



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
2017

What's Inside:

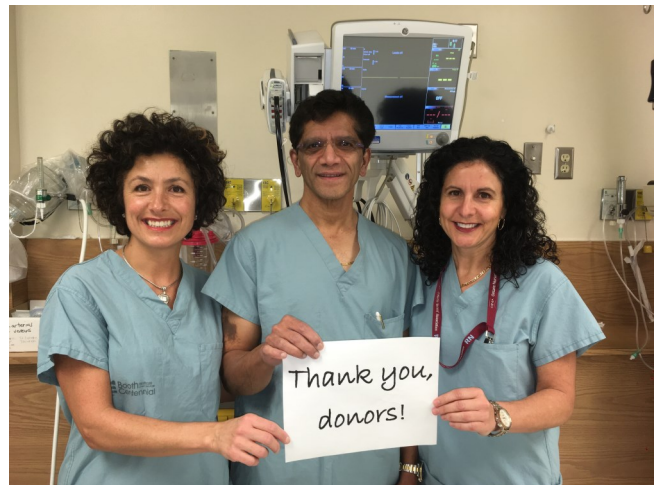
- Dragon Flies' support soars
- Mental Health common room gets some TLC
- Donors visit the ICU to hear how gifts help
- Celebrating a decade of Dialysis Care
- The Walk of Life works wonders

Your Circle of Care is stronger than ever!

Support for the 2016 Holiday Appeal is already impacting patient care in the OR and the Recovery Room. There, the circle of care includes surgeons, anaesthetists, nurses — **and you**. Donors support the life-saving work performed at the Ross Memorial by supporting the purchase of key medical equipment. Our Holiday Appeal focused on the Hospital's need for orthopedic surgical tools, cardiac monitors to monitor patients' vital signs in the recovery room, and a transport cardiac monitor, which is used to move critical patients.

Our fundraising goal was \$185,500. Thanks to the outstanding generosity of local donors, we've raised 93.6% of that goal, and we're confident that we'll meet that mark in the coming months.

The RMH team in the OR and the Recovery Room are profoundly grateful to have the support of the community behind them. Thanks to all who gave to the Holiday Appeal!



Lisa Hickey, RN, Dr. Charles Noronha, and Angela DeKoker, RN, in the Recovery Room.



EXCEPTIONAL CARE IN THE KAWARTHAS

The RMH Foundation regularly receives notes of thanks from patients who share their relief that quality care was available when calamity struck at home or at the cottage. With 80,000 permanent residents and 35,000 seasonal visitors in the Hospital's catchment area, the Ross Team must be ready for every kind of emergency.

The Foundation is grateful to one such patient, who was so pleased with the attention and treatment she received following a healthcare emergency, that she is sharing her experience to encourage the community to contribute to the Foundation's Spring Appeal. Together, we hope to raise \$87,300 to buy 12 vital signs machines for the critical care program. Please watch for your Spring Appeal letter in the mail!

The Dragon Flies continue to spread hope and support



Sonja Parker, Sue Higgins, Erin Coons, Gail Kivisaari, Joanne Forson and Joan Edwards celebrate the impact of the Dragon Flies on patient care at RMH.

Receiving a breast cancer diagnosis can turn one's life upside-down. For members of the Dragon Flies Breast Cancer Survivor Group, the support and hope that is gained through its special sisterhood helps put life's priorities back into focus.

The Dragon Flies came together in 2002 to raise awareness about breast cancer, to share a spirit of positive energy following a breast cancer diagnosis, and to encourage women or men living with breast cancer to lead full and active lives.

For 14 years, they've been building each other up. They've also been strengthening their local hospitals and healthcare teams' abilities to diagnose and treat breast cancer.

On Dec. 5th, the Dragon Flies returned to RMH to add another link to their legacy. Kim Ross, President of the Dragon Flies Breast Cancer Survivor Group, presented a cheque for \$20,000 to Erin Coons, RMHF Executive Director, to be directed to the future replacement of the mammography equipment.

