

We are thankful:

- ◆ That a small rural community like ours has such a fine hospital
- ◆ The Clinic and the Link have improved service and access for patients, doctors, staff and visitors.
- ◆ This community has many fine doctors and is not underserved as are many others.
- ◆ To have so many generous donors.
- ◆ So many dedicated volunteers have taken such excellent care of the hospital and clinic gardens, for all to enjoy!
- ◆ You care about your hospital

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Don and Joyce MacMillan, thankful for each day



In 1993, Don was working for Grey County Housing, maintaining Durham's seniors' residences. He took pride in his job and never missed a day of work. One day he went to see his doctor about a lump in his throat. It had been there for years without bothering him, but was now impossible to ignore. A biopsy confirmed his worries, and plans were made to deal with cancer. Like everything in his life, Don faced this with grit and determination, settling in to fight it with Joyce by his side.

Over the next 11 years, Don fought back several times, not only from throat cancer, but from 2 rounds of stomach cancer and Non-Hodgkin's Lymphoma as well. He had chemotherapy multiple times, underwent radiation, surgery and dialysis, even receiving a stem cell transplant, spending weeks in various hospitals each time.

Don chose to continue his treatment in London and would spend 2 weeks there, and another 2 weeks in the

Durham Hospital, close to his doctor and family. He did this for many months. Don has used and been thankful for the services of many area hospitals, including Durham, Hanover, Walkerton, Wingham, Owen Sound and London, for tests or treatment, but he is especially grateful to the staff of Durham Hospital for saving his life one night.

In January of 2013, Don was at home recovering from another course of chemotherapy. He had expected to feel weak and tired but was not improving. In the wee hours of the morning, Joyce heard him fall and was able to lift and carry him to the couch, where he showed no signs of life. She called 911 and laid him down to wait, when he suddenly took a breath and became conscious. During the ambulance ride, he lost vital signs and recovered once more.

The ER doctor quickly realized that Don was bleeding internally and started a transfusion. Over the next few hours Don received 14 units of blood, and was told he likely had only 2 litres left in his body when he arrived; it was a miracle that he was alive. He was quickly moved to London for more surgery and spent another 2 weeks there. Don is now in remission from Non-Hodgkin's Lymphoma and has a non-active brain tumour as well. While he has a few aches and pains he is not taking any medication— he wants to feel and enjoy all that he can. Don is very pleased with Drs. Denyer and Walley and says it is great that doctors here are knowledgeable and accessible and not afraid to reach out for information. Don says, " It is amazing that people can be seen by a doctor in under 20 minutes. If not for the Durham Hospital, I wouldn't be here today."

Lots To Do At The 13th Annual Health Care Heroes Radiothon

On Saturday, October 18th, 14 local hospital foundations will join together with CKNX Radio to host an all-day fundraiser in Wingham. Durham's proceeds will support the installation of 2 Automated Dispensing Units. These ensure safe and accurate medication dispensing.

Durham will be getting involved with a number of activities. The day kicks off at the Legion with a pancake breakfast, that also features fruit and yogurt.

At the Legion, take part in Tai Chi, Gentle Yoga and Zumba. Find out which activity suits you and your fitness needs.

There will be several booths providing information on health topics, including Alzheimer's, Heart and Stroke, Osteoporosis and VON.

Kids will be entertained by the Durham Lion's Club and will enjoy crafts, games and face and pumpkin painting. CKNX is sponsoring a writing contest and a website scavenger hunt for all ages.

The Durham Activity Center is holding a Spin-a-Thon from 9 am - noon. Gather up a team of 7 and sign up for this fun and fit activity at the DAC!

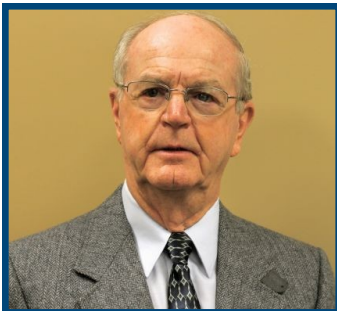
Visit the Country Corner all day to enjoy a good meal and



support Radiothon and enjoy the Twist Tops at night. Donate at the Saugeen Community Credit Union and be entered in a draw. Visit @ the Movies, then take home some pizza.

Watch for other local businesses supporting Radiothon! With your help, Durham will reach this year's goal of \$30,000!

Ross Thompson, Grateful Health Care Volunteer and Planned Gift Donor



There is a photo from 1967 of a group of men - Durham's first Ambulance Service. Ross Thompson, who is in that photo responded to calls for help from Durham and area residents for many years.

Russell McTavish owned the first area ambulance service and ran it with his funeral home business. McTavish sold the service for \$300 and donated the

ambulance, a 1961 Chevrolet wagon to the Durham Hospital in 1966. Twelve young men provided emergency services from 6 am to 6 pm; they were trained by Dr. Duncan Jamieson, and supervised by hospital staff.

Ross remained committed to the Hospital. After volunteering for 16 years on the ambulance, he served on the Hospital Board for 33 years, helping create the Hospital Foundation. Ross helped bring Dr. Denyer and his family to town and was a member of the Committee to build the Medical Clinic in 1997.

Ross and his wife, Helen are committed to the Durham Hospital, not just for today but for the future as well. They believe that a vital and up-to-date hospital is crucial to maintaining a healthy, vibrant community. That is why they have chosen to make a Planned Gift, leaving their estate to the Durham & Community Health Care Foundation.

