



# 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  
2016/17

### What's Inside:

- The Legion lends a hand in the Lab
- Inspiration at the Harvest for Hope
- A loving legacy in the Palliative Care Unit
- 'Thanks for saving my life.'
- Donors inspire excellence in the RMH Team

## Your Circle of Care

Dr. Charles Noronha laughs when he describes the former patients who have stopped him on the sidewalk to show him how well their knees are bending or how easily they can raise their arms after their surgeries. "It must look funny for people walking by, but for me, I'm just so happy to see my patients get their lives back."

As an orthopedic surgeon, it's Dr. Noronha's life's work to help people whose lives are on hold due to broken bones, wearing joints, limited mobility and critical injuries. So he was more than happy to help the Foundation with its Holiday Appeal to support the purchase of orthopedic tools, cardiac monitors for the recovery room and a transport cardiac monitor, used to move critical patients.

The cost of this equipment, \$185,500.00, is the goal of the 'Your Circle of Care' appeal. Over the next few weeks, letters will be distributed throughout the City of Kawartha Lakes, in which Dr. Noronha describes the importance and the need for these tools.

"I hope people will find it in their hearts to help," says Tim Shauf, Chair of the RMH Foundation Board. "Giving a patient the best care takes a team effort that involves our surgeons, anaesthetists, nurses, the Hospital team — and donors. The Hospital doesn't receive provincial funding to cover the cost of this equipment. That's why we count on the community's support. This couldn't happen without our donors."



Tim Shauf and Dr. Charles Noronha launch the 2016 Holiday Appeal

## RMH directs extra funds to Hip & Knee surgeries



RMH has received welcome news! On Dec. 2nd, Central East LHIN Board member Joanne Hough announced Ross Memorial Hospital will receive an additional \$938,200 in funding this fiscal year. "This provides the Hospital with the unique opportunity to re-invest in patient care, as a significant portion of this funding will be directed to improving access to patient care by reducing our wait time for hip and knee surgery," said Dr. Bert Lauwers, RMH President & CEO. The funding will help the Hospital perform 66 more Hip/Knee surgeries this fiscal year.

## Harvest for Hope reaps exceptional support for patients



There were many 'goosebump' moments at the Harvest for Hope event on Oct. 6th. When Laura Kelly spoke of her family's profound losses to cancer and the difficult decisions she's made to stay healthy. When the audience rose to give breast healthcare fundraiser Therese Scheer a standing ovation for her efforts over the years. When the audience realized the first models in the fashion show were all breast cancer survivors.



These heartfelt moments were sprinkled through an evening of inspiration and entertainment, thanks to Sherry Peel, owner of Bigley Shoes and Clothing in Bobcaygeon, and local fundraiser Therese Scheer, who made a goal to help raise \$100,000 in ten years to enhance breast imaging services at the Ross Memorial Hospital.

**Their efforts, and the exceptional generosity of those who attended the Harvest for Hope, helped raise \$31,000 which will improve patient care through cancer screening, diagnosis and biopsy testing.**



"The energy at the Harvest for Hope was wonderful. We were touched by the support of so many people in the community, women and men," said Erin Coons, RMHF Executive Director.

"And when all the breast cancer survivors in the audience were asked to stand and be recognized, it showed that events such as these have a real impact on people we know. Together, we're helping patients to get diagnosed and treated sooner, and giving them the best chance for a good outcome."

## A decade of dedication: Therese Scheer meets \$100,000 goal

Ten years ago, Therese Scheer learned that some of the breast screening equipment in the Ross Memorial's Diagnostic Imaging Department needed upgrading. Wanting to help, she invited friends to golf together and she collected a donation from the group. Her plan was so successful, Therese then challenged golfers at other golf courses in the City of Kawartha Lakes, with fabulous results. Since 2007, Therese's efforts have included golf tournaments, fashion shows and dance events, ornament sales, raffles, and bake sales. Seeing the significant impact this fundraising was having on breast health care at RMH, Therese made a personal goal: to help raise \$100,000 for the RMH Foundation in ten years.

The Foundation is thrilled to congratulate Therese on the completion of her caring goal at the Harvest for Hope on October 6th. "By recognizing a need and inspiring others to get involved, Therese and everyone who has participated in her events is helping the team at Ross Memorial diagnose and treat breast cancer. What a wonderful milestone to celebrate during Breast Cancer Awareness month." The Foundation is profoundly grateful to Therese and her many helpers at the golf courses that have hosted her events, as well as Dr. Marc Sherkin, who donated putters as prizes.



