



BETTER CARE FOR OUR COMMUNITY.

NHH FOUNDATION NEWSLETTER
JANUARY 2021



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

**PROUDLY
SUPPORTING**


**NORTHUMBERLAND HILLS
HOSPITAL**

Remembering Ruth Gordon

Looking at the advanced technology and variety of services at Northumberland Hills Hospital (NHH) today, it is important to remember these have been built over time – even longer than the 17 years since NHH first opened its doors. Our community hospital stands strong thanks to the many volunteers and supporters over the years who have prioritized healthcare in Northumberland County.

“We must recognize and thank those who saw the importance of local healthcare and gave their time towards our community’s hospitals long before NHH was even a vision,” shares Rhonda Cunningham, Executive Director of NHH Foundation. “We thank the many who made healthcare close to home a priority and whose devotion helped build a solid foundation for NHH to grow from – people like Ruth Gordon.”

Born in Toronto in 1931, Marlyn “Ruth” Gordon spent much of her childhood living in England during the Second World War before returning to Toronto to complete her high school education at East York Collegiate, where she met her soon to be husband, Jim Gordon. After graduation, Ruth pursued additional education and became a kindergarten teacher.

In 1966, Ruth and Jim settled in Cobourg, where she taught at Merwin Greer School and became an avid and accomplished lawn bowler, bridge player, knitter, and hostess. It was in this town that Ruth and Jim raised their three children, Mark, Laura, and Jamie. Over time, their family expanded to include their children’s partners as well as nine grandchildren and six great grandchildren.

Ruth was a volunteer on the hospital Auxiliary for more than forty years, beginning her tenure at the Cobourg District Hospital before



Ruth Gordon

continuing it at NHH. During this time, she served as the President of NHH Auxiliary and was honoured by the Hospital Auxiliary Association of Ontario with a Provincial Life Membership for her exceptional service. She also sat on the Cobourg District Hospital Board of Directors and served as Board Chair for three years.

Sadly, Ruth passed away in early October 2020, but the passion for friends, family, and community shown throughout her lifetime left the world a better place. Upon Ruth’s passing, her family continued to uphold the importance of healthcare she so clearly supported throughout her life, requesting memorial donations be directed towards NHH Foundation.

Hers was a long life, well lived and she is remembered for being smart, loyal, funny, kind, thoughtful, and generous. Today, her daughter, Laura, has followed in upholding her legacy, serving as a member of the NHH Auxiliary since 1989, volunteering for NHH Foundation’s Annual Fundraising Gala, and

Cover Photo - Kamryn, RPN;
Paula, RN; and Devon, RN

joining NHH Foundation’s Board of Directors in 2019.

“It’s people like Ruth who have helped make NHH so strong today,” shares Rhonda. “Not only did her loyalty to our hospital throughout her lifetime contribute significantly, but she has left a legacy and passed her passion for local healthcare on to future generations who will continue to strengthen and support our hospital for years to come.”

A Taste of Dignity

For Chef William P. Topping (Bill), food was a way to express compassion and kindness towards others. He spent his life pursuing his passion for cooking, earning his Certificate of Qualifications as well as his Certificate of Appreciation and various cooking awards.

Bill grew up in a factory town but knew from an early age that the factory life was not for him. He felt lucky to have been indentured into an apprenticeship for cooking, which not only provided a learning opportunity, but shaped who he became as a person – it was quickly clear he was meant to be a chef.

He spent his life feeding others and bringing people together around food; for him, this was a way to help those in need. Bill specialized in institutional food production, working at Oshawa General Hospital (OGH) for almost a decade, preparing up to 3000 meals a day designed to fit every dietary need while



Chef William P. Topping



Thanks to Bill's generosity, a 'spirit lifter' was provided to staff December 3

maintaining high quality. Following his time at OGH, Bill performed private catering while also authoring two books, *A Taste of Durham* and *Romantic Venison*.

In Bill’s eyes, food was a way to express love and hospitals were at the heart of a community. With this perspective, it’s no wonder he chose to leave a legacy that brings the two together. Bill suffered from pulmonary fibrosis and as his condition worsened, he decided to plan a *Taste of Dignity* gift to Northumberland Hills Hospital (NHH) Foundation within his Will.

