



Your gift today can make a difference tomorrow.

One way you can make a difference to health care in your community is to establish an endowment fund through Ridge Meadows Hospital Foundation.

An endowment is an investment fund set aside for the long term support of the RMH Foundation. You can direct the fund to support either general equipment at Ridge Meadows Hospital or a particular area or program that you specify.

The amount you contribute to the fund is maintained and only the investment income, or part of the income, is used for the purposes you have set. You can choose to name the endowment for yourself or a loved one. You can choose to be publicly recognized or remain anonymous. Named endowments require a minimum contribution of \$10,000,

made either as a lump sum or pledged over a three to five year period.

You can establish an endowment fund with cash or with other current or future assets. For example, any of the following could be used to create an endowment:

- Outright gift of cash or property
- A gift in your will
- A portion or all of the funds in your RRSP/RRIF designated to RMHF
- Proceeds for the cash value of a life insurance policy
- The gift portion of a gift annuity

You can discuss these options with your financial advisor to determine if establishing an endowment fund is right for you. Feel free to call the RMHF office for more information and other options for giving.

Making a Difference

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed it is the only thing that ever has.”

—Margaret Mead

Twenty-six years ago a small group of people started what would contribute greatly to enhancing Ridge Meadows Hospital and the community it serves—our hospital Foundation. Having raised over \$21 million since then, that small group has grown to include a volunteer Board of Directors, staff, numerous volunteers from our community and a growing partnership with other organizations and businesses that are all dedicated to raising funds in

support of health care in Maple Ridge and Pitt Meadows.

This year Ridge Meadows Hospital Foundation is working to raise over \$650,000 not only to fund equipment and programs within the hospital but also partnering with outside agencies to fund projects to make Maple Ridge and Pitt Meadows a healthier community.

Funds raised will purchase life saving equipment, fund new programs in the community that encourage healthy living, and provide education for our health care staff.

Please make your donation today and invest in the future of health care in your community. Together we are changing lives and saving lives.

UPCOMING EVENTS

Heart Beats Around the World
The ACT
Sunday, April 17

Manion & Associates
Headshave at the Home Show
April 29, May 1 & 2

8th Annual Fund Run
Fairview Elementary
Saturday, June 5

Strawberry Tea
Alouette Dining Room
Tuesday, June 14

23rd Annual Foundation Gala
Meadow Gardens Golf Club
Saturday, October 15

Please check our website at www.rmhfoundation.com for current events and information



RIDGE MEADOWS
HOSPITAL FOUNDATION
SUPPORTING THE BEST IN HEALTH

This newsletter is printed for the supporters of the RMHF. Please direct all inquiries and donations to:

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RIDGE MEADOWS HOSPITAL FOUNDATION NEWSLETTER

SPRING 2011

Let's Get Physical!

The Adult Day Program at Ridge Meadows Hospital has been going strong for 27 years.

Offering a stimulating, therapeutic and safe group environment for individuals who are living at home and may be at risk of losing their independence, the philosophy of this program is to foster client independence, client self-esteem, and promote a sense of well-being.

The Ridge Meadows Hospital Adult Day Program provides skilled and caring staff, and volunteers, to assist individuals to maintain their health and wellness so that they may remain in their homes for as long as possible. The program runs 5 days a week with 15–18 clients participating each day.

The Ridge Meadows Hospital Adult Day Program was recently chosen to pilot a new project in partnership with OSTEOPIT and Falls Prevention which will improve client fitness levels and decrease risk of injury. It is estimated that one in three falls by seniors is completely preventable. The cost of hospitalization is great and seniors rarely get back to the level they were at before the



fall. The injury can keep seniors isolated and fearful of another fall.

Declining physical fitness and the risk of falls should not be accepted as a part of aging.

This pilot program is providing further education and training for staff to deliver a modified program of effective physical activity to clients in the Day Program. Working with resistance bands, balls and

weights, clients participate in a variety of exercises to increase balance, strength and muscle.

Clients are already noticing significant changes in their fitness levels. Testing before and after the program shows dramatic increases in balance, strength and muscle tone. Participants are appreciative of their new found confidence in being active and are working hard to reduce their risk of injury.



Headshave at the Home Show

Again this year, Manion & Associates will be hosting a Headshave event at the Home Show running April 29 to May 2 at the Albion Fairgrounds. All proceeds will benefit Ridge Meadows Hospice Society and Ridge

Meadows Hospital Foundation and will support cancer patient services in your community.

Visit our website at www.rmhfoundation.com for different ways to participate and support this event—and they don't all include getting your head shaved!

Cheerful Hugs for Mental Health

Earlier this year, the talented and thoughtful members of the Ridge Meadows Quilters' Guild donated seven beautiful quilts to Ridge Meadows Hospital Foundation. The members of the Guild chose to donate the quilts to the Antalek Family Psychiatric Unit at Ridge Meadows Hospital.

These 'forever' quilts will be given to patients in hospital who would benefit from a warm, cheerful hug and a thoughtful gift. When the patient goes home, the quilt will go too.

These beautiful quilts will brighten lives of patients in the psychiatric unit, provide



Staff in the Antalek Family Psychiatric Unit admire quilts donated by the Ridge Meadows Quilters' Guild.

some comfort, and perhaps even aid in their recovery. Receiving a gift like this is a small piece of kindness—a thoughtful

gesture and acknowledgement that people with mental health and substance abuse issues appreciate.

