communications** by email: [nwarren@headwatershealth.ca](mailto:nwarren@headwatershealth.ca) or by phone: 519.941.2702 ext. 2303.



**When you play,  
we all win!**

**PARTICIPATE IN ONE OF  
OUR UPCOMING 50/50 DRAWS:**

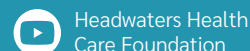
April • June • August • October • December

MUST BE 18 YEARS OR OLDER TO PURCHASE AND FROM ONTARIO. LOTTERY LICENSE NUMBER RAF1232746.



**GET YOUR TICKETS! | [WWW.HHCF5050.CA](http://WWW.HHCF5050.CA)**

KEEP IN TOUCH WITH US!





# RECOGNIZING THE GENEROSITY OF OUR DONORS

## HEADWATERS CIRCLE OF FRIENDS

This giving society recognizes donors who make an annual commitment of \$1,000 or more. Members of this special group will receive exclusive opportunities for involvement and recognition.

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In memory of two loving parents, Joan & Edward Banks with love from Angela John & Mary Beaton Lesley Beech Mark Bergen & Heidi Allen Ruth & William Bissell Maureen & Brian Bixley John & Marlene Black Greg & Elizabeth Black Bolton & District Lions Club Bombs by Chase Donald & Muriel Bosomworth Steve C Bradley Bramalea City Centre Brampton & Caledon Community Foundation Brannon Steel Kirk & Joyce Brannon Deborah & Gary Brent Philip & Betty Brett Broadway Pentecostal Church of Orangeville Brookfield Homes Gary Brown Sue & Frank Brundle Bruce & Carole Buchanan Helen Burgess Burnside Family Doug & Patricia Butcher Caledon Mountain Veterinary Hospital Maribeth Callahan The Catherine & Fredrik Eaton Foundation Catherine Campbell CanadaHelps COVID-19 Healthcare & Hospital Fund Canadian Outbuildings Dr. Cathy Candusso & Dr. Peter Cino Capes Litherland Family Terry & Wendy Carter Carters Professional Corporation	Tony Cassar Robert & Ida Church CIBC Shirley Clarkson-Grice The Clorox Company Foundation Janice Cockburn and Doug Phillips & Family The Cole Foundation Connor Clark & Lunn Private Capital, Michael Flux Ken & May Copland Wayne & Linda Cornelius Corporation of The Town of Mono Mr. Keith Coulter & Mrs. Lynn Coulter Bob & Joanne Crease David Creglia Crewson Insurance Brokers Limited Pat & Valerie Crowley Don & Stephanie Cullen Mr. Andy Curran Curry Mantra CWT Group D & D Pools & Spas In memory of Bruce MacTaggart Dalerose Homes Data Cable Co. 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## PARTNERS IN CARING

Headwaters' Partners in Caring donors demonstrate their commitment to local health care by supporting our hospital through monthly giving.