"It's overwhelming to see the impact of the team's hard work," said Kim Ross. "I have only been a member of the Dragon Flies for three years, but honestly I have never met a group of more supportive and determined individuals. I am extremely proud to be a part of this amazing group of ladies!"

Teriyaki Town dishes up support for patients at RMH

Anyone who has dined at Teriyaki Town in Lindsay knows that owners Angie Kim and Isaac Jeon care about the little things. Their dishes show immaculate attention to detail. Their focus and care extends beyond their Japanese restaurant. Angie and Isaac also take great care to support their community by giving to the Ross Memorial Hospital.

Since 2014, they have encouraged patrons to support the RMH Foundation. With each restaurant gift card sold, Teriyaki Town donates 10% of the value to the RMH Foundation. On Thursday, December 15th, Angie and Isaac presented a cheque for \$1,380 to Karen Scott, the Foundation's Development Officer.

"Angie and Isaac are so kind to consider the needs of the Hospital and local patients," Scott said. "Their caring nature is evident from the moment you enter Teriyaki Town."



Isaac Jeon, Karen Scott and Angie Kim are grateful for patrons' generosity and support for patients at RMH.

Commonwell Mutual continues to support local healthcare

When much of the province is blanketed in snow, thoughts of golf can make one a little depressed. So Commonwell Mutual paired its longing for the links with a warm story of giving.

It began on July 14th, when 155 golfers gathered at the Lindsay Golf and Country Club for the 14th annual Commonwell Charity Golf Tournament. Their participation contributed to a day of fun, comradery, networking — and healthcare philanthropy.

On Dec. 15th, Tim Shauf, Commonwell Mutual President and CEO, presented two cheques, each for \$17,582.51, to meet urgent needs at the Ross Memorial Hospital and the Port Perry Hospital.

“The team at Commonwell believe in building community, and the good work they do through their golf tournaments is a great example,” said Erin Coons, Executive Director of the RMH Foundation. “This gift to the Ross Memorial Hospital will help cover equipment costs and ensure the right tools are available for patient care, day and night. We’re so grateful to everyone who took part in the Commonwell Charity Golf Tournament.”



Erin Coons, Tim Shauf and Cindy Lister of the Port Perry Hospital Foundation thank local golfers.

Donation from local kids helps young patients in the ER

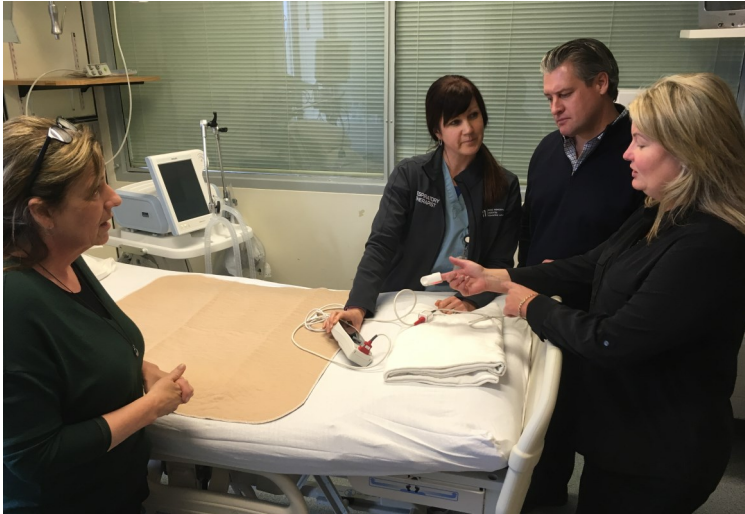
Kids from Grandview Public School, Rolling Hills Public School, Heritage Christian School and the Lindsay Minor Hockey Association are making young patients' visits to the Emergency Department a little less scary, with a gift of stuffed animals. Through their involvement in the QSP fundraising program, the three organizations are offered prizes for meeting fundraising goals. Instead of prizes for themselves, the children chose to participate in the Kinz 4 Kidz program, which lets the groups donate their prizes. Together, they earned seven bags of plush toys — 220 in total — which they donated to the RMH Foundation, to be given to children who are sick or injured in the Emergency Department.

