

Groundbreaking donor-funded PICU courtyard unveiled as historic Campaign for PRHC goal expanded to \$70 million

Donors and community members joined the PRHC Foundation team, representatives from PRHC leadership and members of the Mental Health & Addictions team to celebrate the opening of the Psychiatric Intensive Care Unit (PICU)'s new, donor-funded courtyard in August.

The \$1.5 million PICU courtyard, made possible by donors, is a modern, purpose-built outdoor healing space that will support the treatment and recovery of some of the hospital's most vulnerable mental health patients. It's been recognized as a model for other health centres across the province.

"This is a transformative moment for mental health care at PRHC," says Lesley Heighway, President & CEO of the PRHC Foundation. "This space is changing where and how PICU patients heal, and how our healthcare teams deliver care. And it's all thanks to our the generosity of donors, who helped make this vital treatment area a reality."

Like hospitals across the country, PRHC has seen a staggering increase in patient volumes. There were over 31,000 mental health patient visits last year alone.

"Thanks to donors supporting the Campaign for PRHC, PICU patients will now have access to natural light and fresh air, which has been shown to improve recovery outcomes, shorten hospital stays, and lower the need for antidepressants," says Dr. Lynn Mikula, President & CEO of PRHC.

"This is a game-changer for which we're incredibly grateful," says Jennifer Cox, Director of Mental Health & Addictions at PRHC. "Until now, PICU patients had no access to the outside, even during stays that could last weeks or months. This secure, outdoor treatment space will allow patients to engage in mindfulness, movement and connection with others and their environment in ways that improve health, wellness and their quality of care."

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"Access to nature, fresh air and natural light improves patient outcomes and shortens hospital stays. It also reduces the need for medications and enhances quality of care. This courtyard represents a new gold standard for hospitals in Ontario. Thank you for your support!"

- Jennifer Cox, Director of Mental Health & Addictions



Left: Donors and the PRHC Foundation celebrate the PICU Courtyard opening with members of the PRHC leadership and Mental Health & Addictions teams. **Right:** (from back left) PRHC VP Finance & Corporate Services and Chief Financial Officer Jen Taylor, PRHC Outpatient Mental Health Manager Miriam McCann, PRHC Mental Health & Addictions Chief and Medical Director Dr. Raj Basker, PRHC PICU Manager Dakota Forsyth, PRHC Foundation President & CEO Lesley Heighway; (from front left) PRHC Director of Mental Health & Addictions Jennifer Cox, PRHC RN Erica Earl, PRHC RN Shayne Luangvisa.

Hope and healing in the PICU courtyard

The donor-funded Psychiatric Intensive Care Unit (PICU) courtyard opened this summer. It's been designed with outdoor therapy in mind, with input from mental health experts, PRHC staff and the lived experience of volunteer community members.

Some of its features include:

- + Bright vegetation to attract butterflies, a natural aid for mindfulness
- + Open gathering areas for group activities and social connection
- + A shaded area to accommodate those who are sensitive to sunlight due to their treatments
- + A colourful, soft, tactile surface for recreational activities or simply resting outdoors

To learn more about your impact through the Campaign for PRHC, visit prhcfoundation.ca or call 705-876-5000.



Image: Lesley Allan turned a milestone birthday into action by updating her will. While looking after her family and other charities, she also left a gift to the PRHC Foundation to ensure PRHC remains up to date and can meet the needs of our growing community.

Lesley Allan explains her decision today to leave a gift for tomorrow

"Turning 65 years old marked a milestone year for me and it's been a good time to take stock of things. I know there's a lot to be grateful for.

I'm glad to be in good health and have a career I enjoy. I belong to a great community. After calling Toronto home for 30 years, I came to Peterborough and began working in the inpatient pharmacy at PRHC. The hospital has become a big part of my life. I work with a hardworking, but fun group of people and I've been a patient myself on more than one occasion.

And while I've spent time reflecting back, this birthday also has me thinking about what's next. With that in mind, I decided it was time to update my will to make sure the people and organizations

that are most important to me are supported even after I'm gone.

A residual gift in my will is the simplest way to divide my assets between my family members and the charities I support—like several animal rescue organizations and our regional hospital—in percentages, like a pie. Planned giving creates the legacy I want to leave in my community and ensures I'm making the most impact I can.

I want PRHC to be able to continue to meet the needs of patients in our area. It's a nice feeling to know I'm turning that hope into action."

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

"When I was diagnosed with cancer, people in my network wanted to help me, and to be honest, I didn't know how to let them. By starting a fundraising page, I was able to give everyone a way to offer their support and it allowed me to accept the help my network wanted to provide, knowing it would support other patients like me."

Watch Diana's personal fundraising story at prhcfoundation.ca



A donor-funded hybrid OR will usher in a new era of surgical care

Vascular disease is the leading cause of preventable death and disability in Canada. Its care is time-sensitive and often requires multiple surgical procedures.

