



The Ottawa Hospital Foundation | La Fondation de l'Hôpital d'Ottawa

# Life Support

WINTER-SPRING 2011

*Building a Better Hospital*



*Inspirational stories,  
donor news and  
research  
breakthroughs*

## Thank You for Your Investment in Our Hospital

At the Foundation we understand that when people give to research and patient care at The Ottawa Hospital it is often because of some deep, personal experience. Perhaps a certain illness or disease has touched their family and they want to help others in a similar situation.

Whatever your particular reason may be for giving to The Ottawa Hospital, we appreciate your confidence in us to direct the resources on your behalf to the areas that are most important to you. We value your investment in our Hospital and we are committed to being accountable to you.

Our role is to carry out the wishes of each and every one of our donors effectively and we pride ourselves in delivering on that promise. Recently, Canadian financial magazine MoneySense graded the top 100 charities in

Canada on a variety of criteria. We are pleased that The Ottawa Hospital Foundation received an A+ for charity efficiency. I invite you to view this report, our annual report and other financial information through our website: [www.ohfoundation.ca](http://www.ohfoundation.ca).

I hope you will continue with us in partnership as we build a better hospital for everyone in our community today, and for many years to come!



Susan M. Doyle  
President and CEO  
The Ottawa Hospital Foundation

## Innovation in Motion

Some of our donors recently got an exclusive look inside the new University of Ottawa Skills and Simulation Centre. The 3,000 square-foot facility has four state-of-the-art simulation rooms - two operating rooms, an ICU and labour and delivery suite/emergency room. Each one is a close replica of the real thing found within The Ottawa Hospital. They are equipped with anatomically-correct models of body parts, or full body mannequin simulators that simulate everything from pulses, heart and breath sounds to sweating and bleeding – they even speak!

*“We feel by supporting  
The Ottawa Hospital  
we’re helping anyone in  
our community who may  
require their services.”*

— Claire Goodfellow

Much like the aviation industry uses flight simulators to train pilots before they ever get off the ground, health care simulation training provides interns with hands-on training and experience to hone their skills before entering the “real world” of day-to-day hospital life, providing a safe environment for everyone.



TOH supporters Claire and Thorold Goodfellow got a first hand look at medical simulation training at the University of Ottawa Skills and Simulation Centre



# Inspiration by Example

Celia Robinson had the perfect guy, a gorgeous dress and a picturesque venue for the wedding of her dreams. She and her fiancé Matt Chaisson also found a way to include honouring her late father, Brian, on their big day through a special gift to The Ottawa Hospital.

Brian Robinson, remembered as ‘The Gentle Giant’ by his friends and family fought multiple myeloma - a cancer of the plasma cells - for two years at The Ottawa Hospital.

“He was a great father,” Celia remembers. “He was larger than life and left his mark everywhere he went!” Sadly, Brian lost his battle with cancer in 2005 and Celia’s husband never had the chance to meet him.

During Brian’s treatment, Celia fondly recalls how his medical team at The Ottawa Hospital General Campus became like another family. “My father got the very best care. Dr. Atkins, Dr. Huebsch and the nursing staff were incredible – always so willing to do whatever they could for him. We are still so grateful for that.”

Brian’s family holds an annual memorial charity golf tournament for patient care and research at The Ottawa Hospital. So, for Celia, finding a joyful way to include Brian in the wedding plans was simple.

Instead of favours such as chocolate or other small gifts that the bride and groom traditionally give to each guest, wedding attendees found a simple card on the table explaining that a donation had been made to The Ottawa Hospital as a thank you to them and in memory of Brian.

“We wanted to give something unique that truly represented what’s important to us – and that’s family,” Celia says. “And it was perfect.”



*Celia and Matt Chaisson married on June 26, 2010.*

*“Any way that we can give back to The Ottawa Hospital, we will. Everyone agreed that this was a wonderful way to remember Dad.”*

*– Celia Chaisson*

## Upcoming Events

**March 8, 2011**

### ***Hope and Heroes***

The Westin Ottawa

More than 600 people gather for this annual event in support of The Ottawa Hospital Rehabilitation Centre (TOHRC). Presented by Scotiabank and hosted by The Ottawa Hospital Foundation and the Ottawa Senators Alumni, the evening features a unique blend of recognition for heroes in our community and inspiring stories from those who have benefited from TOHRC in the past.

[To order tickets or for more information: 613-798-5555 ext. 13327 or events@toh.on.ca](#)

**May 28-29, 2011**

### ***Run for a Reason***

Ottawa Race Weekend

Join the thousands of dedicated individuals and teams that raise funds as part of the The Ottawa Hospital Foundation’s Run For a Reason at Ottawa Race Weekend. You can raise funds and direct them to support areas of the Hospital that matter most to you.

[Race registration fills up quickly, so don’t wait! For more information on how to get started: 613-798-5555 ext. 13327 or events@toh.on.ca](#)

**September 10, 2011**

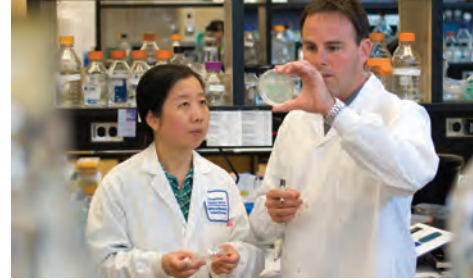
### ***Ride the Rideau***

Join us to Bike the Good Fight.

Ride the Rideau is a 100 km bike tour to support cancer research at The Ottawa Hospital. Last year more than 300 riders took part. Make sure you don’t miss out.

