



We hope you have enjoyed the extended sunshine and warm temperatures this fall. At the Foundation, we continue to feel so grateful for the incredible care our community shows in the ongoing support of healthcare. Through this fall's e-newsletter, we are happy to share information about a few of our current initiatives. If at any time you would like to learn more about priorities we are working on and how donations are having an impact, please reach out to us at the office by calling 250-331-5957.

Sincerely,

Jess

Jessica Aldred, Executive Director



RBC Foundation donates to support mental health

Comox Valley Healthcare Foundation gratefully received a \$25,000 donation from RBC Foundation to help fund two projects focused on enhancing mental health supports in our community.

“In recent years, we have seen an increased need for mental health supports in our community. This donation enables our frontline staff to pursue further education related to mental health, helping us to provide better, more informed care, to those accessing resources through our Emergency Department,” explained Sarah Trockstad, Clinical Coordinator.

The donation will help fund tailored training for frontline staff in areas such as: Suicide Response to build understanding of how to support people who have thoughts of suicide and Trauma Informed Practice to increase understanding of the prevalence and impact of trauma in the lives of the people requiring care.

This generous grant from RBC Foundation will also help launch a virtual support group for women across the North Island facing postpartum adjustments. One in five women will experience symptoms of post-partum depression – if unsupported, can pose a risk to the health and safety of the mother and baby.

LEARN MORE



In collaboration with the **Comox Valley Community Foundation**, we are co-hosting an interactive workshop, led by **Catherine Miller** from Estate Law.

Catherine will share professional insights in what is involved if you accept the role of executor, or what you are asking of your loved one when naming them as Executor. Some of the topics covered include the probate process, funeral arrangements, executor fees, managing finances, and accounting to beneficiaries. Our October 26th session has reached capacity however we have confirmed a second workshop:

Wednesday, November 2nd, 2:00-4:00PM
Comox Recreation Centre, 1855 Noel Ave
Free, registration required

Save the date for another informative, complimentary, fall workshop!

This seminar will be held at Stan Hagen Theatre on **November 17th from 10:30 to noon** and will feature presentations from **Kathryn Jones**, Senior Manager at Grant Thornton, **Natalie Walker**, Associate Wealth Advisor with Coastal Community's Private Wealth Group, and **Terry Farrell**, Editor of the Comox Valley Record, who will share his personal story about his mother's charitable legacy.

This event is jointly presented by the **Comox Valley Healthcare Foundation** and the **Comox Valley Community Foundation** and hosted by the **North Island College Foundation**.

REGISTER FOR NOV 2 WORKSHOP



Generous estate gift supports healthcare careers for local high school graduates

The Comox Valley Healthcare Foundation is honoured to have received a generous donation through the estate of Tom Gamble.

Through a bequest in his will, Tom requested a permanent fund be established that would pay tribute to his dear friend and be named

Residents with dementia benefit from special games console

We are raising funds for a **Tovertafel** for residents at **Glacier View Lodge**.

The Tovertafel is specifically designed to conquer apathy, and increase positive emotions for seniors living with dementia. This games console provides sensory stimulation by providing an experience that does not rely on skill, memory, or language, much like when we visit a beautiful garden, throw a ball for a dog, play a simple game with a child, watch fireworks or see a lovely sunset. The goal is not to complete a task, just to experience well-being. We're thrilled to be working with Glacier View Lodge and caring donors to ensure seniors have access to equipment that improves their quality of life and helps them thrive.

[DONATE TO THE TOVERTAFEL](#)

the **B&T Healthcare Bursary**. His gift is invested to create an endowment, and the interest it earns each year will support local students pursuing a career in healthcare.

We are grateful to Tom for his foresight and the valuable support his gift will provide for students and future healthcare professionals in the Comox Valley.

Planned gifts like the one Tom provided play an important role in ensuring future generations continue to receive exceptional healthcare. When you include a gift to the Comox Valley Healthcare Foundation in your estate, you are making an investment in the future of our community without affecting your current financial resources.

[LEARN MORE ABOUT LEAVING A BEQUEST TO HEALTHCARE](#)



Introducing Rhonda Stevens and Avry Janes

Working with people in our community is at the heart of what we do. To join us in our work to support healthcare, we are delighted to introduce Rhonda Stevens (left) and Avry Janes (right).

Rhonda Stevens has recently retired from a 29-year career serving our country in the Canadian Armed Forces, focused on Search & Rescue. Rhonda was most recently Commander, 19 Wing, and, along with her family, are making the Comox Valley a permanent home.

“Having the opportunity to work alongside the wonderful people of the Comox Valley to enhance patient care and improve the health and well-being of our community is extremely rewarding. I am proud to be part of this incredible team.”

Avry Janes was born and raised in the Comox Valley (as were three of her grandparents!!!) and possesses a deeply caring and thoughtful approach, built upon her many years supporting post-secondary education.

“I am humbled to be in a position that facilitates support for healthcare here in the Comox Valley! I am very motivated to do what I can to further my community's well-being and have tremendous respect for our local healthcare professionals. It is an honour to work in a position that supports their vital work.”

Together, our team is honoured to work with our community, to help ensure the **best possible care, close to home.**



COMOX VALLEY HEALTHCARE FOUNDATION

Great Care. Close to Home.

250-331-5957



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