"The vascular system is one of the most important systems in the body. It connects the organs from head to toe," says Dr. Heather Cox, PRHC Vascular Surgeon. "It's what gives us energy, oxygen, and allows our muscles and all of our organs to work well."

PRHC's regional vascular program currently serves a population greater than 600,000 people. Dr. Cox sees patients every day who are critically ill. They're often facing multiple serious conditions such as ruptured aneurysms, gangrene, or severe clotting. The care they need is complex and a matter of life and limb.

Currently, patients who need multiple surgeries must undergo each one separately with recovery time in between. But a hybrid operating room (OR) would allow specialists to perform advanced imaging, minimally invasive

procedures and open surgery on the same patient, in the same room, on the same day, with better recovery.

"Our patients are so sick. Having the ability to do complete care in a timely fashion goes so far," says Dr. Cox. "It's actually doing more care in less time. It's saving a life."

Bringing a state-of-the-art hybrid OR to PRHC will transform surgical care for thousands of patients in our region. The government doesn't fund hospital equipment or technology, so Dr. Cox and PRHC's three other vascular surgeons are counting on the PRHC Foundation and donors to make this possible. "We can't do the work without it. It's an investment in healthcare, but it's also an investment in the people around you," she says.

"If we're saving lives and saving limbs, our whole community is doing better."

To learn more about this exciting advancement or to donate, visit prhcfoundation.ca or call 705-876-5000.



Image: Patient Flo Cranley (right) works with a volunteer in PRHC's Reactivation Care Centre, a new space funded by donors.

PRHC joins elite ranks with age-friendly designation

PRHC is one of the first Canadian hospitals to receive the Age-Friendly Health System designation from the Institute for Healthcare Improvement. With it, PRHC joins a global movement to improve care for older adults, with over 2,700 international health systems taking part in the initiative that launched in 2017.

This recognition highlights PRHC's commitment to delivering high-quality, senior-focused care through initiatives such as the Senior's Care Centre of Excellence and the donor-funded Reactivation Care Centre. It also reinforces hospital leadership in adapting to the evolving healthcare needs of our aging population.



"As our community continues to grow and age and as our patients' care needs evolve, it's critical we continue to transform, innovate and invest in programs and partnerships to support seniors."

- Noel Bennett, VP, Clinical Services & Chief Nursing Executive, PRHC



Image: Dr. Heather Cox (left) with surgical nurses Kendra Kinsey and Debbie Kennedy in one of PRHC's two dedicated operating rooms for vascular surgery. Dr. Cox is one of four PRHC vascular surgeons who collectively perform more than 1,000 surgeries every year.

Your gifts are reimagining patient care



Image: Dr. Neera Jeyabalan (left) and patient Diana Freeman are both champions of digital pathology.

Better, faster care

Every day, PRHC medical oncologist Dr. Neera Jeyabalan sees patients for whom digital pathology would make a life-changing difference. "It's scary to be told you have cancer," she says. "Then to have to wait to figure out what the plan will be is extremely burdensome."

Digital pathology offers a new approach to cancer care that provides doctors with more accurate lab test results, sooner. This would mean quicker diagnoses and treatment decisions for patients. "But we can't do it without the support of our donors," says Dr. Jeyabalan.

To learn more about this exciting advancement or to donate, visit prhcfoundation.ca or call 705-876-5000.

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The courtyard is designed to support therapeutic best practices. It features seating areas where patients can receive therapy or visit with loved ones, soft surfaces for recreation, and gardens.

The courtyard is only one example of the impact the Campaign for PRHC is having in our region. The campaign kicked off with tremendous response from the community. Now, the PRHC Foundation is raising the bar, increasing the goal from \$60 million to \$70 million.

"PRHC has brought forward some additional, extraordinarily visionary projects that will change the way patient care is delivered across all areas of care," says Lesley. "We're ready to rise to the occasion again and we know our generous community is ready, too."

The expanded campaign will allow PRHC to move forward with more innovations that respond to the evolving needs of our area. One of those transformational projects is a digital command centre.

"PRHC will be among the first community and regional hospitals in Ontario to invest



Image: Construction of the donor-funded PICU Courtyard continued throughout 2024 at PRHC.

in a centre like this," says Dr. Mikula. "A behind-the-scenes hub that will streamline patient care. It's a unique, regionally specific part of the solution to some of the common issues hospitals across Canada are facing, including wait times, capacity and patient flow."

"Let's continue to reimagine health and care—just like donors have done through the PICU courtyard."

To learn more about your impact through the Campaign for PRHC, visit prhcfoundation.ca or call 705-876-5000.

Find out more



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\$70 million Campaign for PRHC**
visit prhcfoundation.ca or call 705-876-5000

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