



# Because of you...

THE WDMH FOUNDATION NEWSLETTER

2018 Issue III

*Please  
Share Your  
Story*



**F**or generations, stories have shaped our lives. They give us goosebumps, make us cry, make us happy and even make us angry at times. They also inspire us as we share the special details of our lives with one another.

At the WDMH Foundation, we love to hear your stories. But we don't get to hear them nearly enough. Recently, I heard two wonderful stories from patients who had had very positive experiences at WDMH. These stories had quite an impact on me. They reminded me why I do what I do and inspired me to do even more to support the best patient care close to home at WDMH. They inspire our donors too and let them know that their gifts are making a difference.

So please share your stories with us. Write them down, send us an email or give us a call. We'd love to hear from you.

*Kristen*

613.774.2422 ext. 6169 • [kcasselman@wdmh.on.ca](mailto:kcasselman@wdmh.on.ca)

*Or, we've enclosed a separate sheet of paper for you to write it all down.*

## *A Special Time of Year*

**Please join us for the  
21st Annual Judy Lannin  
Christmas Wish Tree Lighting Ceremony  
on Tuesday, December 11th at 4:00  
in the hospital lobby.**

**Please RSVP to Cindy Peters  
at 613.774.2422, ext. 6172  
or [cpeters@wdmh.on.ca](mailto:cpeters@wdmh.on.ca)**





# *Tell Us Your Story*

We'd love to hear your story! If you have had a good experience at WDMH, please tell us about it.

Stories from patients and their families are so important to us. They inspire us to do our work – and they may inspire donors to support local health care, close to home.

*Thanks for sharing!*

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Your Name: \_\_\_\_\_

Your Phone Number or Email Address: \_\_\_\_\_

*Can we share your story in our newsletter, on our website or through social media?*

- Yes, with my name
- Yes, without my name
- No

*May we contact you to chat more?*

Please send your story to the WDMH Foundation  
at 566 Louise Street, Winchester, ON K0C 2K0  
or by email to [foundation@wdmh.on.ca](mailto:foundation@wdmh.on.ca). Thanks!



# Turning A Scary Moment into One of Relief



*Enhanced Care Unit Registered Nurses Joan Davis and Leah Ann Meyers with the first new bi-pap machine.*

**Imagine being so short of breath that you had to call an ambulance.** That is what happened to a patient who came to WDMH's Emergency Department.

In addition to worsening shortness of breath, Mr. M. was weak and had swelling in his legs. His oxygen levels were very low, and the nurse had difficulty hearing the movement of air in his lungs. Mr. M. was moved to the resuscitation room, but strong medications didn't result in rapid relief. And he was getting very tired, using all his energy just to breathe.

That's when the BiPAP (Bilevel Positive Airway Pressure) machine was used. It is a specialized piece of equipment that helps to push air into the lungs. It is a non-invasive ventilator, which doesn't require having to insert a tube into a patient's body. After two hours, Mr. M's condition vastly improved and his

oxygen levels rose to almost 100%. He was admitted to WDMH's Enhanced Care Unit for further testing and monitoring.

The BiPAP machine was used to support Mr. M's breathing, allowing the medication to take effect. This prevented his condition from worsening, which would have resulted in intubation and transfer to an Intensive Care Unit in Ottawa.

And now, because of generous donors in our local communities, two new BiPAP machines have arrived at WDMH – helping many patients like Mr. M in the Emergency Room and Enhanced Care Unit. The total cost of the new BiPAP machines was \$56,590.66.

We are so grateful to our donors for ensuring that the best tools are available to care for our patients.



*Emergency Room Registered Nurses (l-r) Chelsey Green, Katie Adamson, Katie van der Heyden and Shannon Horsburgh with the second new bi-pap machine.*

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

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# Help Us Plan the Perfect Party

We're looking for volunteers to help us plan our next gala set for the spring of 2019. We need support with everything from brainstorming ideas to cleaning up after the big event.

If you can spare a bit of time, please call Cindy Peters, Manager of Events and Direct Mail at

**613.774.2422 ext. 6172**

**or email [cpeters@wdmh.on.ca](mailto:cpeters@wdmh.on.ca)**

**Thanks for your support!**



## Get Dreaming!

There's still time to purchase your Dream Vacation ticket before the first of six draws takes place in late December.

Dec 27	\$350	Jan 24	\$2,500
Jan 10	\$1,500	Jan 31	\$1,500
Jan 17	\$2,000	Feb 7	\$2,500



Winners receive a voucher for the value of the trip through Winchester Travel. A portion of the proceeds for each ticket sold at WDMH goes to the Foundation.