Therese Scheer, Erin Coons and Dr. Mark Sherkin

## Donors support Defibrillators during Spring Appeal

When moments matter, the team at RMH responds in a heartbeat to save lives. **And so do our donors.**

The community's response to the 'Moments that Matter' spring appeal is more than heart-warming— it's life saving. Thanks to local donors' generosity, \$97,058.42 was raised, which will help to purchase five new defibrillators to be located throughout the Ross Memorial.

These defibrillators are helping physicians such as Dr. Koushik Krishnan, Chief of Emergency Medicine, to respond immediately to patients in cardiac distress.

"We recently saw a man in the ER who suffered a sudden cardiac arrest; he developed a life threatening ventricular fibrillation rhythm. His best chance for survival was immediate defibrillation within seconds to minutes of collapse. Having a defibrillator at the bedside in the trauma room allowed us to deliver an appropriate shock to revive him immediately and proceed to appropriate care. This machine literally saved this man's life."



Tim Shauf, Erin Coons and Dr. Koushik Krishnan in the ER Trauma Room.

## Royal Canadian Legion grant benefits Laboratory services at RMH

The RMH Foundation is exceptionally grateful for the caring support of the Royal Canadian Legion Ontario Provincial Command Branches and Ladies' Auxiliaries Charitable Foundation. Thanks to its generous grant of \$3,927.00, the Foundation was able to purchase an inverted blood bank microscope for the RMH Laboratory.

On Sept. 16th, Howie Johnston (President) and Jim Richardson (Past President) of the Lindsay Branch of the Royal Canadian Legion visited the RMH Laboratory to see the new microscope and hear how it helps patients.

The inverted microscope is a vital tool that enables the RMH transfusion team to assess the compatibility of blood products to safely transfuse patients. For example, a trauma patient relies on the precision readings from this tool to determine blood type before a transfusion. Receiving the wrong blood group can cause a dangerous reaction in blood cells. Similarly, the microscope is used to test the level of antibodies in an expectant mother's blood to determine the potential for harm to the baby's health.

"This microscope is the only one of its kind in the Lab," said Pam Sleep, RMH Blood Bank Charge Technologist.

"It's an invaluable piece of equipment to have in the blood bank and we're very grateful for this donation."



Pam Sleep demonstrates how blood cells move under the new microscope.

## The Florence Nightingale Home Foundation's warm gesture



Erin Coons is joined by Janet Randall, Lois Goodall, Margaret Lynn, Karen Lumley and Peggy South in the Ambulatory Care Unit.

A warm blanket isn't just a courtesy for patients at Ross Memorial Hospital. The comfort that is provided by a warm blanket relieves a patient's anxiety level, and positively impacts their health and healing.

Members of the RMH Ambulatory Care team are grateful for the donation of \$4,000 from the Florence Nightingale Home Foundation (FNHF) to purchase a blanket warming cabinet. Members of the FNHF visited the Ross Memorial on Nov. 14th.

The Florence Nightingale Home Foundation is one of the Benevolent arms of the Order of the Eastern Star in Ontario. Between 1928 and 1975, the Florence Nightingale Home Board operated a home in Agincourt, first for orphans and in later years, for the elderly.

In 1975, the home was sold and funds from the sale were invested. The interest is now used to provide donations to accredited Ontario hospitals for patient care and clinical equipment.

"We are amazed when we get an opportunity to see the pieces of equipment our fund helps to purchase," said Margaret Lynn of the Florence Nightingale Home Fund. "Even though they may be small, it's nice to know that they make a big difference."

"We're so pleased to connect the ladies of the Florence Nightingale Home Foundation with this important patient need," said Erin Coons, RMH Foundation Executive Director. "Their warm gesture will comfort anxious patients like a big hug."

## Kawartha Lakes Firefighters step up to save lives at RMH

When firefighters jump into their gear, their priority is saving lives. At fire scenes, motor vehicle accidents, and during medical emergencies in the community. This summer, they reached out to help save lives at the Ross.

On July 28th, members of the Kawartha Lakes Professional Firefighters Association presented a cheque for \$2,000 to help the RMH Foundation purchase new defibrillators through the 'Moments that Matter' spring appeal.

The gift is part of the proceeds of the Association's boot drive before Easter.

"We were blown away by the support we received during our boot drive," said Ryan Bell, Treasurer for the Kawartha Lakes Professional Firefighters Association. "When we were discussing which charities we would like to support, we agreed that helping the hospital to buy new defibrillators was a nice tie-in to the fire service."



