



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.

Spring 2016

What's Inside:

Donors enhance Sacred Space

Gifts to the ER help comfort sick kids

Caring Connections ensure safe surgeries

Former RMH Nurse gives hope to stroke patients

Thanks, Dr. Young, Happy Retirement!

Happy News from the Maternity Ward

Bollywood Night 3

Music and magic. Dancing and drama.

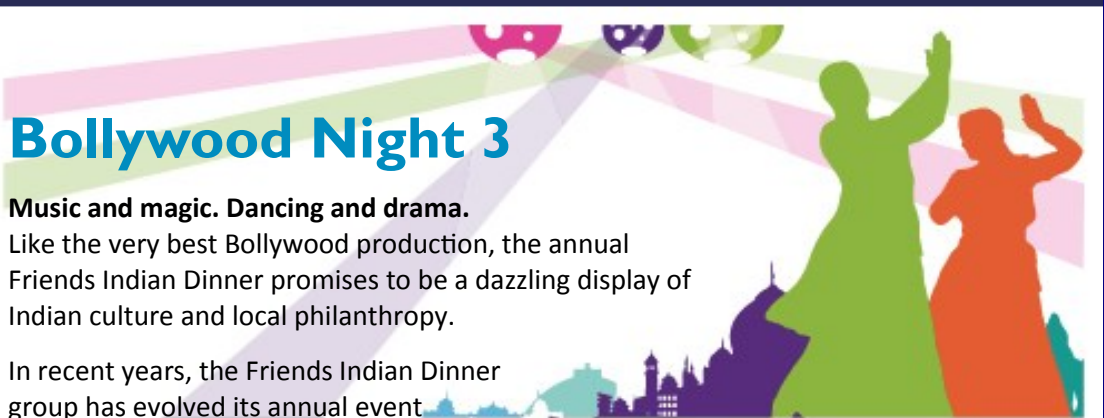
Like the very best Bollywood production, the annual Friends Indian Dinner promises to be a dazzling display of Indian culture and local philanthropy.

In recent years, the Friends Indian Dinner group has evolved its annual event into a spectacular evening of fun, friendship and fundraising.

This year, Bollywood 3 will take place at the Admiral Inn in Lindsay on April 2nd. Those attending will step out of Lindsay and into an homage to India's cultural treasures. The evening will include sophisticated cuisine and spectacular entertainment.

The Ross Memorial Hospital is proud to be the benefitting charity of the Friends' philanthropy this year. Proceeds of the event will support the future Clinical Information System needs at the Ross Memorial Hospital.

Only 250 tickets will be sold at \$125 each. Tickets are available through the RMH Foundation office at 705-324-7317. Sponsorship opportunities are available.



Breathing easier with donors' help.

Respiratory Therapists Deanna West and Tara Smith are grateful for the donors whose gifts to the Foundation helped purchase new BiPAP Optiflow oxygen delivery equipment.

The BiPAP helps patients breathe easier using positive air pressure, and helps to prevent the need for patients to be put on a ventilator.

This oxygen delivery equipment is just one example of the ways donors are impacting patient care at RMH. To read more donor success stories, visit www.rmh.org/foundation.

Your Caring Connections ensure Safe Surgeries

Like the anaesthesia machines in the OR that monitor patients' vital signs and drug delivery, there are other readings in the hospital that are carefully watched—and one reached a critical point on February 17th.

“We’re pleased to announce that on Wednesday, our holiday appeal exceeded our fundraising goal, reaching a total of \$174,290.27,” said Erin Coons, RMHF Executive Director. “Anaesthesia machines are the most important piece of patient safety equipment in the OR. We know our doctors and staff are grateful for the support they receive from local donors.”



Surgeons, anaesthetists and the members of the OR team count on the precision readings of the anaesthetic gas machines to help keep patients safe during surgery.

You’ve shown they can count on you, too.

The Ross Memorial Hospital Foundation thanks everyone who contributed to the ‘Bright Lights-Caring Connections’ Holiday Appeal.