The top fundraisers from each organization were thanked and given a tour of the ER. “We hear the most wonderful stories from the Emergency Department team, how the stuffed toys can distract little ones and make their visit to the ER less frightening,” said Karen Scott, RMH Foundation Development Officer. “It’s even more inspiring to know that it’s children who are helping our young patients to feel better.”



Back: Tim O’Sullivan RN, Stacie Vokins RPN, Jennifer King
 Middle: Ms. Mulock, Michelle Manintveld RN, Dr. Dawn Reid, Aiden Shearer
 Front: Rachel Tamlin, Natalie Zider, Amelia Zider

Exceptional support for Critical Care



Carole McBride and Tara Smith discuss care in the ICU with Paul and Beth Cross.

As active members of the community, Paul and Beth Cross are very aware of how many people benefit from care at RMH. However, their recent visit to the ICU was not related to an illness or injury — rather to lend their support.

In 2015, the Cross family committed to a multi-year pledge to purchase equipment needed for the Ross Memorial's Critical Care program, which includes the Emergency Department, Intensive Care Unit, and the Medical program.

Paul and Beth visited RMH to present the second installment of their pledge. During their visit, Emergency Department and ICU Manager Carole McBride and Registered Respiratory Therapist Tara Smith welcomed the couple into an empty ICU room to demonstrate how

medical technology is used to save patients' lives, and to thank the Cross family for their generosity.

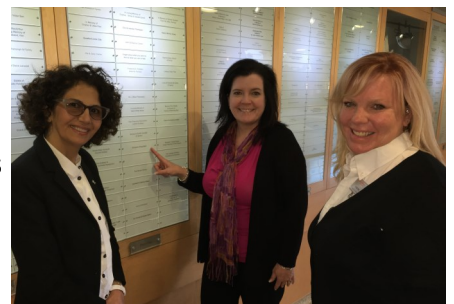
The Crosses are grateful to be in a position to give back to the community that is home to their business Lindsay Buick GMC Ltd. They feel strongly about supporting their local hospital, and appreciate learning more about the technology used in the Intensive Care Unit.

"Paul and Beth's gift to the hospital will help our sickest patients—people of all ages whose conditions are dire," said Erin Coons, Executive Director of the RMH Foundation. "We're happy they had the opportunity to hear from our frontline staff exactly how their support will impact patients. The Ross team is profoundly grateful to local donors. They're our partners in care."

Tree of Life sprouts support for patients at RMH

Shoppers Drug Mart's Tree of Life fundraiser continues to improve breast health care for local patients at RMH. The Tree of Life program encourages customers of Lindsay's two Shoppers Drug Mart locations to buy a leaf (\$1), a butterfly (\$5), an acorn (\$10) or a cardinal (\$50). The decorations are signed by the donor and posted in the store, and 100% of the proceeds are donated to benefit women's health. The owner of Lindsay's west end Shoppers Drug Mart, Mahvash Moorbakhsh, is touched by the support the Tree of Life receives from patrons. It's a cause she cares about deeply, as members of her family have had breast cancer.

On February 23rd, Mahvash presented a cheque for \$1,747.00 to Erin Coons. She was joined by Christine Vonk, Pharmacy Assistant, who assisted with the Tree of Life effort. Absent that day was Janice Wildman, Cash Manager, who spearheaded the fundraiser at the west end store. "We're so grateful for the support that the patrons of Shoppers Drug Mart have shown for the Ross Memorial's breast screening program," said Coons. "Every time they add to the Tree of Life, they're helping a patient."



Erin Coons points out the Shoppers Drug Mart plaque on the RMHF Donor Wall.