Terry Jones, Jeremy Thomas and Tim Brasier present their Association's gift to Erin Coons at the Fire Hall in Lindsay.

## Impacting Palliative Care

Families of patients in the Palliative/Complex Care Unit spend precious hours at their loved one's bedside. The care team works hard to make patients and their families as comfortable as possible in their home away from home. Now the Unit is even more welcoming, thanks to a donor who made a \$100,000 gift to the Foundation in memory of a loved one.

This gift made it possible to freshen up the paint, replace aging furniture, light fixtures and window coverings, and renovate the family lounge and kitchen. Thanks to this touching gift, our patients' time with their families will be considerably more comfortable. **We're so grateful for this loving legacy.**

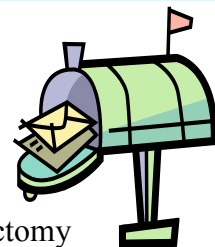


Hospice Volunteer, Lorie, says the new dishwasher is a big help to keep the kitchen space clean and well stocked for patients and families during their stay.



## Dear Ross Memorial ...

Early this summer I was diagnosed with an invasive breast carcinoma at the Ross Memorial Breast Clinic. This carcinoma was found when the radiologist who read my ultrasound said, "To be on the safe side, let's do an MRI." I subsequently had a follow-up mammogram and core biopsy before being referred to a surgeon for a lumpectomy and lymph node dissection. I have just completed 16 radiation treatments and have been told that I am now cancer free with a very small chance of recurrence.



I want to thank the mammogram and ultrasound technicians and all the staff at the clinic, who were so kind and compassionate when I was very nervous and scared. To both the radiologists who looked after me, the one who ordered the MRI that detected this cancer and the other who performed the core biopsy and later prepared me for the surgery, I can't thank you both enough for treating me with such care and making a very difficult and stressful time much less traumatic, and more importantly for more than likely saving my life. Thank you all so much.

## Kawartha Credit Union gift supports safe surgery

The Kawartha Credit Union's Community Involvement Program is helping to keep RMH patients safe during surgery. On Nov. 18th, Michelle Finley and Kreg McKenzie, Branch Managers of Kawartha Credit Union's Lindsay and Little Britain branches, visited RMH to present a cheque for \$5,000 to contribute toward the cost of the Hospital's new anaesthetic gas machines.

An anesthetic gas machine is more than a drug-delivery system in the operating room. It also monitors the patient's vital signs, registering the smallest changes in a patient's status, with alarms that alert the team to potential danger.

The new technology allows anaesthetists to customize their workstations to the patient's individual needs. For example, patients with lung disease such as Chronic Obstructive Pulmonary Disease, require special attention to the volume and pressure of air going through their lungs. During surgery, the anaesthetist watches the monitors on the anaesthetic gas machine carefully to report changes to the surgeon.

Having this new technology in the OR helps the team give each patient the safest care possible.

"The team at Kawartha Credit Union is exceptionally supportive of the Hospital," said Erin Coons, RMHF Executive Director. "The funds they're providing for the purchase of anaesthetic gas machines now tops a long line of medical equipment needs they've supported over the years, such as echocardiogram and dialysis machines, MRI and the CT scanner. We're so appreciative of their generosity."

### KCU cares. You can take that to the bank.

Employees at Kawartha Credit Union in Lindsay work hard to be helpful. To their clients — and to their community. Every month, the team chooses a charity or local cause to support. Money is raised through silent auctions, book and bake sales. In October, the KCU team chose to donate the funds they raised to support the Breast Assessment Centre at RMH. On Nov. 30th, Jenn Bianco of KCU presented a cheque for \$424.95 to the Foundation. "We're honoured to be chosen by the team at KCU to receive the proceeds of their fundraising efforts," said Erin Coons.



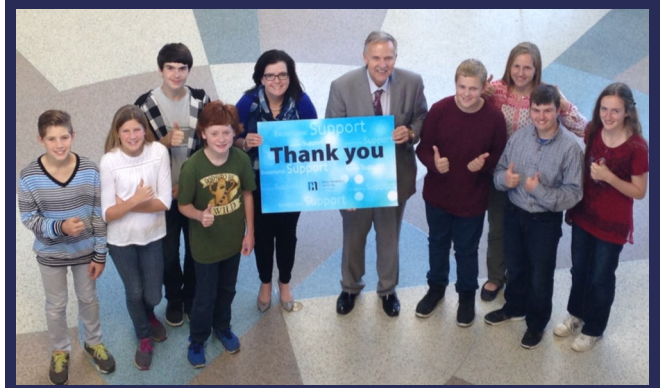
KCU Board member, Veronica Nelson, Michelle Finley, Kreg McKenzie and Erin Coons

## Students' generous act impacts cancer patients

Among the values taught at Heritage Christian School in Lindsay is a strong sense of community.