Mr. Pearson Agard & Mrs. Evelyn Agard Anne Allengame Ravinder Banait John (Barry) & Frances Barnett Carolyne Beaton William & Doris Bieman Ruth & William Bissell Gerry Blakely Paul & Susan Boon Cathy & Chris Broom Ray & Mary Brown Willie Brown & Colleen Egan Robert W. Busch Mr. Richard Byford & Mrs. Janet Byford Catherine Campbell Capes Litherland Family K.C. Carruthers & Michelle Cranston Michael Carter & Linda Sawden Maria & Lino Cassetta John & Darlene Chapman James A. Clarke	Meghan Cleaves Don & Faye Corbett & Family Ken & Carol Coulter Marg & Jim Coupland Bob & Joanne Crease David Creglia Pat & Valerie Crowley Diane Cunningham Kelly Dash Dr. Kenneth Derksen & Mrs. Barbara Derksen Virginia DiLauro Gloria & John Dobson Bill Doekes Dr. Craig Donaldson & Family Stephen & Laurie Doney Darlene Early Mrs. Wilma Egan Mark & Terri Erskine Ms. Denise Erskine Ursula & Horst Fischer Michele Fisher Steve & Vicky Fisher	Sandy & Shawn Galea Florence & Guy Gaudet The Gauthier Family - Bert, Joyce, Abby, & Terry Clinton Gayadeen Danielle Gibb Tonya Gilhooly Glasscraft Norma Godbold Peter & Emily Goll Shirley Greener Mrs. Marueen Gregory & Mr. Raymond Gregory LeeAnn & Dennis Grimes Guest Wok Kathleen Hall Tania Han Kathy & Chris Hare David & Mary Hawthorne Heather Hayes Bill & Janet Henderson Elizabeth Hewson-Murcott & Justin Murcott	Jeff & Beth Hill Mr. Eldon Hillyard & Mrs. Norma Hillyard Jutta Holdenried Ron & Mavis Hughes Don & Debbie Hutchinson Mrs. Patricia R. Kelly & Mr. Joseph F. Kelly Frieda Kent McGrandles Lori Ker & Gary Scott Linda Kett Louise Kindree Mr. & Mrs. Kingdon Renate Klietsch David Knuckey & Christina Sampson Dr. Mark & Joanna Lane-Smith Barbara & David Lee Elspeth Leslie John, Chris & Jake Lockyer Peter Lovell Doug & Joan Marfleet In memory of Toiwo Mark	Larry & Valerie Martins Ann & Jamie McAlpine Anna McCafferty & Mike Chezy Hon. John McDermid, P.C. Gwynn & Ken McGhee Lori McHenry Graham & Patricia McLeod Leah & Scot McLeod In memory of Dennis Moore In memory of Patrick Morden Margaret Morrison Betty Moulton Hildegard Mueller Geoffrey & Ann Mullin Joe & Daniela Murgida Allan Nicholls Tracee & Peter Nilsson Neil & Laurie Orford Neil & Joan Pacey Joanne Pals Aravir Panesar, Ranjit Singh Panesar Lewis Park Stephanie A. Pellow	Tim Peters & Liz Beatty Scott & Catherine Plaskett Thomas Platt Marie Poirier Gordon & Carol Pope Mr. Roger Presgrave Steve & Deanne Prins Scott & Kim Renshaw Barbara A. Robb Mike & Sarah Robertson Dr. Mercedes Rodriguez & Luis Chacin Charlene Rogers Bill & Teresa Ross Lynda & Philip Runney Parvinder & Amarjit Samra Daphne Sanderson Jennifer Sharp Christopher & Janet Squibb David & Jennifer Straghan Terry & Judith Sullivan Ken Tate & Mary Sullivan-Tate Jacqueline Teunissen Ruth & Richard Thompson	William J. Timmins Kenneth & Lynn Topping Maxine & Ralph Tremills Valerie Tripp Susan Trowbridge Brenda & Terry Trudeau Dr. Jude & Mrs. Elfrida Umeh Ed & Marianne Upenicks Delfina Vargas Enzo & Gaye Villa Pat & Gary Vipond Dr. Grace Wang Eileen & Stephen Warren Nicole Warren Mary Wheelwright Cathy Whitcombe Mrs. Audrey Wille & Mr. Robert Wille Eric & Irene Williams Sarah Woods Arlene Wynne Cricket & Mac Yule  Anonymous (28)
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If you wish to become a Headwaters Circle of Friends Donor or a Partners in Caring Donor, please contact us at:

**519-941-2702 EXT. 2303 OR VISIT US AT: WWW.HHCFOUNDATION.COM**

# CONTINUING A LEGACY OF LOVE

My father Noel was a thoughtful, caring, and independent man. He was someone you could truly count on. A loving father to me and my sister, Noel raised us in Primrose until we later moved to Toronto. He loved Caledon though, and had been living there for the past ten years to be closer to his friends and the places he loved.

Late last year, at age 81, he had a severe right cerebral artery stroke and was rushed to Headwaters Health Care Centre.

On arrival, Dad spent time in the Emergency Department undergoing scans and tests to determine his diagnosis. Unfortunately, his stroke left him very ill and he was admitted to the hospital.

To be honest, I had never visited Headwaters much, and I wasn't sure what to expect. It didn't take long to realize we had brought Dad to the right place. I remember when he was admitted to his room, he was greeted by a nurse named Gayle whose smile was contagious and whose compassion seemed endless. Her first words to me were, "there is always something to hope for." Once I got my Dad settled, I left the Hospital feeling somewhat more confident, but with a realistic outlook, and I realized Gayle had truly helped me to understand and begin to cope with an extremely difficult situation.

The care team at Headwaters made every effort to assess what my father was capable of and what sort of recovery would be possible for him. This wasn't easy for my sister and me, and of course was a critical time for our Dad, but we were incredibly thankful for all that Headwaters did for him. I remember a Physiotherapist named Melissa who found out what Dad's favourite music was and would sing to him – he would respond with a smile, clearly enjoying a moment of pleasure.

