



BETTER CARE FOR OUR COMMUNITY.

NHH FOUNDATION NEWSLETTER
FEBRUARY 2019



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

**PROUDLY
SUPPORTING**
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**NORTHUMBERLAND HILLS
HOSPITAL**

In October, the NHH Foundation received a significant donation from Elizabeth Edwards. What prompted Elizabeth to make this gift? A health scare that placed her right in the throes of what a hospital means to its community. Here, Elizabeth recounts her experience:

You Have A Tumor!

By Elizabeth Edwards

“You have a tumor,” said Dr. Al-Ali. **WHAT?** “And, we’ll need to set up a time for an operation.” **WHAT?** “Then we will know whether you’ll need further treatment.” **WHAT?** I was more incredulous than shocked by this news, because I’ve made it through life without a single serious medical problem.

Overnight, Northumberland Hills Hospital became important to me. I asked others about their experience with the hospital, the surgeons, the nurses, and asked around as to who were the best anesthetists (loss of control is big to me). Is the hospital as good as a city hospital? (As if I would know!) I feel a sense of shame that I had such silly and baseless notions about our hospital’s competence.

My operation was a success. During my 2-night stay, I observed the antics of other patients, and paid particular attention to the nursing staff. On our floor, there happened to be a patient that caused so much strife – day and night. Yet the nursing staff showed only compassion and a remarkable patience towards this man. During the day, I walked the corridors and for the first time in my life, realized how very, very, lucky I am. I saw some very ill patients and others in stages of dementia, some far too young to be

there, and others without much hope of ever getting better.

Over the past year, I often think how very fortunate we are to live in this County and have such a fantastic facility. I often think of those hard-working, kind and caring nurses, the doctors, and the myriad of volunteers who make the hospital work.

There is always a need to adapt, change and grow with the demands and pressure of a changing population. I’m now clear. I’m fully committed to support this facility how and where I can. I want my hospital to be there when I need it.



Elizabeth, thank you for such an incredibly generous gift. Your generosity will help us continue to provide the very best care to our community when they need us most.

Cover Photo - John Hobart, RN
NHH Emergency Department

Meet Rose...She's a Community Builder

Rose and her late husband, Joe, care about their community. Northumberland Hills Hospital is one of the organizations they have significantly supported for many years with their philanthropy. Wanting to honour the memory of her husband, Rose reached out to the NHH Foundation and pledged a significant gift. The Cat Scan Suite is now named the Joe and Rose Regan CT Suite. The support extended to NHH by the Regans will touch the lives of our patients each and every day. Rose, thank you for all you are doing to strengthen local healthcare.



Celebrating a Life Well Lived – Ed Novinka

When Ed Novinka passed away in December, 2017, his family named the NHH Foundation as a recipient of donations in his memory. Friends and family responded and over

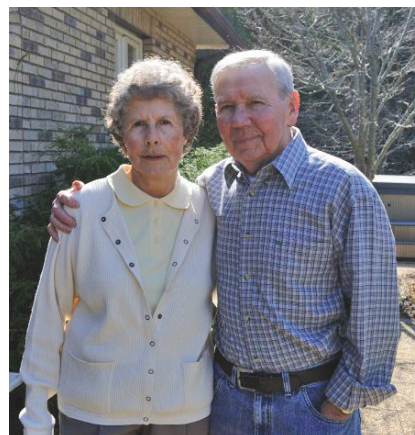
\$1,000 in donations were received in his name. Over and above this, we were recently honoured to receive a personal donation from Ed's wife, Dorothy.

During his lifetime, Ed battled Chronic Obstructive Pulmonary Disease – more commonly known as COPD, and he was a patient of NHH numerous times over the years. “I want to help others who are going through a similar experience as Ed. I want these patients to be more comfortable,” shares Dorothy.

Thanks to the generosity of the Novinka family, several purchases will be made, including two AutoPap units, a glidescope, and rapid infuser. In addition to this, the Ed and Dorothy Novinka Endowment Fund will be created to provide an annual gift to the hospital in perpetuity.

After 50 years in the grocery industry and residing in Port Hope for over five decades, Ed's memory will live on through the care and comfort these gifts will provide to others.

We are deeply honoured to be the recipient of this generosity. Thank you Dorothy and thank you to Ed's family and friends.



BEQUESTS

The Ultimate Legacy

In the past year, we were fortunate to receive several gifts made through people's Wills, known as bequests. Every bequest, large or small, is critical in helping us in our relentless pursuit of investment in new medical equipment and technology to better serve Northumberland patients.

In October, we were able to announce the arrival of the new Canon Ultimax-1 fluoroscopy unit and accompanying TIMS Medical digital recording system.

This \$1 million project was fully funded by the generosity of an anonymous bequest to the NHH Foundation. That's powerful!

"This new system makes it possible to perform multidirectional x-ray imaging and plays a critical role for the pain management of our patients with spinal and joint discomfort," says Ian Moffat, NHH's Director of Diagnostic Imaging and Laboratory Services. "Fluoroscopy allows for an area of the body

to be filmed, and studied, in motion, rather than as a still, snapshot image. Think of it as a video, versus a photograph, and you can begin to get a sense of how powerful it can be from a diagnostic perspective!"

"Along with pain management, the new fluoroscopy unit and TIMS system has greatly improved our accuracy for swallow assessments. The TIMS unit is a digital recording device that captures images that helps to assess the patient's swallowing mechanism. This leads to better therapy to get our patients from the feeding tube to the dinner table faster," says Katie Beitle, Speech Language Pathologist at Northumberland Hills Hospital. "With this donation, we'll see a significant improvement in the quality of life for patients in our community."

