

# FROM THE heart



RIDGE MEADOWS HOSPITAL FOUNDATION NEWSLETTER

FALL 2011



*Practice what you preach...*

## A Donor's Story

If you've ever been to the Ambulatory Care Department, chances are you've met Colleen at the front desk. Her bright, smiling face greets patients and their families as they come in for their treatments and procedures.

Screening colonoscopies are the key to early detection and while they aren't much fun for a birthday present, they can save your life.

Colleen's 50th birthday came and went in May of 2009, and she knew full well that she should speak to her doctor about a screening examination. Still, it took plenty of reminding by friends and coworkers... but she finally set up the appointment.

She underwent a routine colonoscopy in November of the same year, and her surgeon found a polyp that was removed and sent for biopsy. Polyps are

fairly common and typically come back negative for cancer. Colleen wasn't the least bit worried.

One week later she learned that her polyp was malignant and it had spread beyond the margins allowed. A bowel resection was recommended. She recalls the news as 'having your whole world turned upside down—no symptoms, no warning, just a routine endoscopic exam—and now bowel surgery to remove cancer.'

Colleen underwent a bowel resection in early December and eight inches of her bowel was removed and surrounding lymph nodes were tested. She was relieved to receive the news just before Christmas that the margins had come back clear—the cancer had not spread. It was the best Christmas present Colleen and her husband could receive!

She has since had another routine follow up colonoscopy in November 2010 and everything continues to show all clear. Colleen will continue to have

a regular colonoscopy every two years from now on, a small price compared to what life could be like should the cancer come back.

Colleen encourages everyone over the age of 50 to see their Physician to discuss this simple exam. Even without symptoms, a colonoscopy is the best way to check for bowel disease and cancer. Early detection is the key to diagnosis, to treatment plans and to long term health.

Colleen continues to greet patients each day at the front desk of the Ambulatory Care Department. She's been on both sides of that desk, and is so very happy that she got a colonoscopy for her 50th birthday... she'll be around to celebrate many more!

*Once you reach the age of 50 it is recommended that you speak to your doctor about a colonoscopy to screen for cancer and bowel disease, or earlier if you are experiencing symptoms or have a family history.*

# Remembering Jennie

Sandra Rankin  
CFRE, RMH FOUNDATION

It was in 2001 that I first met Jennie Raymond. She had checked the box on one of the Foundation's letters saying that she would like to receive some information on Planned Giving.

I called and she invited me to come to her house for a visit. We got to know each other a bit and found that we had something in common: our Swedish ancestry. On that first visit, I learned a little bit about her life in Saskatchewan and the move with her family to Maple Ridge in the 1930s. I gave her some information the Foundation had on estate planning and making testamentary gifts to charities. This visit was the beginning of my friendship with Jennie.

Over the years, Jennie came to Foundation events like the Poinsettia and Strawberry Teas and sometimes we visited over coffee or lunch. Jennie was a gifted artist and shared with me the pieces of art she had created over her lifetime.

I learned more about Jennie's life in Maple Ridge and her interests in providing something for her family who affectionately called her "Jen Jen" especially the "double cousins" and leaving something for her community. I did not know about "double cousins" until Jennie explained that her mother's brother married her father's sister with the resulting children referred to as "double cousins."

Jennie was a very independent soul,



living in her own home on the corner of 221 Street and 119 Avenue until the last three months of her life when she moved to Maple Ridge Seniors Village. She hated to leave the house where she and her husband, Jack Raymond, who predeceased her, spent a lot of time in their yard creating quite a garden. She proudly showed me pictures of the yard in its earlier glory on one of my visits. She did enjoy her new apartment and since it was only '2 doors' down the street, she returned to her garden every day.

In 2008, Jennie had told me that she was going to a lawyer to have a new Will drawn up. One of her wishes was to make a public park called "Raymond Park" for all to enjoy through a gift of her house and property to the District of Maple Ridge. Her cousins remember her nervous excitement when she asked if they would think she was silly if she donated the property she and Jack had loved so that it could be a park. Knowing and appreciating Jennie's love for nature and her lifelong example of caring for the environment, it did not seem silly at all. Today, Jennie's vision of "Raymond Park" is a reality.

Jennie also wanted to provide for the

community in another way. She had been a faithful donor to Ridge Meadows Hospital Foundation and provided for the Foundation in her Will as well. As an ultimate gift, she decided to leave \$10,000 to the Ridge Meadows Hospital Foundation.

In September of 2009 Jennie passed away and as her cousin, Dr. Larry Gustafson said, "Jen Jen was loved and admired and will be missed by many family members and friends."

The bequest that Jennie left to the Hospital Foundation will be held in a Legacy Fund, the revenue from which will go to support the purchase of health care equipment, provide educational support for health care staff, and to fund medical research forever.

The Foundation is most grateful to Jennie Raymond who supported the RMHF during her lifetime and then, committed to help the hospital even after she passed.

*If you, like Jennie, would like to provide for your community through a bequest in your Will and would like to receive some information on Planned Giving, consult your lawyer, accountant or financial advisor or call Sandra Rankin at the Ridge Meadows Hospital Foundation at 604.463.1801.*

## EVERY DONATION Makes a Difference

At Ridge Meadows Hospital, up-to-date equipment is needed to save lives and improve patient outcomes in every department.

