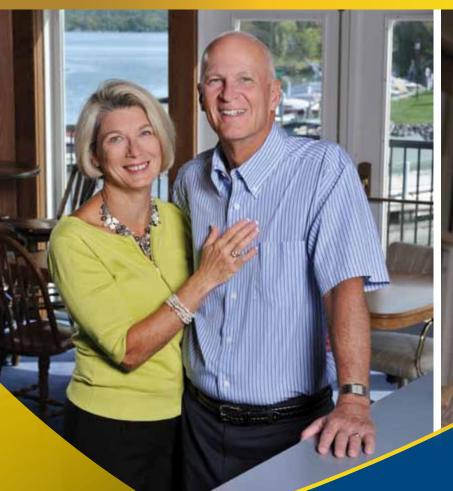


REPORT ON GIVING 2013





UR THOMPSON
HEALTH

OUR MISSION

The F.F. Thompson Foundation, Inc., a not-for-profit organization, is committed to achieving philanthropic support for the services and priority needs of the system's affiliated tax-exempt corporations and to overseeing the management of restricted and unrestricted funds of the foundation.

OUR YEAR IN REVIEW

REVENUE SOURCES

_		
\$	32,535	Planned Giving
\$	310,359	Increase in Fair Market Value of
		Charitable Remainder Trusts
\$	320,771	Investment Interest and Dividends
\$	855,903	Realized and Unrealized Gains
\$	878,550	Grants
\$	1,479,889	Cash Contributions and Pledges
\$	3,878,007	Total

CHARITABLE ASSETS

\$10,964,324		Total
\$	6,176,424	F.F. Thompson Foundation Endowment
	,	Memorial Fund
\$	1,071,278	Sands Cancer Center Endowment
\$	912,414	Ewing Fund
\$	364,007	Clark Fund

FUNDS RAISED BY TYPE OF FUNDRAISING ACTIVITY

\$ \$ \$ \$	94,496 111,455 132,384	Planned Gifts Annual Fund Memorial and Special Gifts Major Gifts Special Event Proceeds
	174,792	Special Event Proceeds
\$	878,550	Grants
\$	966,762	Capital Campaign

\$ 2,390,974 Total

ON THE COVER
Top: David C. Grimm, MD

Bottom left: Jackie and Jim Curley

Bottom right: Madison Martinez

PERSONAL CONNECTIONS ARE AT THE HEART OF OUR MISSION

Our work touches lives every day, sometimes in surprising ways. Our accomplishments, however, would not – could not – be achieved without the generous support of our friends. We are immensely grateful to the many individuals, families, organizations and corporate partners featured in the F.F. Thompson Foundation's Report on Giving.

Their stories are varied, but their reasons for giving invariably return to a

Their stories are varied, but their reasons for giving invariably return to a common theme: a personal connection to Thompson Health. Those listed on these pages are at the heart of Thompson's mission to provide the very best health care right here close to home.

Thompson is a shining light in our community – and you have helped make it so. From the youngest of hearts to those who understand the ongoing need to help Thompson grow and thrive, we thank you for making a difference.

(From left, sitting)
Thomas Kubiak and Dale L. Hunt
(From left, standing) Michael F. Stapleton, Jr.
and Lauren M. Dixon.

Michael F. Stapleton, Jr. President/CEO

President/CEO
Thompson Health

Dale L. Hunt

Vice Chairman/Treasurer, Board of Directors

F.F. Thompson Foundation, Inc.

Thomas Kubiak

Chairman, Board of Directors F.F. Thompson Foundation, Inc.

Lauren M. Dixon

Secretary, Board of Directors F.F. Thompson Foundation, Inc.

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WOMEN'S HEALTH AND WELLNESS CENTER

Thompson Health plans to open the new Women's Health and Wellness Center within the next 12 months, and has raised nearly \$1.5 million toward our goal of \$2.5 million. Lauren Dixon and Lori Van Dusen are serving as Capital Campaign co-chairs.

This innovative facility will create a patient-centered continuum of care currently unavailable in the Finger Lakes region, offering health care specifically designed around a woman's optimal breast health and bone wellness. Patients will have access to cutting-edge services like 3D breast imaging to detect cancer early, same-day test results to eliminate the emotional strain of waiting days for the outcome of a service and a Breast Health Navigation Team to provide personalized managed care throughout treatment.

"Thompson understands that treating the whole patient and not just the cancer is really the purpose for the Women's Center," Lori says. "Limiting the physical and emotional trauma of diagnosis and treatment is very important to me and I am honored to serve as co-chair of this campaign."

