



The group of Corporal Klinger's and very good sports being judged.
Dinner photos courtesy of Willow Creek Studio

35th Annual Dinner & Auction Smashes records..

Through the incredible generosity of many, our 35th Annual Dinner & Auction raised an incredible \$202,500! This far surpasses the fundraising goal and previous amounts raised. The success of this evening is possible because of our generous sponsors and donors, everyone who purchased event and raffle tickets and bid on auction items.

"The community of Nanton and the Bomber Command Museum were amazing hosts for this year's event. The Museum offers a unique experience and the community of Nanton always steps up to help in a big way. We are so fortunate to have a group of ongoing and longstanding sponsors, donors and guests who ensure our event is so successful. All of us at the Foundation are grateful and overwhelmed by the generosity that surrounded the event. It was such a fun night highlighted by the community coming together to support and celebrate local healthcare. We can't wait for next year, when we return to the Highwood Centre on October 19," shared Wendy Kennelly, Foundation Executive Director.

The funds raised will provide enhanced programs and equipment for the Nanton Community Health Centre and the Silver Willow DSL Unit, plus support a pilot project to remodel four Acute Care washrooms at the Hospital to create more inclusive and accessible spaces. (continued on page 2)

Lougheed Award

The Foundation has presented the Clifford & Louise Lougheed Award in recognition of outstanding contributions by an individual or organization in support of the Foundation and health care in our communities.

The 2023 recipients were Harry & Linda Lively & Family



Allison, Linda, Harry, Lori & Kurtis

The sold-out MASH Bash 2.0 was held on Saturday, October 14, the theme paying homage to the TV series MASH. The crowd was filled with all the favorite characters from the show including 7 Klinger's! Highlights of the evening were the live and silent auctions, awesome raffles, 50/50 raffle jackpot \$7660 going to Mitesh Patel and the night was capped off on the dance floor.

"35 years of tradition and outstanding fundraising for healthcare would not experience this type of longevity without invested supporters! Along with the local healthcare team we say thank you for providing the tools to better care for our community," added Kennelly.



Even Wally & Dave from Couey Auction got into the spirit of MASH

Cattle & Grain Round Up

Focusing on rural mental health

When it comes to our mental health we need to be there for each other, open up the conversation, break down barriers and create opportunities that best suit our community.

Current research tells us that rural communities and families in agriculture face barriers with mental health supports; lack of resources, costs and perceived stigma. We can help improve statistics like these:

- 76% of Canadian farmers were classified as experiencing high perceived stress.*1
- 1 in 4 Canadian farmers have thought of taking their own life in the last twelve months.*1
- 1 in 4 hospitalizations for Canadians aged 5-24 is for mental health reasons.*2
- Even though 70% of mental illness begins before the age of 18, only 20% of youth with early signs of mental illness will receive support.*3

* 1-2021 National Survey of Farmer Mental Health at the University of Guelph -www.uoguelph.ca

*2-2022 Canadian Institute for Health Information (Children and youth mental health)

*3-2023 briefing published by the University of Calgary O'Brien Institute for Public Health

Through the Cattle and Grain Round Up, we can make some positive steps forward to improve access and create services to compliment our community by supporting the following:

● **NEW Seniors and Adult day programs in High River** – facilitated by Rural Addictions & Mental Health to provide support, engagement, and empowerment to adults who present with a long history of mental health challenges. This pilot project will strive to enhance their mental well-being and overall quality of life.

● **NEW Rural Mental Health Event in Nanton (Winter 2024)** – a community lunch, keynote speaker and resource/agency fair.

● Continued **partnership with The Foothills Children's Wellness Network** ('the network') focusing on rural children/youth mental wellness.

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(Round up continued)

Providing mental health services can be challenging in rural areas but with support of the Cattle and Grain Round Up these programs will be available for our community.

We can listen and watch for warning signs in our friends, neighbours and family members and make sure we know the ways to access help.



If you or someone you know is struggling and requires mental health support, please consider the following services.

Walk-in Mental Health Services Okotoks Health & Wellness Centre

11 Cimarron Common
403-992-2600

7 days a week, 10 am - 4pm

Mental Health Therapy Programs

Access Mental Health Line
403-943-1500

Crisis Support

Addiction Helpline 1-866-332-2322

Alberta Info & Referral 211

Distress Centre 403-262-4357

Teen Distress Line 403-264-8336

Kids Help Line 1-800-668-6868



Proud to partner with the Foundation supporting and enhancing local healthcare.

Legion Support

Over the years we have been fortunate to realize incredibly generous support from the local Legions, which in turn has had a significant impact on local healthcare. We had the opportunity to show off some of the equipment recently purchased through the support of the High River and Okotoks Legions. The tour highlighted the benefits and impacts the equipment has on patient care.



The team from Physiotherapy show the benefits of this patient lift and how easily and safely patients can be transferred with it.

50/50 Tickets go on sale Friday, Dec. 1
Draw Date January 3, 2024

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HOLIDAY 50/50
CASH RAFFLE



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Points of Light

Care goes beyond medicine alone to include Spiritual and Palliative Care

Tis the season to share in the spirit of the season and to reflect and remember those who have left an imprint on our lives. For over 30 years the community has done just that, by acknowledging those individuals through the High River District Health Care Foundation's Points of Light program. In turn gifts to the program continue to support the wonderful care provided through the palliative and spiritual care programs.

As is tradition, the 2023 Points of Light campaign will be kicked off with the lighting of the tree star in memory of Dr. Len Senger, a former physician in our community, by his family. This year's display will be officially lit up at the High River Hospital on Wednesday, November 29. The program will include Hospital Chaplain Darrin Parkin who will share the significance of light this season and the Beer's Family who will share their story of care and comfort when their Dad passed.

As well, families who have lost a loved one and honored them through memorial tributes to the Foundation will be invited to join us and hang a special ornament on the Points of Light tree out front.

Gifts of any denomination are welcome or we suggest:

- \$25 for 1 light
- \$60 for 3 lights
- \$100 for 6 lights

For information visit highriverhealthfoundation.ca.



2022 Lighting Chair - Aaron Mouser
Alice Nelson
Claire Senger
Cathy Couey

Meet the Board

The Foundation is led by a committed, volunteer Board of Directors who approach the responsibility of being good stewards of our donor dollars, with a professional and conscientious manner. If you would like to learn more about being a future board member, please contact wendy.Kennelly@ahs.ca.

Meet two of our Board members:

Dr. Chris Warner

Is a light-hearted advisor and one of the hardest working doctors on the medical team, serving as Chief of Medical staff. He keeps the team well informed on local healthcare & medical trends and issues in Alberta.



Roxy Wideman

As a Director representing the Nanton area, Roxy is continually advocating for rural healthcare. One of her most rewarding experiences was recruiting and selecting our new Executive Director.



For more info visit

@ highriverhealthfoundation.ca