

IMPROVING CARE FOR ORTHOPAEDIC PATIENTS

Candy Palmater remembers the day she couldn't fight the pain any longer. "I was alone in a hotel room and I couldn't put on my own nylons." At the young age of 40, Candy was forced to face the truth that she needed a hip replacement.

Diagnosed with arthritis two years earlier, Candy did her best to not let her condition hold her back. "I suffered with arthritis pain for years, until it took my independence from me. I could no longer drive or sit through a movie," recalls Candy, who at the time, was at the beginning of a budding career in entertainment.

Candy was referred to Dr. Michael Dunbar, an orthopaedic surgeon at the QEII Health Sciences Centre. Dr. Dunbar was confident he could get Candy back on her feet, living a life free of pain." Dr. Dunbar performed my hip replacement and gave me my life back."

Recently, Candy shared her inspiring story at an announcement that is welcome news to Atlantic Canadians who will greatly benefit from further research into the complicated area of orthopaedics.

Dr. Dunbar was named the inaugural QEII Foundation Endowed Chair in Arthroplasty Outcomes.

The QEII is a major orthopaedic centre in Atlantic Canada, seeing almost 6,600 patients each year for orthopaedic surgery. Nova Scotia has significant challenges associated with the delivery of arthroplasty care, which is a surgical procedure to restore the integrity and function of a joint. Challenges in the delivery of care include long wait times for surgery and even more concerning, a higher failure rate than the national average.

The QEII Foundation Endowed Chair in Arthroplasty Outcomes is a \$2.8-million investment and was made possible through generous QEII Foundation donors, and funding partners BMO Financial Group and the QEII Health Sciences Centre Division of Orthopaedic Surgery.

Dr. Dunbar's research will focus on improving delivery of care and outcomes for arthroplasty patients, giving them timely access to care and better quality of life.

Hip and knee replacements transform lives. It relieves pain, restores physical function and greatly improves quality of life. Since her surgery, Candy's career has sky rocketed - something, she says, that wouldn't have been possible without her hip replacement surgery at the QEII under Dr. Dunbar's confident ability.

"I am hopeful that research will continue to advance so that others living under the oppression of extreme pain can experience the liberation that replacement surgery can bring," says Candy.



Dr. Michael Dunbar, QEII orthopaedic surgeon, shares a laugh with patient Candy Palmater.

DONORS FUND LIFE-SAVING EQUIPMENT FOR THE QEII'S MEDICAL DAY UNIT

Operating seven days a week, the QEII's Medical Day Unit is one of the busiest outpatient clinics in the entire health centre complex – and delivers cancer care from the time of diagnosis through to return to health, relapse or palliation.

A hospital within a hospital, this unit will soon be home to a new apheresis machine – a crucial piece of equipment in today's top cancer care.

The purchase was made possible thanks to the generosity of QEII Foundation donors – and participants in the inaugural *Ride the Rails for Cancer* event this past September, which raised more than \$175,000 in support of blood cancer treatment.

An apheresis machine facilitates stem cell collection and the separation of blood components in the treatment of lymphoma and leukemia patients. An additional apheresis machine for the QEII's Medical Day Unit will significantly reduce wait times for blood cancer patients and increase the number of treatment procedures available each day.

Thank you to our donors for making a lasting difference in the lives of blood cancer patients and their families.



CYCLING FOR BLOOD CANCER

This September, more than 130 participants embarked on a cycling journey from Halifax to Mahone Bay as part of the first-ever *Ride the Rails for Cancer* event.

Among the cyclists was Tom Lee (pictured), who was diagnosed with mantle cell lymphoma in 2008. Tom endured multiple rounds of chemotherapy, radiation and then a bone marrow transplant two years ago at the QEII's Medical Day Unit.

The father of five and assistant coach of the Saint Mary's University Huskies hockey team is now a fierce advocate for blood cancer treatment and research.



AN EXPRESSION OF GRATITUDE

LORI J. SCOTT, CHARITABLE GIVING ADVISOR

You must admit, it's a lot more fun to answer the phone when you know there is a friendly greeting on the other end. The phone rings and call display indicates it's the QEII Foundation. Chances are it's someone wanting to thank you, our loyal and generous donor, for making a difference to patients at the QEII.

New technologies have revolutionized the way we communicate each day, but one concept our parents taught us just doesn't go out of style – and that's saying thank you. Regardless of how quickly our technologies are changing, the old way of thanking someone just can't be replaced by the latest app.

At the QEII Foundation, we treasure each and every donor for the gifts they give and we want to show our gratitude.

We prepare a thank you letter as promptly as possible, but for those within reach, we make every effort to also say thank you in person. For many people who have given to the QEII for countless years, a personal thank you is the least we can do.

We will call first, ask for a convenient time to stop by, and wear our identification so you know who we are. This is not a time to ask for more, but to express gratitude for what has been given. Often with a receipt in our hand or an annual report to share, our visits are brief and our thank you is sincere.

One university study shows that gratitude and giving increase physical health and longevity. We hope this is true but at the very least, taking a moment in our day to say thank you is just the right thing to do.

We hope to see you soon!

IMPORTANT NOTICE

New estate rules come into force on January 1, 2016. If your will creates a trust to take effect after the death of you or your spouse, you should consult with your tax advisor or lawyer to determine if the new rules pertain to you.

These rules also affect the timing of the tax credit from charitable gifts in your will, and could impact income taxes payable by your estate. We encourage you to consult with your advisors.



Charles O'Neil, Charitable Giving Advisor at the QEII Foundation, presenting Board of Trustees Member Gwen Haliburton with a Legacy Pin.

HONOURING FUTURE GIFTS

Donors often tell us they have arranged a gift in their will supporting health care at the QEII. These gifts help fund new treatments, and through medical research, find cures for the diseases and conditions that affect us all. We are honoured they choose to share their plans with us.

To recognize this generous act, we have designed a small pin symbolizing their investment in what matters most: our health, the health of our loved ones and the health of our communities.

We are truly grateful for all who arrange future gifts in their wills, with life insurance, or by designating a gift from their RRSP or RRIF. We recognize not everyone wishes to share their plans with us, but for those who do, we are delighted to provide this pin. Lori, Katharine and Charles will be contacting those donors known to us to arrange for delivery of their pin.

For more information on leaving a gift in your will, please contact us at 902 473 7932.

Health begins with caring. Here is my gift \$ _____

I would like my gift to remain anonymous

NAME			
ADDRESS	CITY	PROV	PC
PHONE	EMAIL		
<input type="checkbox"/> CHEQUE <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> AMEX #:		EXPIRES	
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I would like to learn more about:

- including the QEII Foundation in my will
- gifts of securities
- planning my estate
- using my RRIF to arrange a donation
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Please send this completed form and donation to:
QEII Foundation, 1276 South Park Street, Centennial Building, Rm. 1-040, Halifax, NS B3H 2Y9

902 473 7932
QEIIFoundation.ca