

# THE Pulse

How **YOU** are reimagining patient care at Peterborough Regional Health Centre

PRHC  
FOUNDATION

Spring 2025

## Donors are helping transform the path from hospital to home with a new model of care for short-stay patients

**On December 9, the Reactivation Care Centre opened its doors at PRHC, providing patients with specialized care so they can return home safely. PRHC Foundation donors helped make this possible through \$400,000 in funding.**

The 12-bed Reactivation Care Centre is helping PRHC patients who no longer require acute care, navigate their next steps with a new treatment model. With a focus on seniors, the Centre supports patients through short-stay admissions, where each individual works towards specific goals so they can return home in safety and comfort.

"The Reactivation Care Unit is a pilot project, ensuring that every patient has access to specialized, restorative care to prepare them for a successful discharge from the hospital," says Dr. Lynn Mikula, President & CEO of PRHC. "It's also helping our hospital address the increasing demands of our growing and aging community in the region."

At the heart of the Centre is a team of skilled professionals who provide personalized, comprehensive care, working closely with caregivers as essential partners in the recovery process. This team-based approach ensures that each patient's unique needs are met—patients like Flo Cranley, who expressed her thanks to donors for their support of the new facility and its equipment.

Another patient benefiting from the Reactivation Care Centre is Jeff Dumoulin. A 65-year-old horse trainer, Jeff was injured in an accident with one of his horses in 2022. The incident left him with long-lasting mobility challenges, leading to frequent stays in the hospital.

"I've been in and out of the hospital. Every time I return home, I end up falling and coming right back," Jeff shares. "I was trying, but I needed more support."

*story continues on back cover*



"Thank you to our generous donors whose support of the Reactivation Care Centre is transforming patient care at PRHC. Your contributions are helping patients regain their independence and return home safely."

*Lesley Heighway, President & CEO, PRHC Foundation*



**Left Image:** (From L-R) PRHC Foundation President & CEO Lesley Heighway, physiotherapist Kaitlyn McLeod, occupational therapist Beth Morgan, pharmacist Alice Yang, and PRHC Clinical Manager Brendan Sova, gather in the Reactivation Care Centre to celebrate its opening. **Right Image:** Flo Cranley is one of many patients grateful for donors' support of the Centre, which offers a new model of care.





## Score one for your Home Team

This spring, excitement is building both on and off the Memorial Centre floor as the PRHC Foundation teams up with the Century 21 Lakers for the 2025 Major Series Lacrosse season. The Lakers have joined us as the latest community ambassadors for the Campaign for PRHC. We're thrilled to foster a connection between your hospital and another great Peterborough institution!

Come out and cheer on the Lakeshow at the PMC as they fight for the prestigious Mann Cup. You'll have the chance to show your support for the Lakers and the dedicated team at PRHC who are working tirelessly to provide world-class care to patients from across our region.

Exciting initiatives and fundraisers will take place throughout the season, all aimed at supporting our shared goal to reimagine health and care at PRHC. Stay tuned for more info...

Let's make this season a win for your **Home Team: the Lakers and PRHC!**



**Image:** Reverend James Moulton (left), left a gift in his will in support of PRHC, ensuring through a final act of giving that his legacy of kindness would continue to support the community he and his wife, Myrna, loved so much.

## Reverend Moulton's kindness lives on

*Heather Brooks describes her father's decision to leave a gift in his will to PRHC:*

"There are some people who leave a trail of kindness behind them wherever they go. My dad, Reverend James Moulton, was one of those people.

From Newfoundland where he was born, to Peterborough, where he spent the last 30 years of his life, Dad always focussed on helping others.

He learned about the importance of community support early in his life. His father died when he was 11 years old, leaving my grandmother with three children to raise alone. As a result, Dad grew up with a strong sense of responsibility for supporting his family.

He was the first in our family to earn a university degree, completing his master's in theology and joining the United Church of Canada as a minister.

Dad's ministry took my parents to Scotland, Newfoundland, Labrador, and finally, Ontario. When he and Mom formally 'retired' to Peterborough, he fell in love with their community. They both developed a close relationship with PRHC, as patients and volunteers.

That's why Mom and Dad decided to change their wills, to include a gift to PRHC Foundation. I remember Dad saying, 'We don't have a lot, but I want to make sure that the hospital that has cared for our community for so long receives something from us!'

Our family believes that final act of giving is a chance for Dad's kindness to continue beyond his time on this earth."

*For more information on legacy or planned giving, or to share your donor story, please call 705-876-5000.*



## Facing cancer with hope: Diana shares her story to inspire others

In March 2024, 38-year-old Diana Freeman felt a lump in her breast. She was sent for a mammogram and biopsy at PRHC. Then came the call that would change her world.

