

# embracing HEALTH

The newsletter of Strathroy Middlesex General Hospital Foundation

## Orthopaedic Surgery Improves Patient's Life

Jeannine and her husband Marcel love to go fishing. Over the years, they have enjoyed many trips out on Lake St. Clair in their boat named after their first-born grandchild - "The Miss Tanya".

The couple have a few large fish mounted as trophies on the walls of their home to commemorate their trips and memories.

"I've never really been a person to sit still," says Jeannine. "We love to get outside for family get-togethers, trips, and other activities."

Jeannine has been able to keep up with all these activities despite throbbing pain in her leg after a serious injury at work in 1985.

To restore her knee, Jeannine had 5 operations and even a bone transplant in the late 80's with little success. She also endured many treatments along with a realignment to help alleviate and treat inflammation from arthritis.

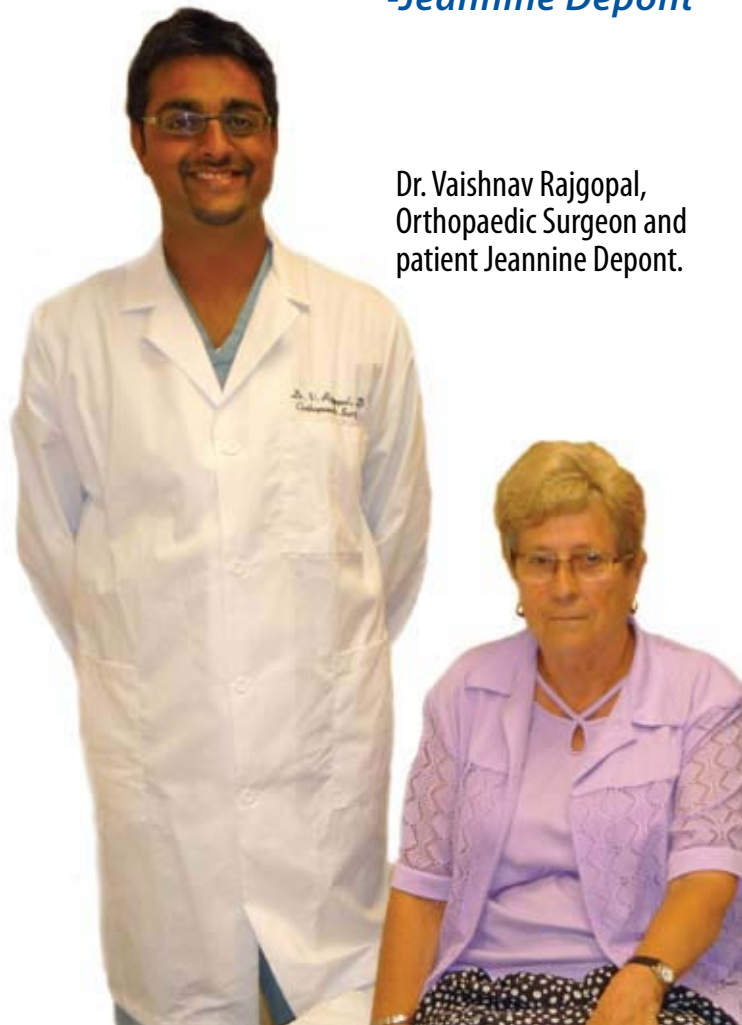
"Sometimes it was very painful to walk or even move, and it was incredibly hard to sleep at night with all the pain."

In July 2009, Jeannine underwent a total knee replacement surgery performed by Dr. Vaishnav Rajgopal, Orthopaedic Surgeon at Strathroy Middlesex General Hospital.

*Story continued on page 3...*

***"I really liked the doctor, he made having the surgery such a great experience. I can now extend my leg to reach the floor along with the other one, and I haven't been able to do that in 20 years! I'm so thankful for his expertise."***

***-Jeannine Depont***



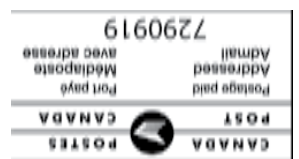
**Dr. Vaishnav Rajgopal,  
Orthopaedic Surgeon and  
patient Jeannine Depont.**

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# Donor Story: Joe Martins

Like many SMGH Foundation friends and supporters, Joe Martins came to know the organization in 1997 when he first made a gift. Inspired by his experiences with Strathroy Middlesex General Hospital (SMGH), Joe became an avid supporter, and in 2004 he decided to make monthly donations through an Electronic Fund Transfer (EFT) at his bank.

