



Life Support

WINTER/SPRING 2018



Building tomorrow's health care

I wanted to extend my sincere thanks for helping make 2017 such a successful year. We are grateful for the various ways donors like you lend your support to The Ottawa Hospital.

Our signature event THE RIDE, which so many donors were involved in, was a huge success. Pam Bechervaise, who you'll read about, was one of 700 riders and 350 volunteers who raised \$1,065,000 for research at The Ottawa Hospital. Thanks to support from donors like Pam, our researchers are challenging the status quo and making groundbreaking advances that are having a global impact on patient care.

We are grateful to people like Melanie and Maureen Tod and Harold Tinker who generously consider The Ottawa Hospital in their Will. Their future gifts will help patients now and for generations. The legacy of generous people who made decisions years ago to include the hospital in their estate plans has made our community healthier today.

The next generations in the National Capital Region will receive care at our new campus, which is in the early stages of development now. It will take five years to design and another five years to build the new campus. This is an exciting phase of the hospital's history and we are delighted that you are a part of it. Your support is helping shape and build a modern health-care facility where innovative patient-centric care is second to none.

Gratefully,

Tim Kluge
President and CEO,
The Ottawa Hospital Foundation



Biking to save lives

The saying goes, 'it's like riding a bicycle.' For Pam Bechervaise, the last time she jumped on her bike was over 20 years ago. This summer, Pam decided to get back on her bicycle and register for THE RIDE in support of cancer research at The Ottawa Hospital. It's this research that she may need someday, if her cancer returns.

In 2014, Pam was diagnosed with breast cancer. She needed to undergo three surgeries, chemotherapy and radiation. In June, she marked a special milestone: "1,000 days cancer free." She looks forward to more milestones like that one.

The mother of two young children had firsthand experience of the exceptional cancer care The Ottawa Hospital provides. She is grateful that the hospital was there when she needed it, offering the latest, most optimal therapies. She also saw the treatment change and improve in the three years since she was diagnosed.

Pam hopes that she'll never have to return to The Ottawa Hospital Cancer Centre for active treatment but, "I know that if I do need it again that, with the research being done, next time around there will hopefully be a cure."



Pam Bechervaise and her husband Jason cycled 50 kms for THE RIDE on September 10, 2017.

Growing up near the Civic Campus

The Tod family grew up around the hospital, and the hospital grew up around them.

When Charles and Maureen Tod moved to Ottawa in 1963 with their young daughters, Cynthia and Melanie, they chose a house that was close enough for Charles to walk downtown to work. It took him 43 minutes. Their house on Kenilworth was only blocks from the former Civic Hospital.

Maureen Tod still only lives blocks from the hospital in the Duke of Devonshire Retirement Residence on Carling Avenue. She and Charles moved there in 2009 when Charles started suffering with Alzheimer's. They celebrated their 60th anniversary there, before he passed away.

Maureen sits beside Melanie on the couch in her room, comparing notes. They agree they were fortunate not to have needed ongoing care for serious illnesses, such as diabetes or cancer. However, Maureen said with two young daughters, they "consumed the hospital over the years for minor things," including tonsillitis, appendicitis, concussions, sprains and stitches.

"It seemed like every time I fell out of a tree, I went. You'd take me to The Ottawa Hospital when the Emergency was in the back," Melanie reminds her mom. "When I was about 12, I used to go into the tunnels and race the gurneys."

The hospital was a presence in their lives. Their family doctor had an office in the Melrose clinic at the Civic Campus.



Melanie and Maureen Tod

Maureen volunteered there, and was the candy purchaser at the gift shop. She said they'd sell \$500 worth of candy a week. Charles got his hearing aids adjusted at the hospital's Parkdale Clinic. Melanie had investigative and repair surgeries over the years, and her husband was treated in ICU for complications after gall bladder surgery in Brockville. Every member of the family has benefited from the phenomenal care The Ottawa Hospital provides.

In the last few years, 89-year-old Maureen has visited the hospital because of falls, likely as a result of the mini strokes identified at the hospital.

"Lots of your friends counted on The Ottawa Hospital," Melanie said to Maureen. "When your friend's spouses had cancer treatments, they'd drop them off and come in for tea. You've had a lifetime of support at the hospital."

Both Melanie and Maureen are hospital donors. Maureen is planning to leave a legacy gift to The Ottawa Hospital. She said, "It will be helpful to people to have the care available. And at almost 90, I haven't needed a lot of

care, but when I did, I got great care, and I'm still doing well. I want to pass that on."

The Ottawa Hospital is grateful for the Tod's generosity. Their future gift will give patients in their neighbourhood, and across the region, the best health care for generations to come.

Partners in Care

Making your support go even further

Monthly giving is...

A wise investment, supporting a valuable and critical community asset so it will be ready when you and your loved ones need it most.

A win-win situation with fewer mailings, which reduces our fundraising costs so that your donation dollars go farther.

Budget friendly, ensuring your donation easily fits into your budget.

A timesaver, so you won't have to write a cheque or search for a stamp every time you make a donation.

Dependable income, allowing the hospital to plan for improvements more effectively and efficiently.

Thanks to our monthly giving program, Partners in Care, you are helping The Ottawa Hospital provide quality patient care and innovative research all year long.

For more information about our Partners in Care, please contact Andrea Peponoulas, Development Officer, at 613-798-5555, ext. 14677, or email apeponoulas@toh.ca

You can also sign up for monthly donations on our secure website at ohfoundation.ca.



