

Get ready for HeyDay 2013

Only saleable items, please

Please make sure your donated items are clean and in working order. Also note that there are items we don't accept, either for health and safety reasons or because they do not sell. (The Auxiliary has to pay dumping fees for all discarded items, which is a waste of funds. We need to keep the amount of "junk" donated to an absolute minimum.)

We cannot accept:

- box springs, mattresses, sofas
- refrigerators or freezers
- propane tanks
- tires or car batteries
- used venetian blinds
- microwaves
- computers, monitors, printers
- television sets, console stereos
- suitcases
- encyclopedias, textbooks, technical manuals
- sports helmets
- strollers, playpens, carseats, high-chairs, cribs

HeyDay, the giant yard sale that fills the North Grenville Curling Club on the second weekend in June each year, has been a bargain hunter's dream for 53 years. It is also the KDH Auxiliary's main fundraising event.

This year's HeyDay will be on Friday **June 7** (7-10 pm) and Saturday **June 8** (9 am -1 pm).

The first sign of HeyDay is the sale of 50-50 tickets beginning in early April. Tickets are one for \$2.00 and three for \$5.00. The winning ticket will be drawn on Saturday June 8 at 1 pm.



Jane Wolfe, this year's HeyDay Convenor

We welcome donations of saleable items of all kinds, to be dropped off at the Curling Club on Thursday, June 6 (9 am to 8 pm).

Volunteers will be needed to sort donated items from Thursday June 6 through Friday June 7. Help is also needed in the canteen to prepare the moun-

tain of sandwiches that are devoured by HeyDay volunteers and shoppers. Donations of home baked pies are welcome and enjoyed by all.

To volunteer, call HeyDay convenor Jane Wolfe at 613-258-3108.



Auxiliary donates \$60,000 to KDH

On March 28, KDH Auxiliary President Lillian Leonard presented a cheque for \$60,000 to KDH CEO Colin Goodfellow. (See photo on the left.) The donation will purchase a video colonoscope, a central monitor station and a patient lift.

With this cheque, the Auxiliary has donated over \$939,000 to purchase equipment at the hospital since the KDHA was founded in 1959. In addition, we are on track to raise \$100,000 for the mammography fund.

This year's donation exceeds last year's record \$50,000 contribution, an increase that reflects the growth in revenue from the new gift shop and coffee bar.

Fast Facts about Mammography at KDH

Mammograms save lives: early detection of breast cancer provides the best chance of survival.

Since October 2011, women in the Kemptville area and surrounding region have a local alternative at Kemptville District Hospital, equal in quality to mammography in other centres like Winchester or Ottawa, and certainly more convenient.

The mammography suite at KDH uses new, state of the art digital mammography technology. KDH's Medical Radiation Technologists have additional training, education and experience in mammography and are registered with the College of Medical Radiation Technologists of Ontario.

If you've previously had a mammogram elsewhere, it's easy for your records to be transferred to KDH.

You can be referred by your family doctor, or you can self-refer: women 50-74 can book their mammograms directly by calling 613-258-6133 extension 400, option 5.

You will receive your results through your family doctor. KDH sends you a reminder when it's time for your next mammogram.

KDH Communication Officer Jenny Read says, "at KDH we strive to make every mammogram as comfortable and convenient as possible, with spa robes, kind and caring technologists, warm digital detectors and extended hours. KDH adopted this 'spa' approach to remove barriers to

women getting life-saving screening mammograms."

If you have any questions about mammography at KDH, please feel free to contact Jenny by phone at 613-285-0301 or by email at jread@kdh.on.ca



Mammography technologist Karen Finner in the digital mammography suite at Kemptville District Hospital. The equipment uses the best modern mammography technology available.

APPLY NOW TO VOLUNTEER AT KDH

We welcome new volunteers to help with patients (ER, OR, long term care), in pastoral care, in the gift shop, or in other KDHA activities.

Volunteers must fill out an application form and attend an orientation.

To apply, please submit your application, and you'll be contacted to let you know when the next orientation session will be held.

Application forms are available at the Gift Shop on the lower level of KDH, or from the hospital's HR department.

For more information, contact Catherine Brunton (613) 258-5111 or Louise Tallman (613) 258-2034..

TRIBUTE FUND

Make a tax-deductible donation to the Auxiliary to honour the memory of a loved one, or to celebrate a special occasion. All Tribute Fund donations are used for the direct benefit of patient care at KDH.

Send your donation, marked "Tribute Fund" and with the name of the honouree, to the KDH Auxiliary—see address on front cover.

Or donate online at kdhauxiliary.ca (click on the "donate now" button and select *Tribute Fund*.)

Acton's Corners Unit has quilt ready for this fall's raffle

Each fall, the KDHA Acton's Corner's unit organizes a quilt raffle. This has been a very successful fundraiser, contributing several thousand dollars each year to the Auxiliary's continuing program to buy equipment for Kemptville District Hospital.

The quilt that will be raffled this year was donated to the group by the Osgoode Quilters. It is queen-size, hand-embroidered with baskets of roses, with borders and bands in shades of rose. The quilting has been done by hand as well.

This year's lucky raffle winner will enjoy this heirloom-quality quilt for many years by this.



