



THE WDMH FOUNDATION NEWSLETTER

2019 Issue I

They Really Care!



I have been in and out of hospitals for over 65 years. Trust me, I know great health care when I see it.

My first contact with WDMH came a few years ago, when I was in for day surgery. What an introduction! The treatment I received was exceptional. Every person I met, staff, physician or volunteer, made me feel that I was their centre of attention. They really care. In fact, that wonderful care made me want to do more to support health care close to home. So, I joined the Foundation Board!

I've learned a lot. I know first-hand that the support you provide with your gifts to the Foundation is the only way they can do such a great job. And I just wanted to be part of that.

Gilles Roy, CFRE
Foundation Board Member

*"Excellent care at emergency
November 30th (noon – 4:00).
Showed me the benefit of a
local hospital."*

A grateful patient

Please Have a Seat

Because of you ... patients coming to the Emergency Room will be a little more comfortable, thanks to a new procedure chair. The chair is used when patients require a cast or stitches.

"The old chair was from the 1990s and it helped fix up many people over the years," says Team Leader Shannon Horsburgh. "The new chair offers many improved features. It moves electronically with foot pedals. It can go quite low to the ground so it's easy for everyone to sit in. It can also move more into a bed-like position and even tilts back for those who might feel a little light headed with the ordeal of getting stitches or a cast."

The chair costs \$13,896.40.



Get Out Your Boots & Bling!



Mark your calendars for Boots & Bling for WDMH – set for **Saturday, June 8th** at Matilda Hall in Dixon's Corners. We're changing things up a bit for 2019! We've listened to your feedback and we hope you will like the plans that our volunteer committee is putting together. Please join us for this year's major fundraising event to support patient care at WDMH. Watch for all the details, coming very soon!

Thank you to all of our donors for your support. None of these equipment purchases would be possible without you!

MAKING A DIFFERENCE

Every day, our donors go above and beyond with generous and creative fundraising events. Big or small, every one of them has made an impact and we are always grateful.

Just a reminder that we are always here to help you with planning, support and tips to make your event a successful one. Call Cindy Peters at 613-774-2422 ext. 6172 to learn more.



Smile! Smile! Smile!

Every fall, there are a few extra smiles in Winchester, Long Sault and Morrisburg – thanks to the Tim Hortons Smile Cookie Campaign. In fact, more than 10,000 of them this year alone! In the four local stores, \$10,451 was raised, with the money going to support the General Equipment Fund for medical equipment purchases like two new ultrasound machines.

Thank you to Tim Hortons owner Robert St. Denis and his team. He says it's an annual tradition: "It's great that the community still supports the Smile Cookie program. The hospital is very important to the whole community and that's why we choose to direct our donations there."

Amazing Stars

Each year, the Winchester Chapter of the Order of the Eastern Star chooses a project to support and raise funds for. This year, they chose WDMH – and we are very grateful. They have donated \$1,700 for the Cancer Care Fund. Since 1999, they donated \$12,250 in total.



Moustache Mania

Since 2012, the Eastern Ontario Prostate Cancer Awareness Committee has hosted Dare to Flash A 'Stache (DTFAS) and other events to raise awareness and funds. And they did it again this year!

On January 21st, the committed team wrapped up their November DTFAS event and presented a cheque for \$5,864.50 to the WDMH Foundation, representing half of the funds raised. The other half was donated to The Ottawa Hospital.

At WDMH, funds raised help to support the role of the Cancer Care Navigator at WDMH. She provides support and education to cancer patients and their families – helping them navigate their care and connect with local community resources. The service is available to all cancer patients in the local area and no referrals are required.



Artistic Flare



For the 21st year in a row, the annual Morrisburg & District Arts & Crafts Association craft show chose WDMH as one its fundraising beneficiaries. In total, they have donated \$9,500 for patient care at WDMH. Thank you to the organizers, vendors and everyone who supports this wonderful show.



Making Treatment More Comfortable

Friends helping friends. That's what Jennifer Lemieux was thinking about when she contacted the WDMH Foundation to talk about a fundraiser for the Cancer Care Fund.

Jennifer organized a fun day at her home in Kingston that included a bocce ball tournament, BBQ and pool party. There was even a lemonade and cookie stand. Friends, family and co-workers participated, and other business associates and corporations made donations as well.

They raised an impressive \$18,995 which was used to support staff through the purchase of two new portable work stations. Patients will benefit from a new iPod® and speaker to help them relax during their treatments.

B-4 or G-58?



Thank you to the Iroquois-Matilda Lions Club who hosts regular bingo nights, with proceeds going to local charities. Since 1999, the club has donated more than \$86,000. Wow! Most recently, a cheque for \$10,000 was presented for the General Equipment Fund for equipment such as two new ultrasound machines.