"The women in our community deserve the best," Lauren adds. "I am extremely excited to help lead the charge to build this world-class center, which will ensure women receive the highest level of care."

The entire women's center project will be funded by donations.

"Although we are doing well financially, we plan to fund this project with charitable gifts and reserve our current revenue to maintain our facilities and technology," says Thompson Health President/CEO Michael F. Stapleton, Jr. "This project will only come to fruition through the philanthropic support of our community."

WOMEN'S HEALTH AND WELLNESS CENTER CAPITAL CAMPAIGN COMMITTEE MEMBERS

Lauren Dixon Co-Chair

Lori Van Dusen

Co-Chair

Jim Curley

Cyndee Cutri

Julie and Paul Griswold

Ron Hainen, MD

Dale Hunt

Karen Lustick

Anita Pietropaolo Director of Development

Deb Price

Margaret Somerset, Esq.

Michael F. Stapleton, Jr.

President/CEO, Thompson Health

Tom Tortora

Read more about our committee members on pages 3,5,6,7 and 9



value of Thompson Health's high-profile role within the community.

"Thompson is a critical component to the region's health, economic and social fabric," says Lori, founding partner and CEO of LVW Advisors LLC, a wealth advisory firm. "Thompson provides the highest quality care, while effectively balancing the challenges of serving the needs of a large geographic area, some of which is very rural and remote. It is truly a system for the community."

"In addition to being a source of care, Thompson is an anchor for the region's health-related services," Ron explains. "The personal connections and compassion are what differentiate Thompson from other hospitals. It's gratifying to know that our donations help provide essential, state-of-the-art health care and community wellness programs to our neighbors, friends and family members."

Lori and Ron are particularly excited about the new Women's Health and Wellness Center.

"Early detection of breast cancer and integrated services around care and treatment are not only necessary, but critical," says Lori, who, along with Lauren Dixon, is co-chairing the Women's Center Capital Campaign Committee. "The services offered

at the new Women's Center -3D digital mammography, same-day test results, a navigation team - will bring the latest innovations and technology to our region. Ron and I are honored to play a small role in making the facility a reality."

LAUREN DIXON

Lauren Dixon and Michael Schwabl are passionate supporters of Thompson Health. The dynamic husband-andwife duo own Dixon Schwabl, a highly regarded marketing communications company, and they serve voluntarily with more than a dozen non-profit organizations. But it's their efforts on behalf of Thompson Health where they find true joy in their giving.

"Thompson has been 'my' hospital for the past 50-plus years," says Lauren, a Canandaigua native. "From breaking my back skiing at Bristol Mountain when I was 14 and then being hospitalized at Thompson, to having my tonsils taken out at 18 not to mention the many, many emergency room visits with our four children – the care my family has received has been extraordinary. We are so grateful that we have an excellent health system in Canandaigua."

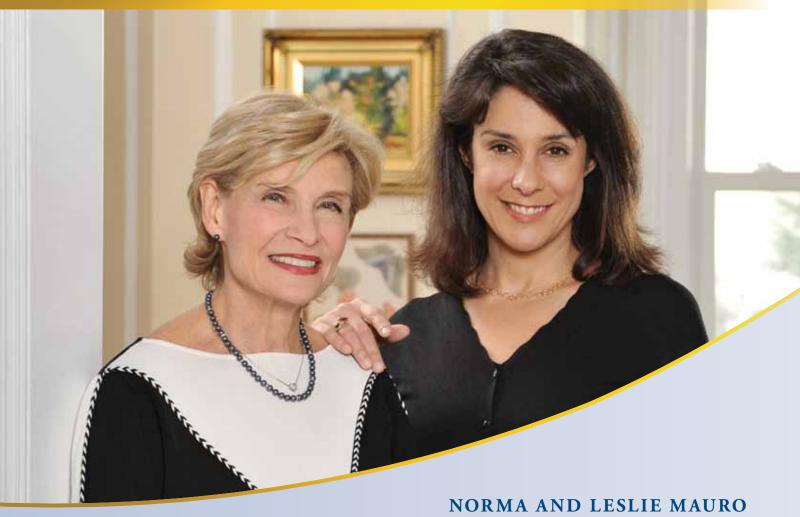
(From left) Lauren Dixon and Lori Van Dusen

But the source of their gratitude and respect goes beyond the exceptional care received during a typical hospital stay or emergency room visit.