This year's beautiful queen-size embroidered quilt

Support the Auxiliary's Breast Cancer Walk Team in 2013



A pink "love" balloon placed along the walk route by a supporter last year

The KDH Foundation is organizing another one-day fundraising walk in Kemptville on October 5, 2013 — the weekend before Thanksgiving — to raise funds for the KDH mammography campaign.

The Auxiliary walker team will be participating once again, and we urge you to join us or donate to our team's efforts.

Details are available at a dedicated website, www.kemptville-walks.ca.

There are two options to sign up for, depending on the goal you are comfortable with:

- walk 10 km, raise a minimum of \$500
- walk 30 km, raise a minimum of \$1,250

If you can't walk, we encourage you to donate, either to an individual walker or to the entire team. You can donate online at the above website, but cash and cheques are welcome too. All donors will receive tax receipts.

All donations to the Auxiliary walking team will count towards our commitment of \$100,000, the Auxiliary's pledge as part of the Foundation's overall mammography fundraising goal of \$750,000.

We hope to reach our target with this year's walk and member donations.



KDH Auxiliary Breast Cancer Walkers at the end of the 2012 walk.

Gift Shop & Coffee Bar

Hours:

Monday to Friday

9 am - 6 pm

Serving coffee, tea and juices, soups, sandwiches & wraps, salads, yogurt, fruit and muffins.

New: Hot Entrees

In addition to soups, each day there is now another hot dish, such as lasagna or chicken a la king, available from lunchtime through to the 6 p.m. closing.

SECOND HAND ROSE

The "Second Hand Rose" section in the KDH Gift shop offers a range of gently-used (and still-beautiful) jewelry, china and other items at terrific bargain prices.

Betty Beach encourages area residents to donate jewelry and other small treasures that they are no longer using. "These items can bring pleasure to a new owner, and can benefit the hospital too."

To donate items for Second Hand Rose, please call Betty at 613-258-4454, or bring the items to the gift shop during open hours (every weekday from 9 am - 6 pm.)

IN MEMORIAM

Margaret Rupert



Margaret Rupert died on January 20th, 2013, in a tragic house fire just two weeks after her 75th birthday. Marg taught school for many years in the Oxford Mills area and was active in the community. She received a certificate of appreciation from the KDH Auxiliary in 2003, in recognition of her many contributions. In 2010 the Hospital Auxiliaries Association of Ontario (HAAO) awarded her a Provincial Life Membership.

Lillian Crowder

Lillian Crowder died on January 24, 2013, at her Kemptville home of 40 years surrounded by her family, after a full life of almost 98 years. She was an active volunteer at Kemptville District Hospital, where her many contributions were recognized by the KDH Auxiliary in 1997 with an outstanding service pin. In 1998 the Hospital Auxiliaries Association of Ontario (HAAO) awarded her a Provincial Life Membership.



All volunteers welcome at the 2013 Volunteer Tea, April 23



Some attendees at the 2012 Volunteer Tea enjoying spring flowers and each others' company

The Kemptville District Hospital hosts a tea each year to honour its volunteers. The Auxiliary always gives out its own awards at this tea, and this year several long-time volunteers will receive recognition for their contributions.

Staff from the hospital and the KDH Foundation serve refreshments and update us on how things are going at the hospital. All Auxiliary volunteers and supporters are welcome at this year's Volunteer Tea, which will be held **2 pm on Tuesday, April 23**, at the Kemptville Legion Hall on Reuben Street.

We encourage all volunteers to attend this event. It's a great way to get filled in on what's going on at the hospital, to meet new volunteers and catch up with old friends.

Please notify the Volunteer Co-ordinators Louise Tallman (gl-tallman@sympatico.ca / 613-258-2034) or Catherine Brunton (d.c.brunton@sympatico.ca / 613-258-5111) if you plan to attend.



Last year, CEO Colin Goodfellow told us about current KDH plans and progress.

New Provincial Life Members to be Honoured

In 2012, the HAAO (Hospital Auxiliaries Association of Ontario) approved Provincial Life Membership status — the highest honour awarded to Ontario hospital volunteers — for three long-time KDHA members: Mary Gervais, Bev Fry and Moira Anderson. Mary received her PLM pin and certificate in November; Bev will receive hers at the spring conference (April 17) and Moira will receive hers a week later at the Volunteer Tea.

CALENDAR

Auxiliary Meetings:

7 pm, 3rd Monday in month in KDH Board Room (no meetings July, August or December):

- April 22
- May 20
- June 17

Other Events:

April 17: **HAAO Ontario East Spring Conference**, Ottawa.

April 23: **Volunteer Tea**, Legion Hall, 2 pm.

May 7: **Acton's Corners unit annual meeting**, Maplewood Hall, 6:30 pm.

June 7-8, **HeyDay**, North Grenville Curling Club. Friday 7-10 pm, Saturday 9 am - 1 pm.

FREE SUBSCRIPTION

To get *KDH Auxiliary News* mailed to you regularly, send a request, with your name and mailing address to KDHA — our address appears on the front cover.

Subscriptions are free, but we are grateful for small donations to cover the cost.

You may also request to receive *KDH Auxiliary News* by email (in addition to, or instead of, a printed copy).

If you move - please let us know your new address!