

## Josip and his wife Rosie found love



As we celebrate the season of giving, we are reminded how you have helped our patients and families facing crises through your previous gifts to Cornwall Community Hospital Foundation. I write today to ask you once again to help those in our community in need of support by including them in your personal end of year giving.

One of the essential areas Cornwall Community Hospital (CCH) provides service in is Addiction and Mental Health. To be honest, it's not a subject people often feel comfortable talking about, but these issues touch too many local families to ignore. With the proper care and help from donors like you, we can change the lives of sufferers and the people who love them for the better.

It's never too late to accept help. At the age of 72, Josip Kupina received a new lease on life thanks to the team at Cornwall Community Hospital.

Josip struggled with addiction to alcohol his entire adult life. He was a loving father, but his relationships and marriage were clouded by his alcoholism. Though he tried to stop drinking numerous times, he'd eventually fall back into old patterns. His disease was ruining his life, and his family members were deeply worried.

While visiting his son Joe in Cornwall, Josip finally hit rock bottom. Alcohol was ravaging his body, creating severe withdrawal symptoms after 24 hours without having a drink. Josip became incredibly weak and could not walk on his own; so with his consent, Joe and his wife took his father to CCH.

Joe Kupina remembers that night like it was yesterday: "I was so happy because he was finally ready to go for help, but I have to admit, I was a little afraid we'd be judged for Dad's alcoholism when we arrived at the hospital. Right away at Triage in Emergency we were treated with compassion. The nurse was kind to Dad and told us help was on the way. In that moment I experienced a sense of peace that a beautiful opportunity was being presented to Dad in Cornwall."

Josip was admitted and agreed to accept help, starting him on a journey of redemption and hope, supported by a circle of care at CCH. From the nurses at Triage in Emergency who assessed his need, to the physicians who stabilized his medical conditions, to the Addiction Therapists in Withdrawal Management Services who addressed his alcoholism with extreme care, Josip was surrounded by a dedicated team.

Josip was still very weak when he started treatment and needed help to get around. He'd always been anxious in social settings, so participating in group therapy had been a barrier to him seeking help in the past. But the team at CCH was able to forge a connection that encouraged and supported Josip as he worked hard to choose a different path.

After three intense weeks of care, Josip was strong enough to return to his home in Hamilton. He joined AA and called Cornwall his "birthplace" because he believed his life had started again fresh right here at CCH.

Without the influence of alcohol, Josip repaired his relationships and strengthened his marriage. Though he was tragically diagnosed with late-stage cancer a year after his treatment, Josip said he was at peace with his diagnosis because of the freedom from addiction he gained at CCH. Sadly, Josip passed away earlier this year, but he and his family celebrated his 16 months of sobriety as a treasured gift.

We're thankful CCH was able to bring positive change to the lives of Josip and his family. His special story is only one of many successes won by our caring professionals and their determined clients.

CCH Foundation is now fundraising for the new Addiction and Mental Health Centre. With generous help from caring individuals like you, our Centre is slated to open in fall, 2016.

Please make your holiday gift by simply returning it with the enclosed envelope, or by going on-line to [www.cornwallhospitalfoundation.ca](http://www.cornwallhospitalfoundation.ca). Your tax-deductible donation today can help us continue growing the wide range of important services required to give our community members the gift of good health. Thank you for your consideration – we hope you'll join us helping others right here at home.

With gratitude,

*Erin Killoran*

Erin Killoran  
Executive Director, CCH Foundation

*Merry Christmas to you + your family!*

P.S. - I hope Josip's story inspires you, as it has inspired me. Your gift to CCH Foundation is an investment in the health of our entire community, and may one day benefit you or someone you know and love. I hope to hear from you soon. Thank you!



Cornwall Community Hospital Foundation  
Fondation de l'Hôpital communautaire de Cornwall

613-930-4508 • 840 McConnell Avenue, Cornwall ON K6H 5S5

