

March 2025



Dear friend,

I never thought it would happen to me.

It was a normal day. I woke up early, like I always do, and slipped out to grab coffee for my wife Elaine and myself. The smell of fresh espresso filled the car as I drove home, thinking about the busy day ahead. I made breakfast, ran errands, and even prepared a pot of chili for our family gathering that afternoon. Everything felt ordinary.

By lunchtime, I felt a little tired, so I told Elaine I was going to take a quick nap before our guests arrived. I climbed the stairs, lay down, and closed my eyes.

Then, it happened. I rolled onto my side—and my right arm didn't follow.

At first, I thought it had just fallen asleep. But when I tried to lift it, nothing. No sensation. No control. I reached for my leg—nothing there either. My breath quickened. I tried to sit up, but my body wasn't listening.

Panic set in. I opened my mouth to call out, but the words wouldn't come. My mind was screaming, but my body was silent. I was trapped.

I needed to move. I had to get help. Using what strength I had left, I tried to roll out of bed—but instead of landing on my feet, I collapsed onto the floor, my right side completely lifeless. I was wedged between the bed and the wall, helpless..

I tried to yell, but **only a faint, broken whisper escaped: "Come... come... come..."** My sister-in-law passed by my door, pausing just long enough to think I was talking in my sleep. Then she hesitated. Something wasn't right. She called out to my wife.

Elaine rushed upstairs. The moment she saw me, she knew. I could see the terror in her eyes. She knelt beside me, her voice trembling but steady. "Honey, you're having a stroke."


No. That couldn't be. Would I make it? Would I walk again? Would I ever be able to tell my wife I loved her again?

I didn't know it then, but thanks to the fast-acting team at Quinte Health Belleville General Hospital, I would get my answers.

My friend, life-saving care at Belleville General Hospital is made possible by people like you. Because of donor support, BGH was ready when I needed them most—and **I am forever grateful.**

Will you help ensure expert care is available for every patient in need? Your gift of \$50, \$75 or even \$100 will provide the critical resources that keep life-saving treatment close to home. Please give today to help BGH stay strong for our community.>

(Please turn over)



In those first moments at Belleville General Hospital, **I was surrounded by a team of professionals that knew exactly what to do.**

They worked with quiet confidence, making sure every second was used to give me the best chance at recovery. I remember my wife standing beside my stretcher, looking into my eyes, searching for the man she loved.

Then it happened—at first, just the smallest flicker in my toes. A twitch, a movement, so slight I almost didn't believe it. Then, a sensation—like pins and needles, a rush of awareness spreading up my leg. My leg began to shake. I lifted my foot. My leg followed. My wife gasped, tears filling her eyes.

Moments later, I felt something in my arm. I tried to lift it, and for the first time since it all began, it obeyed. Weak, shaky, but moving. The doctors and nurses around me exchanged knowing glances. The clot-busting drug had worked.

Relief flooded over me. For the first time, I believed I might be okay.

I wasn't just another patient at Belleville General Hospital—I was someone's husband, someone's father, someone who had a life worth fighting for. **And they fought for me.**

Dear Friend, when I suffered a stroke, I needed life-saving care—fast. Because of donors, BGH was ready. Their expert team acted immediately, and I am forever grateful.

Will you help make sure the next patient in crisis gets the care they need? Your gift of \$50, \$75 or even \$100 will help ensure BGH is always ready. Please give today to keep life-saving care close to home.

I didn't expect to be a stroke survivor. I didn't expect to rely on my local hospital to save my life. But in that moment, BGH was there. Because of supporters like you.

If you can give today, you'll ensure that more people in our community—**your family, your friends, your neighbours—receive the care they need, when they need it most.**

Please make your gift today. It could be the difference between life and death for someone in our community.

With deepest gratitude,

Dave Allen

Dave Allen
Grateful stroke survivor and President & CEO,
YMCA of Central East Ontario

P.S. I never thought it would happen to me—until it did. Please make your gift today to ensure Belleville General Hospital is always ready. Because one day, it might be you—or someone you love—who needs life-saving care in an instant.



In support of Quinte's Regional Hospital

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