



▶ New  
Clinic Space  
at KDH!



▶ Women's  
Health & Wellness  
Education Seminar  
(FREE)



▶ Chamber of  
Commerce  
Little Black  
Dress Event  
October 20th



▶ Donor Profile -  
Ed Chajkowski

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# news

Issue 4 | Fall | 2017

## Donor pledges making new clinic space a reality!

The Kemptville District Hospital Foundation is launching a fundraising campaign to raise \$1,000,000 to fund the building of new clinics at the Hospital.

The **Clinic Modernization project** is transforming the unused old operating suites into a new state-of-the-art patient and physician friendly space.

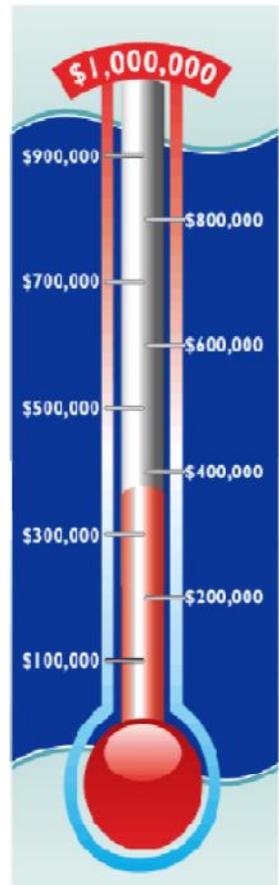
In addition to 6 new clinics, the project includes a new patient waiting room, a private room for families to gather, a wheelchair accessible washroom and several other suites that are multi-purpose rooms.



*Nurses, Allie Vieweg and Melanie Thibert together with Dr. Simon Chan enjoy the newly updated clinic space.*

“With an increasing need to bring new services (like mental health) to our community, the Hospital needed to upgrade the current clinic space built in the 1960’s.” says Robert Noseworthy, Chair of the KDH Foundation. “The Hospital is approached by physicians on an ongoing basis wanting to bring new speciality services to Kemptville. We simply did not have the space to adequately house both patients and physicians.”

Support for the project has been growing. Six donors have so far pledged to fund the family room, the patient waiting room and aa COPD clinic (thanks to proceeds from the Bob Perry Memorial Golf tournament as well as the endoscopy clinic and the recovery room suite.



Our first gift of \$100,000 to the project was made by Urbandale Construction. Thank you to the donors for their generous contribution to this important project for our community.

The first new service to open will be an ophthalmology clinic.

If you would like more information on how you can get involved, please contact us at the foundation office.



# October is Women's Health Month

The Kemptville District Hospital Foundation is launching a month full of activities to create awareness of and raise funds in support of women's health at the Kemptville District Hospital.

## Keynote Speaker

Shulamit Ber Levtov, MA, RSW



Shulamit has been providing mental health and personal growth services since 2000, logging thousands of hours of one-to-one and group work with hundreds of clients in a variety of public and private settings. She has also been facilitating classes and trainings locally, internationally and online for over 17 years and recently opened a practice in Kemptville

Shulamit holds a Masters in Counselling and Spirituality, is a registered social worker and a certified Kripalu Yoga teacher. She also has the distinction of being the third person in the world to be dually certified as a trainer in both Nonviolent Communication and Focusing.

To register  
for Seminar  
call Mary  
613-258-6133  
x 157

## Women's Health and Wellness Education Seminar

Presented by the



October 26th, 6:30 pm – 9:00 pm  
eQuinelle Clubhouse

This is a **FREE** evening education session presented by women for women.

### Keynote Speaker

**Shulamit Ber Levtov, MA, RSW**

**How not to lose it every day: tips and tricks for stress resilience**

Long-term stress relief is an inside job. Learn why we flip our lids when the crap hits the fan and how to put the lid back on—in a healthy way.

### Dropping the Shame around Mental Health and Addiction

Presented by Cindy Manor, GM Metroland Group

Cindy's 17 year old son lost all he knew because of a blind-side hit on the ice. He coped by using substances and before long, he knew he needed help. Cindy shares her personal experience so that we can find support and healing through this journey we call life.

### Understanding Grief

Presented by Margaret Lorrie Beaton, Grief and Bereavement Counsellor & Dana Bingley, Volunteer and Client Services Coordinator - Beth Donovan Hospice  
**Grief** is a normal yet highly personal response to loss, Grief is a natural **process** that, depending on how it is managed and understood, can lead to healing and personal growth.

### All you wanted to know about Financial Planning but were afraid to ask!

Presented by Melissa White and Samantha Rivet-Stevenson—RBC Royal Bank  
Learn what you need to know and what questions to ask at every stage of your life to secure your financial future.