Sadly, Bill passed away in March 2020, leaving these funds with the wish they be utilized to provide food and entertainment to celebrate NHH staff and physicians. During Bill’s visits to NHH as a patient, he had been impressed by the consistent compassion demonstrated by physicians and staff – it was clear to him they were not just going about their jobs, but they truly cared. He saw strength in the size of NHH, believing it supported a community feel and allowed for efficient and personal care, and he felt this deserved to be recognized.

For Bill, leaving this gift was the perfect recipe to show his appreciation for the care he received – it combines a heaping spoonful of gratitude, a pinch of cheer, and a touch of respect.

YOU'RE INVITED: House Calls

In late January we will launch a new initiative called "House Calls." These virtual sessions will be held each Tuesday at 2pm, are one-hour in length and are designed to:

- Shine a light on a hospital service/program/organization
- Showcase recent equipment purchased to demonstrate your donations at work
- Educate you on planned giving topics of interest
- Provide an opportunity for social connection with like-minded people



We have lined up a variety of speakers to join our panels and now all we need is an audience!

How to RSVP: If you're interested in attending, please contact Wendy Bridgman at (905) 372-6811 ext. 3066 and provide your email address. Each week we will send you the Zoom link to join the session. It's that easy!

For more information, or to sign up for these virtual conversations with our community, feel free to contact us.



Brittney, RT; Dana, RN; Kelsey, RT

GENEROSITY FUNDS LIFE-SAVING EQUIPMENT

Earlier this year, we were able to fund the purchase of a new ventilator at NHH thanks to the generosity of an anonymous community donor. When asked about the difference they hoped their contribution would make, this donor shared:

"We hope nobody ever needs this ventilator but should that not be the case, we wanted the community to have access to the best equipment possible."

**Thank you, for helping to
MAKE CARE BETTER!**

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 been invested in ongoing educational opportunities for NHH staff.

As of November 30, 2020, the Foundation's endowment is \$6,210,448.

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

Named Endowment Funds

Phillips Family	Dr. Robert & Ann Scott	Frederick J. & Isabella W. Troop
Allan & Karen Birney	Leslie Denman Boyd	Reba & James Smith
Lynn Hardy	Isobel Milne	Tom & Alice Behan
A.K. & Bob Sculthorpe	Rosamond Comrie	The Giles Family
Marjory Harris	Bob MacCoubrey	The Novinka Family
David C. & Bea Roffey	James & Heather Irvine	Ralph, Reginald & Eva Herne
Denman Sinclair	Rolph Family	
Carol Knapper	David & Esther Patterson	
Don Morrison Family	General Endowment Fund	



Fred Troop

Honouring Loved Ones

Fred Troop recently made another donation to the Frederick J. and Isabella W. Troop Endowment Fund which was established in 2012 to provide ongoing financial support to the Troop-Alexander Intensive Care Unit, named to honour the memory of his and his late wife's parents. Even while not living in Northumberland County full-time, Fred continues to make supporting NHH a charitable priority. Fred, thank you for your unwavering commitment to our Hospital!

FAST FACTS ON ENDOWMENT

- Named endowment funds are established at a minimum donation of \$100,000, which can be funded over a period of up to five years.
- 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 or rcunningham@nhh.ca

The Importance of Family

Nothing made Sandy MacGregor happier than when his family was all together. He and his wife Eliane met and were married in Peterborough, but it was in Cobourg where they started their family and built their life together – this was their community.

Sandy started his career in 1970 as a professor in Math and Business at Sir Sandford Fleming College in Peterborough. He met Eliane during his two years teaching there and in 1972, they moved to Cobourg where Sandy became the Director of the Lakeshore Campus, and played a major role in its development. After about 16 years at the College, Sandy and Eliane decided to pursue self-employment and work together as a team until their retirement.

At 72 years old, Sandy was a healthy and active husband, father, and grandfather. He enjoyed walking, golf, and most importantly, spending time with Eliane; their three children, Jason, Michele, and Mark, as well as their partners; and their four grandchildren, Grace, Alicia, Alek, and Tristan. There were no signs of the health problems that would lead to his stay in an Intensive Care Unit (ICU) and his sudden passing from a heart complication in September of 2019.