Mental Health inpatient common room gets some TLC



Thanks to new furniture purchased with donations to the RMH Foundation, and a fresh design courtesy of the 'Teachers for Wellness', the Mental Health Unit's inpatient common room is a more welcoming space.

Each summer, before the first day of school begins and a new group of students parades through the door, elementary teachers stand in their quiet classrooms and ask themselves what they want to do with the space. Educators refer to the classroom as the 'Third Teacher' and recognize that the way the space is laid out, decorated and organized has a powerful impact on student growth and wellness.

That specialized attention to detail was piqued when a local teacher visited a loved one in a mental health hospital. His observations inspired an intriguing concept: what would happen if teachers used their special skills to enhance patient spaces in mental health hospitals? The teacher floated the idea by three colleagues, who were inspired to help; he then presented his project plan to the administration of the Mental Health Program at Ross Memorial Hospital.

Understanding the profound impact environment has on patients' wellbeing, but challenged by budget constraints to refresh the inpatient unit, the manager happily partnered with the Teachers for Wellness team. Together, they chose to focus the teachers' efforts on the inpatients' common room, where all of the patients could benefit from a refreshed, welcoming space. Their work centered around a picture of a lighthouse – a favourite of the patients for its special significance. While searching for art, they discovered a seascape titled 'Waiting for an Experience' that seemed perfect; the artist kindly donated the piece to be a part of the project. Sand-coloured paint, inspiring stencils, plants, and a fireplace polishing all made a significant impact – on the room, but most importantly, *on the patients*.

"The inpatient unit is by no means our patients' home, but that doesn't mean it shouldn't be homey," said Beverlee Groves-Foley, Unit Manager. "The teachers not only gave our common room a much-needed freshening up, they made it a more warm and welcoming space. Their special attention to this project was encouraging to our patients and our staff, who appreciate the help and support of the community."

It took the teachers one weekend, a few dollars for paint, and a passion to make a difference. Their work in the common room is finished, but their motivation to promote wellness is just beginning. The group hopes that 'Teachers for Wellness' can become a nation-wide movement that encourages teachers to partner with the mental health programs in their own communities, and to enhance the environments of patients in need, room by room.

"It's really not that much work," says the teacher who inspired Teachers for Wellness (but who prefers to remain anonymous to protect the privacy of his loved one in hospital). "Anyone wanting to get involved doesn't need special art qualifications – only the willingness to give a few hours and a few dollars, and they can brighten a room to help a mental health patient." It's a small investment, but one with the potential to make a profound impact on patients and communities across Canada.

The Walk of Life works wonders for Cardiac Rehab patients



Participants in the 2016 Walk of Life make their way north on Angeline Street. Together, they raised \$15,187 for the Cardiac Rehab program.

The Cardiovascular Rehabilitation team at RMH assists people who have had a heart attack, heart surgery, symptoms of heart disease, or those who are at high risk of developing heart disease. The program provides education, exercise, monitoring and support for participants and their families.

The Cardiac Rehab team motivates patients in the program to exercise safely, and to keep up their healthy habits once their cardiac rehabilitation at RMH is complete. In order to provide patients access to appropriate exercise equipment and education materials, the team encourages participation in the annual **Walk of Life** fundraising event.

The event brings together people of all ages and of all health conditions to support the program and its patients.

Join the Walk of Life!

The annual Walk of Life will take place Friday, May 5th at the Ross Memorial Hospital. The staff Treadmill/Rowing Challenge kicks off at 11:00am. Registration for the Official Walk will start at 1:00pm and warm-up exercises will take place at 1:45pm. The Official Walk of Life will get underway at 2:00pm. See you there!

To learn how you can donate to the Walk of Life, visit www.rmh.org/foundation.

New Year's Eve event prioritizes patient care



Candace Buckley, Erin Coons and Brittany Ryan at RMH.

Best wishes and resolutions abound on New Year's Eve. For those who celebrated at the Days Inn & Suites' special event in Lindsay, this enthusiastic outlook on the year took shape through their contribution to patient care at RMH. On January 12th, Candace Buckley and Brittany Ryan of Days Inn & Suites Lindsay presented a \$2,000 cheque to Erin Coons, RMHF Executive Director.