### Understanding Diabetes — What you can do NOW to change your life!

Presented by KDH Diabetes Clinic Team  
Diabetes rates in Canada have almost doubled over the past decade and continue to rise. It is estimated that over 50% of type 2 diabetes could be prevented or delayed with healthier eating and increased physical activity.

*Thank You!*

## Giving back builds a stronger Community!

When Edward Chajkowski and his wife Nancy moved to Kemptville in 1975, they wasted no time in getting involved in the community.

Ed is a member of several service clubs including the Legion, the Masons and the Lions club (which he is still active in today). He has volunteered with many other organizations including 17 years with Home Support. In 2000, Ed was awarded Citizen of the Year by the Chamber of Commerce. (nominated by the Kemptville Lions Club).

Nancy became a volunteer with the Auxiliary at the Hospital and started the Auxiliary gift shop. Nancy went on to serve as Chair of the Hospital Board.



*“The Hospital held a very special place in her heart” recounts Ed. “ Her whole life was the Hospital”.*

Sadly, Nancy passed away in 2006 from cancer. Her legacy lives on in the KDH Auxiliary gift shop which continues to successfully raise funds in support of the Hospital.

As well as Ed’s volunteer commitments in the community, his financial commitments to the hospital foundation are also important to him.

*“It feels so good to know that our Hospital is right here when we need it”.*

Ed’s daily walks takes him by the Hospital where he will often stop to admire the garden on the front lawn and visit the memorial stones he placed in the garden in memory of his loved ones.

Ed feels very lucky to have had the opportunity to live and raise his children in the Kemptville area. Giving back to the community through volunteering and philanthropy is his way to say thank you to the community that means so much to him and his family.

Thank you Ed, for all you do for the community and the Hospital!

## Upcoming Events In support of KDH Foundation

October is  
Women’s Health Month

October 20<sup>th</sup>

### Little Black Dress Event

*Hosted by Chamber of Commerce  
eQuinelle Golf Clubhouse*

October 21<sup>st</sup> **Seafood Extravaganza**

*The New Rideau Restaurant  
7780 Merlyn Wilson (Cty Rd 44)*

October 26<sup>th</sup> **FREE**

### Women’s Health & Wellness Educational Seminar

*eQuinelle Club House  
6pm to 9pm—these few hours will  
add value to your well-being.*

Throughout October

### K Cards will support Women’s Health & Wellness

*Keep an eye open for K-cards  
thanks to the many local businesses  
who will be offering K cards to their  
customers in exchange for a donation.*

November 3<sup>rd</sup>

### KDH Foundation Memorial Stone Garden Dedication

*Stones purchased in 2017 will be  
honoured followed by a dedication  
ceremony for donors to the KDH  
Clinic space renovations.*

March 2<sup>nd</sup>

### Casino Night

*North Grenville Municipal Centre  
**SavetheDate** —In partnership  
with Kemptville service groups  
Rotary, Lions & Kinsmen.*



Contact Info:

613-258-6133 x 157

foundation@kdh.on.ca

www.kdhfoundation.ca

Charitable #: 118979152RR0001



# The Heart of Giving Memorial Stone Garden

Honor a loved one with a stone in their memory in our lovely garden.

Large Marble Stone on Perimeter	\$2,000
Full Stone in Heart	\$1,000
Quarter of Large Marble Stone	\$500
Plaque on Bench	\$250

Contact the Foundation at 613-258-6133 ext.157

Purchase your stone before October 15th  
so installation can be guaranteed for Fall 2017.

Dedication Ceremony November 3rd.



## Leave Your Legacy

Have you thought about leaving a gift in your will to the Kemptville District Hospital Foundation?

Last year the Foundation was fortunate to receive a number of bequests made by community members in recognition of the excellent care this Hospital has been providing since 1960. With family members well taken care of, these donors wanted to ensure that future generations benefit from having the best in care, close to home.

We thank these donors for their generosity.

What will your legacy be?

**Yes, I want my family, friends and neighbours to have the best medical equipment if they need to use the Kemptville District Hospital. Here is my donation of:**

\$35    \$50    \$100    \$250    I prefer to give \$\_\_\_\_\_

My cheque payable to the KDH Foundation is enclosed OR please bill my  VISA    Mastercard    Amex

Name \_\_\_\_\_

Address \_\_\_\_\_

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Cardholder Name \_\_\_\_\_ CVV \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Mail to: Kemptville District Hospital Foundation, P.O. Box 2007, 2675 Concession Rd, Kemptville Ontario K0G 1J0



*Thank you for your Support!*