

New, donor-funded training equipment will help PRHC emergency teams stay ready for you and your loved ones

As a Level III Trauma Centre serving more than 600,000 people across Peterborough and the surrounding region, Peterborough Regional Health Centre's Emergency Department (ED) cares for some of the area's sickest and most critically injured patients.

When an ill or injured patient arrives at the ED, there isn't time to hesitate. Emergency teams have to make lifesaving decisions under pressure. Whether it's a severe allergic reaction, a traumatic injury after a serious accident, or a senior whose fall suddenly becomes life threatening, preparation beyond a healthcare provider's own medical training matters. Simulation training, where team members work together through a mock scenario, has become essential to emergency care.

Every month, PRHC Clinical Nurse Educator Emily Philips and emergency physician Dr. Sarah Foohey lead ED doctors, residents, nurses, students, respiratory therapists and partners such as EMS through a detailed simulation of a patient care situation. Using a specialized mannequin designed to mimic

a patient, everyone participates in the training scenario as they would in real life. Then they review what went well and identify opportunities for improvement.

"Simulation isn't just about training individuals, it's about improving the entire system before a real patient is affected," says Emily. "It allows healthcare professionals to learn together, practice together and build confidence before they're caring for someone's loved one in a real emergency." Dr. Foohey agrees: "The safest time to find a challenge is during a simulation. It's about teamwork, communication and making sure our systems work the way they're supposed to."

But the mannequin at the heart of training is more than a decade old, limiting the realism and effectiveness of simulation. New simulation mannequins feature advanced technology and better reflect the realities of modern emergency medicine. They can blink, breathe, bleed, speak,...

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"Simulation training allows us to practice as a team as we would work in real life, test our systems and our preparedness, and make sure that we are ready for our community. Donations to help fund a state-of-the-art simulation mannequin will help strengthen the training at PRHC's ED and ultimately improve care."

-Emily Philips, PRHC Clinical Nurse Educator



Images: (Left) PRHC Emergency Department (ED) team members work with a simulation mannequin to prepare for an emergency care situation. (Right) Clinical Nurse Educator, Emily Philips, and Dr. Sarah Foohey, who lead the ED training simulations, are advocates for bringing a state-of-the-art, donor-funded mannequin to PRHC so teams can simulate more realistic and complex emergencies.

Three cheers for PRHC

Thanks to the generosity of donors and the unwavering dedication of PRHC's healthcare teams, the Health Centre continues to be recognized as a leader in patient care.

For the third year in a row, PRHC has earned Accreditation with Exemplary Standing, the highest designation from Accreditation Canada. It recognizes excellence in quality, safety and patient-centred care.

PRHC's stroke program is also celebrating another milestone. For the third consecutive year, it has received Stroke Distinction from Accreditation Canada. This recognizes the demonstration of national leadership in delivering exceptional stroke care.

The good news doesn't stop there. PRHC was also recently named one of Canada's top 10 hospital employers for Best Company Culture by Forbes, ranking eighth among hospital employers nationwide.



"I am incredibly proud of the many ways our team has set PRHC apart as

a leader in transformation, adaptation and innovation among our hospital peers."

*-Dr. Lynn Mikula
PRHC President & CEO*



Image: In March 2026, PRHC vascular surgeon Dr. Heather Cox (left) performed PRHC's first-ever implantable cardioverter defibrillator (ICD) procedure in the hospital's donor-funded Cardiac Cath Lab, supported by a colleague from University Health Network.

The next big step in cardiac care at PRHC's donor-funded Cardiac Cath Lab

PRHC has reached another important milestone on the journey to full-service cardiac care for our region. Building on the \$3.55 million donor-funded renovation and upgrade of the hospital's Cardiac Cath Lab, a lifesaving new procedure is now available: implantable cardioverter defibrillator (ICD) insertion.

An ICD is a small battery-operated device placed beneath the collarbone with leads connected to the heart. If a life-threatening change occurs in the heart's rhythm, the device can automatically shock the heart back into a safe rhythm. Until March 2026, patients who needed an ICD had to travel to Kingston or Toronto for the

procedure. Today, they can receive it closer to home and their loved ones.

"The wonderful new treatments coming to PRHC will once again change the face of cardiac care in our region," says Jim Neill, one of so many generous donors who've given to advance cardiac care through the \$70 million Campaign for PRHC.

"I'm honoured to be part of the tradition of philanthropy that has supported this hospital since the beginning. I hope that our donations and what they're helping to make possible will encourage and inspire others, as the donors who have come before us have inspired me!"

"We became monthly donors because..."



...when Mark was involved in a terrible motorcycle accident, the team at PRHC gave us hope, compassion and exceptional care. We donate monthly because it's our way of saying thank you and helping to ensure our regional hospital is always ready to provide that same care for the next family facing their toughest day."

-Susan and Mark Salusbury

Donors are helping PRHC mix up better food, faster, for better care

Behind each meal served at PRHC is a team that understands that good, healthy food is about more than nourishment. It's also about comfort alongside care, or even a reminder of home during what could be a challenging time away from a patient's regular routine and loved ones.

