

UPCOMING EVENTS

Wear Red Day

Who are you wearing red for in support of Heart Month and cardiac patients in our region?
February 2

Stepping Out for Your Heart

West Side Ballroom
February 8, 4:30 p.m.

Shamrock Shuffle

Valcour Brewing, Plattsburgh
March 16

Easter Egg Hunt

CVPH Front Lawn
March 30

For information about our upcoming events, contact Michelle Senecal at (518) 314-3359 or msenecal@cvph.org.

Our Mission

The generosity of our caring community enables us to advance initiatives that are important to the health of the North Country.

All donations stay in our local community.

Check us out on Social Media



The Foundation of CVPH



[foundationofcvph](https://www.instagram.com/foundationofcvph/)



The Foundation of CVPH



[@cvphfoundation](https://twitter.com/cvphfoundation)



[Foundation.cvph](https://www.snapchat.com/add/foundation.cvph)

Connecting You

Transition Success: A Place to Call Home

A former CVPH patient is spending his first holiday season in a new home thanks to our generous community and the support you give to our Transition Success program.

When Tim arrived at the hospital earlier this year, he was homeless and struggling with his mental health. As Tim received care at the hospital, he worried that he would be back on the streets with nowhere to go once he was discharged. A dedicated social worker with CVPH's Adult Psychiatry Unit, Carlee Lincoln, LMSW, was able to secure an apartment for Tim with MHAB. However, he could not afford the security deposit.

The Foundation stepped in with money from the Transition Success program to cover the security deposit, allowing Tim to stay in the apartment for the next two years until he can find more permanent housing.

"This is a win, because normally, I can't get this kind of housing," Lincoln notes. "It's an amazing feeling to help someone get back on their feet and know that they have support when they leave the hospital."

"It's a huge relief off my shoulders. I had no idea where I was going," Tim says. "I can't imagine having to live on the street again."

Instead, he is now looking forward to having his own place to stay and the ability to host his daughters and granddaughter while he makes his favorite macaroni and cheese recipe. Lincoln adds he'll be in a stable environment now with a number of services set up to help meet his needs.

"I cannot be grateful enough to The Foundation and to the donors," Tim adds. "I didn't know this kind of kindness existed anymore."



Tim

Carlee Lincoln

CVPH FOUNDATION OFFICE

Foundation Office staff are happy to help with any questions you may have about making a gift or learning more about our programs. Please feel free to contact us.

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How Your Donations Make a Difference

Making Hospital Visits Fun For Kids

Surgery can be scary and worrisome for any child. Generosity from our supporters is helping fund the purchase of a new mini-car that a youngster will be able to drive in the hospital from the waiting room to the operating room to make the experience more pleasant and fun before undergoing surgery. Other items, including a karaoke machine, a CD player with CDs for kids and bubble wands will be purchased to help ease concerns of children as they wait for their procedure. This is one of the dozens of mini-grants we awarded this year to fill requests made by staff. Overall, The Foundation provided more than \$220,000. The grants pay for new equipment, comfort items and funding that helps our caregivers enhance their skills and grow professionally.



Update: Supporting Patient Comfort

Jay Anderson is one of the many patients benefiting from a new chair that is part of the system called Flexible Endoscopic Evaluation of Swallow (FEES). We told you about FEES earlier this year and how it helps patients like Anderson contend with swallowing disorders. The chair, which was purchased with donations to The Foundation, is crucial for positioning patients as the exam is happening, providing safety and comfort for both the speech language pathologist conducting the study and the person in the chair.

"The cool thing about this chair is that it's very comfortable and it's very stable. That helps patients feel like they're safe and secure, allows them to relax and gives us better data," Speech Language Pathologist Anthony Lewis explains.

Honoring the Gift of Life

Contributions to The Foundation support families in a variety of ways as they make difficult decisions regarding the passing of loved ones.