Heart Beats Around the World

The Maple Ridge Pitt Meadows Arts Council is teaming up with the Ridge Meadows Hospital Foundation to present an exciting new fundraising evening to support the work of both organizations in the community. **Heart Beats Around the World** is a live showcase of multi-cultural performances, curated by classical Indian dancer Mrs. Rupa Gopinath, and features a wonderful blend of Korean, Spanish, Metis, Brazilian/Cuban, Classical, and Bollywood Indian dance and music.

Heart Beats will feature an eclectic line-up, with performers from diverse backgrounds in this exciting showcase. Featured

artists include celebrated percussionist Pepe Danza, dancer Eun Kyung, classical vocalist In Hee Choi, Canadian celebrity sensation Juggy Jag (Jugpreet Bajwa), plus local artists Hari Pal, Lisa Sheppard and the Stave Falls Scottish Dancers.

Heart Beats Around the World takes place on Sunday, April 17 at The ACT in Maple Ridge. Tickets are \$100 for the VIP reception and show (including wine, appetizers, and a \$50 tax receipt) or \$30 for the show only. Tickets are available through The ACT Ticket Centre by phone at 604-476-2787 or online at www.theactmapleridge.org.



Fund Run In Memory of Janet

Staff at Ridge Meadows Hospital have a very special reason to participate this year's Annual Fund Run.

Earlier this year, long time laboratory technician, Janet Ardron, passed away suddenly. She had participated in almost every Fund Run and enjoyed being part of the lab team each year. Her son, Jeff, is a long time lead sponsor (Fitness Unlimited) of the event and Janet was always very proud to participate. He was honoured to learn that we had hoped to dedicate this

year's Fund Run in Janet's memory.

The Fund Run is always a wonderful morning to spend with family and friends. And this year we will be remembering Janet—friend, family, and co-worker.

To date, the Fund Run has raised over \$130,000 to purchase life saving equipment for Ridge Meadows Hospital and health care in our community. Presented by

Marv Jones Honda, and supported by lead sponsors Envision Financial and Fitness Unlimited, the Fund Run is a fun family event that promotes a healthy lifestyle and supports health care in your community.

The Foundation invites you, your friends and family to join us on Sunday, June 5 at Fairview Elementary for our 8th Annual Fund Run. Lace up your runners for health care and join the festivities; great food, great fun and a great cause! For more information, sponsorship opportunities, and registration details, visit our website at www.rmhfoundation.com



IMAGINE yourself lying in a hospital bed...you feel groggy, uncomfortable and sore. It's been three hours since your hip replacement surgery, and you're wondering to yourself, 'How long will it be before I can walk again? Will it hurt to try? How will I get around at home?'

Thanks to an informative program at Ridge Meadows Hospital, hip and knee replacement patients learn the answers to these questions before their surgery.

Hip and Knee Pre-Operative Classes are offered twice a month at RMH, to educate patients and their caregivers on what to expect following surgery. From those first hazy moments when they wake

after surgery to when they arrive at home, they know what to expect at each stage in the recovery process. Patients are well informed, prepared, less fearful, and are ready to get moving again.

In order to prepare each patient for their return home, they must learn to manage the stairs all over again. There are no stairs suitable for therapy on the surgical ward, so patients have to be wheeled down to the physiotherapy department.

Thanks to donors like you, the Foundation was able to purchase a set of therapy stairs for the surgical ward. Patients can now get started on their recovery right away, gaining the confidence and strength to ensure a safer return home.



Funny Money for the Foundation

What started as one donor's idea of a fun event turned into an incredible fundraising event benefiting Ridge Meadows Hospital Foundation. In November, over 225 people gathered to enjoy a delicious dinner, martini bar, and loads of entertainment including Las Vegas showgirls, West Coast Contortionists, a Rod Stewart impersonator, and a funny money casino.

Thanks to a hard working volunteer committee, the evening raised over \$100,000 to purchase life saving equipment for RMH. "An evening like this cannot be successful without a team of volunteers. The committee that organized tonight's festivities are simply an incredible group and I am privileged to know each of them" said Anita Perler, chair of the committee, and Co-Presenting Sponsor, Perler Financial Group.

Also a presenting sponsor, Marv Jones, of Marv Jones Honda and Performance Honda, was the emcee for the evening and kept the audience in stitches.

Thanks to the generosity of sponsors, donors, attendees, and volunteers, RMH's OR Department now has a new vascular ultrasound. "This is an essential piece of equipment, enabling us to provide very effective pain management immediately following surgery. I am very grateful to everyone who helped purchase this equipment and the many other pieces over the years. It is wonderful to work in a community hospital that is so generously supported by the residents. Thank you!" said Dr. John Bokelman, Anaesthesiologist at RMH.

it's a girl's world



Children who are involved in active play and recreation reap rewards far beyond the obvious health benefits. Studies have shown that children, especially girls, who live below the poverty line are less likely to have the opportunity to participate in extra-curricular activities and to be exposed to healthy role models.

Active children perform better at school, have higher self esteem and are less likely to suffer from anxiety and stress. They have a wider circle of friends, increased social skills and an increased sense of belonging. Children who are connected to their community and feel valued are healthier and are far more likely to become healthy and successful adults.

Providing children with opportunities to make positive lifestyle choices creates life long health habits. An investment in children has the potential to create benefits that last a lifetime.

'It's a Girl's World' is an active program designed for girls in grades two to seven which will give them an opportunity to try a variety of sports and active games. Each session will incorporate the importance of being active and healthy; emphasizing a healthy body image with confidence and empowerment.

Ridge Meadows Hospital Foundation is pleased to provide funding for this exciting new program. Working with Parks & Leisure Services, Children and Youth Services, and School District #42, It's a Girl's World is currently operating in two local schools and is already wait-listed for the next session.