



ROSS MEMORIAL  
HOSPITAL  
Foundation

# Exceptional CARING

## The RMHF Gratitude Report

### Our Mission:

"Inspire donor support for Ross Memorial Hospital and ensure gifts are used effectively and responsibly to improve local healthcare."

### Our Vision:

Exceptional support for exceptional care.

## Winter 2014

### What's Inside:

**A Mom's Doubtfire Face Challenge impacts mental health care at RMH**

**How your poppy donation helped patients in the OR**

**Celebrating Excellence among RMH Employees**



*"In the darkest moments of a health emergency, you put your life in our hands. It's a profound trust, and one I take to heart. As an Anaesthetist and Hospitalist at the Ross Memorial Hospital, I follow you on your care path. It's a journey we take together."*

*~ Dr. Andy Knox*

The RMH Foundation is pleased to partner with Dr. Andy Knox for this year's holiday appeal. Dr. Knox's appeal letter is being delivered throughout the City of Kawartha Lakes, encouraging donors to help RMH meet urgent equipment needs.

The hospital must replace a microscope and urinalysis analyzer in the laboratory, and purchase new drills, a scope, sterilization equipment and videoconferencing technology for the surgical program. The cost of this equipment is \$154,000.

Like the directions on a map, these tools provide Dr. Knox and the RMH team with information that helps them choose a path for their patients' care.

"Each tool casts a light that points us forward," said Dr. Knox. "The more we can trust our tools, the better we can focus all of our attention on you, the patient."

"Night and day, physicians such as Dr. Knox count on these tools to help guide their patients' care," said Erin Coons, Executive Director of the RMH Foundation. "Donors also play a role on this journey, showing patients and the RMH team how much this community cares."

Looking for gift ideas that give back?



will donate 10% of the value of each gift card sold to the RMH Foundation.

## Happy Anniversary! The Auxiliary celebrates 110 years



**A highlight of the Auxiliary Anniversary celebration was the ribbon cutting at the new Auxiliary Recognition wall. Shown are Rosemary Healey, Heather Chapell, Karen Simser and John Albin.**

On November 26, 1904, a group of ladies came together to discuss the formation of a Ladies Aid Society to help the hospital with fundraising and ongoing needs. 110 years later, the RMH Auxiliary is still enhancing patient care and supporting the hospital's needs.

To mark the occasion, a celebration was held in the hospital's main lobby. Volunteer Jim Young gave highlights of the Auxiliary's history, and announced that in 110 years, the volunteers have given 2 million hours of service and provided more than \$3.4 million in funds for the hospital.

Auxiliary President John Albin thanked all hospital volunteers, and shared his hope that the Auxiliary will remain a strong force for another 110 years.

## Bobcaygeon Kinettes support the Emergency Department

Kinette Clubs, along with their partner organizations, the Kinsmen and Kin Clubs, are committed to serving their communities' greatest needs through events and community service projects.

The RMH Foundation is proud to be one of the charitable organizations receiving support from the Bobcaygeon Kinettes this year. On June 17th, members of the club presented a cheque for \$1000 to Karen Scott, Development Officer with the RMHF. "It's wonderful to have the support of the Bobcaygeon Kinette Club," said Scott. "They've been so good to the hospital, giving more than \$27,000 for the purchase of medical equipment and capital projects since 1996. They clearly care a great deal for high quality patient care."

The funds raised by the Bobcaygeon Kinette Club were directed to the RMH Emergency Department, which sees more than 45,000 patient visits every year.



## Lindsay Legion Poppy Campaign helps RMH purchase 3 pain pumps for the OR

Every time you give a member of the Royal Canadian Legion a donation in exchange for a poppy, you're not only showing your respect for those who have served our country, you're giving back to your community. The Lindsay Branch of the Royal Canadian Legion directs poppy funds where members believe they're most needed. This year, the RMH Foundation is grateful to receive a donation from the poppy fund to be directed toward the purchase of three anaesthesia pain pumps that are used during surgery.

On Oct 15th, Jim Richardson, Branch President, John Sherman, Poppy Committee Chair, and Penny Watson, Service Officer, presented a cheque for \$12,000 to the RMH Foundation.

"We're honoured to receive this donation from Branch 67 of the Royal Canadian Legion," said Erin Coons. "This gift will impact patients of all ages. On behalf of our patients and their families, our doctors and the hospital team — thank you."



