

Atlantic Canadians do something big for cancer

Ride for Cancer funds life-changing cancer treatment at the QEII



On October 1, over 300 Atlantic Canadians rode from Mahone Bay to Halifax in support of *Ride for Cancer*. \$402,000 NET was raised in support of local cancer care. photo: Nick Pearce

Experienced riders and beginner cyclists alike tuned up their bikes and traveled from Mahone Bay to Halifax on October 1, on an incredible journey that will impact the lives of Atlantic Canadians facing cancer.

Over 300 *Ride for Cancer* participants raised **\$402,000 NET** in support of local cancer care. The event was powered by BMO Bank of Montreal and was supported by many other sponsors. Thanks to their commitment, the incredible fundraising efforts of riders and a community of donors, the QEII Health Sciences Centre will soon be home to an endobronchial ultrasound (EBUS); a minimally invasive technique used to diagnose chest diseases, including lung cancer and lymphoma.

EBUS offers improved, real-time imaging of, and access to, hard-to-reach areas, including the lymph nodes. It provides a better diagnosis which leads to improved care plans. It poses a reduced risk to patients and faster recovery times, doubling the annual capacity for this type of treatment at the QEII.

With over 900 new cases of lung cancer across the province each year, donors are making a significant difference in the lives of Atlantic Canadians affected by cancer.

Dr. Bethune is the director of cancer care at the QEII. He rode 100 km to help bring EBUS to the health centre.

“Until now, Nova Scotia was the only province in Canada that did not have EBUS technology,” he says. “By helping bring EBUS to the QEII, our riders and donors are giving patients a more comfortable and safe journey to face their cancer diagnosis head-on.”

Hockey for hearts: NHL players join community to enhance care

Jordan Boyd Celebrity Hockey Challenge supports inherited heart disease research at the QEII

Friends of the Boyd family and members of the community came together at the BMO Centre in Bedford this past August to support a tournament that is improving heart health care for Atlantic Canadians.

Teams play alongside professional hockey players who are drafted to each team by order of their fundraising efforts.

The *Jordan Boyd Celebrity Hockey Challenge* was created in memory of Jordan; a young, vibrant hockey player who died on the ice in 2013 as a result of an undiagnosed heart condition.

This year, \$136,000 NET was raised to support local research at the QEII’s Inherited Heart Disease Clinic through the QEII Foundation, as well as inherited heart disease research in early detection through the Heart & Stroke Foundation.

Research performed at the Inherited Heart Disease Clinic, which was made possible by donors, has greatly reduced the risk of sudden death in patients with genetic heart conditions. Since opening in 2004, the clinic has made a difference in the lives of over 2,000 people from across the Atlantic provinces.

As the advanced care centre for Atlantic Canadians, the QEII provided specialized heart health care for over 100,000 heart-related visits in just two years.



This year, the *Jordan Boyd Celebrity Hockey Challenge* raised \$136,000 NET in support of inherited heart disease research. Photo: Mona Ghiz



Mary is the president of Your Estate Matters Ltd. of Dartmouth, N.S. She helps her clients plan and organize their estates and assists executors through the estate administration process.

Five signs it's time to update your Will

Revisiting your Will ensures your wishes are fulfilled

MARY L. MASON, TEP, MTI, CFP, FCSI

A 2012 survey conducted by LawPro's TitlePlus determined that only 44 per cent of Canadians have Wills and, of those, 30 per cent are out of date.

In general, it is good practice to review your Will every three to five years. An out-of-date Will can be as problematic as not having one at all and could impact how your wishes are reflected. Reviewing your Will is particularly important in the event of significant life changes.

- 1. Marital status changes:** In Nova Scotia, marriage revokes your Will entirely unless it was made in contemplation of the marriage. This means referencing the person who you are marrying, not just stating if you're married. If you divorce, your Will is read as if your former spouse died before you.
- 2. Nature or size of your assets change:** The greater the change, the more of an impact may be on your estate. For example, you may have included large cash bequests to certain individuals or charities, with the balance (residue) going to your children. If you have had a significant decline in your assets, this could seriously impact what is left for your children.
- 3. Residence change:** As each province has its own legislation relating to Wills, a change in residence is a good time to review your planning.
- 4. Loss or addition of beneficiaries:** The death of a beneficiary should trigger a review of your documents as well as the addition of a new child or grandchild. Proper review ensures everyone is included in your planning or removed if they are no longer alive.
- 5. Any health changes:** This not only includes a change in your health but a change in the health of your beneficiaries as well. Health changes can impact plans for your beneficiaries.

If you pass away with an out-of-date Will, your estate could take years to settle, stray from your intentions, and incur extra legal fees. Having an up-to-date Will can make things easier, quicker and less expensive for your heirs.

Do you have questions about planning your Will?

Contact Mary at 902 233 1798 or marymason@yourestatematters.ca.

ESTATE PLANNER

A guide to planning for the future



The plans you make today tell the story of what you want to happen in the future.

The QEII Foundation's Estate Planner booklet is a resource guide to help you prepare your estate plan.

To receive your complimentary copy, please call Lori Scott, Katharine Berrington or Charles O'Neil at 902 334 1546 or 888 428 0220.

Connect with us



facebook.com/QE2Foundation



twitter.com/QEIIFoundation

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

I would like my gift to remain anonymous

NAME _____

ADDRESS _____ CITY _____ PROV _____ PC _____

PHONE _____ EMAIL _____

CHEQUE VISA MC AMEX #: _____ EXPIRES _____

SIGNATURE _____

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
- I have already remembered the QEII Foundation in my Will