

THE  
**Foundation**

Champlain Valley Physicians Hospital

# Connecting You

## UPCOMING EVENTS

### Wear Red Day

Who are you wearing red for in support of Heart Month and cardiac patients in our region? February 6

### Stepping Out for Your Heart

West Side Ballroom  
February 26

### Shamrock Shuffle

Valcour Brewing, Plattsburgh  
March 14

### Easter Egg Hunt

CVPH Front Lawn  
April 4

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

## When Healing Takes Root—Because of You

Sometimes, hope begins with something as simple as a handful of soil.

One of our Adult Psychiatry team members dreamed of bringing nature's calming power to patients who are facing some of life's hardest moments. Thanks to a Foundation of CVPH scholarship — funded by donors like you — she learned about nature-based therapy. And then, with a Foundation mini-grant, she turned that knowledge into action.

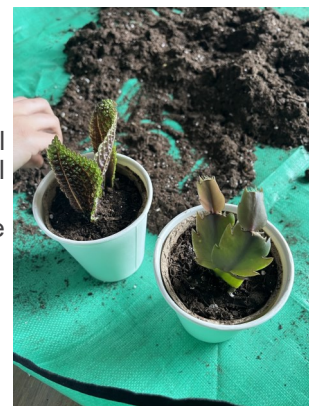
Today, "green groups" are transforming lives. Patients gather to plant seeds, smell fresh soil, listen to birdsong and talk about the five senses. They leave with more than a plant — they leave with hope.

During one session, the group leader told patients they would be able to care for the plants in their rooms and then take them home when they were discharged.

A patient's eyes filled with tears as she replied, "When I feel the soil and see this plant in front of me, it makes me tearful because I had to leave one of my plants at home when I had to leave everything behind for my safety. I had this type of plant since 2012 and I was proud because I had put so much energy into caring for it and then I just had to leave it to get away. Now I feel lucky to have the opportunity to replant."

Others shared memories of home and safety: "This smell reminds me of my backyard." Another smiled and said, "I already harvested two carrots this year and a zucchini at home."

These moments of peace and healing happen because of you. Your gifts plant seeds of hope — and help them grow.



## 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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## A Mother's Memory Inspires Healing

**Michelle LaBounty's gift helps cardiac patients reclaim their lives. She's hoping you'll join her.**

When Michelle LaBounty walks into the Cardiac Rehab space at Champlain Valley Physicians Hospital, she sees more than exercise equipment—she sees second chances.

"All of those people in that room have been given a second chance," she says. "They get to experience life with their families and live. That's powerful."

LaBounty knows how precious that chance is. Thirty-one years ago, her mother, Jerry Jo Linney, passed away suddenly from a heart-related event. It was Linney's 45th birthday.

Linney had experienced symptoms like jaw pain, neck pain, and overwhelming fatigue, but they were dismissed as stress or anxiety.

"Try not to feel embarrassed," LaBounty urges other women. "Ask your doctor, get it checked out, and feel lucky if it's nothing. If it's something, you have an opportunity to address it."

That loss changed LaBounty's life—and inspired her to give back. This year, she donated a specialized exercise bike to the hospital's Cardiac Rehab program through The Foundation.

"I've always given my time, but now I can give a little more," she explains. "I wanted to do something tangible—something I could touch and feel—that would help people heal."

Michelle's gift is already making a difference for patients recovering from heart events. And soon, those patients will have an even better space to heal: a new, **state-of-the-art Cardiac and Pulmonary Rehab Facility**.

"It's going to be incredible," Michelle says. "This community needs it, and The Foundation is working hard to make it happen."

Her message to others is simple: support this work.

"If my story inspires someone to donate, that means more people will get the care they need—and more families will have more time together," she adds.

Every gift matters. Every dollar brings us closer to a facility that will change lives. Join Michelle in honoring loved ones and giving hope to patients who need it most.

### Your gift can change lives.

Help us build a state-of-the-art Cardiac and Pulmonary Rehab Facility—or support a health cause close to your heart. Scan the QR code with your smart device or visit [UVMHealth.org/CVPHFoundation/news2025](https://UVMHealth.org/CVPHFoundation/news2025) to donate right now.



## Almost at the Finish Line for Fundraising!

**Thanks to the generosity of our community, we're just \$185,000 from our goal. Construction will begin early next year.**

**Raised \$1,185,000**

**Goal \$1,370,000**

Perspective view of gym space from open stretching area





# Impact You Can Feel in Every Heartbeat

## Your gift strengthens our emergency department for every patient, every day

Each year, tens of thousands of people come to our ED needing urgent care. Sometimes, lifesaving measures need to be taken. Others come through our doors feeling sick, injured or in serious pain and are hoping for relief. Below are just a few examples of how your donations make a difference for our patients in their most critical moments.

### FINDING HOPE IN A VEIN



“That can be the worst part of everything—all those sticks. It’s not fun.”

Judy Baker of Morrisonville shares how hard it was to get an IV before surgery. Multiple attempts left her bruised and sore for days. Then came the game-changer: an ultrasound vein finder funded by donors that can be used in the ED. “They used the machine and found the vein right away. It was so much better. As soon as they used that machine, it was over. Done,” she says.

This tool means fewer painful sticks and faster care, because of you.

### COMFORT IN CRISIS

Imagine being unable to urinate for two days—miserable and in pain.

“I think about the patients coming in who are so uncomfortable, like miserably uncomfortable,” says Linda Dumbuya, RN from our ED. Your generosity made it possible for The Foundation to support the purchase of a bladder scanner.