## A Standing Ovation for the Dragon Flies



For 10 years, the Dragon Flies Breast Cancer Survivor Group hosted a Dragon Boat Festival, which raised funds to enhance breast health care at 4 local hospitals, including RMH. The 10th anniversary festival in June was the Dragon Flies' last. On November 18th, the Dragon Flies returned to the Ross to present an exceptional gift — a cheque for \$69,000. This brings their cumulative giving to \$323,328! To show their gratitude for the Dragon Flies' exceptional efforts on behalf of local patients, hospital staff gathered to give the Dragon Flies a standing ovation.

"When people are diagnosed with breast cancer, they reach for family and friends for support. They look for information and advice from people who understand what they're going through. That's how these women came together. They found strength and inspiration in each other, and wanted to share that hope with even more people. So they reached for their paddles and began making ripples and waves that touched more cancer patients than they ever could have imagined. We can't thank them enough," said Erin Coons, RMHF Executive Director.

## A Mother's quest to prevent suicide inspires the ...

# Making Memories Doubtfire Face

Maggie Jewell puts a brave face on a heart-wrenching story. It can't be easy, but she knows that in order for people to open up and have conversations about suicide and how to prevent it, she has to show them that it helps to talk.

Maggie's son, Nolan, took his own life two years ago. Since then, Maggie and her family have been on a quest to raise awareness of the prevalence of suicide in our community.

So in Nolan's memory, she initiated the "Making Memories Doubtfire Face Challenge" at RMH.

The challenge encourages participants to take a pie or cake in the face (similar to the memorable Robin Williams scene in the movie Mrs. Doubtfire), post the picture or video or tweet it with **#MakingMemoriesDoubtfireFace** — then challenge others.

The Making Memories challenge is inspired by the Doubtfire Face Challenge that began in the United States in August, after Robin Williams' death. Maggie read about it and knew it would be a positive way to raise awareness during National Suicide Awareness Week (September 8-14).

Maggie coordinated with the RMH Foundation to have donations from the challenge directed to the Mental Health



# Challenge at Ross Memorial Hospital



program. More than half of admissions to the RMH Mental Health Unit include symptoms of suicidality.

Almost instantly, teams across the hospital took on the challenge, and spread the word. Together, they donated \$3,126.44 which Maggie topped up with a gift of \$200 from the NJ5 project, created in Nolan’s memory.



“As the challenge gained attention, people in the hospital came to me and talked about their own personal stories, things they’d hidden until now,” said Maggie. “It’s also very helpful that the hospital shares information about its Employee Assistance Program, and encourages its staff to use it to seek help for depression and other mental health concerns.”



“Whether you have a sore finger, or cancer, or a mental illness, none of these conditions define us. You are not that disease,” Maggie said. “I really hope that the Doubtfire Face Challenge becomes an annual event at RMH, so everyone knows that our minds, our hearts and our arms are open to them.”



**Maggie takes the Challenge head on**



## A celebration of excellence and dedication

Among the 132 employees celebrated for long service to the Ross on Nov. 5th were Marilyn Nicholson and Yvonne Facey, who have worked at the Ross for 40 years, and Merilyn Junkin, who has reached the 45 year mark.



Following the Long Service Awards, the **James Ross Awards**



**of Excellence** were presented to Des Meenan (Nursing), Pam Scholey (Allied Health), Doug Henry (Support Services), Sue Randell (Administrative), Dr. Gargi Bhatia (Physician) and John Albin (Auxiliary).

The **2014 James Ross Team Award** was presented to the members of the **Medical Unit**.



The **James Ross Community Award** recognizes the efforts of an individual or group in the community who are not employees of the hospital, but have made a positive impact on the hospital and its patients. This year, the **Kawartha Lakes Health Care Initiative** received the award for its role in recruiting physicians to the City of Kawartha Lakes.

## Donors provide a 'breath of fresh air' in the ICU

Thanks to the generosity of donors who directed their gifts to the Intensive Care Unit, the Medical Unit and Respiratory Therapy, RMH has been able to purchase the OptiFlow/Airvo system, which enhances the delivery of oxygen to patients with breathing problems.

With an innovative nasal cannula and by adding heated humidification, the OptiFlow/Airvo system is more comfortable for patients and enhances the oxygen delivery to fragile patients.

The new equipment was trialed in the ICU during the summer with excellent results. Dr. Andy Knox, Anaesthetist and Hospitalist, referenced one patient with advanced chronic lung disease whose oxygen saturation depleted with any exertion. The new nasal cannula provided a more comfortable stream of oxygen to the patient, and she was able to eat without removing it, which was critical to her care and recovery. We hope our donors take pride in this success, as without their generous support, it would not have been possible.