Tickets are \$50 each .... And they make great Christmas gifts!

## Thank You to Our Sponsors

We love our sponsors! When you support these local businesses, please keep their generosity and community spirit in mind and let the staff know that you appreciate their support of your local hospital.

**Our 2018 Gala  
Platinum Sponsors**



**2017 Judy Lannin  
Christmas Wish Tree  
Presenting Sponsor**



# 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. Let's chat!

## What a Team



Thank you to Caisse populaire Nouvel-Horizon and Desjardins Insurance who teamed up to support local health care. They presented two cheques for a total of \$17,000 for the WDMH Foundation's Family Care Fund. The program is called *Prêt à redonner* or *Ready to Give Back* and it offers incentives for increased insurance sales that include donations to local charities. Caisse populaire met their target, receiving a gift of \$8,500 from Desjardins. Caisse populaire Nouvel-Horizon then matched the gift, resulting in a \$17,000 donation to the WDMH Foundation.



## Holy Cow!



The first-ever 'Great Canadian Cow Race' at this year's Dairyfest in Winchester was 'udderly' exciting! The WDMH Foundation was well-represented by jockey Dale Myers riding 'Bedpan Bert'.

Six jockeys 'moooooooved' down the street to the finish line based on dice rolls by local kids. In the end, everyone was a winner – thanks to The Royal Canadian Legion Branch 108 Winchester and many supporters.

At the request of the Legion, the \$700 donation has been directed to the Family Care Fund – supporting families just like yours.

## Helping Others

Their motto of 'Helping Others' rings true. The Provincial Grand Black Chapter of Eastern Ontario has donated \$1,000 toward WDMH's Dialysis Unit. As part of The Loyal Orange Association, the money was raised through their 'Dimes for Dialysis' program. In the last 18 years, they have raised over \$36,000 for dialysis units in Ontario East.

*Did you know that the provincial government does not*

## Local Pharmacy Supports Patients



The Downtown IDA Russell Pharmacy team cares for its customers and they want to help them. So, they came up with a great way to do so! In September, the team hosted a Customer Appreciation BBQ, donating \$600 to the WDMH Foundation's Cancer Care Fund. At similar events held in 2014 and 2015, the group raised \$900 for the Foundation's General Equipment Fund.

## All FORE Local Health Care

Thank you to the Ottawa Carleton Plowman's Association for organizing the 15th Annual Plowing for a Cure golf tournament at Emerald Links Golf and Country Club. \$17,500 was raised – and shared between WDMH and Kemptville District Hospital. Funds will help purchase chemotherapy chairs for use in WDMH's chemotherapy unit.



## The Bols Family Likes to Run

About 50 family members of the Bols family, along with some friends, continued their unique way of giving thanks this past Thanksgiving weekend. They held the *Running of the Bols & Friends* fundraising event to support Winchester District Memorial Hospital (WDMH) – raising \$1,755.

Participants of all ages completed a five kilometre trek on the Russell Nature Trail. They walked, ran, biked and roller-bladed. Since 2009, the Bols Family has organized four runs, raising more than \$8,300!



[fund medical equipment purchases for hospitals?](#)

## Having a will is important



**F**or your loved ones, having your affairs in order is one of the greatest things you can do for them. Having an up-to-date will is the only way to ensure that your assets – your life’s work – are passed on according to your wishes.

No matter what your age may be, a solid estate plan – one that includes a properly drafted will – is essential. Without a will, the courts apply provincial legislation

to decide how to distribute your hard-earned assets. Your preferences therefore may not be met. This is especially true if you wish to remember people beyond your immediate family or to support organizations that are important to you, like the Winchester District Memorial Hospital Foundation.

A good estate plan is one that disposes of your assets and minimizes both expenses and taxes at the same time. Your estate can also be set up so that money is immediately available to pay debts and other expenses. Your will ensures that assets are smoothly distributed to your beneficiaries of choice and allows you to arrange your affairs so that things are taken care of as you wish after your passing. Rather than having one appointed by the courts, you can name your own executor (trustee) in your will – someone who acts as your personal representative, resolving all financial aspects of your estate and ensuring that your wishes are met.

It’s important to have your will prepared by a lawyer or through a trust company with a lawyer’s help. You should also review your will regularly. There are only three possible beneficiaries of an estate – family and friends; charity; or taxes to the CRA. The only way you can choose who benefits is by planning ahead and creating a will. The costs are minimal but the benefits are great.