New volunteer program gives hope to Stroke Patients

Every patient’s stroke and recovery is different. However, the emotional struggles patients endure are familiar. The Peers Fostering Hope program, developed by the March of Dimes, recognizes the understanding and support that stroke survivors can offer stroke patients and brings that hope to the bedside.

It’s a program that Angie Burke wishes she had access to when she suffered a stroke that almost killed her two and a half years ago. But the challenges she overcame, and the strength of character she’s achieved have made her an ideal volunteer to launch the Peers Fostering Hope program in the Integrated Stroke Unit.

Twice a week, Angie visits the patients in the Unit, and introduces herself as a stroke survivor. The patients and their loved ones have lots of questions. One man asks if there’s any chance he’ll ever get movement back in his left arm. Angie can understand his fear. She, too, suffered from ‘left neglect’ or paralysis on the left side of the body. She lifts her left arm and opens and closes her hand. “I did,” she says. When she tells him she just got her driver’s license back, he smiles.

Angie is honest with the patients, and tells them it won’t be an easy battle. “Life will be different,” Angie says, “but you can still have a fulfilling life.”

Angie’s perspective goes beyond stroke survivor. Angie worked at RMH as a Registered Nurse for 26 years.

The loss of her career was devastating, but Angie is thrilled that her involvement in the Peers Fostering Hope program has brought her back to the bedside. She says she used to be angry, but she’s at peace now, stronger for having survived.



Angie Burke and Gabrielle Sadler celebrate the opening of the Integrated Stroke Unit.

A peaceful place in a busy hospital



Phyllis Tamlin sits in the newly designed Sacred Space at RMH.

When you walk into the sacred space at RMH, formerly known as the chapel, you can almost forget you're in a busy hospital.

"It's restful," says Phyllis Tamlin, of the hospital's Spiritual Care Team. Restful – and beautiful – thanks to a recent make-over.

"We're sending a special thanks to all of those who donated to the Spiritual Care Team through the Foundation office," said Marsha Coombs, Clinical Manager for Senior Services and Therapy. "These funds have been donated by people who are grateful for the wonderful work the Spiritual Care Team does each day, here at the Ross."

The space is non-denominational. It's used by people of every faith, and for every purpose. It's a place to pray for a loved one or to grieve. It has hosted baptisms – even weddings, when having a sick loved one present for the ceremony is more important than a fancy setting.

The peaceful design was conceived by Flora McMullen, the hospital's talented graphic designer, who balanced soft light and shimmering patterns to create a quiet haven for patients, families and staff. If you have never seen it, you should visit. Even if it's just for a short rest, you'll feel better. And that's why it's there.

BMO supports gold-standard care at RMH

Five years ago, the RMH Foundation asked the community to 'Imagine the Future — Saving Lives'. The team at BMO Financial Group did just that, and stepped forward with a five year \$60,000 pledge to the Foundation's fundraising campaign for MRI and CT technology at Ross Memorial Hospital.

Cari Tracey, Branch Manager of the BMO branch in Lindsay, is thrilled her team has helped to improve local patients' access to the best diagnostic imaging technology. On March 3rd, Mrs. Tracey presented the fifth and final installment of \$12,000 to Erin Coons, Executive Director of the RMH Foundation.

"BMO is very proud to be a longstanding partner of Ross Memorial Hospital and a proud supporter of the *Imagine the Future – Saving Lives Campaign*," said Wendy Cooke, Regional Vice President, Peterborough/Kawartha Market, BMO Bank of Montreal. "Our company and its employees are committed to improving the communities in which we operate, and we are thrilled to have the opportunity to contribute to an initiative that will allow people in the community to receive excellent health care close to home."

The acquisition of an MRI and 128-slice CT scanner has significantly enhanced the hospital's diagnostic capabilities and has made it possible to offer patients new services, such as MRI mammography and Cardiac CT Angiography. In the past five years, more than 34,000 MRI exams and more than 45,000 CT exams have been conducted at the Ross.



Cari Tracey and Erin Coons are grateful for the new CT Scanner and MRI at the Ross Memorial Hospital.

