

FROM THE heart



RIDGE MEADOWS HOSPITAL FOUNDATION NEWSLETTER

FALL 2010

The Gift of Sight... A Donor's Story

If you've ever spent time at Ridge Meadows Hospital, you may have already met Marie. Marie is a 'Spiritual Care Volunteer' and is at RMH almost every day visiting and making sure that patients are comfortable and their spiritual needs are met.

For some it might be a phone call to their own Minister or Priest for a visit. For others it could be a magazine or paperback. For some without visitors it can just be passing the time with small talk and a smile.

Marie has been volunteering at the hospital for over 16 years. She enjoys visiting with different people and at 86 years old she appreciates the opportunity to remain busy and productive in her community.

She is also a regular donor to the Ridge Meadows Hospital Foundation, making health care in her community a priority for her charitable giving. The Foundation purchases new and updated equipment for many departments each year and also helped to fund the new Emergency and Ambulatory Care Department.

Marie has seen many changes at the hospital over the years, and knows how they can affect patient care. Recently she was able to see first hand what a difference her donations have made to health care in her community.

Marie's vision was starting to get blurry. Watching TV, driving and reading were starting to be a struggle. She was referred to



Long time donor Marie is pleased with her gift of sight from the new Cataract Clinic at RMH.

Dr. Parkinson, an Ophthalmologist at RMH, and discovered that cataracts were present. Surgery was scheduled for earlier this year.

It's true that technological advances in equipment and procedures have helped to make cataract surgery quicker and safer than ever. Marie was pleased to share that she arrived at the Cataract Clinic at 6:45 am and was back in her own home by 9:00 am resting comfortably and recovering well. "Dr. Parkinson did a wonderful job and the staff were absolutely amazing."

Marie remembers when the Cataract Clinic was tucked away on the third floor of the hospital. Patients were wheeled all the way down to the operating room on the

first floor and then back to the third floor for recovery.

Thanks to the generous support of Marie and others in the community the Cataract Clinic is now in the Ambulatory Care Department and is very efficient and comfortable. Pre-op and post-op are done right across the hallway from the surgical suites. The whole system flows smoothly for staff and for patients and that translates into better care.

Marie is proud to continue to support the Ridge Meadows Hospital Foundation and recognizes that the whole community will benefit from donated dollars just like she did.

Tickets \$175 each

Tango



RIDGE MEADOWS
HOSPITAL FOUNDATION
2010 GALA

RIDGE MEADOWS HOSPITAL FOUNDATION INVITES YOU TO *Tango*

Saturday, October 16, 2010 at Meadow Gardens Golf Course

The annual fundraising gala is a dazzling evening with all the proceeds being used to purchase life saving equipment for Ridge Meadows Hospital and health care in our community.

PROUDLY PRESENTED BY

FRPD Since 1911

FRASER RIVER PILE & DREDGE (GP) INC.

The evening will feature a champagne reception, gourmet dinner, live and silent auctions, raffles, From the Heart fundraiser, and entertainment.

To order tickets or learn more about the benefits of sponsorship or other opportunities to support this exciting evening email laura.butler@fraserhealth.ca or call 604.466.6958.

Together We Are Changing Lives and Saving Lives

Over the last few years, health care in British Columbia has experienced tremendous change. Costs of health care have continued to rise. More than ever Ridge Meadows Hospital Foundation is relying on the generosity of individuals, corporations, and foundations as partners in helping and contributing towards improved medical services and facilities.

This year RMHF has committed to fundraising \$670,000 for equipment, education, research and programming for health care in our communities of Maple Ridge and Pitt Meadows.

Your donations will help to purchase a number of pieces of life saving equipment for Ridge Meadows Hospital as well as fund End of Life Care research, provide

new beds for our elderly patients in residential care, and support a walking group for women recovering from cancer. It is you, our friends and neighbours, who make it possible for residents of Maple Ridge and Pitt Meadows to enjoy excellent medical care.

For a list of RMH's current needs, please visit www.rmhfoundation.com.

The Finish Line is Just the Beginning

Kelly Wallace has been an Emergency nurse at Ridge Meadows Hospital for the past five years and she's seen many different patients come through the doors. But in April of 2009 one patient came in that would change Kelly's life forever.

The patient had very similar demographics to her own—age, weight, health concerns, risk factors—it could have been her on that stretcher and in distress. Kelly watched as the patient's life dramatically and medically changed forever right in front of her. At that moment Kelly decided she didn't want that to be her and it easily could have been. This was her 'aha' moment; her epiphany.

With the support of her husband, her doctor and her co-workers, Kelly began a year long journey to better health. She worked hard to make better life style choices and lose weight. She started exer-



Registered Nurse Kelly Wallace is thrilled to cross the finish line at the 2010 Fund Run.

cising and learned a new way to live. Fast forward to April 2010 and Kelly had lost 100 pounds!