"The Days Inn & Suites Lindsay decided to donate a portion of their proceeds to the RMH Foundation as the hotel sees the Ross as an important and essential community partner," said Manager Candace Buckley. "The Days Inn & Suites Lindsay is excited to have their proceeds be directed to the immediate needs of Lindsay's local hospital."

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.

Doug Allan	Terresa Fagan	Eunice McCullum	Bud Sanderson
Robert Arnold	Dudley Farr	Mae McDonald	Edward Saulter
Lisa Azzopardi	Margaret Ferguson	Catherine McEachern	Gerd Seidel
Patricia Bakker	Bruce Ferguson	Lorne McInnis	Helen Shea
Ted Barnes	Samuel Ferguson	Dorothy McIntyre	William Shields
Brian Barrett	Jackie Francis	Jack Moodie	Janis Smith
Don Barrett	David Gemmill	Paul Murray	Evan Smith Romeril
Donald Bennett	Elsie Grant	Thomas Musgrave	Bill Spence
Trevor Biggs	Joe Groenendyk	Tom Musgrave	Wilson Staples
Joseph Blanchette	David Hanson	Caren Oldfield	Marilyn Stewart
Irene Bobr	Ronald Harding	Eileen Paddley	John Tait
Mary Bondaruk	Ronald Harding	Donald Park	Evelyn Tait
John Botting	Leonard Henderson	Real Perreault	Margaret Thomas
Claire Braniff	Wayne Henry	Don Perrin	Marie Traviss
Kay Brasier	Bruce Heron	Pelahia Petrosioniak	Ralph Traynor
Barb Brasier	Clayton Hodgson	Donald Phillips	Kathleen Tremeer
John Byrne	Elizabeth Howson	Dr. Dennis Pitt	Tony Vanderkoff
John Carew	Dale Jewell	Joyce Pogue	Joyce Wallace
Ruby Clarkson	David Johnson	Blair Ralf	Gail Ward
Lynda Clements	Walter Kehl	Debbie Raymer	Brian Welland
Ted Cordner	Carol Kennedy	May Reeds	Jacqueline Wippert
Bruce Cowan	Evelyn Kleinschroth	Wayne Rhodes	Frank Wippler
Emela Cybulski	Buffet Lake	Ruby Rodd	Jean Wright
Ronald Davis	Dr. Gord Lindsay	Stephen Rogers	Muriel Wylie
Roger Diotte	Betty Lou Littleton	John Ross	Keith Young
Michael Ecob	Lulu Massicotte	Eric Rowley	
	Allan McCall	Glenn Rueckwart	

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

Dr. Dawn Reid

Laurie Scott

Dr. Robert Watson

Joan Bacon

* These gifts were donated between November 2016 and February 2017.

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 a decade of Dialysis Care at RMH ~ thanks to you!

In April 2007, the Ross Family celebrated the opening of a temporary dialysis unit—a satellite of the Peterborough Regional Renal Program. Located in a room on the Medical Unit, it was tight quarters holding six chairs and six dialyzers—but it had an enormous impact on local patients who had been travelling outside of the region for their care.

With the approval of the Ministry of Health & Long Term Care to provide dialysis service at the Ross, the community rallied to construct a permanent home for these patients. The new Unit opened in September 2008 and welcomed 48 patients. Local donors' generosity through the **On the Horizon** capital campaign helped the RMH Foundation raise more than \$2.2 million toward the total cost of the project.

Today, 57 patients receive their dialysis treatments at RMH, six days a week. We offer the Dialysis Family of patients, staff, physicians and volunteers our sincere congratulations as they celebrate a decade of dialysis care at Ross Memorial Hospital.



Contractors broke ground on the Dialysis Unit project in Oct. 2007. Two years later, the new Dialysis Unit was ready for patients.



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 _____ M17

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.