

UPCOMING EVENTS

Wear Red Day

Who are you wearing red for in support of Heart Month and cardiac patients in our region?
February 7

Stepping Out for Your Heart

West Side Ballroom
February 11

Shamrock Shuffle

Valcour Brewing, Plattsburgh
March 15

Easter Egg Hunt

CVPH Front Lawn
April 19

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

A Rocky Mountain Wish Comes True

After beating cancer in his bladder, liver and brain, Aaron Czaja recently returned from a special trip granted by The Wish Fund, which is managed by The Foundation and the Adirondack Champlain Valley Board of Realtors.

“Every day was a gift, and I loved them all the same,” Czaja says.

Over the past year, the 41-year-old was diagnosed with cancer in his bladder, which spread to his liver and later, his brain. After several surgeries, many treatments and months in the hospital, he says his doctors told him he is in remission.

“I’ve defied some odds and continued to persevere and keep climbing. And that’s my attitude. I just try to always be very positive,” Czaja reflects.

During his care, the Plattsburgh native learned he was eligible to receive support from The Wish Fund. And his desire was to take a trip out to Denver, Colorado to spend time with a close friend of his. One of his favorite pastimes is golfing, especially at golf courses he hasn’t been to before.

“I like that challenge,” Czaja explains. “It’s kind of like a hurdle. You have to attack it and get over it.”

So he spent time trying out different golf courses in the Denver area. Czaja also took in a Major League Soccer game. And he drove on the Peak to Peak highway, a 55-mile route that provides spectacular views of the Rocky Mountains.

Czaja adds he is very thankful for the generous donors that made it all possible. He also says The Wish Fund makes a tremendous difference in the lives of people in our area. To donate or learn more, visit UVMHealth.org/CVPHFoundation.

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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Aaron Czaja



Donations from community groups and individuals make a tremendous difference for our patients. Over the past year, third party donations amounted to \$129,654. Below are some of the fantastic examples of the impact these generous gifts are having.

Supporting Our Patients Thanks to the Community



Golf Tourney Benefits Cardiac Rehab Patients

Jeff Titherington knows just how important our Cardiology Rehabilitation team is in getting people back on their feet. He survived a heart attack a few years ago and took part in a cardiac rehab program after having two stents put in.

"When I went to the rehab, they were very welcoming," he recalls. "I wasn't sure how I was going to take it, but they were very helpful. And, I realized this is something that's really working well for the community. How can we help?"

Titherington and his family donated the \$10,000 they raised from the 12th annual Paul and Gary Titherington Memorial Charity Golf Tournament to The Foundation to support cardiac rehab patients like Titherington. The tournament honors two of his brothers who died from sudden cardiac arrest.



Softball Tournament Benefits Fight Against Breast Cancer

The Foundation was proud to receive a donation of \$5,500 from the second annual Fighting for Boobies Women's Slowpitch Softball Tournament held at Morrisonville's America Legion Post 1619 fields.

Jill Hartmann and her mother, Pattie Fulton, organized and ran the tournament.

Nine teams from around the region competed. The event also featured a home run derby, a raffle, face painting, a dunking booth, a dart tournament and a motorcycle ride.

Money raised through the tournament is being used to support breast cancer awareness and treatment at the hospital.

During the event, Hartmann stressed how important it is for women to get screened, noting it's a very curable cancer when caught early.

Hartmann says she is looking forward to running the tournament again next year and is hoping to donate an even larger amount.



Goals for Hope

Our FitzPatrick Cancer Center (FCC) scored a generous donation from two Plattsburgh High School soccer players.

Morgan Hall and Will Vega presented a check for \$4,500 to The Foundation and the FCC. They raised the money through the second annual Goals for Hope 3v3 soccer tournament held in late October.

"Helping feels really good," Vega says.

"It's great to know that we're doing something good for the community," Hall adds.

Both students recruited more than two-dozen local businesses to sponsor and support the event. In all, about 150 kids ranging in ages from 6 to 14 participated in the tournament.

This money will help patients with cost for medication and travel, as well as equipment and therapy supplies.

Donations Pave Way for New Adaptive Cycling Event

The kindness of our donors put a bicycle ride within reach for people living with physical disabilities.

Through a community grant, The Foundation was proud to support the first ever Adaptive Cycling Day held this past September. The event was organized by the hospital's Ability II Achieve Adaptive Sports Program and took place along the James Terry Gordon Bike Path at the Plattsburgh Oval.

In collaboration with RAD Innovations of Cornwall, VT, community members ranging in age from 6 to 85-years-old were able to try various adaptive cycles. For some, this was their first opportunity to ride a bike. Others were able to get back on a bike for the first time since an injury altered their ability to ride.

"One of the great things about adaptive

sports is that you're giving someone the freedom and independence to do something that brought joy previously," says Erin Daly, DPT, PT, senior physical therapist at CPH. Keeseeville's Devann Murphy, who has won marathons in New York City, Boston and Burlington on a handcycle, was at the event to mentor folks thinking about getting an adaptive bike.