Joe moved to Canada from Portugal and has lived in Strathroy for the past 44 years with his large family including 3 daughters, 8 granddaughters and 5 great-grandchildren.

Late in August, Joe was working outside in the yard and started to feel heavy chest pain. His daughter immediately took him to the Strathroy Hospital Emergency Department.

Joe was admitted and monitored overnight, quickly recovering. With doctor's orders to 'take it easy' and avoid heavy activity, the pain in his chest has not returned and he doesn't require medication for it.

Because of this experience, Joe decided to increase his monthly gift by \$5. He believes that the care he and other family members have received at the hospital has been commendable and wanted to show his appreciation.

*"It's easier to give \$15 every month and I get one tax receipt for the year. I give because the hospital is always here for us."*

*- Joe Martins*

## **How Does Monthly Giving Work?**

Monthly giving is designed to provide donors with an easy, no-hassle way to consistently support the work of SMGH Foundation. To participate, simply fill out a donation form and select the amount you would like to give each month. Monthly bank account or credit card debits can be made on a regular schedule. The first transaction to set up the gift is the only one you'll ever need to make!

## **What are the Benefits?**

Monthly donors receive fewer mailings, this saves paper and decreases costs. It's convenient and efficient, saving you time. You also know exactly when you are going to donate and receive one yearly tax receipt.

## **Donations Purchase Equipment**

### **New Blood Analyzer Unit, Biliblanket Light Therapy Unit and Digital Wheelchair Scale**



**Above & Left:** Laboratory Technologist Jason Newman shows how he uses the new Blood Analyzer Unit purchased with generous donations from the SMGH Auxiliary and Port Frank Seniors Action Group.



**Right:** Newborn Tiffany Letkemann receives light therapy for jaundice with the new Biliblanket Unit in Obstetrics funded by the Sifton Family Foundation.

**Pictured Above:** Kristin Hughes, RN; Kelby Leitch, RPN; and Melissa Bloomfield, RN with George Cameron (seated) on the new Digital Wheelchair Scale that helps staff to easily weigh elderly, bariatric or sick patients who cannot stand. The \$3,500 cost was funded by generous donations from the Florence Nightingale Home Foundation.

# Orthopaedic Surgery Improves Patient's Life

*Continued from page 1...*

Dr. Rajgopal is a graduate of the University of Western Ontario where he received his training in orthopaedic surgery and fellowship in reconstructive joint surgery.

Due to Jeannine's previous operations on her leg, he had to operate around past scar tissue. The knee replacement surgery was very successful and Jeannine is now recovering with regular physiotherapy. She has regained a great range of motion in her leg and flexibility.

Jeannine and her family are very familiar with knee and leg injuries. Jeannine's mother also had a total knee replacement.

"I saw what my mother experienced, that was a number of years ago in the early days of joint replacement. She was very happy to be able to walk again after the surgery and remained very active," says Jeannine.

Her husband Marcel is thankful to Strathroy Hospital for caring for him when he lost a leg after a very serious infection. He

has overcome many challenges in his life to become accustomed to only one leg, attributing part of his recovery to the great care from local doctors and nurses.

"I have a lot to be thankful to our local hospital, the care of doctors and nurses saved me," says Marcel.

The couple has lived in Canada for over 53 years after moving from Belgium. They met locally in 1959 and have been together ever since. In September 2009, they celebrated their 48th anniversary with their 2 daughters, 6 grandchildren and great grand-children.

They look forward to Jeannine's full recovery so they can enjoy their favourite activities with family members, especially fishing on their boat.

"It's how you look at things in life," says Jeannine. "We've been blessed with great care from the local hospital, I've had an excellent outcome from my surgery, and I'm thrilled."

