



BETTER CARE FOR OUR COMMUNITY.

NHH FOUNDATION NEWSLETTER
FEBRUARY 2018



**NORTHUMBERLAND HILLS
HOSPITAL FOUNDATION**
Better Care for Our Community

**PROUDLY
SUPPORTING**


**NORTHUMBERLAND HILLS
HOSPITAL**

“You know how you think bad things only happen to other people? Well I was that guy.”

Todd Denault

On a cold and snowy winter's day, Todd Denault, age 42, sat down to be interviewed for this story. He begins by taking us to mid-March 2017 when he began to experience sharp abdominal pain. Thinking it was indigestion, he made an appointment to see his family doctor. Medication to treat his indigestion was prescribed but the pain did not go away. In fact, his symptoms progressed to the point where he could no longer keep food down. This is when he became quite concerned and sensed something was really wrong.

A CT Scan was ordered and on March 31, 2017 Todd's fears were realized. “The radiologist came in to my room and told me I would be having emergency surgery that very same day.”

The CT revealed Todd had a tumour growing inside his large intestine. The tumour had grown so large it had punctured 3 of the 4 large intestine walls. “If the 4th wall burst, it could have been fatal.”

Dr. Allison Tilley performed the emergency surgery to remove the tumour and testing later confirmed it was full of cancer. “I was diagnosed with Stage 2 Colon Cancer,” states Denault.



Todd with his mom, Jane.

“After spending 2 days recovering on the Medical Surgical floor, things were good. I was getting stronger, I had the catheter removed, and then...I developed a septic infection. I was transferred to the ICU, a surgical team was once again assembled and I had another surgery. I was told I had a 50/50 chance of survival. Things were happening so fast.”

Following his second surgery, Todd was placed into an induced coma and was eventually released from hospital on Easter Sunday.

“When you're in a situation like I was and you're not prepared, it can be a very scary time. Dr. Andrew Stratford, surgeon, took a keen interest in my case and came in to visit me most mornings. He went that extra mile to make me feel comfortable and I'm grateful for that. He was such a calm influence”

In fact, Todd is grateful for a lot of things. Having been raised in Cobourg, he found that many of his caregivers were people he'd grown up with. “It meant a lot to me to have my school mates looking out for me and I'm especially grateful to John Hobart, RN who was so kind to my mom during this time.”

“I can't say enough about the staff at NHH. I felt very well cared for. The girls in the Cancer Clinic are just fantastic. Dr. Tilley took charge of my care and she has been wonderful.”

When asked how he felt about not having to travel outside the County for his care, Todd says it was a huge benefit. “People don’t realize how exhausting chemo can be. You just don’t feel well and to be able to get my care here in my own town was such a blessing and made the situation easier.” Todd also mentions the strong family support of his mother and brother. “Mom’s always been there for me and I know this has been a hard situation on both of them. But we’re getting through it.”

In fact, Todd’s mom is so grateful for Todd’s care she made a significant donation to help other patients in our community.

At the time of this writing, Todd has completed 10 of his 12 chemo treatments. He’s anxious to resume life as he knew it. As a Manager/Assistant Coach with the Nighthawks Bantam AA hockey team, he’s hoping to be back in the arena in time for playoffs.

“Your life can change on a dime. But instead of thinking “why me”, I think about how lucky I am. Lucky that the fourth wall did not puncture. Lucky to have the love and support of my family. Lucky to be able to get my care here at home. I’m on a journey.”

Donations to NHH Foundation help people like Todd every day. Thank you for making a difference in the care provided to Northumberland County residents.

BEQUESTS

The Ultimate Legacy

We were so fortunate to receive several bequests in the past year. Legacy gifts

provide much needed financial support to help us in our relentless pursuit of investing in new medical equipment and technology. Below we are pleased to highlight one of the bequests we received last year.



Elizabeth Haynes

Remembering Elizabeth Haynes (January 1919 – April 2017)

As a registered nurse, Elizabeth knew the inner workings of hospitals and the medical system very well. During the war, she worked as a nurse with Montreal Public Health. Later she worked at both the Montreal General and Montreal General Jewish Hospital. In short, she understood the critical importance of care in a hospital.

In retirement, Elizabeth and her husband Douglas were looking to spend the next chapter of their lives in a small town with a country feel. They found exactly that when they discovered and moved to Cobourg. “Mom really loved this area,” says her

daughter-in-law Margaret. “She didn’t want to live in a city, yet she wanted to be close enough to Toronto she could easily get there. She and Douglas just loved to walk by the lake.”