To the right is a picture of an Honor Walk held at CVPH this year. Hospital employees line the hallways from the ICU to the operating room to pay tribute as a patient takes his final journey before donating life-saving organs. In this case, the healthcare proxy was from out of town and could not afford a hotel to be in Plattsburgh to help make decisions about the patient's care. Because of the community's generosity, The Foundation was able to provide funding for the proxy's hotel stay and other needs while in town.



Afterward, the proxy said she couldn't believe how many people were there for the Honor Walk and how many people cared enough to show her love and support through this difficult time. Cayla Ventre, ICU Nurse Manager and Organ Donor Liaison at CVPH, expressed her gratitude to The Foundation for its support in such meaningful moments like this.

"I can't say enough good things about The Foundation. Their hearts are always in the right place, doing what they can to help our patients and their loved ones, even in times like this that can be very difficult for families. They make a difference in so many ways."

Thank You, Community Donors!

We are so thankful for the support we receive from the community throughout the year.

Pictured are just some of the donations made to The Foundation of CVPH recently. Student athletes in Beekmantown, Plattsburgh and Saranac held various fundraisers that resulted in thousands of dollars in donations to The Foundation!

Every dime of money donated goes directly into programs and medical equipment that benefit patients across the North Country.



DYK? Did You Know:

There are several easy ways you can make your year-end gift, including donating appreciated stocks.

- Donations of appreciated stock are easy.
- Stock gifts donated directly to a UVM Health Network partner are not subject to capital gains tax AND you are still eligible for a charitable deduction at the fair-market value of the stocks you donated up to the amount allowed by the IRS.
- Stock gifts can be directed to the area of your greatest interest with The Foundation of CVPH. Your gift will directly impact what is most important to you.
- To be eligible for a charitable deduction within this tax year, donations of stock must be received no later than December 31. Because different assets take different amounts of time to be transferred, you should initiate your transactions as soon in the year-end giving season as you have made your decisions.



There's one big reason why our doctors, caregivers, educators and staff can change so many lives: philanthropic support from you and other community member who share our commitment to providing the highest level of compassionate care. Your charitable gift will directly support and impact the local programs and services. Gifts can be made in the form of cash, credit card, stock transfers, real estate, planned gifts and more. As a not-for-profit, your gift is tax deductible.

If you would like to learn more about donating stock and how your gift can impact the health of our community, please contact Kerry Haley at khaley@cvph.org or visit <https://uvmhealth.myplannedgift.org/>

Coming Together in the Community

We continue to have a fantastic time seeing many of you out at the events we hold in the community throughout the year. Over the past few months, we finished up another successful Summer Concert Series on the front lawn at CVPH, hosted our annual donor and community appreciation reception that included a discussion with UVM Health Network CEO Sunny Eappen, enjoyed a night of laughs while raising awareness about breast cancer at our annual Girls Night Out and raised thousands of dollars to grant wishes for patients facing life-threatening illnesses.



Wear Red Event
We're gearing up for our second annual Wear Red Day taking place on February 2. Studies show about 80% of heart related problems are preventable. This is our chance to do something about it. Who will you wear red for? To participate or learn more, visit UVMHealth.org/CVPHHeart.



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*To be added to or deleted from our mailing
list, please call (518) 562-7169.*

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It's Easier Than Ever to Make a Lasting Difference

Monthly Donations

Giving to The Foundation is quick and easy, and you don't even need to be at a computer!

Scan the QR code to the right with your smartphone camera to land directly on the monthly donation page of The Foundation of CVPH's website. You can also visit <https://www.cvph.org/Foundation/Monthly-gift>.

It's quick and easy to sign up. And making a recurring donation means you are contributing every month to making the North Country a healthier place to live.

Do You Have A Few Hours A Week to Volunteer?

Volunteers play an important role in the care that's provided at CVPH. The Volunteer Program is now accepting applications for anyone interested. Positions are available to suit a variety of interests and schedules. To learn more, contact Sarah Hardy, Manager of Volunteer Services at **(518) 562-7595** or email **shardy@cvph.org**.