When Ross was planning his Will, he specified that his hometown hospital benefit from his estate, thus ensuring that his funds stay within the community to help others. Ross wanted to have his legacy benefit the town he loves.

Ross and Helen both feel

fortunate to have lived in Durham with great friends, and a wonderful lifestyle and having had access to excellent health care.

"Governments do not fund many of the items required by hospitals to provide excellent health care in a timely and efficient manner," says Ross. "I knew I could help, and I also encourage others to be part of the solution. Funds are always needed for modern equipment and to keep current with technology."

Planning to leave a gift to his hospital as a bequest was easy; by following his lead, everyone can be a hometown hero like Ross Thompson.

Grateful For Local And Speedy Test Results- Renovating The Hospital Lab



The old lab, with old wood cabinetry and chipped counters.



How the new lab will look, sterile, bright and efficient.

The Durham Hospital laboratory has not seen any improvements since the mid 1960's and is due for an upgrade.

Having a fully-functioning lab is crucial to the Durham Hospital; it provides important test results in a timely and accurate manner, allowing doctors to diagnose and prescribe quickly and with confidence.

Patients in the hospital need to have their medications monitored and adjusted, sometimes very quickly. Outpatients needing weekly or daily tests for their medical conditions depend on this service.

Those who live in rural communities cannot easily go to another town for lab tests; there is no public transportation for those without cars.

Renovations will allow staff to work in a clean, safe and efficient environment, continuing to provide quality service.

The Durham and Community Health Care Foundation has pledged to help fund this important renovation. New lab surfaces will be chemically-resistant, impermeable and can be easily cleaned.

Separate eye bath and hand-washing station will maintain high health and safety standards.

The lab design must optimize workflow and reduce the risk of accidents. New slip-resistant and easily-cleaned floor surfaces are being installed.

With your support, the new lab will be open by November 30th.

Rebecca Grant— supporting the Hospital through Payroll Deductions

Rebecca Grant has been a Medical Radiation Technologist for 17 years, working at the Durham Hospital since 2001. In 2003, at the time of the first Clinic renovation fundraising drive, she chose to support the fundraising campaign through payroll deductions.

Rebecca made the decision to support the Clinic because she could see the potential for improvements to patient care, improved patient and visitor flow and in staff's speedy access to doctors. Rebecca takes a lot of personal satisfaction from her decision to provide financial support in this way.

She felt a part of the building project and renovations and is delighted with the new equipment and improved technology the Foundations supports every year. Her feelings of satisfaction

and pride have lasted for many years; Rebecca is still a payroll donor, 11 years later.

Donating this way has been painless and easy. Rebecca says she doesn't even notice the small amount being taken off her paycheques but is pleased by how it adds up at the end of the year. She was surprised to find her name on the Donor Wall in the Link this year, recognizing her many cumulative gifts.

Comparing her deductions to eating lunch out once a week, she says that donating to the hospital is a lot healthier than fast food!

When asked about her reasons for continuing to do this, Rebecca says she sees how much the



Foundation has done for patients and staff and can see her money being put to work in the hospital every day. Better equipment and facilities means she and other healthcare professionals can provide better patient care.

Rebecca says, "The Foundation does so much for the hospital and its staff and this is a small way I can help support it."



Yes! I want to support a healthy community

- I would like to give \$36.50 \$50 \$100 \$500 or \$_____ I would like to make monthly donations
- I would like information on making a Planned Gift from my estate or assets I would like to hold a fundraising event
- I would like to become a member of the Durham & Community Health Care Foundation for \$10

Name(s): _____ Phone #: _____ Postal Code: _____

Address: _____ City: _____ E-mail: _____

Payment by: Cash Cheque (payable to Durham & Community Health Care Foundation) Credit Card

Name on card: _____ Card #: _____ Exp date: ____/____

P.O Box 1407 368 College Street N. Durham ON N0G 1R0 T: 519-369-2340 x 5267 e: durhamfoundation@sbghc.on.ca

Support the 2014 Christmas Campaign– Give Generously, Support Your Hospital



Waiting for your gift! During the holiday season, people generally take a bit more time to appreciate their friends, family and blessings, are kind and thoughtful, and considerate of others.

It is an opportunity to look back over the

year, remember loved ones, appreciate the support and actions of someone who made a difference and do something to honour those people.

Durham and Community Health Care Foundation encourages you to make a donation to support the Hospital, through the Foundation. Donations will be recognized by hanging an ornament to say, "Thank You" or remember someone special. Why not make a donation instead of exchanging gifts this year?

There will be 3 Christmas trees ready for your ornaments in Durham: in the Medical Clinic and the Link and at the Saugeen Community Credit Union.

Ornaments reflect gifts of different

values, from \$25 to \$1000. Your ornament will be placed on the tree of your choosing, and hung with a gift tag to identify your reason for giving.

This year's campaign goal is to raise \$25,000 to help fund the hospital laboratory renovation, purchase needed lab equipment and help fund the installation of 2 new Automated Dispensing Units for pharmaceutical medications.

You can make your donation at the Foundation office, or at the Credit Union. Forms will be mailed, inserted in the West Grey Progress, and will be available in local businesses.

Please give generously to this year's Christmas Campaign.

We're on the web!

www.durhamfoundation.ca / www.facebook.com/durhamfoundation

Visit and "Like" us!