"My family has a special and deep connection to the hospital and to Ferris Hills," Lauren explains. "My mom had a stroke and she later passed away at Thompson. The care and compassion exhibited by the entire staff was so comforting. We also feel blessed and fortunate because my father-in-law Bud Schwabl is a resident at Ferris Hills and he loves it!"

"Two things set Thompson Health apart from other healthcare facilities," Michael adds. "First, the level of care everyone you come in contact with has great compassion and truly cares about you as a person. They make you feel like you are their only patient. And second, it's a world-class health system. Thompson Health provides patients with the most advanced technology and comprehensive services. Now, with its affiliation with UR Medicine, Thompson has even greater access to more worldrenowned specialists. I encourage every member of our community to invest in Thompson Health."

COMMITTED TO A LEGACY OF CARING



The late Carmine J. Mauro, MD, was a noted Long Island surgeon who began focusing on women's health issues in the 1970s. He graduated with honors from St. John's University prior to attending the Georgetown University School of Medicine.

Dr. Mauro later served as Chief of Surgery at Jamaica Hospital in Queens, NY and was a visiting professor at Cornell University. He was known and respected for his medical expertise – and was loved for his bedside manner, as well as his devotion to the doctor-patient relationship.

In 2003, Dr. Mauro passed away suddenly while in Canandaigua visiting his daughter Leslie Mauro. To commemorate her dad's life, Leslie, a partner with the law firm Harter Secrest & Emery LLP, decided to donate to Thompson's new Women's Health and Wellness Center.

She asked her mom Norma Mauro if she'd like to contribute, too.
Together, their donation secured the naming rights to the Consultation Room at the new Women's Center scheduled to open within the next 12 months.

"Dad was so loved by his patients; he was very, very dedicated," says Leslie. "He would come home every Christmas with all kinds of gifts from patients who wanted to express their gratitude for his warmth, understanding and sensitivity. So it's fitting to dedicate the consultation room in his name. We know the Thompson doctors will take the same personalized approach my dad always did."

"My husband was a very exceptional person and I think it's great his name is going to live on at Thompson Hospital," says Norma, a retired elementary school teacher who lives in Great Neck, Long Island. "A women's health center... it's such a wonderful idea and I know it's something my husband would have supported wholeheartedly."

Leslie, a mother of three, feels strongly about bringing women's health services to the area and hopes to see more young people get involved.

"I'd like to see young individuals donating more. It's important to have young families financially supporting the community," says Leslie. "It's a great example to set for kids and it's a great way to be invested in the community. I want my kids to see my mom and me doing this and have it be part of their experience growing up."

DR. MARTIN AND KAREN LUSTICK

Martin Lustick, MD and his wife Karen believe Thompson Health transcends the traditional hospital role by acting not only as a healer, but also as a unifier.

"Thompson Health goes beyond the narrow definition of a healthcare facility," says Karen, a member of the Women's Health and Wellness Center Capital Campaign Committee and past president of the Thompson Guild Board of Directors. "Through my various volunteer activities, I've experienced firsthand the power of Thompson to bring our community together to support those in need."

"It is a focal point for caring that joins physicians, staff, volunteers, merchants, patients and families in a way that strengthens us all," adds Dr. Lustick, who served as Thompson Health's medical director from 2003 to 2005 and is currently the medical director for Excellus BlueCross BlueShield. "We're proud to be part of a community that pulls together to help our more vulnerable citizens."

He and Karen, married for 27 years with two children, say they also give with an eye toward the future.

"It means a lot to us to be able to help ensure Thompson's continued success," Karen says.



Dr. Martin and Karen Lustick

NANCY AND JEFFREY SIEWERT

"Thompson Hospital is a very easy facility to be enthusiastic about," says Jeffrey Siewert, who, along with his wife, Nancy, has established a long and meaningful relationship with Thompson Health.

Their affinity and respect for Thompson goes back 30-plus years. They raised three boys in Mendon, and whenever one of them got hurt in the rough-and-tumble world of growing up, they'd hustle off to the Emergency Department at

Thompson Hospital to get patched up.

Decades later, Jeffrey's dad Norman spent long stretches at Thompson battling cancer. He passed away in 2002, and the lion's share of his estate's charitable contributions went to Thompson Hospital's Surgical Care Unit.

"We always liked Thompson's small-town, personal approach," states Jeffrey, the now-retired president and CEO of the Siewert Equipment Co., who serves on the F.F. Thompson Foundation's Board of Directors. "It's always been a very 'user-friendly' facility.

"Thompson is the cornerstone to maintaining our quality of life," adds Nancy, a former schoolteacher. "Imagine 'The Chosen Spot' without Thompson Health. We can't."