This event was the first clinic style day hosted by the Ability II Achieve Adaptive Sports team at the hospital.

Staff say this day has inspired them to host other adaptive sports events in the future. Anyone interested in hearing about upcoming events can contact the team at ability2achieve@cvph.org.



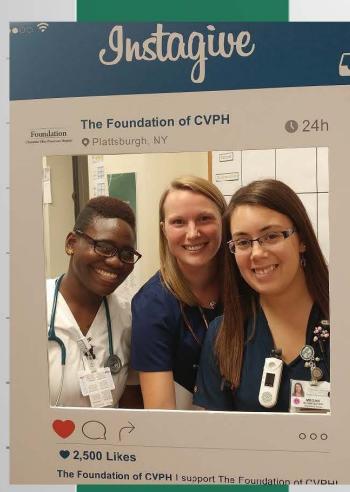
Community Grants	
Grant	Funding
Peru School Backpacks	\$3,000
Scotts' Memorial Rink Upgrades	\$5,000
Pickleball Adaptive Wheelchair	\$2,884
Fitness in the Parks	\$5,702

Employees Giving Back To Help Our Patients And Our People

Every day, our teams work together to provide the care our community needs. And many of our employees continue to give back by generously donating to The Foundation. You can see the steady increase in giving by hospital staff over the past several years, topping \$87,000 in fiscal year 2024. That's a 31% increase since FY 2021. This funding supports the purchase of new equipment, community wellness initiatives and continuing education, among other things.

Employee Donations

\$87,020.03



\$80,254.85

\$70,735.04

\$66,304.01

FY 24

FY 23

FY 22

FY 21

Cardiac & Pulmonary Rehab Campaign Kicks Off

By the Numbers

Raised **\$528,786**

Goal **\$1,200,000**

Scan the QR code to the right to learn more about the Cardiac & Pulmonary Rehabilitation Center and how you can help.



Perspective view of gym space from open stretching area



Guglielmos Gift Benefits ENT Patients

From putting tubes in a child's ears to sinus surgery, our Ear, Nose and Throat (ENT) surgeons rely on a lot of different tools to do their work. Thanks to a donation from Rich and Judy Guglielmo, The Foundation helped the ENT team purchase new tools for their sinus trays.

In November, the Guglielmos stopped by to learn more about the importance of these tools and how our patients will benefit from their use.

Mini-Grants Support Patient Care

Because of donors like you, we were able to fund more than \$200,000 in requests for equipment purchases, wellness initiatives and programs to support our patients and employees through Mini-Grants.

This past November, our Foundation Mini-Grant committee heard presentations from dozens of employees requesting money for a variety of projects.

This includes purchasing sensory items, coloring books and fidget items to help occupy Emergency Department patients in a therapeutic manner. Our IV Therapy and Radiology departments received grants for equipment for employee training and improved imaging for patients. Thousands of dollars are being used for gas cards and ferry passes to assist patients and their loved ones with travel expenses associated with their care. And mini-grants ensure those in need can have winter clothing, boots and toiletries when they are discharged from the hospital. These are just some of the examples of the difference your donations make for our patients.



THE
Foundation
 Champlain Valley Physicians Hospital

Out 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. Because of your support at these events, we raised nearly \$100,000 in 2024, and that money is going directly into patient-centered programs. Thank you for showing up, and we look forward to seeing you at more events in 2025. Below are some of our favorite pictures from this past year!



GIVING BACK THROUGH VOLUNTEERING



Celebrating a Successful 2024

Volunteers play an important role in the care that is provided at CVPH, and we're so grateful for all that they do.

Over the past year, we welcomed more than 50 new volunteers to the program at the hospital. And our Junior Volunteer program, which brings in children between the ages of 14 and 18 who are in high school, is also back. We have also reestablished volunteers in five more departments this year.

There are numerous opportunities to donate your time. The Volunteer Program is accepting applications for anyone interested. Learn more by visiting www.cvph.org/Volunteer/Volunteering or contact the Volunteer Office at 518-562-7595.

THE
Foundation

Champlain Valley Physicians Hospital

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list, please call (518) 562-7169.*

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Providing Cuddles and Compassion

Because of generous donations by people like you, The Foundation has provided staff in the hospital's Women and Children's Center a gift that helps mothers and families through the loss of a child.

The Foundation purchased 24 Comfort Cubs, which are therapeutic teddy bears weighted to simulate the comfort of cradling a newborn.

"Nothing's ever going to replace the loss of someone you love, but to represent that they're never really gone from your mind and your heart is something we wouldn't really have had without the gift of this bear," says Tiffani Light, a Comfort Cub ambassador from the North Country who received a bear shortly after her daughter Zoe passed away several years ago.

The bears are given to mothers and families to help them get through the intense grief they feel. We are grateful to help support community members during such a difficult time through programs like this.

