

Do you want to be an Executor?

A friend of mine, Mary, told me that she had recently been asked to be the executor of an estate by a woman with whom she curled, Sue. Although she did not know Sue that well, Mary was touched, flattered, and honoured that Sue would ask her and so agreed.

As Mary told me a little more about Sue's background, I knew that Mary would have more work on your hands than she bargained for. Sue had recently left a marriage of more than 40 years and had divorced. As a result of the marital breakup, her two grown sons were estranged from her. Soon after, she began a live in relationship with another man. Because of the divorce and the estrangement, Sue had a Will drawn up and excluded her two sons as beneficiaries.

As an executor, Mary would be responsible to carry out the terms of Sue's Will. The estate would consist of the assets Sue had at her death. The Will gave her instructions.

Under normal circumstances settling an estate can be a very complicated and time consuming process taking on average 18 months but Sue's estate would

take longer. Sue had an up to date Will but it was not something she had discussed with her family due to the estrangement. By not providing for her sons in the Will, she had invited potential legal action.

What Mary didn't know, that by her agreement to act as executor, she had placed herself right in the middle of difficult family dynamics. Sue likely didn't know that what she saw as quite a simple matter could potentially lead to significant financial and emotional problems for her family and for her executor, Mary.

Choosing an executor, deciding on who or what charity should be beneficiaries, recognizing the tax implications of settling your estate are just some of the considerations in developing an Estate Plan.

In the whole Will and estate planning process, we advise you seek professional advice. After all, no two estates are the same. What works for your friend, may not work for you. It is best to enlist the help of your lawyer, accountant, and financial advisor to help investigate the best possible financial structure for you.



If you would like information on leaving a legacy to improve the health of your community, contact Sandra Rankin at Ridge Meadows Hospital Foundation 604.463.1801.

Tribute donations received between April 1, 2010 and March 31, 2011.

GIFTS MADE IN MEMORY

David Adams
Tim Ainsworth
Flora Allan
Esther Anderson
Janet Ardron
Marjorie Argent
Arthur Auger
Hilda Babcock
Karl Bachmann
Eunice & George Baillie
Jennie Barker
Susan Baron
Fran Baxter
Edna Belsey
Dr. Hanna Binder
Beatrice Birch
Joanna Boehmer
Troy Boileau
Wade Braschuk
Jim Bristow
Marjorie Thelma Bruce
Esther Bull
Norman Callard
Kay Calvin
Catherine Cashato
Douglas Caughy
Chuck Causey
Luke Chan
Gwenda Elizabeth Chancey

Sheryl Cleave
Oris Edna Cleveatt
Bobbie Cook
William Gordon Cousins
Mary Croot
Dorothy (Dot) Desjardins
Dale Erskine
Priscilla (Babs) Farquhar
Grace Ruby I. Fearnley
Serge Filion
Gerald Fisher
Joan FitzGerald
Vernon Langston
June Flanagan
Russ Foster
Lee Fraser
Sandy Fraser
Sherry Fromyhr
Hans Fruendt
Jack Fudger
Noella Georgelina
William Gillies
Frank Granger
Calvin Gribling
Jean Grieve
William B. Harkness
Stan Hazell
Ida Helmersen
Beverly Henderson
Charles Henry
Lawrence Hepler

Janet Hill
Edwina May Holecz
Catherine Hookey
Doug Houghton
Maria Janssen
Ivor O. Jenkins
Alex Kaloff
Hugh Kennedy
Marie Keresztes
Siegfried Kern
Chester D. Kilsby
Han Taek Kim
Wilfred A. King
Lillian Kocheff
Marjorie Lamont
Vernon Langston
Bud Lear
Russ Foster
Peter Leest
Stanley Lewer
Stanley Lilley
John W. Lingholt
Eleanor Lobsinger
Lorna Locke
Surgeon Lieut. Col. John B. H. Lusk
Nan Lycan
William MacDonald
Lloyd McLaughlin
Delores McMullen
Doris Madley
Eila Male
Phyllis Manion
Gladys Marks

Kathy Marquis
Paul Martel
Ken Mason
Mathew
Peter Maxwell
Bill Mitchell
David Mold
Mohammad Monfared
Doreen Monkman
Judy Morrisey
Paul Munk
Murray
Brian Murton
Pat Muskett
Beryl Nemeth
Cornelius (Neil) Neufeld
Janet Neufeld
Ronald Norrie
Richard Tipton
Gerry Treise
Panchal
Connie Pastorek
John Pedersen
E. Leonard Peet
Gloria Perley
Earl Peterson
Maureen Peusch
George Potter
Bill Robinson
Marc Roza
William Sacho
Margery Saunders
Bernadette 'Bernie' Scheib