While Sandy's illness was sudden, his family spent several days by his side, taking some



Sandy and Eliane MacGregor

comfort in a family lounge near Sandy's room. For them, this lounge became a place where they could laugh, cry, eat, sleep, and ultimately be together with some comforts of home – all while remaining close.

After Sandy's passing, his family wanted to help other families in our community going through similar situations. Knowing what having a family lounge had meant for them, they decided to fund a complete refresh of NHH's ICU lounge in Sandy's name so that future families and loved ones of ICU patients have a comfortable refuge close by.

Sandy's family would like to express sincere gratitude to members of the community, Sandy's family and friends for all of the generous donations that made this project possible and allowed them to both honour Sandy and help other families in the future.



ICU Lounge

A Team Effort Saves a Life

It wasn't just one person responsible for saving Ken Bray's life in early 2020, it took teamwork by all who came together to help.

The life-saving acts were set into motion when his friends, Peter Rhines and Jason Whyte, noticed Ken hadn't been joining them for morning coffee at McDonald's for several days in a row. These friends made the decision to stop by, and ultimately enter, Ken's house where they found him with just enough strength left to say, "call 911."

From here, the paramedics quickly attended to Ken, making sure he was stabilized and transporting him to Northumberland Hills Hospital (NHH) where the hospital team took over his care. Ken was admitted to NHH and stayed for six weeks before being discharged on April 1, 2020 – an exciting moment he was pleased wasn't simply an April Fools joke. During Ken's stay there are certain things that stand out: the quality care he received, sharing stories with fellow inpatients in the inpatient dining hall, and joking with the nursing staff.

As a lifelong Port Hope resident, Ken felt lucky



Ken Bray

to receive care so close to home. He will forever be grateful to his friends, Northumberland Paramedics, and NHH for coming together to save his life.

In addition to reminding us of the importance of having a well-equipped hospital in our community, Ken's story carries a second reminder – something that this past year has demonstrated the importance of, that seems simple but can make a world of difference: **check on those you care about.**

The team at NHH is here for you and your loved ones should you need them, every hour of every day.

2020'S LEGACY LEADERS

We are pleased to recognize and celebrate the following individuals who remembered the Northumberland Hills Hospital Foundation in their Will during 2020:

Estate of H. Gerald Fraser
Estate of Ruth Irwin Melvanin
Estate of Evelyn Fardella
Estate of Shirley Elizabeth Wilson
Estate of Jane Richmond Armstrong
Estate of Agnes Jean Butchart
Estate of Petronella Wopereis

Estate of Gerald H. Taylor
Estate of Carolyn Elizabeth Byers
Estate of William P. Topping
Estate of Helge Mikkelsen
Estate of Mary Brandon
Estate of Harry James Pursley

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 AS A LEGACY DONOR

- 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)

NHH FOUNDATION PLANNED GIVING COMMITTEE

The Planned Giving Committee is an advisory working committee, providing guidance and support for Northumberland Hills Hospital Foundation's gift planning endeavours and acting 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 NHH Foundation staff and potential donors receive helpful information.

To learn more about our giving programs, visit NHHFoundation.ca.

Planned Giving Committee

Chair: Kerry Lynch
Lynch Rutherford Tozer
Chartered Professional Accountants

Members: Jeff Gilmer
NHH Foundation Board Chair

Bruce Coleman, Lawyer
Racine Law

Alison Lester
Irvine, Lester & Low Lawyers

Meaghan Adams
Meaghan Adams Law

John Racine
Racine Financial

Rhonda Cunningham
NHH Foundation Executive Director

WANT TO HEAR MORE?

In addition to our bi-annual print newsletters, NHH Foundation shares news and information such as donor profiles, grateful patient stories, staff features, and upcoming events digitally throughout the year. If you'd like to sign up to receive this in your email inbox, visit NHHFoundation.ca to subscribe, or contact jjilmer@nhh.ca or (905) 372-6811 ext. 3075.

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