

Professor  
Louis-Patrick Haraoui,  
anthropologist, medical  
microbiologist and infectious  
disease specialist.

Donor thank you newsletter

## YOUR HOSPITAL. YOUR IMPACT.

### THERE'S STRENGTH IN UNITY!

**20 staff members from Hôpital Charles-Le Moyne took on a major challenge. Scaling Kilimanjaro! Why? To support thoracic oncology research.**

And they did it! The participants of the Kilimanjaro Challenge reached Africa's highest peak, at an altitude of 5,895 metres. The challenge was the brainchild of the very determined physiotherapist Laurie Brunton and her sidekick, Dr. Mehdi Tahiri, a thoracic surgeon.

These 20 adventurers, recruited in a record two weeks, lived the experience of a lifetime. They prove that anything is possible when we mobilize for an important cause!



An incredible moment immortalized at the summit of Kilimanjaro with the Foundation flag.

This incredible adventure had a unifying effect. Together, they climb mountains daily to save lives. And they raised more than \$105,000! What determination! What commitment! What passion for the cause!

It also helped them better understand their thoracic oncology patients' emotions in tough times. These health professionals are like their mountain guides. They work hard to help patients on the toughest journey of their lives.



Climbing Kilimanjaro was a genuine life lesson. It made us better people. Better health professionals.

**A huge thank you to these compassionate individuals for their courage. And to all those who encouraged them and helped to make this expedition a success!**

Discover the report from our  
spokesperson, Dominic Arpin,  
who also climbed Kilimanjaro!  
(in French only)



## FROM DISTRESS TO HEALING— BECAUSE YOU BELIEVED IN THEM

Let us introduce you to two young women. They were in distress when they joined the mental health intervention program, Horizon 4 Saisons. Today, they're standing strong, ready to face life's challenges—thanks to you.

*"My name is Mégane. I'm 18 and I'm starting CEGEP in the Springboard to a OCS program. Almost one year ago, when I was 17, I participated in Horizon 4 Saisons.*

*My psychologist suggested this program because of my diagnosis. Borderline personality disorder, or BPD. She's been following me since Grade 8.*

*This disorder has caused a lot of difficulty in my life. I had to be hospitalized for a few days in adolescent psychiatry at Hôpital Charles-Le Moyné. I didn't know how to get back on track. I even thought about taking my own life.*

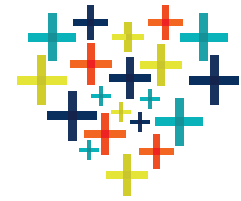
*With Horizon, I found others my age facing the same struggles. They were ready to get help. That's a hard thing to do: the fear of judgment, of what others will think of you going to group therapy. We all supported each other in the program's workshops before the expedition.*

*Thank you so much. You and your generosity are allowing young people, like me, get the help we need to overcome our problems. On behalf of all those young people, thank you. For everything you've already done for us and for your continued support."*

*Mégane*



**Mégane and her new friend, Raven, participated in Horizon 4 Saisons in its winter version. Bolstered by its success, this program has taken off beyond our expectations. It now runs year-round, not just in the summer!**



## A HEARTFELT GESTURE, DRIVEN BY YOUR COMPASSION

Thanks to your donations, a magnificent terrace has been built at the Champlain Palliative Care Centre in Brossard, affiliated with your Hospital.

This space, in front of the Champlain Palliative Care Centre, was designed for the well-being of patients at the end of life and their families. They can now live out their final moments—so personal and precious—with their loved ones in a peaceful, pleasant space.

Each year, the Champlain Palliative Care Centre receives some 200 people.

Offering + serenity to patients at the end of life—that's an important gesture made possible thanks to YOU.



This new terrace, adorned with flowers, features outdoor furniture, a pergola, an eating area and even a swing.

Your donations give young people with mental health problems the tools they need. You're improving their self-confidence. You're creating a support network around them. You're strengthening their resilience. You're redefining their future.

Scan the QR  
code to discover  
Raven and  
Mégane's audio  
testimonials.





## A DONATION OF GRATITUDE IN HONOUR OF STAFF

The Pek family's heartfelt donation brings hope and comfort. Their touching gesture is more than just a tribute. It supports vital initiatives to improve the lives of patients and their families.

In memory of Chhoy, taken too soon by a stroke, his wife, Sivanna, and his children wish to pay a heartfelt tribute to him.

With a major donation of \$100,000 to the Foundation, the Pek family is keeping his memory alive. This gift is also a tribute to the care staff, and supports the Hospital, which has a special place in their family history.

