

Dear Friend,

Who would have thought that my health emergency would begin during a dinner party? No strenuous exercise or lifting too much. Just good friends around our dinner table, great food, nice wine, and lots of laughing. It was a wonderful time!

I think that's why I ignored the alert on my watch that showed my elevated heart rate. The 'AFib' reading couldn't be right, so I ignored it…

For two days.

Boy, was my wife angry when I finally told her I should probably go to the hospital!

Rightly so. As soon as I got to Ross Memorial Hospital's Emergency Department and told the Triage Nurse why I was there, she checked my racing heart.

"My friend, you are in AFib," she said. Within minutes, I was on a stretcher undergoing more tests. They told me that I was "basically running a marathon and had been for 48 hours."

I admit, confirming I was indeed in atrial fibrillation and at risk of heart attack or stroke was frightening, but the team's kindness and caring kept me calm. The doctor who saw me even told me how the same thing happened to him after a hockey game. I felt better after that.

My heart didn't respond to the medication they gave me, so the doctor told me they would need to stop and start my heart to reset its rhythm. THAT SCARED ME. But as the doctor continued to explain exactly how they would do it safely, I trusted their expert care and believed that everything would be fine.

Which it is! I went for more testing with a cardiologist and have a care plan that has me feeling much better.

That trip to Ross Memorial was my first time there. My wife and I recently moved to Kawartha Lakes. **Today, we are incredibly grateful to have high-quality care available close by**. Goodness knows when you will need it!

That's why I'm writing you this letter. Right now, Ross Memorial is expanding its specialized ultrasound services to grow with our community. This includes portable and handheld units for the rapid assessment and treatment of critically ill patients throughout the hospital, and the latest echocardiography technology that shows and measures function in every chamber of the heart!

be exceptional...
DONATE TODAY

Please turn over >

10 Angeline St. N. Lindsay, ON K9V 4M8 • 705-328-6146 • www.rmh.org/foundation • foundation@rmh.org

ROSS MEMORIAL HOSPITAL Foundation

www.rmh.org/foundation

Yes, I want to support life-saving ultrasound service at RMH!

☐ $25 ☐ $50 ☐ $100 ☐ Other: $.....

Name .....

Address .....

City..... Province .....

Postal Code ..... Phone .....

G25X

Use the enclosed envelope or mail to: 10 Angeline St. N., Lindsay, ON K9V 4M8 Please see other side for information on making monthly donations. All donations are tax creditable however, tax receipts will not be issued for donations under $10, unless requested.
Charitable Business Number: 11912 4121 RR0001

☐ Email my receipt
Email .....

☐ Enclosed is a cheque for the RMH Foundation

☐ Place my donation on my credit card:
☐ VISA ☐ MasterCard

Cardholder's Name .....

Card # ..... Exp ...../.....

Signature .....

This ultrasound transformation project goes further than replacing equipment. By taking advantage of the latest advancements, it's enabling new types of studies, reaching more patients, and reducing the need for patients to travel to other hospitals for high resolution exams.

By stationing this specialized technology in the ICU, the operating suites and dialysis, teams can ensure the safest care, detecting dangerous blockages and guiding high-precision procedures such as central line placement or nerve-blocks for pain management.

This project involves renovations in the Diagnostic Imaging department to add more patient imaging spaces, specialized stretchers and workstations, including one dedicated to breast cancer care.

This holiday season, our community has been given a special gift. Along with a generous $1.2 million donation to support Ross Memorial's growing ultrasound needs, FDC Foundation is inviting community support with a matching challenge. Once we raise $500,000, it will unlock an additional $500,000 match gift from FDC! That means they will match your donation, dollar for dollar!

Will you make a donation to ensure patients in Kawartha Lakes have access to state-of-the-art ultrasound imaging technology when they need life-saving care? This holiday, you can be DOUBLY as giving with a gift that will have twice the impact! There has never been a better time to support our local hospital.

When I think back to last February, I'm grateful to the doctors, nurses and volunteer who were part of my patient journey. They touched my heart with their caring. I'm also grateful to share my story with you and to lend my support to Ross Memorial Hospital with a donation to the RMH Foundation.

If you are ever in a similar situation and have worrisome symptoms, *don't be like me and wait to get help*. Little things can become big things.

On that note, if you think that your ability to give won't make a big difference, remember that *we make big things happen together*. You can DOUBLE the impact of your donation thanks to the FDC Foundation matching challenge. Please seize this moment and make double the difference!

It really is the most wonderful time to give!

Wishing you and your loved ones a healthy, happy holiday,



Steve Lyon
Grateful Patient

P.S. You can make your donation using the form below or online at wearetheross.ca for both one-time or monthly gifts. Monthly giving is a convenient way to make your gift in smaller, regular contributions. You may also sign up to receive your donation receipt by email to receive it faster. Thank you for your exceptional caring!

Monthly giving is convenient and makes it easy to lend your support.

I wish to make a monthly gift of:

☐ $25 ☐ $50 ☐ $100 or ☐ $..... per month for ..... months.

Deduct it from my bank account:

☐ I've enclosed a cheque marked VOID. Bank deductions will be made on the 15th of each month.

Signature .....

Charge it to my credit card: ☐ VISA ☐ MasterCard

Cardholder's Name ..... Card Number .....

Expiry Date...../..... Signature .....

Create a Legacy

☐ Please send me information on how I can include Ross Memorial Hospital Foundation in my Will.

☐ I would like to receive the Foundation Gratitude Report. Here is my email address:

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Protecting your Privacy

For our complete privacy statement, visit our website, www.rmh.org/foundation.

I understand that this agreement may be adjusted or cancelled at any time, subject to 10 business days' notice prior to the next processing date, by contacting Ross Memorial Hospital Foundation at 705.328.6146. I have the right to receive reimbursement for any debit that is not authorized. To obtain a sample cancellation form, or for more information on my rights to cancel a PAD Agreement, I may contact my financial institution or visit www.cdnpay.ca