"My doctor said, 'it's not good news,'" Diana remembers. "It's cancer."

When Diana told her husband, David, they held each other and cried. Although she describes herself as a positive person, Diana couldn't escape the weight of the unknown. Waiting to understand more details about her cancer, what the treatment plan would be, and how it would all unfold was almost unbearable.

"It was the worst experience, it felt like a stream of darkness because all we had was fear," she says.

Diana was diagnosed with an aggressive form of breast cancer and chemotherapy would be her next step. "I was scared, but now I had a plan and I felt PRHC behind me," she says. "That's where hope really started."

Throughout her frequent trips to the hospital where she received a spectrum of care funded by donors, Diana learned about the PRHC Foundation's \$60 million campaign and its goal to bring state-of-the-art digital pathology to PRHC.

This \$2.5 million cutting-edge lab technology will help reduce the time it takes for pathologists to turnaround lab tests, with more accurate results—crucial to patients receiving diagnoses and treatment decisions, sooner. "Having answers sooner, would be life-changing," Diana says.

She feels an immense sense of gratitude for her own care, and for the generous donors who are helping bring digital pathology to PRHC to support others. "Every donation, no matter the size, makes a difference," says Diana, who is a donor herself. "Thank you!"

*To learn more about this exciting advancement or to donate, please visit [prhcfoundation.ca](https://prhcfoundation.ca) or call 705-876-5000.*



**Image:** There are more than 3,500 hard-working doctors, nurses, allied health professionals, staff, and volunteers at PRHC.

## PRHC ranked among Canada's top 300 employers

In January, PRHC was named one of Canada's 300 best employers for 2025, securing an impressive 19th place in the healthcare category. The recognition comes as a result of an anonymous survey conducted by Forbes, where employees were asked if they would recommend their employer to others, alongside ratings on key factors such as:

- + Salary
- + Work flexibility
- + Training programs
- + Opportunities for career advancement

You play a vital role in ensuring that PRHC can provide the best in patient care and create a workplace where over 3,100 staff, 450 physicians with privileges, and 250 volunteers can thrive.



**"At PRHC, our greatest strength is our people. One team, providing world-class care for our community when you need us most."**

**Dr. Lynn Mikula, President & CEO, PRHC**



**Image:** Diana Freeman was diagnosed with breast cancer and received her care close to home at PRHC. Now she fundraises and shares her story to inspire support for the Campaign for PRHC, with the hope of bringing digital pathology here for the first time.



Your gifts are reimagining patient care



**Image:** Fundraising is ongoing to create a state-of-the-art hybrid operating room at PRHC (stock image used as an example).

## Spotlight: Hybrid OR

With donor support, PRHC will invest in a \$6 million hybrid operating room. This state-of-the-art suite will allow specialized clinical teams to perform diagnostic imaging, minimally invasive procedures, and complex surgeries on one patient, in one room, during one surgical session.

This groundbreaking approach offers safer and more seamless care, leading to better patient outcomes and ensuring patients experience...

- + Less pain
- + Fewer complications
- + Faster recovery time

To learn more or to donate, please visit [prhcfoundation.ca](http://prhcfoundation.ca) or call 705-876-5000.

*story continued from cover*

When Jeff found out that he had a spot in the new Reactivation Care Centre, he felt hopeful.

"The minute I walked in the door, the staff had a plan," says Jeff. "This is the difference of whether I go home and can walk up and down my stairs again. Everyone in my life realizes I'm getting the help I need to get back to living a functional life."

Stories like Jeff's are made possible by the generosity of donors who understand the importance of world-class care, close to home. Thanks to their support, \$400,000 in funding was provided to the Reactivation Care Centre through the PRHC Foundation's \$60 million Campaign for PRHC.

"One of the focus areas for the campaign is to address urgent needs at the hospital as they arise," says Lesley Heighway, President & CEO of PRHC Foundation. She explains that 'undesignated' gifts to the Foundation can be directed to the highest priority need, which enables a quick response to the hospital's most pressing



**Image:** Patient Jeff Dumoulin (left) works with occupational therapist Beth Morgan in the Reactivation Care Centre.

requests. "So it's you, donors, who enabled us to fund critical equipment such as patient beds, vital signs monitors, and specialized wheelchairs for the Centre," she says.

**"With these gifts you're empowering us to do what the hospital needs, quickly, when they need it. Your support is truly reimagining healthcare. Thank you!"**

To learn more about your impact, please visit [prhcfoundation.ca](http://prhcfoundation.ca) or call 705-876-5000.

Find out more



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Health.  
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**To learn more about the \$60 million Campaign for PRHC**  
visit [prhcfoundation.ca](http://prhcfoundation.ca) or call 705-876-5000

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