Immigrants from Cambodia, the Peks have built a life anchored in sharing. Today, their children and grandchildren, many of whom have become physicians, embody this heritage of devotion to others.

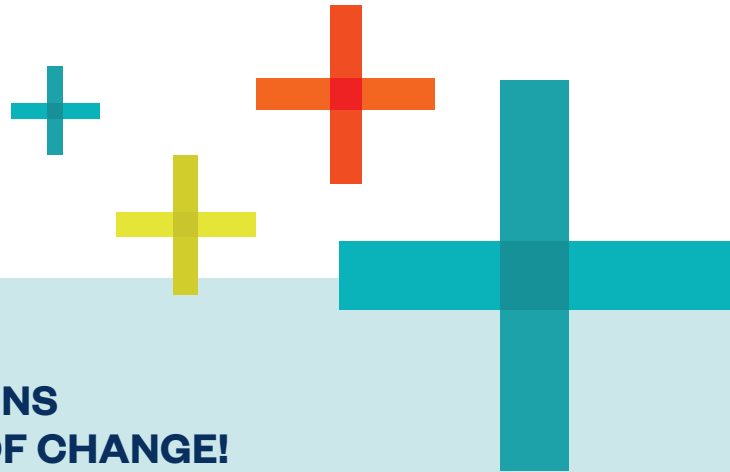
There are so many people of heart like the Pek family who are involved in making a difference in the lives of patients. You're among them! Your support is invaluable. Without you, we could not change lives.



Our donation is a tribute to Hôpital Charles-Le Moyne, which will be engraved in our hearts until Nirvana. May Buddha bless the entire Pek family as well as the Hospital's employees, devoted to the well-being of patients.



Discover other people  
of heart like you!  
Scan the QR code.

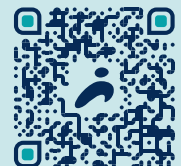


## YOUR DONATIONS BRING WINDS OF CHANGE!

Dr. Mélissa Prud'homme and Mia Laberge launched Les Soignantes! It is an initiative to gain a better understanding of the challenges faced by women caregivers. A podcast series from this community gives voice to women caregivers from across Québec. They share their experiences with an eye to finding solutions for a safer work environment for women.



Listen to the podcast.  
(in French only)



## AMAZING RECOGNITION FOR YOUR HOSPITAL'S RESEARCH CENTRE!

The Centre de recherche Charles-Le Moyne owes a lot to your generosity. Since its creation, the research centre has received unwavering support for its development from donors like you. You believed in its mission and helped it grow!

The Fonds de recherche du Québec – secteur Santé recognized the excellence of the Centre de recherche Charles-Le Moyne (CRCLM). It is officially the first health research centre in the Montérégie. This is an extraordinary acknowledgement of the expertise of the CRCLM, its researchers, physicians and students! A major step forward in strengthening the Hospital as a university hub. The CRCLM is:

<b>36</b> full-time researchers	<b>21</b> associate researchers	<b>11</b> research chairs
<b>200</b> students	<b>50</b> physicians working in clinical research at the Hospital	



In the world of research, this means that we're playing in the big leagues. That we're at the same table as the research centres at the CHUM, the Jewish General Hospital and the Douglas.

— Cloé Rodrigue, Director of Research

Learn more about  
the CRCLM.  
(in French only)



For close to 30 years, the CRCLM has been contributing to advancing knowledge! It is born of a partnership between Hôpital Charles-Le Moyne and Université de Sherbrooke.

## DONATING LISTED SECURITIES—A WINNING STRATEGY FOR YOU AND FOR THE HOSPITAL'S PATIENTS

Donating listed securities is one of the most strategic ways to contribute to our mission.

### It's simple.

In just a few days, you can transfer your listed securities directly to the Foundation.

### And it's tax-smart!

Donating listed securities that have increased in value is better than donating the product of their sale. You're making a bigger donation since the real cost of the donation costs you less. You're exempt from paying tax on the taxable capital gains.

This type of donation amplifies your generosity, without any extra effort on your part. A tax receipt corresponding to the fair market value of the shares at the time of transfer will be issued.

Download the  
listed securities  
donation form.



Contact me today and  
let's make an impact together!

Sylvie Bouchard  
Director of Major Gifts  
and Planned Giving  
sylvie.bouchard@fhclm.ca  
450-466-5487

## A + for your Hospital

Fondation Hôpital Charles-LeMoyne  
3120 Taschereau Blvd  
Greenfield Park, Québec J4V 2H1  
450-466-5487  
fondation@fhclm.ca

fhclm.ca   

Charitable registration number: 13460 7936 RR0001