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If you would like to learn more about how planned gifts can help you, your family and WDMH, please contact Kristen Casselman, Managing Director at **613-774-2422 ext. 6169**, or [kcasselman@wdmh.on.ca](mailto:kcasselman@wdmh.on.ca).

Our new website also has detailed information at [www.wdmhfoundation.ca/aboutplannedgiving](http://www.wdmhfoundation.ca/aboutplannedgiving)

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# Saving and Giving – with a will

**W**hen it comes to money, people’s ideas certainly differ.

Many believe in careful spending and systematic saving. They are gratified to see their savings grow and know their loved ones will be financially protected in the future. Others feel it’s wiser to enjoy their money as they go along and to keep their estates minimal. There is no right or wrong way of doing things. People do what feels best for them.

Whatever your beliefs, one thing is certain – having a well-thought-out will is essential to a person’s long-term financial well-being and peace of mind. Your will is also a statement of who, and what, is important to you. Through it, you can thoughtfully provide for the people you care about and invest in the causes you wish to support into the future – including the WDMH Foundation.

A will distributes your lifetime assets. Everything you own - real estate, furniture, stocks, bonds, retirement funds, life insurance policies - is given a dollar figure and then added to your income in the year you pass to calculate the value of your estate. This results in higher income and higher income taxes than what you might be used to.

Sometimes there is fear that a gift in a will would reduce the amount you can leave to your loved ones. That does not have to happen. Naming the WDMH Foundation in your will can provide your estate with tax savings and reduced probate fees\* that may actually increase the amount you leave to others. This is in addition to your support of compassionate, excellent health care for WDMH patients.

Many also believe that only those who can leave large gifts should consider a gift in their will. A gift of any amount is valued and can make a difference to patient care. For us, it’s the thoughtful intention behind the gift that matters most. WDMH has been caring for our rural communities for 70 years in a compassionate and friendly manner. You don’t find that everywhere – and it’s something that is truly valued by those we serve. WDMH would not be what it is today without the generous support of our donors.

Whether you’re a saver, a spender, or a bit of both, a will is an essential part of financial planning. Everyone who leaves a gift to the WDMH Foundation will help ensure our excellent, compassionate, health care, close to home, continues long into the future – for you, your family, friends, and neighbours – those you care about most.

\* Probate fees are the fees paid to the provincial government when a will is probated — the legal process by which a will is processed under the oversight of your executor.

## Thank A Donor!



Our new 'Thank a Donor' displays in the hospital waiting rooms allow patients and families to thank those

who have supported local health care close to home. It's a unique way to ensure our donors know how much they are appreciated!

Here is a recent message from a grateful family member:

*Thank you for your kind donation to WDMH. My mother received excellent care after her cancer diagnosis. Everyone has been compassionate and kind. Thank you, generous donor, for your contribution.*

## Our Donors Write

*Keep doing what you do because it makes a big difference in people's lives. Thank you! Be assured that WDMH will be in my donation list from now on!*

*WDMH has supported my family for many years and it's only natural to want to give back. If we want this hospital to continue to support us, we need to continue to support it.*



# 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

## Kudos to the WDMH Cardiac Team



WDMH's cardiac program team has received a Certificate of Achievement, recognizing the program's plan to support high-quality care for patients.

"This is great for our patients and our team," notes Cardiologist Dr. Kamal Sharma. WDMH's new echocardiogram equipment is a key factor. The new machine, purchased through funds raised by the local community, provides top-of-the-line images and reports.



## Donate Your Car

Did you know that you can now **donate your old or unwanted car to the Foundation**, receive an official income tax receipt, and support local health care at the same time! You will receive a tax receipt and the Foundation will receive a donation. For all the details, visit [www.wdmhfoundation.ca/DonateYourCar](http://www.wdmhfoundation.ca/DonateYourCar)

## Congratulations to Dundas Manor



Dundas Manor has been awarded **Accreditation with Exemplary Standing** from Accreditation Canada. This is the highest level of Accreditation and is awarded to organizations that go beyond the requirements and demonstrate excellence in continuously improving resident care.

"Thank you to each staff member, physician, family member, volunteer and community member who was part of the Accreditation process," notes Board Chair Bill Smirle. "We know that Dundas Manor is an amazing place and this type of vigorous review just confirms it!"



## Sign Up Today!

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

Please sign up at [www.wdmhfoundation.ca](http://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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