

2010 - 2011
Report to our Donors

Caring
for the
whole person
with music



The Room 217 Foundation Story

Through the personal experience of her father's sickness and subsequent death, Bev Foster recognized, firsthand, the significant impact of music to care for people. Prior to this event in her life, Bev often created piano recordings for friends and family who were ill, but when she left the hospital and said goodnight to her Dad for the last time, in Room 217 at Uxbridge Cottage Hospital, she became committed to take her comfort music to others facing loss or the end of life. By the fall of 2004, Bev developed the Room 217 idea and design.



Since 2005, the music of Room 217 has been a peaceful presence in the lives of thousands of people. While palliative care is at the heart of Room 217, the Room 217 resources have been embraced as comprehensive therapeutic music resources that reach across the life span and offer relaxation, encouragement, sleep promotion, comfort and support in a broad range of circumstances and rooms around the world.

The extent of the Room217 vision is larger than producing comfort music. In 2009 the Room 217 Foundation, a not-for-profit corporation and registered Canadian charity was formed in order to produce and deliver distinctive music care resources; to train frontline care providers in the therapeutic use of music; and to promote creative research in music and care.



Past Achievements

The Room 217 Foundation has delivered more than 16,000 therapeutic music products into rooms across Canada and around the world.

Resources include:

- 9 therapeutic music CDs including a box set of the first 6 albums
- Recollections, a companion DVD
- Room 217 User Guide

Education programs include:

- Music Care Conference, a one day training event
- DOORWAY, a free e-newsletter about music and care
- Music for life's journey, educational workshops and inspirational concerts
- Music Care Blog, connecting the Music Care community

Our 4 Essential Needs Moving Forward

The Room 217 Foundation is the only charity in Canada that produces and distributes therapeutic music resources, provides Music Care education to frontline caregivers, and is interested in developing research in music in care, especially palliative care. The Room 217 Foundation maintains a cross disciplinary perspective and works collaboratively within various healthcare and community pathways. Over the past 5 years building strong local, provincial and national relationships, especially in hospice and long term care, has been essential.

To continue to be the leader in providing innovative and unique music programs and resources the Room 217 Foundation will focus in 4 key areas:

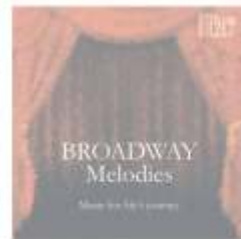
- Education 18.3%
- Resource development 15.6%
- Resource delivery 20.8%
- Sustainability 45.3%

Our 2011/2012 revenue goal is to raise \$300,000

Current Projects

The Room 217 Foundation current projects include:

- Music Care: Resource Guide for Caregivers and Companion DVD.
- Broadway Melodies, Forever Love and Healing Light – the last 3 albums of Set 2 of CDs
- A DVD singalong series
- Expanding Music Care Conferences across the country



Music Care Conference, a one day training event



Dan Hill, Singer/Songwriter



Dr. Deforia Lane, Music Therapist

Board of Directors

The Board of Directors of the Room 217 Foundation is a diverse group who brings a wealth of expertise in a number of areas.

Chair – Christine Lasky – Vice President, Princess Margaret Hospital Foundation

Vice-Chair – Dr. Amy Clements Cortes – Senior Music Therapist, Baycrest Hospital; Assistant Professor, University of Windsor; President, Canadian Music Therapy Association

Secretary-Treasurer – Dr. Lee Willingham – Professor of Music Education, Wilfrid Laurier University; Director, Laurier Centre for Music in the Community

Gord Simmonds – President, Lenbrook Industries; Owner, Belleville Bulls Hockey Club

Founding and Past Chair – Patty Kingsley - Artist; Past Chair, Durham District School Board

Dr. Larry Librach – Director, Temmy

Latner Centre for Palliative Care;

Professor of Palliative Medicine,

University of Toronto; Director University of Toronto Joint Centre for Bioethics

Mary Ellen Eberlin - Territorial Social Services Secretary, Salvation Army of Canada and Bermuda Territory

Dr. Rob Foster – Founding Member –

Head of International Languages,

Uxbridge Secondary School; Adjunct Professor, Tyndale University

Bev Foster – Founding Member – Executive Director, Room 217 Foundation; Director of Music, Church of the Ascension, Port Perry