About a week later, he was moved to Palliative Care, and my sister and I considered moving him to Toronto because the travel back and forth was becoming tough on both of us. But based on the outstanding level of care he was receiving, moving him from Headwaters was simply not an option. We have never experienced this level of compassion and professionalism. Across the board, everyone went above and beyond. At times like this I am reminded of the importance of giving to the Foundation to ensure the patient care team at Headwaters Health Care, and the caring professionals like Gayle and Melissa, have the equipment they need to provide quality care, close to home.

Headwaters provided us with a safe space to make Dad comfortable. It allowed the end of his life to take place in comfort and dignity instead of chaos and pain. Our Dad died peacefully, a Headwaters nurse providing comfort at his side to fill his last moments with kindness and compassion.

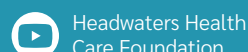
Having witnessed first-hand the devotion to excellent, compassionate patient care that is so evident at Headwaters Health Care Centre, I truly wish to extend my heart-felt thanks. And I do hope, through generous donations from the community, that Headwaters will be there for all those who will need care for themselves and their loved ones for years to come.

With sincere appreciation,

*Sophia*



KEEP IN TOUCH WITH US!







The hospital made a lot of progress with their facility improvements as part of their progress under their Strategic Direction, Getting Even Better. These changes included the installation of our main hospital signage, which is now illuminated at dawn and dusk. The signage also includes donor recognition in honor of local area residents Joan and Paul Waechter, who are also long-standing Headwaters Health Care Foundation supporters.

In order to preserve and honour Headwaters' heritage and legacy, we have donated our historic ceramic plaques to the Museum of Dufferin and the Peel Art Gallery, Museum and Archives. We are really thrilled that they will remain in the community to recognize our donors who helped us to grow and build the hospital to a new location in 1997 to serve our growing community. The remaining piece is of our original hospital and will remain in our hallway near D-Wing and Obstetrics in recognition of our generous donors to the Dufferin Area Hospital and Shelburne District Hospital. This picture is the rendering of the plaques which will be installed in later April.

Heads Up to Your Health is published once annually and twice digitally for friends and donors of Headwaters Health Care Foundation. If you have any questions/comments, please call the Foundation at 519.941.2702, ext. 2303. The Foundation is located at 100 Rolling Hills Drive, Orangeville, ON L9W 4X9. **Note for residents of Palgrave: We are trying to reach more of you, so our apologies if you receive both a personalized newsletter from our office, and a "resident" newsletter as a result of our Palgrave mail drop.**

## HEADWATERS HEALTH CARE FOUNDATION STAFF

**K.C. Carruters**, CEO  
**Meghan Cleeves**, Office Coordinator, Board of Directors & CEO Support  
**Danielle Gibb**, Director of Leadership & Planned Giving  
**Kendra Goss**, Coordinator Community & Corporate Engagement (maternity leave)  
**Christine Patterson**, Coordinator, Special Events & Community Engagement  
**Jennifer Sharp**, Manager Finance & Analytics  
**Nicole Warren**, Senior Coordinator, Direct Response, Marketing & Communications

## HEADWATERS HEALTH CARE FOUNDATION BOARD OF DIRECTORS 2021-2022

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**Bill Duron** (Vice Chair & Secretary)  
**Tim Peters** (Past Chair)  
**Susan McCutcheon** (Treasurer)  
**Kim Delahunt** (Hospital CEO)  
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## Thank you for helping us become better equipped!

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Please provide your contact and donation information below. Contact information is required to send your tax receipt. \*\$20 or more is eligible for a tax receipt.

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I'd like to make a single gift of: \_\_\_\_\_  
 I'd like to make a monthly gift of: \$ \_\_\_\_\_ (min. \$5/mo.)  \$100  \$50  \$25

I've enclosed my cheque to Headwaters Health Care Foundation (or a void cheque for monthly gifts).

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## SATURDAY, SEPTEMBER 17<sup>TH</sup>

Register now! Multiple routes (road & gravel), vendor market, family activity zone and much more.

Visit [hhcfoundation.com](http://hhcfoundation.com) under events or 519-941-2702 ext. 2303 to learn more!

Headwaters Health Care Foundation believes our first responsibility is to our donors. For more information, please contact the Foundation Office at 519-941-2702, ext. 2303.

We'd like to keep you updated on your local hospital!



100 Rolling Hills Drive  
Orangeville, Ontario  
L9W 4X9