Around the Corner: Your Future with WDMH

There are so many ways to plan a future gift. Of course, we appreciate any gifts that you make, regardless of their size, or the way in which they're given. However, there are some tools you may not be aware of that could help lighten your burden if you were already planning on making a gift to us - now or in the future. This section will be a regular feature in the newsletter, so please keep your eyes open for future stories!



You have the power to change the world. Or at least a corner of it here at your hospital, WDMH.

Saving for your retirement has become an essential part of a complete financial plan. But beyond thinking about how much you're saving for retirement, have you ever thought about what would happen to your RRSP, RRIF, or TFSA when you pass away (or your surviving spouse does)?

When it comes to transferring your wealth to the next generation, retirement funds are among your most heavily taxed assets. Wouldn't it be a shame to lose almost 50% of your savings to income taxes? When you pass away, registered assets like your RRSPs, RRIFs or TFSAs can only be rolled over tax-free to a surviving spouse, or disabled child. They are taxed at the rate of your income in the year you pass if they're transferred to children or other next of kin (which for most is a higher bracket since all their assets are deemed to be sold the day they pass).

Donating your RRSP or RRIF funds to the WDMH Foundation is a tax-smart and effective solution. By naming the WDMH Foundation as a beneficiary of your registered plans, you'll:

- retain ownership and use of the fund during your lifetime;
- receive a tax receipt for the value of the plan;
- avoid probate fees by removing these assets from your estate; and
- reduce your overall estate taxes.

You can choose to donate all or a portion of your retirement funds, and still provide for your family by naming more than one beneficiary.

The gift is simple to make. Just request a "change in beneficiary" form from your plan provider and name "The Winchester District Memorial Hospital Foundation" as beneficiary of all or a portion of the RRSP or RRIF and return the document to your provider. Thank you for your support.

Please take this article as information, not advice. Speak with your advisor team, your accountant, financial planner, investor, or lawyer to decide which method of giving might suit your circumstances best. Please know we appreciate every time you think of us and give to us.

If you would like to learn more about how planned gifts can help you, your family and WDMH, please contact Chelsea McIntyre, Manager of Major and Planned Giving at 613-774-2422 ext. 6769, or cmcintyre@wdmh.on.ca

Our new website also has detailed information at www.wdmhfoundation.ca/aboutplannedgiving

Thank you for caring!

Our 2018 GALA PLATINUM SPONSORS



HO! HO! HO!

Thank you to everyone for your support of The Judy Lannin Christmas Wish Tree. This wonderful annual tradition results in many special donations in memory, or in honour of, loved ones. We are so grateful for your generosity!



Neighbourhood News

The WDMH Foundation is proud to be part of caring community of health partners. Together with Winchester District Memorial Hospital, Dundas Manor Long-Term Care Home and the Community Care Building, we are providing health care close to home for our local communities – from babies to seniors. And our local communities support us every step of the way. Here are some updates from our neighbours!

Louise Street

Fred Street



Fun for All Ages

In January, Dundas Manor welcomed the North Dundas Youth Centre After School Program to their home. Together, residents and students did some crafts together and enjoyed a pizza supper. What a wonderful multi-generational program!



Hidden Treasures

You might not see the latest WDMH Commitment Award recipients wandering the halls at WDMH. That's because they all work 'behind the scenes', caring for patients in areas of the hospital that others may not visit very often.

Congratulations to Dr. Jose Aquino, Chief of Medical Imaging; Dr. Geoff Doherty, President of The Ottawa Hospital & Region Imaging Associates (OHRIA) and all the OHRIA members; Karen Lydiatt, RN, Team Leader, Perioperative Unit; and Volunteer Norma McNaughton.

The Commitment Awards shine a light on individuals or teams that demonstrate the values that result in compassionate excellence. Congratulations to all the nominees.

"My experiences as a patient in many different areas of WDMH have all been positive. My most recent stay in November 2018, proved to be excellent as well. We are so fortunate to be able to receive such professional and excellent care so close to home."

A grateful patient

Our Condolences

The WDMH Foundation Board extends its condolences to the family of David Rijstenbil, who passed away in January. David was a committed member of the Foundation Board and a strong supporter of WDMH and health care close to home. He will be missed.

Sign Up Today!

Because of You is online too. If you'd like to receive the newsletter right to your inbox, please sign up by clicking on the Home Page link today.

Please sign up at www.wdmhfoundation.ca

Keep In Touch

We'd love to keep in touch! You can help today by volunteering, hosting a fundraising event or making a donation. Whatever you would like to do, we'd love to chat. Thank you!

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Did you know that the Ontario government does not fund medical equipment purchases for hospitals?