On Oct. 19th, grade 8 students and the principal from HCS visited Ross Memorial Hospital to present \$118 for local cancer care. The HCS donation was raised during a school-wide activity day and was made in memory of Terry Fox.

The donation will enhance Diagnostic Imaging services at RMH, which are used for cancer screening, diagnosis and biopsy testing.



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



When we lose someone dear to us, it can be comforting to share stories of happy times, and to remember the things that made our loved ones so special. Often we 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 this program assists families, knowing that their kindness will help RMH continue to respond to local health care needs.

Keith Ashton  
Ken Aston  
Diane Avery  
Robert Barnes  
Josephine Benson  
Margaret Brumwell  
Robert Buckingham  
Rita Bushell  
Mary Chandler  
Wanda Clark  
Eilish Cruise-Inch  
Evelyn Curtis  
Vernona Elshaw  
Ruth Flood  
Christine Ford  
Terry Fox  
Helen Fry  
Margaret Gemmel  
David Gemmill  
Dr. Norma Gill  
Rae Goard  
Pauline Graham

Ken Graham  
Dr. William Graham  
Ralph Griffin  
Bebe Gurnett  
Joan Hare  
Grant Henshall  
Jannine Hill  
Pat Holloway  
Elizabeth Howson  
Dolly Irwin  
Bruce Johnston  
Philip Jones  
Carol Kennedy  
Maria Lamers  
Bob Laurinavicius  
Derrick Lilley  
Jo Anne Lindsay  
Clarence Liscombe  
Olga Lywood  
Wayne Mahaffy  
Bruce McCardle  
Linda McDonald

Rod MacInnes  
Minnie Midmer  
Judith Millington  
Monica Paul  
Arthur Phillips  
Dr. Dennis Pitt  
Ann Plunkett  
Fran Power  
Robert Puffer  
Glenn Rueckwart  
Margaret Saunders  
Christina Sawka  
Wilma Snowball  
Mike Staples  
Ursula Stephenson  
Joan Styles  
Jack Sweet  
George Sweetnam  
Margaret VanBuskirk  
Kenneth Wilson  
Susan Wood



The RMH Foundation is thankful for donations made in honour of ...

Dr. Mark Black

Bruce Glass

Julie Helt

Dr. Sarel Vorster

\* These gifts were donated between July and October 2016.

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.

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Charitable Registration  
Number

11912 4121 RR0001

## Celebrating Excellence at RMH

The Long Service and Excellence Award Ceremony is a special event at RMH. It's a day when a spotlight is shone upon employees who have reached a milestone anniversary in their careers — and when the team celebrates its champions. Foundation Board Chair, On Nov. 16th, Tim Shauf congratulated the 2016 award winners and thanked them for inspiring grateful patients and families to give back to the Ross:

“Your teams identify the urgent equipment needs that are put forward for approval on the Hospital’s capital equipment list. It is from that list that Foundation chooses its priority projects. And more importantly, you provide the exceptional care that inspires our patients and their loved ones to give so generously to the Hospital and to help us meet these needs. Last year, the community supported the hospital with over \$2 million in donations to meet equipment, capital and education needs. All of those donations impact patient care, and help you do your important work. You see? It’s a circle of care. Thank you for making this circle stronger.”

Excellence Award Winners

Meredith Dando, Steve Lofkrantz, Jodi Dunn, Gail Kennedy, Tracy Mann, Ann Marie Young, Dr. Michael Francis, Colleen Patton, Dawn McNeil, Kevin Sawka and Natalie LaMantia.  
(Absent from photo: Kathleen Kenning, Jackie Judson and Dr. Bharat Chawla)



**ROSS MEMORIAL  
HOSPITAL**  
Foundation

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

Here is my donation of  \$25  \$50  \$100  Other \_\_\_\_\_ NI6

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/Technology  Education Fund  Specific Program \_\_\_\_\_

I'd like information about how to include RMH Foundation in my Will.

*\* Making a monthly gift can make it convenient and easy for you to lend your support. Your monthly gift supports work done throughout the year and helps us meet a wide variety of patient needs. Contact the Foundation office at 705-328-6146 to find out how.*