Companions

Since 2005, Room 217 has acknowledged people who uniquely support and contribute valuable expertise to the growth of the organization. To date there are close to 30 Companions of the Room 217 Foundation. In 2010, the following people were named and honoured as Companions of Room 217 Foundation at a special Companions' dinner:

- Dr. Colin Lee, Wilfrid Laurier University
- Dr. Larry Librach, Temmy Latner Centre for Palliative Care
- John O'Toole, MPP
- Larry Ullman, Richardson GMP

Your Gifts at Work

Donors continue to provide vital support to the Room 217 Foundation's programs. There are many reasons why donors choose to give to the Room 217 Foundation. It may be about relationships. Over the past several years, building strong local, provincial and national relationships has been essential. It may be because Room 217 maintains a cross disciplinary perspective and works collaboratively within various healthcare and community pathways.

The Room 217 Foundation would like to acknowledge the generous support of all donors who have contributed to our mission and vision. In particular, we have received a significant 2 year grant from the Ontario Trillium Foundation to secure a Director of Development, designated to help build sustainability for the Room 217 Foundation.

For a complete list of donors and contributors, visit online at www.room217.ca.



Donor Stories

My Room 217 Story by Peter Thompson

In February 2007 I was diagnosed with Acute Myelogenous Leukemia, a cancer of the blood that destroys white cells which we need to fight bacterial, viral and fungal infections. I was hospitalized for that February at Princess Margaret Hospital (PMH) to gain control over a near fatal inflammation resulting from my immune system having been destroyed by the cancer.

March through May, after much testing and monitoring, I was accepted for a Stem Cell Transplant with my sister having been identified as a compatible

donor. I spent June of 2007 in the hospital for intensive chemotherapy to put the cancer into remission before receiving the transplant.

I returned to PMH at the end of August for another series of intense chemotherapies, full body radiation, and the transplant itself. During that stay, I was on their isolation ward, 14B. I think we have all heard of sensory deprivation. Other than looking out a window there was nothing but me, four walls, my bathroom, an exercise bike a nurse helped me scoff from an empty room and whatever else I could do to make sense of the hours, days and weeks.

By June 2007 I had roughly mapped out that, in addition to the medical treatments, I would need to help myself in some key areas that I could at least influence if not control completely:

- Physical strength and stamina
- Mental strength to cope
- Emotional acceptance and control
- Faith in my God

From at least that June forward, the Room 217 music has helped to promote and support each of these needs. My daily hospital routines developed quickly and I followed them each evening with personal quiet time to be calm. Room 217 music was a constant each night and helped me regroup mentally and emotionally, accept my disease and treatments and prepare for my daily prayers. I would take my sleeping pill and generally sleep well through the night enhancing my physical recovery as well as setting me up to meet the next day with a positive "Can Do" attitude.

Since that June/September time almost four years ago, I have spent close to another five months in the hospital with related issues and each time Room 217 music has gone with me. When not hospitalized, I normally go to sleep each night with the Room 217 music helping me to be calm and at peace with myself and all the benefits that flow from this. The music from Room 217 has been from the start and continues to be an integral part of my journey with cancer.



Box Set

Donor Stories

My Room 217 Story by Bruce Hewitt – Director, Foster Hewitt Foundation
Our lives tend to revolve around relationships and community and as Directors of the Foster Hewitt Foundation (FHF), we are encouraged to seek out the "Difference Makers" in our communities and support their needs. From these initiatives, benefits flow to others.

A few years ago, the FHF helped to upgrade the sound system at the Anglican Church in Port Perry where I met Bev Foster. Under her leadership the contemporary worship program has flourished. She has taught, mentored and encouraged many to use their "gifts" for the blessing of others. I have been part of that program.

It was there that I learned about Bev's other passion, music care, especially for people who are in complex care situations, at end of life, or who are themselves caregivers. I am excited about the progress of the Room 217 Foundation. Bev has assembled a solid team of staff and board members and the Room 217 Foundation is poised for leadership in the field of music care.

Working with Bev, I am beginning to understand that the gift of music goes far beyond entertainment and may be as essential to our well-being as a daily dose of vitamins. A close friend of mine was suffering with cancer and near the end, asked me if I would bring my guitar to his home so we could sing his favorite songs. The difference this small gesture made in his life and the life of his family at that moment was delightful and truly rewarding.