Legion's holiday gift keeps patients safe during surgery

The Ross Memorial Hospital Foundation received a special gift on Christmas Eve. It came from Lindsay's Branch 67 of the Royal Canadian Legion. And it was given to ensure local patients receive the safest care when they're undergoing surgery.

The Lindsay Legion donated \$20,000 to the Foundation's 'Bright Lights — Caring Connections' Holiday Appeal, which raised funds to support the purchase of new anaesthesia machines for the OR. Branch 67 President Jim Richardson, Poppy Chairman John Sherman and Service Officer Jim Cameron presented the cheque to Erin Coons, RMHF Executive Director, and Dr. Ali Al-Beer, Chief of Surgery.

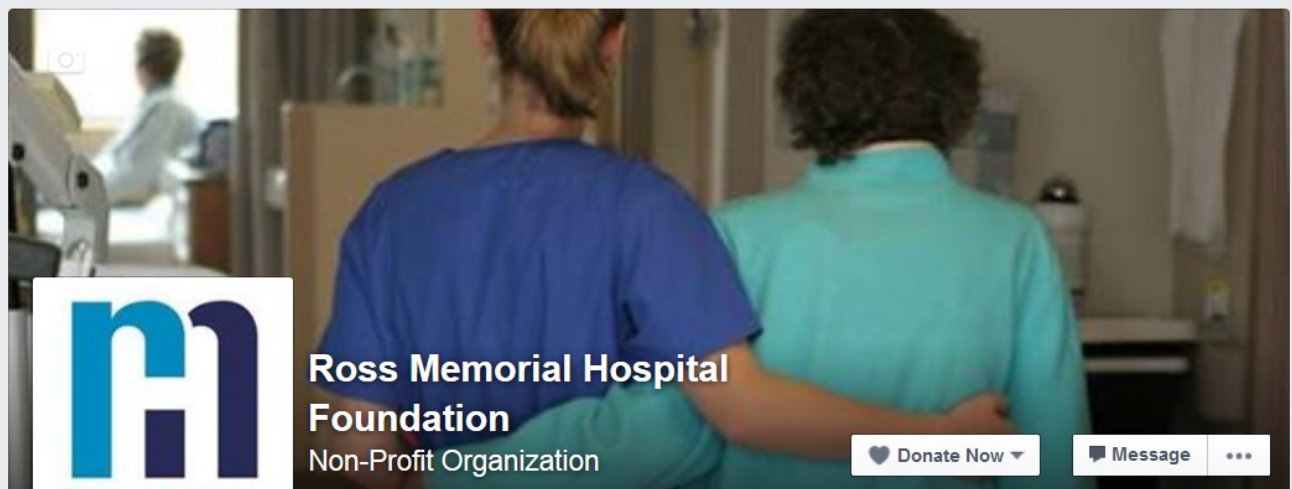


Erin Coons, Jim Richardson, John Sherman, Jim Cameron and Dr. Ali Al-Beer.

"These funds were raised locally through the poppy campaign," said John Sherman, Poppy Chairman. "This gift is a contribution from so many generous people, and will help countless more."

This gift is the largest the Lindsay Legion has ever made to the RMH Foundation. The Legion's gift played a significant role in success of the Holiday Appeal, which exceeded its goal of \$170,000 in mid-February.

"Having the right technology in the operating room makes it possible to deal with potentially life-threatening problems before they become emergencies," said Dr. Ali Al-Beer, Chief of Surgery at RMH. "This significant contribution by the Lindsay Legion will help so many people, by helping us to react immediately to changes in our patients' status during procedures. We're so grateful."



The RMH Foundation is on Facebook

If you like Facebook, we hope you will like our new RMH Foundation Facebook page, too!

Visit us at facebook.com/RossMemorialHospitalFoundation. There you'll find heartwarming stories about our donors and our patients whose care is enhanced through gifts to the RMH Foundation.

