



**NORTHUMBERLAND HILLS  
HOSPITAL FOUNDATION**  
Better Care for Our Community



Dear Friend,

**I have no doubt – I wouldn't be here without Northumberland Hills Hospital.**



**Dianne Steblaj**

My name is Dianne Steblaj, and I share my story out of an abundance of gratitude. I am grateful to have a well-equipped hospital within 15 minutes of my house; grateful to have a healthcare team who give so much of themselves to their patients; and grateful to an emergency room doctor who listened to my story, followed a hunch, and ultimately, saved my life.

A few years ago, I experienced one of those scary feelings no one wants to have: chest pain. It only lasted a few minutes, but it stuck with me and concerned me enough I decided to get checked out at Northumberland Hills Hospital (NHH). I thought if they could run some tests, either a problem would be confirmed, or my mind would be put at ease.

Upon telling the triage nurse in the Emergency Department I had experienced these pains, things moved quickly. When I was seen by the doctor in the Emergency Department, I mentioned to him that my mother had passed away at the age of 49 – her experience started with chest pains, involved a trip to hospital for testing where no issues were found, and sadly ended that evening when she suffered a heart attack at home. He truly took the time to listen, and after hearing this, I think he became determined not to let that happen to me.

I ended up admitted to NHH and after numerous tests were performed, there was still nothing conclusive determined. Throughout the days I spent in hospital, I felt secure. I knew the doctor was concerned, but I wasn't frightened as I also knew he was not giving up, he was diligent in his pursuit to find an answer.

Finally, I had a test performed using nuclear medicine and the results came back irregular. It was enough that I was sent to a regional hospital with specialized cardiac care for further testing. Ultimately, it was determined I had a 90% blockage in one of my arteries and I underwent surgery for a stent to be placed.

When I think of my time at NHH and the care I received, I am incredibly grateful. We are lucky to have a well-equipped hospital in our community, with modern, sophisticated technology, and a talented, compassionate team. I share my story as a way to give back – as a way to show the impact our hospital has.

I know mine is just one story among many of a life that was touched or saved at NHH.



Over my 28 years of fundraising for NHH, I have heard many stories like Dianne's. Each time I do, I am left with a feeling of pride for our hospital – the hospital our community came together more than 20 years ago to build and equip; and the hospital that has grown and adjusted to the changing needs of our population, time and time again.

As we continue to add new services and expand departments, we must continue to invest in the equipment and technology that will allow us to offer the best care possible.



**Rhonda  
Cunningham**

Our NHH pharmacy supports all patient-care departments across our hospital – this team works closely with patients, physicians, nurses, and other members of the care team to ensure safe and effective medication use; prepare, dispense, and compound medications; and so much more.

With every expansion and new service offered, the demands placed on our pharmacy increase. To help our team keep pace with these increases and continue to operate as efficiently as possible, our 2023 Light Up a Life campaign will raise funds to support the purchase of an Automatic Tablet Packer.

An Automatic Tablet Packer will help to streamline medication packaging, increase efficiency, reduce medication wastage, improve patient safety, and better support nursing workflow. Shifting away from the current manual process of packaging medications will save time for our pharmacy team, allowing these professionals to focus on other key tasks and improving inventory control with less chance for human error.

**I am confident your gift of any amount – combined with gifts from other friends in the community – will help us purchase this equipment for our pharmacy.** With your help, we will bring this latest technology to our hospital and continue to support connected care, close to home.

**Will you join me by making a donation to help update our pharmacy with the most advanced tablet packaging technology?**

Thank you in advance for your support – your generosity will touch, and possibly save, lives.

Yours truly,

Rhonda Cunningham  
Chief Executive Officer, NHH Foundation



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Proudly  
Supporting



**NHH**  
Northumberland  
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