

Winning is in the air

Tickets are now on sale in the 2009 QEII Home Lottery! And new this year...6,005 winners in all with a 1 in 10 chance to win!



Two grandprize showhomes, cash prizes, vehicles, entertainment packages, trips and more are up for grabs. **To view all of the prizes or to order your tickets online, visit www.qe2homelottery.com. Tickets are \$100 each or a three pack for \$250.**

Get your tickets before Thursday, October 29th to be eligible for the Early Bird Prize - your pick of a 2010 Porsche Cayenne or a 2010 Porsche Cayman or \$75,000 in cash!

Proceeds from the 2009 QEII Home Lottery will help fund the purchase of much-needed patient technology and equipment in departments including diagnostic imaging, cardiac care, and brain repair. Thank you on behalf of the QEII Health Sciences Centre and the many patients who will benefit from your support.

Read all about it

Eye examinations, artificial hips and knees, nutrition, flu advice and radon gas are just some of the hot topics covered in the new issue of *Living Healthy in Atlantic Canada*, produced by the QEII Foundation in partnership with Saltscapes Publishing Limited. **Visit www.qe2foundation.ca to view the magazine online or to request your copy today!**



Get Ready to Bust a Move

Six hours of fitness activity led by local and celebrity fitness instructors, world record-setting activities, and the chance to make a huge impact in the lives of Nova Scotia women - on **January 30, 2010** at the Halifax Metro Centre, these three things will combine to create an event unlike any other.



The QEII and IWK Foundations invite you to join them for *Bust a Move* - a very special one-day fitness extravaganza designed for every fitness level - from beginners to fitness buffs. There will be fabulous hourly prizes, inspiring patient testimonials and the chance to set two Guinness World Records - a Nova Scotia first! Healthy snacks and essential services such as first aid and massage therapy will be on site to ensure participants' comfort, safety and enjoyment.



A unique, home grown event, *Bust a Move* will raise funds to help deliver critical, life-saving digital mammography equipment for breast health services. With the purchase of just one additional piece of equipment, technologists are able to increase the volume of mammograms being completed by up to 75%! The images produced with digital equipment are so clear that tissue abnormalities only millimeters in size can be detected and their location within the breast precisely identified.



In honour of the women whose lives are impacted by this disease, we are asking you to help us enhance the standards of excellence and make the journey through breast cancer easier for the approximately 700 Nova Scotia women who are diagnosed with this terrible disease each year.

Visit www.bustamove.ca to learn more, to register, to sponsor a participant or to volunteer.



A Gift in Memory of Family

After one tour of the new Charles V. Keating Emergency and Trauma Centre, Anjna Majhail knew she wanted to support this special facility. A plaque in memory of her parents, Sri Ram Gopal and Shanti Devi Gopal, now hangs proudly in a treatment room in the Minor Treatment and Assessment Pod of the new Centre.



L-R: Chris Power, President and CEO, Capital Health, with Anjna Majhail.

Anjna is a strong supporter of the health care system. In addition to her recent generous gift, she also supported the Stroke Unit at the QEII in 2004 in memory of her husband who suffered a stroke prior to his death. She has also arranged a legacy gift in her Will to support health care for generations to come. Originally from the Punjab region of India, Anjna and her husband spent many years living in Montreal where she practiced in the field of social work and received securities training. Her move to Halifax was prompted so that she could live closer to her brother who was head of hematology at the Victoria General Hospital.

Anjna's wonderful gift will help bring the QEII Foundation one step closer to finishing the funding commitment for the new Charles V. Keating Emergency and Trauma Centre. Call (902) 473-7932 to pledge your support.

Growing a Special Family Fund

Gertrude Stewart was a very sweet, very strong woman with incredible family values. When Gertrude passed away in April 2009, just one month shy of her 97th birthday, she made certain that a special family fund would continue to grow and advance education in the field of palliative care.



Gertrude designated \$11,700 to be contributed to the Gillian MacMichael Endowment Fund, a fund which was established in 2001 in memory of her granddaughter Gillian. Gillian had been blessed with outstanding, compassionate nursing during her palliative care at the QEII Health Sciences Centre. In honour of Gillian and the care she received, Gertrude's daughter, Arlene Waymire and her husband Stephen, established the endowment fund to give professionals the opportunity to pursue or advance their studies in palliative care education. This year the fund launched the inaugural Gillian MacMichael Endowment Lectureship series at the Nova Scotia Hospice Palliative Care Conference, which was well received by attendees. Since the inception of the fund in 2001, over \$35,000 has been disbursed to health care professionals.

Gertrude's strong family values were definitely passed along to her two daughters, Arlene and Valerie MacMichael. Many years ago, Arlene set up a 'slush fund' account for her mother so that she could deposit money into that account each month to help pay for any odds and ends that Gertrude needed. "Turns out that mom never really needed that money," laughs Arlene. "Now that account is going towards Gillian's fund and will make such a positive difference in the lives of many".

Gertrude and her granddaughter Gillian had a special bond - Gillian would often affectionately call her grandmother 'Trude the Dude'. This special bond, along with the entire family's amazing generosity, will ensure that Gillian's passion for life and Gertrude's giving nature leave a lasting legacy.

2009
Excellence in Research
GALA

Friday, Nov. 6, 2009
Cunard Centre, Halifax

Proceeds to support pain research at the QEII Health Sciences Centre: **From Curiosity to Cure**

More than 1,000 guests will be amazed, enlightened and inspired as we take them on a journey of research - one built on hope and fuelled by passion. You will get a glimpse of the hearts, souls and minds of pain research - the people that make it happen and those whose struggles and triumphs drive their work.

6:00 pm Reception and silent auction
7:00 pm Dinner, auction and entertainment
9:30 pm Dance: Mike Cowie

For more information, contact the QEII Foundation at 473-7920 or visit www.researchgalaz2009.com.

Honour your Angel in Action



Has someone at the QEII made a special difference in your care or the care of a loved one? Nominate your special person as an *Angel in Action* by making a donation to the QEII Foundation to support health care at the QEII. Donations can either be for a specific unit / department or for the area of greatest need. In turn, the Foundation organizes a surprise gathering where the nominated *Angel* is presented with his / her pin.



The list of *Angels* at the QEII is growing as we continue to honour these special individuals. For photos and stories on all of the *Angel* pinnings to date, please visit our website at www.qe2foundation.ca. A donation form is also available online for you to recognize your *Angel* today.



For more information on *Angels in Action*, contact Katharine Berrington at the QEII Foundation at 473-3325.



Here is my gift to the QEII Foundation of \$ _____

NAME _____

ADDRESS _____ CITY _____ PROV _____ PC _____

PHONE _____ EMAIL _____

CHEQUE VISA MC AMEX #: _____ EXPIRES: _____

SIGNATURE _____

I would like my gift to remain anonymous Send me information on making a gift in my Will
Every gift in every Will makes a difference!

Please send this completed form and donation to the:
QEII Foundation, 1276 South Park Street, Centennial Building, Rm. 1-040, Halifax, NS B3H 2Y9
Charitable business no. 88646 3496 RR0001 Vol.6 No.3

You may also give on-line at: www.qe2foundation.ca Talk to your employer about matching your gift.

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Simply logon Facebook and search 'QEII Foundation' to join our community of health care supporters.