During her time in Cobourg, Elizabeth was a devoted donor to the NHH Foundation and made annual gifts to show her support. However, in 2009, recognizing she could no longer live safely on her own (Douglas had previously passed away), Elizabeth moved to Georgetown to be closer to her son Donald and his wife Margaret. She enjoyed several more years in a nursing home before passing away in April 2017. In spite of no longer living in this region, Elizabeth continued to support the mission of the NHH Foundation and upon her death, she bequeathed \$200,000 to the Hospital. I very much enjoyed getting to know Elizabeth when she resided in Cobourg,” says Rhonda Cunningham, Executive

Director of the NHH Foundation. “And now I am enjoying the privilege of working with her son to develop a plan on how to spend her legacy gift.”

The programs of particular interest to the Haynes family include cardiac and dialysis as family members have relied on these services.

“It’s important to us as an organization to ensure the family feels proud of what is accomplished with their loved ones gifts. There’s great comfort in knowing other patients will enjoy a higher level of care thanks to donor support,” continues Cunningham.

On behalf of the hospital family, we wish to express our heartfelt gratitude to Elizabeth and others like her who have remembered the NHH Foundation in their Will.

Meet John Racine

We are pleased to announce John Racine as the newest member of the Planned Giving Committee.

John was born and raised in Port Hope. He obtained his undergraduate degree in Politics from Trent University in 2007. After meeting his soon-to-be wife Jemma, John spent the following years living and working in the U.K. while she completed her doctorate. An opportunity for Jemma to continue her studies at the University of Toronto brought the pair back to Canada, at which time John began working in his family’s investment and insurance business. In 2015, John completed his Certified Financial Planner designation and has since



become a Certified Executor Advisor. He is now the owner and President of Racine Financial.

John and his wife Jemma could not be happier enjoying life in Northumberland County with their 3 beautiful daughters. In his spare time, John enjoys golfing,

volunteering with Rotary and watching rugby. John currently sits as chair of the Port Hope Young Professionals and looks forward to the opportunity to continue

giving back to the community as part of the Northumberland Hills Hospital Foundation Planned Giving Committee.

2017's Legacy Leaders

We are pleased to recognize and celebrate the following individuals who remembered the Northumberland Hills Hospital Foundation in their Will during 2017:

For more information on how you can provide for a gift to the NHH Foundation in your Will, or to obtain sample wording, please contact:

Estate of Doris Elizabeth Montague
Estate of Cheryl Ann Lennox
Estate of Margaret Treasure
Estate of Elizabeth Haynes
Estate of Veronika Veismanis

Rhonda Cunningham, FAHP
Executive Director
Northumberland Hills Hospital Foundation
905.377.7767

WHAT IS AN ENDOWMENT?

Endowment funds provide financial strength and stability to allow NHH to offer the very best care to our patients in the future, while creating a permanent legacy in support of the hospital.

We proudly recognize and thank all those who have established Named Endowments:

Named Endowment Funds

Frederick J. & Isabella W. Troop
Dr. Robert & Ann Scott
Phillips Family
Allan & Karen Birney
Leslie Denman Boyd
Reba & James Smith

Lynn Hardy
Isobel Milne
Tom & Alice Behan
A.K. & Bob Sculthorpe
Rosamond Comrie
Marjory Harris
Bob MacCoubrey
David C. & Bea Roffey

James & Heather Irvine
Denman Sinclair
Rolph Family
Carol Knapper
David & Esther Patterson
Don Morrison Family
General Endowment Fund

FAST FACTS ON ENDOWMENT

- Named endowment funds are established at a minimum donation of \$25,000
- Endowments are held in perpetuity; only a portion of the investment income earned on the principal is spent
- Endowment funds can be established and named in honour or in memory of a family member or loved one as a permanent tribute
- You can direct your gift to a special area of interest (e.g. diagnostic, emergency care, etc.)



Dr. Andrew Stratford, Fred Troop and Dr. Mukesh Bhargava

THANK YOU, FRED

In early January, we were so pleased to receive a significant donation from Fred Troop in support of the Frederick J. and Isabella W. Troop Endowment Fund. Established in September 2012 by Fred and his late wife Isabella, their fund supports the capital and education priorities of the Troop-Alexander Intensive Care Unit – a unit that bears their name in recognition of the largest individual gift made in support of the construction of the Northumberland Hills Hospital.

ASK AN EXPERT

Do I need a Will?

