

September 2025

Newsletter



24 Hour Golf

We are incredibly grateful to share that the 2025 24-Hour Golfers have raised an impressive **\$29,445.00** in support of the Palliative Care Project at Vulcan Community Health Centre.

This extraordinary event wouldn't have been possible without the dedication,

passion, and heart of our amazing team of 12 golfers. They genuinely poured their souls into this cause, from rallying their circles of influence for donations to committing to an entire 24 hours of golf in honour of their loved ones and their community.

Throughout the day and into the night, our dedicated golfers navigated the course and other activities, even braving heavy, welcome rain. Their perseverance and camaraderie were truly inspiring.

Charity Golf Classic Thank You

We sincerely thank everyone who attended the 2025 Charity Golf Classic.

It is a privilege and a joy to carry out the vital work you've entrusted to us. Your support is not only appreciated it's essential. We are deeply committed to ensuring every dollar raised helps advance our shared mission. Your generosity forms the foundation of all we do.

You our Patron Donors, Sponsors, and Partners are more than supporters; you are integral members of our team. Your involvement makes our mission possible, and your impact on our community is immeasurable.

When you generously donate your hard-earned dollars, you're doing far more than making a financial contribution you are building a healthier and more resilient community.

We are especially grateful to our event sponsors, whose financial gifts and in-kind support made the Charity Golf Classic and the 24-Hour Challenge possible. Your commitment propels our efforts forward, and we are honoured to partner with you.

To our Patron Donors many of whom were in attendance you truly are the lifeblood of the VCHW Foundation. You answer the call, time and again, whenever there is a need. Your steadfast generosity has made incredible milestones possible, from

expanding the Vulcan Community Health Centre with the new Wellness Component to providing life-saving equipment throughout our County. Your trust humbles us; we are privileged to work on your behalf.

Thank you to the Vulcan and District 4-H Beef Club for their generous donation of \$3,829.17 from the sale proceeds earlier this month. We are grateful for your support and proud to recognize the future agricultural leaders of our community. Your commitment and spirit make a positive difference in Vulcan and beyond!

We thank our committee members and volunteers for their hard work and dedication. Your time, effort, and commitment helped make this event successful. We couldn't have done it without you!

Thank you to the Vulcan Golf and Country Club, Board of Directors and Staff for partnering to deliver another fantastic experience for our participants.

Since the Palliative Care Campaign began in April 2025, the community has raised \$108,221.00, together with dollars previously gifted for this project.

Thank you, everyone, for your unwavering support and commitment. Together, we're making a lasting impact on our community.

New Equipment

The Vulcan County Health and Wellness Foundation through the generous support of our patron/donor community have been able to purchase new equipment for Diagnostic Imaging and Physio/Occupational Therapy.

Diagnostic Imaging received 2 new Holter Monitors, these devices are essential in helping provide continuous, accurate cardiac monitoring for our patients. With the new monitors, we are now better equipped to detect and diagnose heart rhythm abnormalities in a timely and effective manner. This directly translates into improved care, earlier interventions, and better outcomes for the patients we serve.

Diagnostic Imaging would like to thank Mr. Vic Gateman and family for their generous donation of these devices.

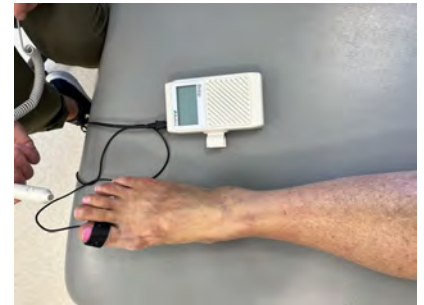
Physio therapy received a photoplethysmography (PPG) device which is a non-invasive tool that measures blood volume changes in the body using light.

Physio therapy use the PPG device for lower leg assessments which detect peripheral artery disease, evaluating non-healing wounds or ulcers, and assessing circulation prior to starting compression therapy.

Introducing a PPG machine

will have a significant positive impact on our community. It is non-invasive, easy to use, and provides quick, accurate results. It will shorten assessment times for patients, allow our physiotherapist to complete more assessments efficiently, and improve the accuracy of vascular screenings.

PPG Device



Holter Monitor
Mr. Vic Gateman
& Christine Fulton

2025 Wellness Challenge

The 11th annual Wellness Challenge is done and we are so thankful to everyone who participated. It was great to see participants taking part in the different events. If you were able to participate or not it was all about your wellness journey and we hope you take a moment to congratulate yourselves on completing the challenge. Way to go! I would like to thank all of our sponsors, the Wellness Challenge Committee, and fitness in the park instructors without your support the challenge would not be possible.

Final Standings

1st Place Overall— Scrambled Legs
2nd Place Overall— Golden Girls
1st Place Moderate— Travers Reservoir Dogs
2nd Place Moderate— Life Med Sole Mates
1st Place Mild— Very Potentially Excellent Athletes
2nd Place Mild— WCSN Team Cola
1st Place Individual—Dianne Vermeener
2nd Place Individual—Heather Fukuda
Scavenger Hunt Winner—Hailey McIntyre
Congratulations! Hope to see you next year!



Thank You

Thank You to the Vulcan and District 4H Beef Club

The Vulcan County Health and Wellness Foundation (VCHWF) extends our heartfelt thanks to the Vulcan and District 4H Beef Club for their generous donation of **\$3,829.17** towards the Palliative Care Campaign.

This contribution was presented during the VCHWF Charity Classic golf event in June, where members of the 4H Beef Club presented the cheque to **Paulette Wagenvoort**, Site Manager of the Vulcan Community Health Centre, along with **Glen Hutton**, VCHWF Trustee, and **Gail Wark**, Executive Director of VCHWF.

Your commitment to supporting health and wellness in our community is truly inspiring. The dedication of our local youth through 4-H demonstrates the impact that collective effort and generosity can have on strengthening healthcare in our community.



Programs

Drop in Chair Aerobics

Dates: Tuesdays & Thursdays

Start Date: September 9th

Time: 10:00 - 11:00 am

Cost: Free

Place: Vulcan Wellness Room @ Vulcan Hospital

Drop-in chair aerobics is an excellent way for individuals of all fitness levels to engage in physical activity while staying comfortable and supported. The blend of exercises, yoga, stretching, and Zumba can help improve strength, flexibility, and coordination, all while fostering a supportive community. Plus, the non-judgmental atmosphere makes it accessible for everyone! I'd encourage anyone interested to participate, as it's a great way to boost both physical and mental well-being.



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Vulcan COUNTY
Health & Wellness Foundation

Vulcan Sound Bath


 September 30th
 7-8:30PM
 WELLNESS
 CENTRE
 \$25

www.goodvibeswellness.ca