Ellen Scholl
Barry Scott
Robert Sharp
Beverley Shaw
Ada Siddall
Carlos Silva
Allan Smith
Isobel Smith
Steve Snider
Pat Sorenson
Joe & Margaret Spindor
Michelle Maryanne Spindor
Vince Spindor
Robert Swanson
Agnes Taylor
Bill Thomas
Robert C. Thomson
Fred Timoffee
Richard Tipton
Gerry Treise
Martin & Elisabeth
Van Der Pauw
Otto Vogel
Marlene Wallace
Gayle Ward
Sylvester Wilson
Wendy Wilson
Millie Wootton

Dick Middleton
Christine Potts
Ridge Meadows Hospital 2
North
Bill Robinson
Telecommunications
Workers' Union (TWU)
Jack & Ella Wooldridge

CAREGIVING ANGELS

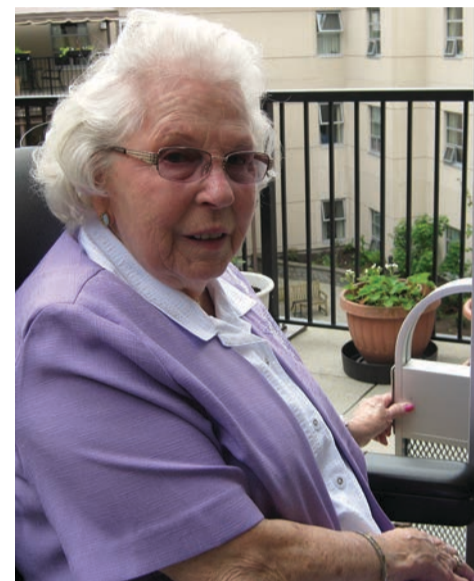
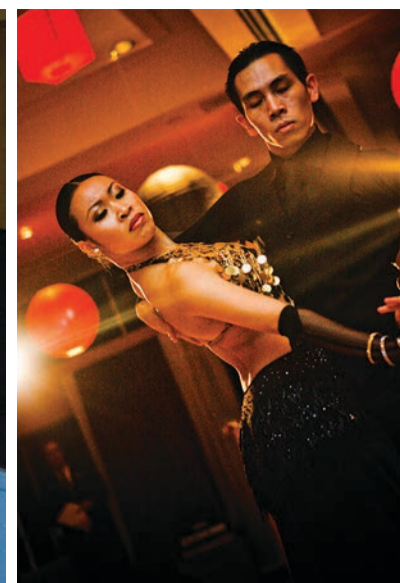
Dr. Doug Bartel
Dr. Hanna Binder
Jane Brouwer
Amy Brown
Carol Chassie
Dr. Frank Ervin
Dr. Ockie Lampen
Kathy Marlatt
Julie Pederson
Lisa Pollard
Dr. Kathleen Robson
Liesel Schroeder
Colleen Sears
Dr. Winston Tsui

LEGACY GIFTS

Estate of Jennie Raymond
Estate of Elfriede Hoffmann
Estate of Don & Gloria
Bradley
Estate of Beverley Shaw
Estate of Bertta Huhtala

GIFTS MADE IN HONOUR

Karl Bachmann
Bob & Karen Boileau
Stanley Lewer



2010-2011 ANNUAL REPORT

Investing in better health through community partnerships.



RIDGE MEADOWS HOSPITAL FOUNDATION

SUPPORTING THE BEST IN HEALTH

Yes, I would like to improve the health of my community!

OPTION 1: Monthly contribution

Your monthly gift will add up to a larger gift and make even more of a difference. By giving monthly you ensure the greatest possible impact from your donation.

I authorize Ridge Meadows Hospital Foundation to withdraw the following amount from my credit card or bank account on the 15th day of every month. I may change the amount or cancel my monthly contribution at any time by notifying RMHF.

- I have provided credit card information.
 I have enclosed a **VOID** cheque for processing.
 \$10 \$15 \$20 Other \$_____ per month

OPTION 2: Single contribution

I prefer to offer my support by making a donation of:

- \$50 \$100 \$250 \$500 \$1000 Other \$_____

Please send me information about the following:

- Planned Giving Honour Memorial Giving
 Caregiving Angel Estate Planning

Please accept my donation:

- Cheque or money order
 Payable to Ridge Meadows Hospital Foundation

- VISA**

CARD NO. _____ EXPIRY _____

SIGNATURE _____

NAME _____

ADDRESS _____

CITY _____

PROVINCE _____ COUNTRY _____ POSTAL CODE _____

TELEPHONE _____ EMAIL ADDRESS (OPTIONAL) _____

Thank you for supporting our efforts to provide the best in health care.