## The RMH Foundation is grateful for the generous donations made in memory of donors' loved ones.

When we lose someone dear to us, we often want to do something special in their memory. With the kind cooperation of local funeral homes, the RMH Foundation's memorial giving program allows family and friends to commemorate the lives that have touched them. The Foundation hopes that the memorial giving program assists families, knowing that their kindness will help Ross Memorial Hospital continue to respond to local health care needs.

### In memory of ...

Lesley Archambault	Marie Hawkins	Robert Rathwell
Ruth Bailey	Brenda Herman	Verna Rea
Oliver Bales	Frank Hindmarsh	Goldie Regic
Jim Bogar	Gloria Hood	Ivan Rodd
Richard Box	Carl Humphries	Arthur Ryall
Carol Bradburn	June Hunter	Pearl Samis
Kenneth Brasier	Peggy Hutchinson	Reverend Bert Sansome
Ruth Bray	Blair Imrie	Mary Scott
Jerry Breen	Jean Ingram	Margaret Shedden
Garf Burgess	Nolan Jewell	Edward Simpson
Norma Butcher	Jeanette Jones	Charles Sleep
Edmund Cadieux	Thomas Joyce	Darryl Smith
Terry Carrozza	Marlyn Keenan	Charlie Thompson
Ronald Caterer	Janice Kent	Norman Thompson
Yvonne Chambers	Roberta Kincaid	Allan Tremeer
Rodney Clarke	Mary Lee	Olga Tribe
Marilyn Collie	William Leishman	Katherine Van Hulstyn
Lillian Cooper	Wesley Lockwood	Samuel Van Hulstyn
Reginald Crandall	Annamay McLean	Kathleen Vokes
Edna Cunningham	Joan Mooney	Roger Walker
Gladys Curtin	Audry Mowat	Beverly Walsh
Eleanor Davies	Renoma Mowbray	Joan Weir
Andrea Evans	Harold Edward Munro	Karl Weise
Austin Evans	Diane Palmer	Joyce White
Helen Goode	Diane Parks	Norman Richard Wildgoose
Bryan Gray	Rolanda Percy	Timothy Wilkins
Louise Haac	Donald Perrin	Elsie Worsley
Marilyn Hall	Garg Preston	
Roy Hartwick	Douglas Quibell	



These gifts were  
donated  
between July and  
October 2014.

We respect your privacy

At the RMH Foundation, we are committed to protecting the privacy of our donors.

We value our donors' trust and recognize that maintaining this trust requires that we be open and accountable in our treatment of the information that you choose to share with us.

We protect your personal information and adhere to all legislative requirements with respect to protecting privacy.

The information you provide will be used to deliver services and to keep you informed and up to date on the activities of RMHF, through periodic contacts.

**How to contact us:**

**RMH Foundation**  
10 Angeline St. N.  
Lindsay, ON  
K9V 4M8

T (705) 328-6146  
F (705) 328-6147  
foundation@rmh.org

www.rmh.org/  
foundation

Charitable Registration  
Number

11912 4121 RR0001

# St. Thomas Aquinas Students WOW the Ross

The culmination of the 'Week of Wellness' (WOW) at St. Thomas Aquinas Catholic Secondary School involved a walk to RMH to present the proceeds of their week-long spirit activities. Just after 11am on World Mental Health Day, the entire student body presented a cheque for \$3027 to benefit patients in the mental health program. The funds will help the hospital provide resources and education materials for patients who often have limited income.

"If we can provide resources like workbooks as part of a program, it frees up funds for the participants to spend on other items such as transportation and food," said Thomas Jones, Director of Mental Health at RMH and Haliburton Highlands Health Services. "Individuals on fixed incomes at times have to make choices between treatment and essentials of life, which can seriously impact their quality of life. This gift will help a great deal. We're so thankful."



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*"Yes, I would like to help RMH keep  
the best tools in the best hands."*

Here is my donation of  \$25  \$50  \$100  Other \_\_\_\_\_

I have enclosed my cheque (payable to RMH Foundation)

I prefer to use my credit card. Please use my  VISA  Mastercard

Cardholder's name \_\_\_\_\_ Card # \_\_\_\_\_

Signature \_\_\_\_\_ Expiry: \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

I would like to direct my gift to:  Where it's most needed  Current Appeal

Equipment Fund  Education Fund  Specific Program \_\_\_\_\_