Andrea Peponoulas

Devoting a life to Canada

Arthur Harold Tinker, affectionately known as Tink, lived a remarkable life that spanned over a century – 103 years, in fact.

Tink was born in Toronto in 1913, the oldest of five children. When he was 16, Tink got an office job with the City of Toronto. It was while he was working at City Hall that he met Eileen Smith. They married in 1937, a marriage that lasted 72 years.

Tink joined the air force reserves before the war, and so was called up when war was declared in 1939, launching a 30-year career with the Royal Canadian Air Force (RCAF). He was very good at administration and logistics, and he worked as executive assistant to top RCAF executives in London, England.



“He was always very well respected, no matter where he was and what he was doing. He was made a member of the Order of the British Empire for his war services in 1946,” said his sister Sylvia Slemmestad, 15 years his junior.

After the war, Tink remained in the RCAF, eventually returning to England, serving as commanding officer at the Materiel Base in Langar and then in Metz, France. In 1966, Tink returned to Ottawa where he worked for the federal Department of Supply and Services, and later the Canadian High Commission in London, England. He retired in 1975.

Although the two travelled widely, Sylvia said Tink and Eileen always considered Ottawa home. Like most residents, they needed the hospital on occasion. Eileen had major surgery at the former Civic Hospital in the '70s. At the

age of 99, Tink suffered a stroke and spent three months recovering at the Civic. He was then moved to Park Place Retirement Residence. Unfortunately, when he was 102, he fell and broke his hip. He celebrated his 103rd birthday at the Perley Rideau Veterans' Health Centre where he was admitted for palliative care.

Tink passed away in 2016, generously leaving a third of his estate to charity, with The Ottawa Hospital being a major beneficiary.

“I think he respected the hospital. His own doctor had an office at The Ottawa Hospital's Civic Campus. And he knew a lot of people who had been patients there,” said Sylvia. “He just had a lot of respect for the staff and the work they did.”

Tink's generous gift is a legacy that will help provide extraordinary care to patients for years to come.



The four Tinker siblings the last time they were together. Left to right: Gordon, Dorothy, Sylvia and Tink (Harold).

Estate Giving

Standard of care is sutures and x-rays. World-class care is using stem cells to halt devastating diseases, personalizing chemotherapy, conducting surgery through keyhole incisions, repairing hearts after heart attacks, and destroying cancer cells with viruses. We owe a debt of gratitude to all the forward-thinking individuals who included the hospital in their estate plans years ago. Because of them, this is the kind of care patients have access to at The Ottawa Hospital.

Imagine what your legacy gift can do tomorrow.

For more information about leaving a gift to the hospital through your estate, please contact Heather McLean, Vice-president, Development and Corporate Philanthropy, at 613-798-5555 ext. 13034, or hmclean@toh.ca or visit our website at ohfoundation.ca/estate-giving.



Heather McLean

A new hospital for a new millennium



As I look ahead over the coming decade, I can't help feeling that we're entering a golden age of health care here in Ottawa. These are bold words from someone who should know better, but my hunch is that if we get things right, the design and building of the new campus could have a bigger impact on our community than any of us can imagine today. The construction of our new campus is a once-in-a-generation community-building opportunity.

In ways that matter, a 21st century hospital knows its patients. We know that health outcomes can be very different depending on where you live, your income, educational status, gender, ethnicity, early childhood development, and many other factors. In recent years, hospitals and health systems have devised strategies to address these interrelated factors that improve the health and well-being of populations. The Ottawa Hospital has done particularly good work, for example, in bringing health care to Ottawa's homeless. A 21st century hospital takes this approach to heart and commits to a population health perspective for all. This hospital also provides better value to its community and taxpayers by delivering great care efficiently and with as little waste as possible.

This new campus will be in the heart of our community and fits in with its surroundings, drawing inspiration and serenity

from Dow's Lake and neighbouring green spaces. The campus will be built to high eco-standards to make it a sustainable operation for years to come. Walking paths and wellness gardens offer patients a welcome respite and staff a pleasant place to work.

For the 21st century hospital, connectivity and flexibility go hand in hand. We know from the management literature that organizations that go from good to great do not spend all their time trying to predict the future. They just make sure that their processes, systems, and infrastructure are all designed with flexibility in mind to be able to adapt. Being connected – to your patients and staff, community, other health-care providers – gives you a better chance to identify emerging needs and trends and adapt accordingly.

We've been down this road before in Ottawa. Back in 1845, a small group of nuns from Montreal, led by Mother Elisabeth Bruyère, arrived in Bytown to set up a much-needed hospital for its 2,000 residents. What became known as the General Hospital started in a tiny house on Saint Patrick Street. And after the First World War, then Mayor Harold Fisher, moved by the devastation of the Spanish flu epidemic that killed more than 500 Ottawa citizens, pushed for construction of a new, modern civic hospital. That effort was made in the face of much resistance and even ridicule.

Mother Bruyère and Mayor Fisher both responded to the needs of time and place, but were not beholden to prevailing wisdom. In our own way, with the design and building of a new campus, we at The Ottawa Hospital are responding to the needs of this time and this place, with a 21st century sensibility. We invite everyone to join us on this journey.



Dr. Kitts is the President and CEO of The Ottawa Hospital.



The Ottawa Hospital's new campus will be located on the Sir John Carling site, bordered by Carling Avenue and Queen Elizabeth Drive.

*Dr. Jack Kitts
President & CEO*

Please support The Ottawa Hospital *You can also donate online and receive your tax receipt instantly at ohfoundation.ca.*



Inspired by research.
Driven by compassion.

Inspiré par la recherche.
Guidé par la compassion.

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