## The Basics of Total Knee Replacement Surgery

In total knee replacement surgery, the parts of the bones that rub together are resurfaced with metal and plastic implants. This implant offers renewed stability and minimizes wearing. Overall the benefits include: elimination of pain, improved motion, and minimum wear and tear.



**Above:** The digital x-ray image of a total knee replacement after surgery.

## YOUR MAIL: Letters from Donors

**Thanks for your letters and e-mail response. If you would like to share your story or have a question, e-mail [dbruce@smghfoundation.com](mailto:dbruce@smghfoundation.com) or mail: SMGH Foundation, 395 Carrie St., Strathroy, ON, N7G 3J4.**

August 14, 2009

Dear SMGH Foundation,

Last month I went to Strathroy Hospital for an x-ray. The x-ray technician advised me to go immediately to the Emergency Department. I was admitted and stayed at your hospital for 10 days. I am now recovering well.

I feel that I was given the best of care and everyone treated me wonderful. Thanks to all the staff.

Sincerely,

*Florence Griffith*

Komoka, Ontario

Florence recently donated \$100 to support the hospital in gratitude for the care she received. Thank you so much for your generosity Florence, your gift will help SMGH continue to be a vibrant community hospital.



# Announcing the 09/10 Volunteer Leadership Team

Strathroy Middlesex General Hospital Foundation is overseen by a volunteer board of community leaders who have a passion and a commitment to supporting access to quality health care in our community. They come from all walks of life and offer experience, wisdom and countless hours of their time, for which the Foundation is truly grateful for their contributions.

Foundation board members for 2009 are:

Tom Appleton, Jason Timmermans, Gail Barker, Lorna Campbell, Nick Stokman, Marg Hill, Ken Peters, Kevin Fryday, Ralph Coe, Monte McNaughton, and Mike Mazza.

*“These individuals bring a great deal of experience to the board. We appreciate their commitment, input and enthusiasm as we work to create new opportunities for the Foundation and its supporters,” says Susan McLean, Chief Executive Officer of the SMGH Foundation.*

## PLEASE NOTE:

The Foundation’s web site address has changed to:  
[www.smghfoundation.com](http://www.smghfoundation.com)  
The general email is now:  
[info@smghfoundation.com](mailto:info@smghfoundation.com)

## COMING SOON:

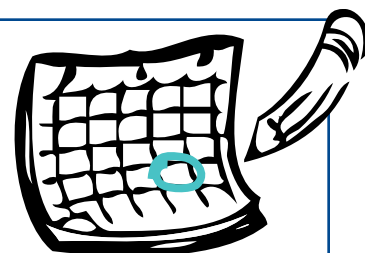
### New Patient Room TV System

The Foundation has partnered with HTV Systems Ltd to provide and maintain 15” LCD television monitors in each patient room.

The new LCD screens are expected to be fully installed in late 2009, and patients will be able to order TV right from their bedside! Activation will be immediate and available during regular business hours.

Best of all, the hospital will receive additional income generated from the rental program each year to support patient care services and programs at SMGH.

## UPCOMING EVENTS



More information will be available soon about these events all donors are welcome to attend:

- SMGH info night (partner event with Strathroy & District Chamber of Commerce) in January 2010.
- CEO Conference call in May 2010.
- Tuesday June 8th, 2010 - AGM with special guest speaker Dr. Brian Goldman, MD, MCFP(EM), FACEP, at Mount Sinai Hospital and host of CBC Radio’s White Coat, Black Art will de-mystify the world of medicine with his engaging presentation.

## PRIVACY POLICY

At Strathroy Middlesex General Hospital Foundation, we appreciate your support and are dedicated to treating your personal information with respect. We do not rent, sell, or trade any personal information. The information you provide will be used to keep you informed of events and fundraising opportunities in support of the Middlesex Hospital Alliance. Please contact us for more information or to be removed from the mailing list by phoning 519-245-5295 x. 5044.



# THANK YOU!

Those who make a donation to Strathroy Middlesex General Hospital Foundation are the unknown champions of the medical world. Through your compassion and generosity, you help to save lives. SMGH Foundation and the patients we serve are extremely grateful for your contribution to health care.