

November 10, 2021

Honouring Michael Lalande

On August 28th, a memorial golf tournament was held to honour Michael Lalande. His family and friends came together to celebrate his life and to honour his memory. In doing so, they also raised awareness about suicide prevention and mental health.

This year, the annual memorial golf tournament raised funds for Lanark, Leeds and Grenville Addictions and Mental Health (LLGAMH). Recently, Michael's sister Amanda Fitzgerald and her family presented a cheque for \$7,000 to LLGAMH CEO Patricia Kyle. To date, the tournaments and other fundraising events have raised more than \$17,500 for mental health programs.

"First and foremost we want to thank everyone who has come out to our tournaments in memory of Mike and a huge thank you to ALL the businesses that have donated - not only this year but the first year as well. We wouldn't have been able to make these huge donations without their support," notes Amanda Fitzgerald.

She goes on to share why these events are so important: "When Mike passed, I knew I had to do something. We felt the pain of losing Mike and what Mike was going through was nothing anyone should feel. I felt we had to share his story. I wanted to take our negative and turn it into a positive. Mike was known in the community, had many friends, and a family that loved him. But he had so many things going on and didn't know how to cope or talk about it. Nobody should feel like that. We need to start talking about our mental health and making it as important as our physical health. That's how the golf tournament came about."

"We are so grateful to Michael's family for raising awareness about mental health and for giving back to our Agency," notes Patricia Kyle, LLGAMH CEO. "Thank you for your generosity."

Plans are underway for next year's tournament. Watch for a date soon!



Cutline: LLGAMH CEO Patricia Kyle (left) accepts the donation from Amanda and Shawn Fitzgerald and their children.

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