A properly drafted and executed Will is necessary for every adult. A Will allows you to clarify wishes with respect to where your property will go, who will have guardianship over your minor children and at what age your minor children will inherit. Without a Will, your property will be divided according to the current laws of Ontario, and your minor children will receive their inheritance at 18.

Both Fred and his late wife Isabella's connection to the community of Northumberland County goes back many years. Fred, in particular, was born and raised in Colborne with family roots in the area dating back over 175 years. In recognition of the incredible generosity Fred has extended to Northumberland Hills Hospital, he was honoured as one of the first-ever recipients of the Dr. of Philanthropy awards established in 2015.

Fred, your support of our hospital is inspiring. Thank you for everything you do to support the work of our medical team and our patients.

Where can I find a lawyer to draft my Will?

Ask a lawyer you have used in the past, perhaps who helped you buy your home. If they do not draft Wills they may refer you to another lawyer. You can also ask a trusted advisor you already work with – financial advisor, accountant, insurance agent, etc. Friends or family may also be able to recommend a lawyer they have had a positive experience with.

ENDOWMENT PROGRAM SUPPORTS EDUCATION EXCELLENCE

Proceeds from last year's endowment distribution totalling \$126,000 supported education excellence for a large number of NHH staff. This included the opportunity for two Nurse Practitioners – Elaine Howarth and Beverly Ryan-James - to attend a specialized course on wound care. Elaine and Beverly had this to share with us:

From Elaine:

I have been working as a Nurse Practitioner in the Emergency Department (ED) since the role was first implemented at NHH in 2012. In my role within the ED, I see patients of all ages, usually the less critical patients, but often they are patients with limited access to health care resources, so the ED becomes their access point to the health care system.

I see patients with wounds of all types in my clinical role and while through experience I have developed some wound care knowledge, I had never in fact had any formal training.

From Beverly:

I work with the Hospitalist Physician to co-manage a large component of the admitted patients in the Acute Care Unit (2B), who have a variety of acute and chronic medical issues. These patients are a vulnerable population as their primary care



Beverly Ryan James, N.P.

provider is not in our local area, does not have hospital privileges to provide care, or they lack any primary care in the community.

In the Acute Care Unit we have a significant number of patients with a variety of wounds of different complexity, but I have no formal training to manage them, and we do not currently have any formal support we can access without referral to Regional Centres.

It was important to receive further education in wound care as wounds are a complex health issue that has a significant impact on patients overall health and quality of life.

With the support from the Foundation's endowment program, Elaine and Beverly had the opportunity to attend a course run through the University of Toronto that was a mix of online learning and two clinical residencies. The first took place over 4 days in October 2017 in Toronto and the second will take place in June 2018. The online component of the program is quite intense requiring significant time for ongoing assignments.

“The transfer of knowledge from my learning into clinical practice has already helped me greatly with my decision making around patient care,” says Howarth.

“As a Nurse Practitioner I truly value the opportunity to increase my knowledge and know that I am providing the best care possible for our patients,” says Ryan-James. “Our sincerest thanks to the donors to the

endowment program who have made and continue to make this opportunity available. Your support is making a significant impact across our organization.”

NHH FOUNDATION PLANNED GIVING COMMITTEE

The Planned Giving Committee is an advisory working committee, providing guidance and support for the Northumberland Hills Hospital Foundation’s gift planning endeavours and to act as advocates for the program.

Volunteer committee members are appointed based on their estate, trust, tax, insurance and financial planning expertise. Members generously share their time to help the NHH Foundation staff and potential donors receive helpful information. We are so fortunate to have these professionals dedicated to helping MAKE CARE BETTER at our hospital.

To learn more about our giving programs, visit www.nhhfoundation.ca

2018/19 Planned Giving Committee

Chair: Kerry Lynch
Lynch Rutherford Tozer

Members: Tyler Hathway
NHH Foundation Board Chair

Bruce Coleman
Lawyer

Alison Lester
Irvine, Lester & Low Lawyers

Meaghan Adams
Meaghan Adams Law

John Racine
Racine Financial

Rhonda Cunningham
NHH Foundation – Executive Director

Privacy Statement

The Northumberland Hills Hospital Foundation respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell, or trade our mailing list. The information you provide will be used to keep you informed and up-to-date on the activities of the Northumberland Hills Hospital Foundation—including programs, services, special events, funding needs, and opportunities to volunteer or to give—through periodic contacts.

If at any time you wish to be removed from any of these contacts simply contact us by phone at (905) 377-7767 or via e-mail at rcunningham@nhh.ca and we will be pleased to accommodate your request.