



But I feel fine!

The Norfolk General Hospital Foundation often hears from donors who remark "I give because eventually we all will use our hospital." Keith Ashley has been a longtime supporter of the Foundation. Ashley, a resident of Simcoe is a retired educator, who taught and was Vice-principal and Principal at several Norfolk County public schools, has also been a Simcoe Lion for 41 years and a committee member for all 27 years of the NGH Foundation Golf fundraiser; 6 of those years as co-chair. He is also a regular contributor to the Simcoe Reformer.

This past August, Mr. Ashley required the services of NGH. In Keith's own words, he tells his story that started out as a routine outing for groceries with his wife:



"I didn't know a Monday night stop at the supermarket blood pressure machine would have such repercussions.

Kay and I were out doing our weekly shopping when I decided to check my blood pressure at the BP machine next to the pharmacy. After getting, what I thought was a false reading, 90 over 20 and a pulse rate of 184, I tried several more times and each time got the same reading. I was feeling fine and had no indications that anything was wrong. So the bizarre BP reading and super-fast pulse rate could only mean one thing – their machine was broken. We continued shopping, went home and put groceries away. After a little television I retired and had a good sleep. Tuesday morning I was up early because it was a golf day. I got to the course early only to find out that the golf league was cancelled because of a thunderstorm in the forecast.

I decided that I had a lot to do around town. Eventually I finished with a haircut before returning home. Curious about the BP reading of the previous night I decided to use my own BP machine to check. Lo and behold, the reading was the same as the night before! I felt great but decided I better get a second opinion from my doctor. I drove to the clinic, still feeling fine, and asked to see the doctor.

It didn't take long for Dr. Wynveen to determine that there was something drastic happening. He placed the stethoscope to my chest, turned and told his nurse to phone emergency. He gave his car keys to the nurse and told her to drive me to the hospital. I was still feeling fine at this time but the doctor knows best.

When I arrived at emergency I was taken right in, put in a bed and the doctors and nurses began their examinations. I was still feeling fine but was told my heart rate was 171 and my blood pressure was very low. The emergency room doctor (Dr. ?) was excellent and put my mind at rest. She told me that what was happening could be controlled through drug therapy.

I was eventually moved from emergency to ICCU and all I can say is that the staff at Norfolk General was terrific. The care I received was absolutely great and I could tell that it was a genuine concern for me. Even though at times I felt like a pin cushion, as they took many samples of blood, and the nurses' constant personal checking, even though I was hooked up to monitors that could be read from their nursing station.*

Both Dr. Wynveen and Dr. Kennedy made sure that everything that could be done was done.

I should make mention of Carol Bailey who provides such great service as a volunteer. NGH is a better hospital because of the hundreds of members of The Volunteer Association to the hospital and nursing home.

By Thursday morning I was back to normal and released from the hospital. I am now on medication to control A-Fib and a blood thinner to prevent any other related heart malfunctions.

I have had follow-up exams with the same genuine warmth and concern from the health care professionals.

I have said many times that the single most important thing in Norfolk County is our hospital and we should make sure it continues to be the best that it can be."

**Ashley was being monitored with telemetry equipment which was purchase in part by contributions raised through Annual Golf Classic and the Simcoe Lions.*

To make a donation to the Norfolk General Hospital Foundation please call:

519-426-0130 ext. 1454

Or <http://www.canadahelps.org/CharityProfilePage.aspx?CharityID=s24418>