



FSCHF Fall NEWSLETTER

HAPPENINGS WITH FSCHF

WE ARE FUNDRAISING FOR THE PURCHASE OF A CENTRAL FETAL MONITORING SYSTEM

It has been an exciting fall for the Fort Saskatchewan Community Hospital Foundation as we take on new fundraising projects as well as look to build our platforms for the future!

Currently, our goal is to meet the need for a Central Fetal Monitoring System for every mother and child in labour and delivery. It will provide a vital window into the womb and gives valuable medical information to the care team. The fundraising goal of this project is \$74,000.

Fetal heart rates are monitored during pregnancy, labour, and birth to assess the baby's well-being. Currently in our hospital, fetal monitoring is done through bedside monitors and print paper records and can only be viewed at the machine. With enhanced

electronic fetal monitoring (EFM), a central monitoring station allows multiple members of the healthcare team to view these records at any location. This will provide quick access to review, assess, and interpret records. If this specific project interests you and you would like to support, please visit our website and click donate!

We can't thank the community enough for the continued support and we look forward to a day when we can see you in person again!

For now, stay tuned for some exciting online content and giveaways in the near future.



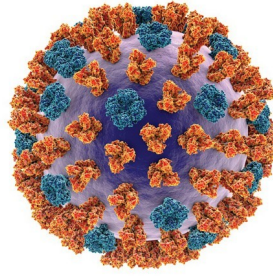
GE Healthcare: Fetal Monitoring Systems

TIM HORTON'S GIFT CARDS FOR STAFF APPRECIATION

The hospital foundation purchased Tim Horton's gift cards for our staff thanks to a generous donation from a community member! These are just a small gesture of thanks for all their hard work. Enjoy a coffee, tea, or snack on us!



WHY YOU SHOULD GET THE FLU SHOT AND WHERE TO GET IT



GETTING IMMUNIZED FOR INFLUENZA PROTECTS THE COMMUNITY AS WHOLE AND WILL HELP MINIMIZE HOSPITALIZATIONS IN OUR PROVINCE

As we deal with a new respiratory virus in SARS CoV-2, it is important that we take advantage of pre-existing prevention techniques for other serious diseases. This includes seasonal influenza. By getting vaccinated for influenza you are helping to reduce the burden on our hospitals by preventing the spread of another respiratory disease.

Often people talk about getting sick with "stomach flu." This is not the same thing as influenza, and is caused by various other less severe viruses. Elderly people, young children, pregnant women, and those with chronic conditions are at the highest risk for

influenza. By getting vaccinated you can help protect vulnerable populations, hospitals, as well as yourself.

You can book your flu shot today through your local pharmacy!

Discuss the flu shot with your family and friends so we can minimize the impact of flu season this year and focus on fighting COVID-19!

For more information on vaccines visit <http://immunizealberta.ca>

What is "the flu"?

"The flu" is a disease caused by the influenza virus.

A virus is a small infectious agent that needs us to replicate and transmit.

Common symptoms include:

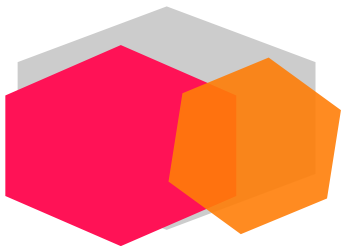
1. Cough and breathing problems
2. Fever
3. Muscle aches
4. Tiredness
5. Nausea and vomiting

What's in the vaccine?

3 different seasonal strains of inactivated influenza virus.

Inactivated means the virus is not able to replicate and complete it's life cycle.

This allows your body to see the virus and develop a response for the next encounter!



THANK YOU DAVID MOON!



We are proud to announce that the Fort Saskatchewan Community Hospital Foundation has awarded David Moon in recognition of his support to the foundation and community at large! David has served on the foundation since 2017 and recently stepped down to pursue a career in medicine. Much of this time was spent working to develop the Communications Committee and spearheading the development of our website and this quarterly newsletter. We were fortunate enough to get to hear from David, and he had this to say:

"It was such a fulfilling experience being part of the FSCHF team and enhancing healthcare here in Fort Saskatchewan. I am deeply impressed by the compassionate and volunteer efforts of everyone on the Board, and look forward to seeing the future impacts that will be made as I transition to a new role in the community. "

From all of us at the foundation and Fort Saskatchewan, thank you David for all that you have done for us and good luck with all of your future endeavors!

MEMORIAL SCHOLARSHIP RECIPIENTS

The Staff Education Memorial Scholarship provides some financial support to staff employed at the Fort Saskatchewan Community Hospital. The scholarships are designed to assist staff in broadening their skills with further education, thereby enhancing local health care services. Here are this year's recipients:

Ciara Bailey

Ciara is a Registered Nurse in the Emergency Department and works casual in the Inpatient Unit as well. She is currently completing her third course of the Masters of Nursing program with a focus on education. She will complete her program in 2022. She hopes to provide educational support to her peers and nursing students.

Jocelyn Racic

Jocelyn is a licensed Practical Nurse in the Inpatient Unit. She is studying Pharmacology and how it effects the body. It is vital for a nurse to understand the medications being administered and the outcomes, as well as the pathophysiology behind the reason for the medication. Jocelyn is enrolled in the bridging program from LPN to RN through the Athabasca University.

Ian Charach

Ian works full time in Diagnostic Imaging as a Medical Radiologist Technician and has been here for 5 years. He is taking CT Imaging 3 which is a newly revised course with in-depth training in Computed Tomography. His 2nd course is CT Colonography which is a practical learning module for two advanced procedures in Diagnostic CT which is important to Colonoscopies.

Congratulations and thank you to everyone who applied! We look forward to next year's applications.

MEET THE TEAM



DEVON HUPKA

FSCHF Communications Committee
Chairperson and ENHANCE Project
Lead



JANA SEMENIUK

FSCHF Communications Committee
member and ENHANCE Project
Creativity Lead and Head Community
Liaison



ETHAN JANSEN

FSCHF Communications Committee
member and ENHANCE Project
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