Every day, PRHC's Nutrition Services Department prepares three meals for up to 480 patients. For the hardworking staff, including two production cooks, every minute matters in getting nutritious meals out to everyone on time.

The department runs on a carefully planned schedule, with each team dedicated to breakfast, lunch or dinner. In just 90 minutes, they assemble a whole round of meals, while accommodating specialized dietary requirements.

Providing food made from scratch whenever possible is a point of pride, explains Christy Merritt, Manager of Nutrition Services. "It's really empowering for us to know that

we're able to provide patients with homecooked food, made with care."

That commitment has been made easier thanks to donor generosity. A new, \$32,200 donor-funded commercial mixer has transformed food production in the hospital kitchen. With four speeds and three interchangeable paddles, the mixer has doubled the number of batches that can be prepared at once, cutting production time in half for recipes like mashed potatoes and muffin batter. It's also eliminated work that would have been done more slowly by hand or in a smaller mixer.

Production cook Molly Lonsberry notices the impact of working with faster, better equipment every day. "It feels like we're moving forwards," she says. "We're so appreciative of having this mixer."

The time saved means the team can work more efficiently, stay on schedule, spend time on other tasks, and create new recipes to support patient health and healing.



Maximizing impact with securities

You can increase your giving power by donating publicly traded securities (stocks, mutual funds, or bonds) directly to the PRHC Foundation. This is the most tax-efficient way to give.

For those who've seen their investments grow over time, gifts of securities can be one of the most impactful ways to give. By transferring appreciated securities instead of selling them first, you may eliminate the capital gains tax you would otherwise pay. Instead of paying tax on the growth in value, you can direct those funds towards new equipment and technology, and helping ensure PRHC has the resources it needs for the future. You'll also receive a charitable donation receipt for the full fair market value of your gift.

"Many donors are surprised to learn that gifts of appreciated securities are one of the most tax-effective ways to give," says Lesley Heighway, President & CEO of PRHC Foundation. "It's a simple way to maximize your impact, helping ensure patients at PRHC have access to the world-class care they deserve."

For more information on planned giving, please contact Steve MacDonald at 705-743-2121, ext. 3157 or smacдона@prhc.on.ca.



Image: PRHC production cook Molly Lonsberry loads ingredients into the new donor-funded commercial mixer in the Nutrition Services Department. The mixer helps the Nutrition Services team prepare fresh, made-from-scratch patient meals more efficiently.

Your gifts are reimagining patient care

Strong businesses, strong hospital

A vital part of community giving are businesses who believe in giving back to the people they serve by supporting their hospital.

We're very grateful for our business community's generosity, which includes pledged gifts, annual donations, sponsorship, hosting events, or becoming a Business Cares partner, among other options—whatever is the best and most meaningful fit for a business.

But we're also grateful for their enthusiasm for inspiring others and raising awareness of the Campaign for PRHC. Thank you!

For more information, call 705-876-5000 or visit prhcfoundation.ca.



Image: Susan Tung's restaurant Hanoi House supports PRHC through the Foundation's Business Cares program.



Image: Law firm LLF Lawyers is a champion of its community and mental health care. The team generously made their largest-ever donation in support of PRHC's Psychiatric Intensive Care Unit Courtyard, which has raised the standard of mental health care here and across Ontario.

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...defibrillate, take injections into bones, veins and muscles, and respond to treatments in real time. All of these options create a more immersive learning experience. The more immersive and realistic the training, the more it stays with doctors, nurses and staff when every second counts.

"The technology today is incredible," says Emily. "A new, state-of-the-art mannequin would strengthen teamwork and better prepare our staff to care for our community." Since the government doesn't fund

hospital equipment, PRHC Foundation and donors are committed to bringing a new simulation mannequin to PRHC.

"PRHC's ED teams may be called upon 24 hours a day, seven days a week to provide exceptional, compassionate care during some of life's most critical and stressful moments," says Lesley Heighway, President & CEO of PRHC Foundation.

"Donor generosity will make it possible for them to train with the very best tools available and be ready for our family, friends and neighbours when we need them most."

Watch a behind-the-scenes video with Emily Philips at prhcfoundation.ca



Learn more about the Campaign for PRHC and your impact on patient care



PRHC
FOUNDATION

Peterborough Regional
Health Centre Foundation
Charitable Registration
#119091825RR0001



📍 One Hospital Drive
Peterborough ON K9J 7C6

☎ 705-876-5000

✉ foundation@prhc.on.ca

🌐 prhcfoundation.ca

Lesley Heighway, President & CEO
705-743-2121, ext. 3859 or lheighwa@prhc.on.ca

Steve MacDonald, Vice President, Philanthropy
705-743-2121, ext. 3157 or smacдона@prhc.on.ca

Jane Lovett, Manager, Community Giving & Engagement
705-743-2121, ext. 4185 or jlovett@prhc.on.ca

Bethany Dainton, Manager, Philanthropy
705-743-2121, ext. 2836 or bdainton@prhc.on.ca