A TAX RECEIPT WILL BE ISSUED. CHARITABLE REGISTRATION NUMBER 11903 2035 RR0001

Please clip and send with your donation to:

Ridge Meadows Hospital Foundation
 Box 5000, 11666 Laity Street
 Maple Ridge, BC V2X 7G5

You can also donate online:
www.rmhfoundation.com



RIDGE MEADOWS HOSPITAL FOUNDATION

2010 SIGNATURE EVENT HIGHLIGHTS



The 2010 Fund Run, proudly presented by Marv Jones Honda, raised over \$30,000 for health care in your community. Mark your calendars for the 2012 Fund Run on Sunday, June 3.



The 2010 Annual Gala, presented by Fraser River Pile & Dredge, raised over \$188,000 for essential equipment at Ridge Meadows Hospital. The 2011 Gala will be held Saturday, October 15.



MESSAGE FROM THE CHAIR

"We extend our sincere thanks to our extraordinary donors."

We are pleased to report that despite a challenging economic climate post Olympic Games that Ridge Meadows Hospital Foundation (RMHF) was able to achieve our annual goals for 2010–2011. Over the last year, RMHF gave grants totalling \$443,856 to Ridge Meadows Hospital (RMH), Fraser Health Authority (Maple Ridge and Pitt Meadows) and other health care partners in our communities.

We extend our sincere thanks to our extraordinary donors—you are our true friends. I am grateful and humbled by the generosity of our two communities

and how they respond when needs arise. And as our needs expand, our Foundation Board members, staff and volunteers remain committed to ensuring you and your families, and all the residents of our communities, have access to high quality health care services, close to home.

A thriving Foundation must establish a clear direction to navigate through times of change. So in 2009 the RMHF Board of Directors developed and approved a three year strategic plan incorporating the mission "Investing in better health through community partnerships" with four core goals:

1. To focus on investing wisely in better health for the citizens of our two communities;
2. To investigate partnership opportunities with community organizations and other Foundations to increase revenue, minimize costs, eliminate duplication, and maximize effect on the health of the community;
3. To attract new donors; and,
4. To develop a new marketing strategy for the RMHF.

In response to our first goal, in 2010–2011, RMHF granted funding for equipment, research, and education programs at Ridge Meadows Hospital and Fraser Health departments in Maple Ridge and Pitt Meadows, but also agreed to grants outside

of the walls of Ridge Meadows Hospital. Grants were approved for innovative programming which contributes to good health such as the "Girls Get Active" program in cooperation with MR/PM Parks and Recreation. This offered the opportunity to young girls to learn about nutrition and physical activity through positive mentorship. The "Stride to Thrive" walking and support group was also established for breast cancer survivors with great success. These programs, and others we funded, represent new partnerships for the Foundation and have helped us to begin addressing our second goal. Partnering with many local service clubs, businesses and not for profit organizations in a wide variety of fundraising initiatives has further enhanced our vision of working more closely with others toward our common goals.

Beyond these new programs, virtually every department at RMH was touched by your support.

In response to goals three and four we continued to share with you our message of need—much of the clinical equipment necessary for effective health care would not be available but for your donations. We can only put vital equipment in the hands of our caregivers with your help. By communicating our need more effectively, we will engage our loyal donors and spread our message to other residents.

With more of us working together we can certainly enhance the positive impact we have on the health of our residents.

And finally, promoting proper and effective governance would not be possible without the commitment and support of our volunteers including our Board members. Our sincere thanks go to all of our volunteers and to the members of the Board of Directors who conduct the due diligence required to make prudent decisions with the resources entrusted to their care.

Since 1985, RMHF has been a transforming, positive presence in our community. We look forward to working with you to achieve extraordinary things for our Foundation and the good health of the communities we serve.

Sincerely,

Mike Murray, Chair
Board of Directors, RMHF



2010–2011 Board of Directors

Back row, from left: Rhonda Quinton, Lesley Kroening, Mike Murray; Chair, Bryan Hutton; Secretary, Peter Edwards, Katherine Alexander, Jim Coulter, Ron Antalek; Vice Chair, Bob Thompson; Treasurer
Front row, from left: Art Van Pelt; Past Chair, Cheryl Brabbins, Dr. Biju Mathew, Jim Maroney

Thank you for your generosity. We couldn't have done it without you.



THE KNIGHTS OF COLUMBUS

Funding for a Healthy Heart

The Knights of Columbus (Thomas Haney Council 5566) of Maple Ridge were quick to respond to the need for new Exercise Tolerance Test (ETT) instruments at Ridge Meadows Hospital by contributing \$5,000 towards its purchase.

The ETT records a heart's response to the stress of exercise. It measures the heart's electric activity, blood pressure and heart rate while the patient exercises by walking on a treadmill.