"The new fluoroscopy unit is an excellent example of how one person's generosity has made a lasting impression on the care patients will receive for decades to come," says Adrienne Burns, Leadership Gifts Officer, NHH Foundation. "We are extremely grateful to this donor for thinking of NHH and are excited to see their legacy come to life to serve patients of west Northumberland."



Kristin Guttridge, Diagnostic Imaging Technologist and Ian Moffat, Director, Diagnostic Imaging

2018's Legacy Leaders

We are pleased to recognize and celebrate the following individuals who remembered the Northumberland Hills Hospital Foundation in their Will during 2018:

Estate of Peter Feher
Estate of Geoffrey M.C. Dale
Estate of Edith Catherine Smith
Estate of William Brodie Hannah

Estate of John Schoon
Estate of Joan Agnew
Estate of Richard John Sofka

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:

Rhonda Cunningham, FAHP
Executive Director
Northumberland Hills Hospital Foundation
905.377.7767

Our promise to you

- We will always respect your privacy
- We won't put you under pressure - it's a big decision so please decide in your own time.
- Your family comes first. We know it, we respect it and we won't try and change it.
- We'll use your special gift wisely and effectively.
- You don't have to tell us how much you are leaving to us - we respect your right to privacy.
- We'll answer any questions you have honestly and quickly.

If you want your gift to be spent in an area that's special to you, we'll do our best to arrange it (Source: adapted and used with permission from OXFAM)

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.

Funds given to the endowment program are permanently invested and only a portion of the income is expended annually. For the last several years, the annual distribution to the hospital has also been invested in ongoing educational opportunities for NHH staff.

As at December 31, 2018, the Foundation's endowment is \$4,594,877.

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

Named Endowment Funds

Frederick J. & Isabella W. Troop
Allan & Karen Birney
Lynn Hardy
A.K. & Bob Sculthorpe
Marjory Harris
David C. & Bea Roffey
Denman Sinclair

Carol Knapper
Don Morrison Family
Dr. Robert & Ann Scott
Leslie Denman Boyd
Isobel Milne
Rosamond Comrie
Bob MacCoubrey
James & Heather Irvine

Rolph Family
David & Esther Patterson
General Endowment Fund
Phillips Family
Reba & James Smith
Tom & Alice Behan
The Giles Family
The Novinka Family

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.)

For more information on the Endowment program, please contact Rhonda Cunningham at (905) 377.7767.

ENDOWMENT PROGRAM SUPPORTS EDUCATION EXCELLENCE

Proceeds from last year's endowment distribution totalling \$147,000 supported education excellence for NHH staff.

Here is what some of the recipients had to say:

I wanted to take a moment to thank the Foundation for funding the UOIT Leadership Excellence Program and allowing me the opportunity to attend. As a new manager, I really value every opportunity I have to expand my leadership skills and learn new ways to effectively implement change. The workshop was unique and allowed me to network with other managers who I've not yet met and learn from my peers' past experiences.

Thank you for supporting my own ongoing learning. I will continue to seek out further education opportunities.

Emma Taylor, RN

Please pass on my appreciation to the Foundation for financially supporting the management and leadership certificate. This was perfect timing for me as I entered my new role; I am always appreciative of learning opportunities that enhance our daily practice. The workshops offered individualized ways to manage change as well as understand broader team goals and individual staff needs.

Jennifer Cox M.S.W., R.S.W.

Integrated Director, Mental Health, Community Programs and Services

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.

ASK AN EXPERT

Members of our Planned Giving Committee are professionals working within our County in the areas of legal and financial matters. They have developed this list of questions frequently asked by their clients in the hopes this information may help you better understand your options:

Who should I choose as my estate trustee(s)?

You should ask someone that you trust and feel has the capabilities to perform the task required. You should discuss and consult with the individual(s) to confirm your mutual agreement on this important role. We suggest you discuss your decision with close family members if you would like them to know your reason for selecting a particular trustee. You should also name an alternate trustee(s) in case the person you name cannot act.

I don't have any nearby relatives or friends whom I want to "burden" with the task of Estate Trustee. Whom should I appoint?:

If there is not an appropriate and capable friend or relative within the province (or at least within Canada), you may be able to appoint a "corporate" Estate Trustee such as a Bank or Trust Company. However, a corporate trustee will usually require you to sign a fee agreement at the time of signing your Will and may not agree to be appointed as your estate trustee unless your assets have a certain minimum value. In some cases, your accountant or lawyer may be willing to be appointed in your Will as your Estate Trustee.

What are powers of attorney and do I need them?

Yes, everyone should have power of attorney. There are two kinds of powers of attorney: one for personal care (health); and one for property. With powers of attorney you can appoint someone you know well and trust to make medical and financial decisions for you while you are alive in the event you are unable to do.

Should I list specific items in my Will?

It is possible to list specific gifts for individuals, such as a piece of jewelry but there are other, more flexible, ways to deal with your "stuff" as well. A good solution is to reference in your Will a separate list of items that you will prepare and leave among your personal papers. This list gives the executor direction as to how to distribute your personal items among your beneficiaries. Although an executor would not be legally bound to do so, the executor would have a moral obligation to follow your wishes.

I want to leave funds to my favorite charity in my Will but I don't know how much to leave because I don't know how much money I will have at the time of my death, what do I do?

If we all knew the precise date of our deaths, estate planning would be much easier! However, given the uncertainty and the rising cost of long-term care, many people are unsure how much to leave to charity. A solution is to leave a percentage of the value of your estate. That way, the gift will always be proportionate to the size of your estate. This is a good way to ensure that you have left something for your family, while still remembering your favorite charity.

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.

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

Planned Giving Committee

Chair: Kerry Lynch
Lynch Rutherford Tozer
Chartered Professional Accountants

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.