The Foundation's annual Fund Run was coming up in June and Kelly decided that she was going to run the 10km race. She had never run before, but started a training program and planned to be ready for June. Kelly raised over \$500 in pledges and her co-workers quickly rallied to join her. The 'FUN-ER-TEAM' was formed.

Crossing the Fund Run finish line on race day really was just the beginning for Kelly. She had worked long and hard to get there and realized there was more ahead. She is committed to maintaining her healthy life style and continues to make healthy choices every day.

Kelly is still running and is now up to 17km and training for the Victoria 21km half marathon in October. She has many more finish lines in her future. Go Kelly!



Thanks to sponsors, donors, participants and volunteers the 2010 Fund Run, presented by Marv Jones Honda, raised over \$30,000 to purchase essential health care equipment for Ridge Meadows Hospital.

Our Newest Caregiving Angel Has Four Paws and a Wet Nose

The Foundation is pleased to recognize Amy, a dear and loyal friend to the hospital, as our newest Caregiving Angel. Amy is a founding member of the Code K-9 program at Ridge Meadows Hospital and takes great pleasure in visiting patients in several departments each week.

Always ready for a pat on the head, a belly rub or a quiet snuggle, Amy is well known by staff and visitors alike. After 8-1/2 years of volunteering, Amy is transitioning into retirement, but she still looks forward to going to work each day at the hospital.

Fellow volunteer Marie Spetch felt it was important to honour Amy for her quiet dedication and amazing comfort skills that are so therapeutic for our patients. She was pleased to make a donation in honour of Amy, our first four-footed Caregiving Angel.

The Caregiving Angel program provides an opportunity for patients and their family members to make donations to the Foundation to recognize a 'Caregiving Angel' who has touched their lives during their stay at Ridge Meadows Hospital.



A Gift for the Future

Leaving a gift in your will is a simple way to make a meaningful, lasting impact on causes that you hold dear and are important to you. A charitable bequest or legacy gift is simply a distribution from your estate to a charitable organization through your last will and testament.

There are a number of options available to 'leave a legacy' and each will have different types of tax benefits. We encourage you to talk to an advisor to help decide which option will work best for your and your family.

In any charitable bequest, be sure to name the recipient accurately to avoid any confusion about your wishes.

If your wish is to leave a bequest to help Ridge Meadows Hospital or another health care service operated by Fraser Health in Maple Ridge or Pitt Meadows, make sure that the bequest is left to Ridge Meadows Hospital Foundation.

If you have already remembered us in your will, please give us a call and let us know. It will help us with future planning.

For more information on how to plan a future gift to the Foundation, contact Sandie Rankin at 604.463.1801 or Sandra.rankin@fraserhealth.ca.



Stan Lewer is a resident of Baillie House and has made a bequest to the Ridge Meadows Hospital Foundation in his will.

Volunteer Spotlight

NAME

The Worby Family: Bruce, Bio Medical Engineer at RMH; Linda, Respiratory Therapist at RMH; and sons Owen and Eric.



VOLUNTEER ROLES

The whole family has volunteered at the annual Fund Run, directing traffic and runners along the route. Bruce and Linda both volunteered at the Gala last year.

WHY WE VOLUNTEER FOR THE FOUNDATION

RMH is our hospital. We live here, we work here. And we are proud to be part of a community that values health care so highly. The Foundation does terrific work for RMH and we're proud to be part of that. We both see the equipment that is purchased through donated dollars and we know what a difference that makes to our hospital.

FAVOURITE MOMENT AS A VOLUNTEER

The Fund Run and the Gala are both tremendously successful events for health care in our community. Our family has enjoyed the opportunity to lend a hand and show our support.

What's in a story?

Sometimes a story can provide a whole world of information and insight into what goes on at the hospital. If you have had an experience at Ridge Meadows Hospital that you would like to share, we would love to hear from you. And if your experience inspired you to make a gift to the Foundation, we'd also like to know why.

To share your story, please contact Laura Butler at laura.butler@fraserhealth.ca or call the Foundation office at 604.466.6958.

UPCOMING EVENTS

Entertainment Books

Now available in the office

Annual Foundation Gala

October 16, 2010

Meadow Gardens Golf Course

Hospitali-TEA

November 2010 at T's

Haney Place Mall

National Philanthropy Day

November 17, 2010

Community Poinsettia Campaign

November 17–December 24, 2010

Casino Night

November 20, 2010

Executive Plaza Hotel, Coquitlam

Poinsettia Celebration Tea

December 2010

Watch for your invitation!

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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