[Registration is now open! To register, donate or volunteer visit: www.ridetherideau.ca](#)





## Research Update **Seeing the World with New Eyes**

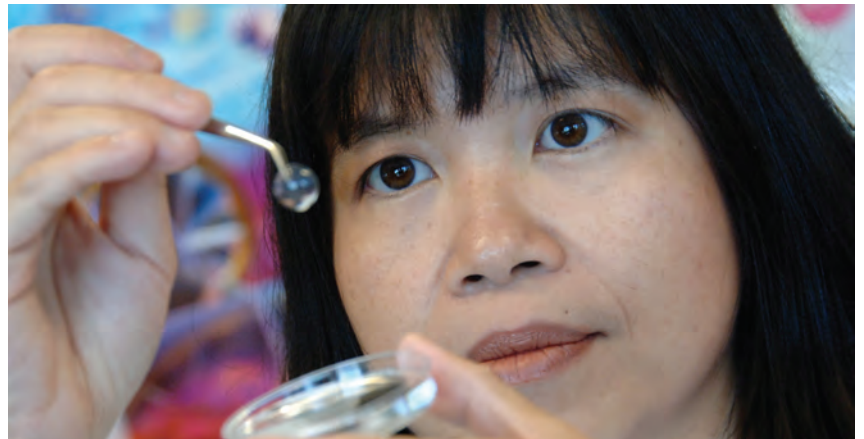
*“With further research, this approach could help restore sight to millions of people. Your help will get us there faster. We can’t do this alone!”*

— Dr. May Griffith, Senior Scientist,  
Ottawa Hospital Research Institute

## 5 Tips to Vision Health

Health Canada suggests the following steps to keep your eyes healthy:

- ◆ If you are over the age of 45, have your eyes examined on a regular basis.
- ◆ Don’t smoke. Smoking tobacco is a major risk factor in the early onset of age-related macular degeneration.
- ◆ Reduce glare by wearing sunglasses. Sunglasses should provide 99 to 100% UV-A and UV-B protection. UV rays can harm your eyes even on a cloudy day.
- ◆ Protect your eyes from accidents in your home. Wear safety glasses in the workshop and when using chemical products such as ammonia.
- ◆ Eat your carrots. A daily dose of vitamins and minerals found in melons, citrus fruit, carrots, spinach and kale may help slow the progress of age-related eye diseases such as macular degeneration, glaucoma and cataracts.



About 10 million people worldwide suffer from vision loss. Many wait years for sight saving treatment because of a shortage of human donor tissue. Dr. May Griffith at the Ottawa Hospital Research Institute is working with colleagues here and in Sweden to change that.

The cornea - a thin transparent layer of collagen and cells - acts as a window into the eyeball to help focus light. Dr. Griffith and her colleagues began developing artificially fabricated or “biosynthetic” corneas right here in Ottawa more than a decade ago and implanted the first man-made cornea in 2007.

While it sounds like something out of a sci-fi thriller, recent clinical trial results are showing real promise!

“This study is important because it’s the first to show that a synthetically fabricated cornea can integrate with the human eye and stimulate regeneration,” Dr. Griffith explains.

Ten patients had surgery on one eye to remove damaged corneal tissue that was replaced with the biosynthetic cornea. Two years later the cells and nerves from the patients’ own corneas had grown into the implant, resulting in a “regenerated” cornea that resembled a normal, healthy one. The biosynthetic corneas eventually became sensitive to touch and produced tears.

In addition six of the ten patients could see four times further than before the operation. With the help of rigid contact lenses – the results in all ten patients were similar to what the traditional corneal transplant with human donor tissue would be, with one patient achieving 20/20 vision and two others with 20/25 vision.

Thanks to support from donors like you, exciting research like this can develop right here in Ottawa, offering new hope for patients with vision loss – with an impact that can be felt worldwide!



# Their Spirit of Generosity Lives On *Wanda and John Stopa*

John and Wanda Stopa were committed to improving the lives of everyone in their community. Thanks to their careful planning, future generations will also benefit from that spirit of generosity.

Originally from Poland, John and Wanda met not long after immigrating to Canada in the mid-1950s. They fell in love, got married and John started a career at the former Ottawa Civic Hospital that spanned the next 25 years! He worked first in maintenance, then as an elevator attendant.

The Stopas were also well-liked and well-known members of Ottawa's Polish community. Both believed in supporting The Ottawa Hospital, but Wanda was especially passionate. She would tell friends that there is nothing more important to a community than having a hospital that can care for all people.

When John died in 1991, Wanda included The Ottawa Hospital Foundation among the charitable bequests in her Will to carry on their spirit of giving.

Wanda passed away at the age of 84 and her bequest resulted in a donation of more than \$20,000 designated to the Civic Campus in honour of John's years of service there. John and Wanda Stopa's legacy continues to fulfill their dream of world-class health care for everyone in their community.



Hear the stories of people in our community whose lives were changed by research at The Ottawa Hospital:

[http://www.ohfoundation.ca/publications/videos/index\\_e.asp](http://www.ohfoundation.ca/publications/videos/index_e.asp)



## Planned Giving

If you are considering a planned gift to the Foundation, we encourage you to consult your own financial and legal advisors to ensure your gift is tailored to your personal circumstances and maximizes any available tax advantages.

For more information about including a gift to the Foundation in your Will, please contact Planned Giving Officer, Sue McIntosh at 613-798-5555 ext. 19816.



### We Support



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