A patchwork of caring friends make a special gift to the ER

When Darlene Manahan bought several metres of brightly coloured fabric, she had big plans to learn to quilt and make cuddly blankets for kids. Sadly, pancreatic cancer interrupted Darlene's plans. She was determined, however, to ensure the fabric would be put to good use, and before she died, she gave it to her friends in the Burnt River Book Club.



Wendy Watson, Jennifer Chipps Smith and Pat Staneland in the ER.

Those friends had no intention of letting Darlene down, and connected with the ladies in the Burnt River quilters' group, who transformed the fabric into five children's quilts. On December 10th, Wendy Watson and Pat Staneland presented the quilts to Emergency Department Manager Lisa Green and Team Leader Jennifer Chipps Smith. The quilts will be given to children in need of a warm snuggle.

"The fact that Darlene donated the material before she passed away is such a touching story. It's an honour to receive these quilts," said Green. "There are many sick children that visit us over the holiday and a quilt would make their stay with us so much more comfortable."

Young people trade reward for chance to comfort kids

Kids from Grandview Public School, Rolling Hills Public School and the Lindsay Minor Hockey Association helped make young patients' visits to the Emergency Department a little less scary with a gift of stuffed animals.

Through their involvement in the QSP fundraising program, the three organizations are offered prizes for meeting fundraising goals. They chose instead to participate in the Kinz 4 Kidz program, which lets the groups donate their prizes. Together, they donated 130 Webkinz toys to the RMH Foundation, to be given to children who are sick or injured in the Emergency Department.

Jennifer King, QSP Field Manager, says the idea came about after her own son, Braedon, had a hospital visit. "Being sick can be scary, both for kids and parents alike. Having a stuffie to cuddle when they're not feeling well is a loving comfort that we would all like to enjoy."

"We're so thankful to all of the people who took part in this effort to make kids in the Emergency Department feel better," said Lisa Green, Emergency Department Manager. "It's a wonderful gesture, and will have a big impact on our little patients."



**Care with a cuddle (from left to right):
Maxine Russell, Braedon King, Jennifer King,
Lisa Green and Jennifer Geelen.**

Local couple thanks Dr. Habaz for little miracle

Alley and Nick look at their baby with eyes full of wonder – and pure joy. He’s five hours old. But they’ve been waiting eight years to hold him.

“We always wanted to start a family,” Alley says from her bed in the RMH Maternity Ward. “Eight years of trying and lot of broken hearts and lots of tears.”

The couple tried to get help, and endured years of tests and visits – and profound disappointment. With every failed attempt, they feared they would never be able to conceive.

It was a family member who introduced Alley to Dr. Yehuda Habaz. “It was a God send,” Alley says. “I call him our guardian angel.” Alley says Dr. Habaz was able to determine that she was experiencing irregular ovulation, and gave them direct guidance to optimize their chances for conception.

It worked. Liam Daniel Robert Dall was delivered by Caesarian section at 10:01am on January 15th. He was handed to Nick, who held him so Alley could see him. While Alley was in the Recovery Room, Nick had an hour of skin-to-skin time with his son.

Bundled up now, Liam sleeps in Nick’s arms. Nick only looks up to help Alley answer questions about the years that led to this day.

They come together for a family picture. Alley and Nick are exhausted from their experience in the OR. But their tired faces are relaxed and smiling.

They have so much to look forward to.

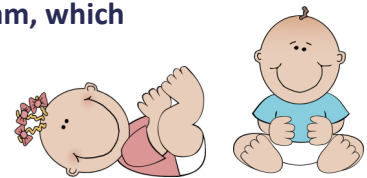


Worth the wait: Nick Dall and Alley Zarobiak marvel at their infant son, Liam.

Did you know?

Like baby Liam, the Obstetrical program at RMH is healthy and growing. RMH is fortunate to have two skilled Obstetrician/Gynecologists on its team, Dr. Gargi Bhatia and Dr. Yehuda Habaz.

Dr. Habaz’s specialist skills and focus on fertility has played an important role in the growth of the program, which experienced a 15% increase in deliveries in 2015.



