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Murdock family running for dad, Lakeshore dialysis facilities

Fundraising goal set at \$5,000 in support of Lakeshore General Hospital Foundation

As many West Islanders gear up for a holiday season that won't be complete without a cornucopia of treats, indulgences and goodies, a Beaconsfield man is having visions of his son, daughter-in-law and granddaughters running long distances in his honour dancing in his head this holiday season.

Beaconsfield resident Harold Murdock, who is experiencing late-stage kidney failure, gets dialysis treatments three days a week at the Lakeshore General Hospital, and his family has been so impressed by the care he has received there that they have embarked on an ambitious fundraising project - the end goal is \$5,000 - called Dollars for Dialysis that will be earmarked to further upgrade the hospital's hemodialysis facilities. His son Danny, now residing in North Carolina, will run alongside his eldest daughter Brittany in the Walt Disney World 'Dopey Challenge,' on four consecutive days in early January in Orlando. The pair will run in five- and ten-kilometre races, followed by a half-marathon (21.1 km) and a full marathon (46.2km) on Jan. 7 through 11. Danny's wife Kathryn and youngest daughter Heidi will also run in the five- and ten-kilometre events, while the couple's middle daughter Vanessa will run in the five-, ten- and 21.1-km events - and they're doing it all to honour Harold Murdock, and the care he has received at the Lakeshore General Hospital. It's truly a family affair, Danny said.

"It's not just the person going through kidney failure that is truly impacted. It's all of them who are the closest. It's to honour my father, who is the ultimate fighter and overcomes one battle after the next and has taught our family and our children that you never give up in life, even on its darkest days. It is for my mother, who without complaint gets up and takes Dad very early each dialysis morning and wheels him into the hospital," he said, adding that their perseverance, as well as that shown by his sister Debra, who lives in Kirkland and is taking care of spearheading the fundraising and accounting, has served as an example for his children as well.



"(My mom) has taught us and our children about commitment, and finally it is for my sister. We are like a lot of families today and I am the remote one, (living) down in North Carolina, and not there for doctor's appointments and dealing with the daily issues that life has for our parents and others with renal failure. She holds things together, keeps the family moving forward and without her I don't know what I would do or how we would ever deal with this reality. She has taught all of us about selflessness.

Were it not for the Lakeshore General Hospital hemodialysis facilities in Pointe Claire, patients like Harold Murdock would be forced to spend hours on the road going to and from the West Island to hospitals in the downtown core and further for regular dialysis

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appointments, which can take up to four hours at a time.

Debra Murdock said the excellent care her dad has received courtesy of the Lakeshore – and the fact that patients like him can receive the care they need close to home, in their own community, is a great reason to keep on working to upgrade the facilities.

“As you can imagine, going on a dialysis machine four to five hours a day, three days a week, dramatically changes the life of the patient and the family. So it's a great relief to have the Lakeshore General Hospital Dialysis clinic so close to home and staffed with so many wonderful, caring doctors, nurses and technicians,” she said.

Lakeshore General Hospital Foundation managing director Heather Holmes praised the Murdock family's commitment to community health care, saying their dedication to helping improve the quality of patient care at the Lakeshore General Hospital makes them role models in the community.

“Their perseverance is just incredible. When illness impacts an individual, it affects their entire family, and the Murdock family has taken on this challenge together – and they're taking concrete steps to improve the facilities for every patient like Harold Murdock. That's truly inspiring,” she said.

For more information on the Dollars for Dialysis Project, please visit the Lakeshore General Hospital Foundation online at foundationlakeshore.ca/dollars-dialysis-2/, or call 514-630-2081.

Did you know?

- Every day 12 Canadians, on average, suffer renal failure according to the British Columbia Renal Agency.
- The Kidney Foundation of Canada reports that 1 in 10 Canadians suffer from some sort of kidney disease.

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For media inquiries, please contact Marc Lalonde, Lakeshore General Hospital Foundation Communications Officer (514) 630-2081 ext. 5, or 514-742-5465.

NOTE: Contact information is available for the Murdock family upon request.

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