At Ridge Meadows Hospital, up to 45 patients a week can be tested on the ETT. For these 45 patients, it can mean pinpointing the cause of unexplained chest pain. If a patient has had a heart attack or heart surgery, it can help determine how much work or exercise can be done safely. It may also be recommended if a patient is experiencing irregular heartbeats, dizziness, or excessive fatigue.

"The equipment that this year's fundraising will help to purchase is crucial in saving lives in our communities. This donation, and the purchase of an ETT with treadmill, will immediately impact patient care," said Dr. Winston Tsui, Cardiologist at RMH.



H & I ROOFING

A Gift of Celebration

When Mr. Harjit Singh Rai and Mrs. Inderjit Rai, owners of H & I Roofing, planned the wedding celebrations for their nephew, Jaspal Singh Mann, they decided to celebrate more than just wedding vows. They chose to also celebrate their health, and the health care providers in Maple Ridge and Pitt Meadows, by making a \$10,000 donation to Ridge Meadows Hospital Foundation.

"When my family and friends need medical attention we go to Ridge Meadows Hospital. They are always very good to us. We love living in Maple Ridge and are grateful to have such excellent medical care for our loved ones, our neighbours, and customers. We all benefit from having a community hospital and we believe it is our responsibility as residents of Maple Ridge to help," said Mr. Rai.

The Rai family has been very generous to the RMHF in the past as well, making annual gifts to help purchase life saving equipment. It is through generous donations like this that our hospital has state-of-the-art equipment and funding for education and new programs.



HEALTH INVESTMENT GRANT

Cancer Survivors: Stride to Thrive

From a health and wellness perspective, walking as a form of regular exercise has been shown to have many benefits, not the least of which is to mitigate the effects of chronic health conditions like cancer.

Through the Foundation's new Health Investment Grant, we were pleased to partner with MRPM Parks & Leisure Services and Becker & Company to provide the funds needed to offer a 12 week walking program "Stride To Thrive" for women dealing with cancer.

This program provided the opportunity for breast cancer survivors to get active in order to improve their physical and mental health and to have fun with like-minded friends at the same time. Walking together increases the fitness and social aspects of the group, encouraging everyone to get outside, share their stories, and support each other.

It is truly inspirational to see how quickly the participant's levels of fitness improved and how much they enjoy coming to the sessions. As one participant was heard to say, "It's time to live!"



SHOPPERS DRUG MART

Growing a Healthy Community

For the third year in a row, the Shoppers Drug Mart 'Tree of Life' campaign has had a direct impact of the health of women in our community.

Annette Tsang, owner of Pitt Meadows Shoppers Drug Mart is proud of her staff and her customers and said "It's wonderful to be part of a community that values their hospital and health care so generously year after year. We are pleased to be part of such a generous community and take pride in partnering with Ridge Meadows Hospital Foundation to ensure our hospital has the equipment to look after us all.

The Tree of Life campaign at Pitt Meadows Shoppers Drug Mart was pleased to raise over \$2,200 for women's health care at Ridge Meadows Hospital.

It's heartfelt campaigns like 'The Tree of Life' that brings communities together and we thank Shoppers Drug Mart, their employees, and their customers, for helping us make a difference in Pitt Meadows and Maple Ridge.

2010–2011 Purchased Capital Equipment

Intubation System	\$49,947	Cystoscope	\$9,991
Vascular Ultrasound: ICU	\$49,600	Minor Equipment and	
ETT Treadmill	\$41,104	Education Grants	\$9,717
Vascular Ultrasound: OR	\$40,369	Miscellaneous	\$6,993
Wheelchairs & Cushions	\$33,038	McKenney Creek Hospice	\$6,797
Endoscope & Gastroscope	\$28,908	Ultrasound for Physio	\$2,174
Patient Lounge Upgrades		Staircase Space Saver: Rehab	\$1,724
and Calming Carts	\$22,128	Public Health and Home Health	\$3,511
Infant Warmer	\$20,820	Health Investment Grants	\$3,000
5 Isoflex Mattresses	\$19,300	Window Coverings: Maternity	\$2,251
Bladder Ultrasound	\$18,835	8 Fall Prevention Monitors	\$2,400
Pressure Mapping System	\$16,122	Oximeter	\$1,067
10 Sofabeds for Hospice	\$15,951		
2 Medical/Surgical Beds	\$15,450		
Bariatric Bed with Mattress	\$12,000		
Cataract Extraction Unit	\$10,649		
		Total	\$443,856

Purchased thanks to your donations

RIDGE MEADOWS HOSPITAL FOUNDATION
SUPPORTING THE BEST IN HEALTH

Complete audited financial statements are available from the Foundation office upon request.

www.rmhfoundation.com