A precious gift on a rare day

The Ross Memorial Hospital family happily welcomed its 2016 Leap Year Baby, Hadley Molly James, born on February 29th, at 7:54pm.

Hadley was born ten days earlier than expected to parents Caitlin and Dustin James of Lindsay. Hadley weighed 6 lbs 5 oz.

As a Leap Year Baby, Hadley’s birthday will only appear on the calendar every four years — making her even more special for these first-time parents.

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.

Marion Adam
Ferne Alexander
Bonnie Arquette
Elizabeth Baker
Calvin Benson
Lawrence Berenz
Joseph Bourgeois
Dorothy Bragg
Wesley Burke
Howard Carew
Thomas Chupa
Earnest Clifford
Jack Colquhoun
Phyllis Corkum
Donald Corner
George Crisp
Thomas Crowe
Elsie Curry
Bob Curry
Marion Dickerson
Charles Duggan
Kay Duggan
Alwyn English
Elizabeth Feltham
Marion Fielding
Mabel Fittell
Charles Ford
Jacqueline Francis
Jackie Francis
Donald Fulton

Laura Gmyrek
Gordon Godfrey
Bryan Goldby
Allan Graham
Bill Grant
Stephen Grant
Ronald Gunter
David Hanson
Allan Hardy
Frank Harris
Ed Harvey
Harry Hawkins
Justin Henley
Hugh Hepburn
Jannine Hill
Richard Hilyer
Isabella Hilyer
Ruth Hocking
Thelma Holmedal
Jean Hood
Harold Hopkins
Myrtle Jewell
Earnest Jordan
Edna Jordan
Barbara Kendrick
Rose Leonard
John Lewis
Jack Lewis
Wes Lockwood
Margo Lucas

Thomas MacFarlane
Barbara Marks
Bill Marshall
Donald Martin
Howard Mashinter
Robert Mason
Eleanor McCrae
David McCrone
Denis McGee
Beverley Mercer
Mel Montgomery
William Morris
Howard Moyer
Barry Muir
Alec Murphy
William Norris
Annie Nowicki
Judith O'Connor
Donald Park
Gertrude Patterson
Ralph Perrault
Joe Perrault
Edward Pritchard
Eric Quibell
Lil Reed
Regina Roberge
Eleanor Robertson
Wendell Robinson
Grace Rumney
Warren Shippel

Debbie Simpson
Evan Smith Romeril
Shirley Sobko
Ruth Sopher
Hans Sorensen
Robert Stokes
John Sweeney
Ivan Taylor
Elvin Taylor
Eunice Teatro
Helen Thomas
Murray Todd
Katherine Van Hulstyn
Samuel Van Hulstyn
Anthony Vanderkolff
Helmut Wackernagel
Sharon Walker
Richard Watson
Barry Webb
Joshua Webster
Kathleen Wemyss
Jessie West
Alex Whitton
Leonard Williams
Frank Wilson
Sandy Windebank
Harold Woodgate
Wayne Worsley
Pearl Wright

These gifts were donated between November 2015 and February 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.

How to contact us:

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foundation

Charitable Registration
Number

11912 4121 RR001

The Last Word

Congratulations!

The RMH Foundation wishes Dr. Sheila Mae Young a happy retirement after 43 years of dedicated service to the community through her family practice and her work at RMH. Dr. Young was an active member of the medical staff for 35 years. She earned the James Ross Award of Excellence in 2007. Her nomination read: "Although her contributions to the hospital are impressive enough, they pale in comparison to the personal qualities that she exhibits in her relationship with her patients, her colleagues, other fellow workers, other volunteers and, of course, her family. Most notable are her high moral and ethical standards." Thank you, Dr. Young.



Heartwarming.

There's no better word to describe the RMH Laboratory Team's response to our annual Valentine Food Drive for the Kawartha Lakes Food Source. The Lab raised \$1000 throughout the year, through potluck lunches and a bake sale.

Congratulations also go to the Ambulatory Care Unit Team, which won Best Decorated Container in our hospital challenge.



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 _____

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.