Despite stretched resources and out-dated equipment, our dedicated team of physicians, nurses, and health professionals work tirelessly to provide the best possible care to patients. Advances in technology can have a positive, measurable impact on patient care and recovery time; what is so desperately needed is access to such technology.

Ridge Meadows Hospital's capital equipment requirements each year

increasingly exceed provincial funding. Expanded facilities, programs and services are essential to this growing community, all at a time when government is fiscally restrained. Ridge Meadows Hospital Foundation is proud to work with our generous community to fill the gap and ensure that our health care team is equipped with the best possible resources.

This year the Foundation has committed over \$700,000 to purchase new equipment for Ridge Meadows Hospital, to fund programs in the community that encourage healthy living, to fund medical research, and to provide educational opportunities for medical staff.

*Here is just a sample of items currently needed at Ridge Meadows Hospital:*

Birthing Beds (2)	\$42,000
Cardiac Monitors (3)	\$81,000
Bus (Baillie House)	\$130,000
Portable Ventilator	\$20,000
OR Microscopes (2)	\$136,000
Ceiling Lifts (2)	\$19,500
Hydraulic Parallel Bars	\$11,300
Centrifuge (Lab)	\$13,000

**To find out how you can make a difference, call the Foundation office at 604.463.1822 or visit us online at [rmhfoundation.com](http://rmhfoundation.com).**

## FAMILY CONNECTIONS: TEAM WORK

Jackaline and Meagan Campbell

(pictured, top) are a mother and daughter team who both work in the Sterile Processing Department at RMH. They did their training together at Vancouver Community College and both started here about five years ago. The Sterile Processing Department is a vital part of our health care team and this dynamic duo helps to ensure the equipment is ready for your next visit to Ridge Meadows Hospital.



## HERE COMES THE SUN

Jim Barnett and his family, Jennifer and Rick Howard (pictured, bottom), visited the PATH—Patient Assessment and Transition to Home—unit at Ridge Meadows Hospital to see the two new sets of patio furniture that the Howards donated through the RMH Foundation. The gift was a special thank you to the nurses who cared for Jim during his stay in the unit and will be used by the patients and their families to enjoy the outdoors.

## Getting to Know... Our Doctors



**Dr. Al Karmali**, Family Physician in Maple Ridge, and his family have a brood of chickens in their backyard and enjoy farm fresh, organic, free range eggs. What started as a lesson in backyard farming for their three kids has turned into an 'egg-citing' venture

in the world of sales and marketing. The kids can be spotted selling the eggs at the local Farmers' Market and they have a list of regulars who are enjoying the benefits too.



As a Urologist, **Dr. Greg Harrington's** hands are used to intricate and steady work in the operating room, but they also get practice in his down time. Greg started building guitars about eight years ago, initially as an interest to get an old clunker of a guitar to play better. He

enjoyed the process immensely and continues to delve into the Art of Lutherie—guitar crafting—and has since completed several electric and acoustic guitars.

## Become a Monthly Donor

Your donations help purchase urgently needed medical equipment, from defibrillators and incubators to pressure relief mattresses, to the most advanced medical imaging and surgical tools available. It is challenging to keep pace with technological advancements, but the generosity of our donors helps to ensure that everyone in our community has access to the latest quality health care and advanced medical equipment.

Consider joining our monthly giving club and make a difference all year.

No more cheques to write, no more stamps to buy, no more trips to the mailbox! You can arrange for automatic withdrawals from either your bank account or your credit card. And you will receive one consolidated tax receipt for your monthly donations at the end of each year.

*To sign up for monthly giving, choose the option on your donation form, or visit our website at [rmhfoundation.com](http://rmhfoundation.com).*



## A Royal Affair

RIDGE MEADOWS HOSPITAL FOUNDATION ANNUAL GALA

**Be sure to mark October 15 on your calendar for this year's Gala.**

This dazzling evening features a champagne reception, gourmet dinner, live and silent auctions, raffles, From the Heart fundraiser, and entertainment.

Call the office or visit our website for more information.



## 2011 Fund Run: Another Great Success

*Thanks to our many sponsors, participants, donors, and volunteers who were 'ready to run' for health care in our community. Presented by Marv Jones Honda, the 8th Annual Fund Run was a tremendous success, raising over \$29,000 to purchase essential equipment at Ridge Meadows Hospital.*

**PRIVACY STATEMENT** At Ridge Meadows Hospital Foundation, your privacy is our priority. We adhere to all legislative requirements with respect to protecting privacy. We do not sell, rent or trade our donor lists with other organizations. The information we collect is used to process donations, keep people informed about our activities and ask for support to further our work for patients in our community. If at any time you wish to be excluded from any such contact or if you have questions about our privacy policy, please contact our office at 604.463.1822 or email [info@rmhfoundation.com](mailto:info@rmhfoundation.com). Many thanks for your ongoing support and interest.

## Upcoming EVENTS

More at [rmhfoundation.com](http://rmhfoundation.com)

**2012 Entertainment Books**  
Available at Foundation Office

**'A Royal Affair' Gala Evening**  
Saturday, October 15, 2011  
Meadow Gardens Golf Course

**National Philanthropy Day**  
Tuesday, November 15, 2011

**Community Poinsettia Campaign**  
November 17 - December 24, 2011

**Friends, Family & Community BBQ**  
Saturday, November 26, 2011  
Mark's Work Wearhouse

**Annual Poinsettia Tea**  
Tuesday, December 6, 2011  
Alouette Dining Room, RMH



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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FROM THE  
**heart**