“Now, we can check quickly to see what may be leading to the discomfort and provide instant relief. We can also avoid unnecessary catheters,” Dumbuya explains. This simple tool prevents infections and restores dignity, thanks to your gift.



### PROTECTING PRECIOUS SIGHT



■ A simple eye discomfort can hide a serious threat.

“I had a young patient who came in with headaches and mild eye pain,” recalls Michael McMahon, MD, a physician in our ED. “Thanks to the tonometer, we discovered angle-closure glaucoma in both eyes. Without that test, he could have lost vision completely.”

Tools like this, supported by donations, help detect dangerous eye conditions early—saving sight and changing lives. Your generosity makes these moments possible.

### ANSWERS AT THE BEDSIDE

When every second matters, moving a patient for imaging takes precious time. That’s why the mobile ultrasound is a lifesaver.

“Without this machine, we wouldn’t be able to function. We use it multiple times a day, from major trauma cases to patients with severe abdominal pain,” explains Dr. McMahon.

This donor-funded tool gives doctors instant answers right at the bedside. It helps detect internal bleeding, gallstones, or kidney stones without moving the patient, guiding treatment in moments that count.



## Empowering Students, Building Hope

Thanks to donors like you, The Foundation is helping transform young lives across the North Country. Through our partnership with **Sweethearts & Heroes**, students are learning powerful lessons in empathy, leadership, and resilience—skills that last a lifetime.

Sweethearts & Heroes is on a mission to prevent hopelessness, bullying, and suicide by teaching the “superpowers” of human connection: **empathy, compassion, and action**. Their programs—**HOPE (Hold On, Possibilities Exist)** and the **Student Teacher Empathy Program (STEP)**—bring students and educators together to create safer, stronger school communities.

With your support, six local school districts, including Peru and Chazy, are participating in STEP. High school students are now leading presentations for younger peers, sharing messages of

hope and kindness. “I’m so proud of these kids!” said AuSable Valley High School Principal Tammy Casey after watching her students teach second graders.

This work matters. “The wellbeing of youth in our region is critical to family dynamics and a strong future,” said Kerry Haley, Associate Vice President of Philanthropy at the hospital. “These programs build a foundation for skills that will last a lifetime.”

Founder Tom Murphy summed it up best: “Building good young people means building good local communities, and we’re grateful that The Foundation of CVPH is helping schools take a STEP to make that happen.”

Your generosity makes this possible. Together, we can continue to bring HOPE to every child.



Students from Peru Central and Chazy Central schools present at a recent Foundation board of directors meeting. They shared the impact that Sweethearts & Heroes programs have had on themselves and their classmates.

## Construction with Care

When a local patient faced the heartbreaking reality of being homebound because her old ramp was falling apart, Dan Lee, a nurse leader at Champlain Valley Physicians Hospital, stepped in with determination and the support of The Foundation’s Transition Success program.

“She couldn’t get in or out safely,” Lee explains. “Her ramp was rotted and dangerous. Without help, she risked injury and another hospital stay.”

For someone recovering at home, that simple ramp meant everything. Thanks to funding from The Foundation, Lee and his volunteer crew built a sturdy new ramp, giving her back independence and peace of mind. “Seeing her smile as she walked out with her dog—that’s what it’s all about,” he says.

The Transition Success program exists for moments like this—providing critical resources so patients can heal at home, avoid readmission, and live with dignity. “We’re not



just building ramps,” Lee adds. “We’re building hope. We’re making sure people feel safe and cared for.”

Every gift helps remove barriers for patients in our community—whether it’s a ramp, a railing, or other essentials that keep them safe.



# Honoring Caregivers

Every day, our caregivers go above and beyond to make a difference—and our patients notice. This collage honors incredible team members who inspired families to give back through our **Honor a Caregiver** program. These gestures of kindness turn difficult moments into hope. When patients donate in honor of a caregiver, they're saying "thank you" in a powerful way—helping fund programs that support care, comfort, and healing for others. We're so grateful to our patients and families for recognizing these caregivers and making an impact that lasts far beyond their hospital stay.



## Enhancing Care for all Ages and at all Stages

Every dollar you donate is an investment in the health of your community. By supporting mini-grants, medical staff grants and capital grants, you're helping provide state-of-the-art equipment and programs that ensure all who need care receive it.

**Mini Grants** **\$229,000**

**Medical Staff Grants** **\$71,000**

**Capital Grants** **\$180,000**

FOUNDATION OF CVPH NEWS | ISSUE 16 — WINTER/SPRING 2026

## Building Joy, One LEGO Brick at a Time

Visiting a loved one or receiving care in the hospital can feel scary, especially for a child. That's why we're so grateful for our Kids Closet, a comforting space filled with stuffed animals, games, sensory items, and more for children in our Emergency Department or those visiting loved ones at the end of life. This special resource is made possible by a mini grant from The Foundation of CVPH and the generosity of donors like you.

Recently, 10-year-old Owen Laforest reminded us just how powerful kindness can be. After finding comfort in LEGO sets during his own hospital stay, Laforest decided to pay it forward. His goal? Collect 80 LEGO sets for kids at our hospital. With the help of family, friends and an incredibly generous community—even donors from Canada—Laforest didn't just meet his goal. He crushed it, donating 107 brand-new LEGO sets!

Now, these sets are part of our Kids Closet, bringing smiles and comfort to children when they need it most. Laforest's compassion shows that one person can make a lasting difference.

**You can, too.** Your support helps keep the Kids Closet stocked and ensures every child feels cared for.