In palliative care, I can easily understand the benefits of therapeutic music. For example, Warm Breezes, one of the CDs from the Room 217 Collection is the music of my generation. One of my first jobs was to spin records from midnight to dawn at CKFH Radio in Toronto in 1974. These were my tunes, my memories, and my therapy, then and now, for music tends to relax and stimulate, make you feel better. I can see how this music could bring comfort and peace to someone who is dying.

In times of stress I often seek refuge in my guitar. At the first Music Care Conference at Wilfrid Laurier University in Waterloo, Dan Hill shared how he sought comfort in song writing as a means of coping with emotional stress. I also learned how simple rhythm and percussion can aid a patient with a walking disability.

The Room 217 Foundation is a "Difference Maker", and their initiatives are a benefit to others. On behalf of the Foster Hewitt Foundation, I am pleased to be a supporter of the Room 217 Foundation.



Room 217 User Guide



Financials

The summarized statement of financial position and summarized statement of operation are derived from the complete financial statements of the Room 217 Foundation as at February 28, 2011 prepared by Bansal & Giga, Chartered Accountants and for the year then ended on which we expressed an unqualified opinion in our report dated June 15, 2011.

ROOM 217 FOUNDATION

Statement of Financial Position as at February 28, 2011

Current Assets

Bank	\$	65,053
Accounts receivables		2,862
Inventory		15,048
Sundry assets		4,222
		<u>87,185</u>

Capital Assets		1,550
	\$	<u>88,735</u>

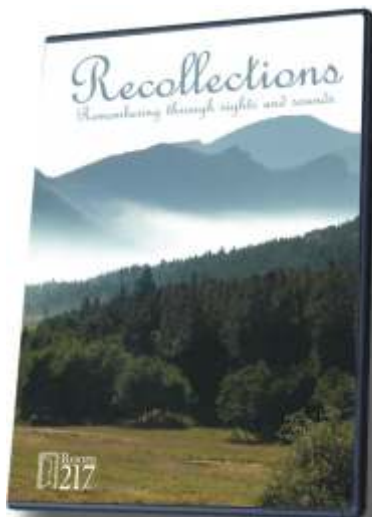
LIABILITIES AND NET ASSETS

Current Liabilities

Accounts payable and accrued liabilities	\$	5,484
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Net Assets

Unrestricted net assets		83,251
	\$	<u>88,735</u>



Recollections, companion DVD

Statement of Operations and Changes in Net Assets for the Year Ended February 28, 2011

Revenues

Restricted contributions	\$	50,250
Unrestricted contributions		73,418
		<u>123,668</u>
Grants		32,500
Therapeutic Resources		57,011
Exchange gain/loss		1,007
Miscellaneous		5,121
		<u>219,307</u>

Total Income 219,307

Cost of Therapeutic Resources \$ 49,160

Net Revenues 170,147

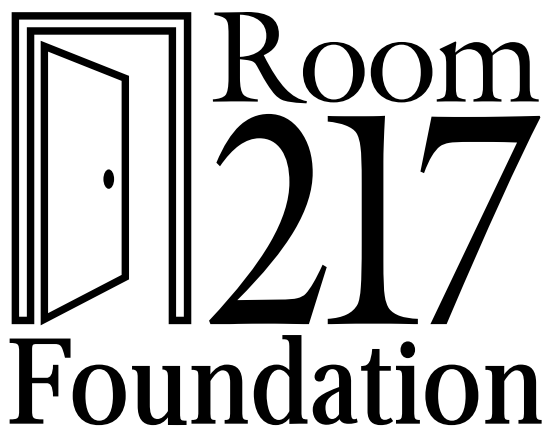
Expenses

Administration and operations	8,460
Communication	2,670
Conferences	20,360
Contracted specialty services	91,192
Marketing	15,960
Miscellaneous expense	902
Office and General	774
Postage, shipping & handling	2,622
Professional fees	4,780
Research & development	1,733
Amortization of capital assets	426
	<u>149,879</u>

Revenues over (under) Expenses for the year 20,268

Net Assets Beginning of the Year 62,983

Net Assets, End of the Year \$ 83,251



For more information about the Room 217 Foundation programs, products and services or to make a donation, visit us online at: www.room217.ca or contact the Foundation office at 905.852.2499 or info@room217.ca.



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