DEB PRICE

Deb Price says her special connection to Thompson Health was inspired by the health system's "true caring attitude," exhibited during her parents' stay at Ferris Hills at West Lake and Clark Meadows.



(From left) Nancy Siewert, Jeffrey Siewert and Deb Price

"My parents moved to Ferris Hills in 2002, which provided a great environment for making new friends and provided me with a sense of security," says Deb, who retired from Constellation Brands last year after 17 years as vice president of Finance and Regulatory Affairs. "My mom moved over to Clark Meadows in 2012 when more care was required. It provided a very caring environment and Mom was still surrounded by the friends she made at Ferris Hills. The true caring attitude of the associates, the administration and the Board of Directors is what differentiates Thompson Health from other healthcare facilities. Quality of care is of greatest importance to all."

Deb sits on the Thompson Health
Board of Directors and serves on the
Investment and Pension Committee,
the Finance Committee, the Audit
Committee and the Women's Health
and Wellness Center Capital Campaign
Committee. She previously served
10 years on the F.F. Thompson
Foundation Board.

PAUL AND JULIE GRISWOLD

Paul and Julie Griswold have firsthand knowledge of what sets Thompson Health apart from other healthcare facilities.

"The staff truly cares about you as a person," says Paul, president and CEO of Finger Lakes Technologies Group, Inc., a subsidiary of Ontario & Trumansburg Telephone Companies, two companies that have been owned and operated by the Griswold family for five generations.

"A few years ago, I was suffering from a heart condition and had to make a few emergency visits to Thompson Health," Paul continues. "I was treated with such care and professionalism. A short time later, I utilized the Sleep Disorders Center and again the care was exemplary."



Paul and Julie Griswold

Paul and Julie are generous with their time and treasure. Paul is a member of United Way Advisory Board and serves on the F.F. Thompson Foundation Board. Julie, the corporate events and travel coordinator for the family business, serves on the United Way of Ontario County Women's Leadership Council. Both Paul and Julie are members of the Women's Health and Wellness Center Capital Campaign Committee.

"Our family continues to give to Thompson Health because we enjoy reinvesting in our community," says Julie. "Paul and I feel so extremely blessed and privileged to be able to donate to such a worthy cause and institution."

The Griswolds view their contributions as long-term investments and hope others feel the same way.

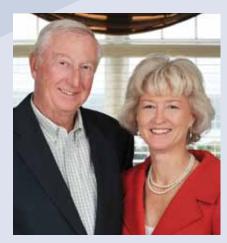
"As you watch Thompson grow, you will gain immense pride as a result of your investment," says Paul. "Our community deserves to have access to a state-of-the-art health system, and donations of time, talent and treasure are helping Thompson Health become a premier healthcare facility."



Thompson Hospital saved
Dick McCarthy's life six years ago, and
he and his wife Margaret Somerset
are forever grateful. Margaret, a
healthcare attorney with Underberg &
Kessler, had forged a solid working
relationship with Thompson Health
over the years, but everything
became quite personal when Dick
had a heart attack.

"Canandaigua Ambulance rushed Dick to Thompson, and the cardiac unit was already up and running when he arrived," Margaret explains. "His condition was diagnosed almost immediately and several intensive care nurses from Thompson jumped aboard the ambulance to help attend to Dick as he was transported to Strong Memorial Hospital."

Dick received live-saving catheterization within 40 minutes of the onset of the heart attack, thanks to the close affiliation and working relationship of the two hospitals.



Richard C. McCarthy and Margaret E. Somerset

"This not only saved his life, but also preserved 99 percent of his heart function," Margaret says.

As a result, Dick and Margaret still enjoy an active lifestyle on the lake – and on the golf course – with their family and friends.

"We have made supporting
Thompson Health a priority in our lives
because Thompson has been there for
us in times of real crisis, and we want
to make sure that level of care remains
available to everyone in our community,"
adds Margaret, a member of the
Women's Health and Wellness Center
Capital Campaign Committee.

Dick and Margaret also appreciate the values – and the value – put forth by Thompson Health.

"Thompson Health is different from other healthcare facilities because the commitment to compassion and quality is grounded in every single individual who works there," says Dick, vice chairman of the Board of Directors at Canandaigua National Trust Company of Florida and a retired manager of Smith Barney in Rochester. "Whenever you have contact with any part of the health system, you quickly become aware that everyone will go that extra mile for you. This is an added value that is rare in today's world."

CYNDEE AND RICH CUTRI

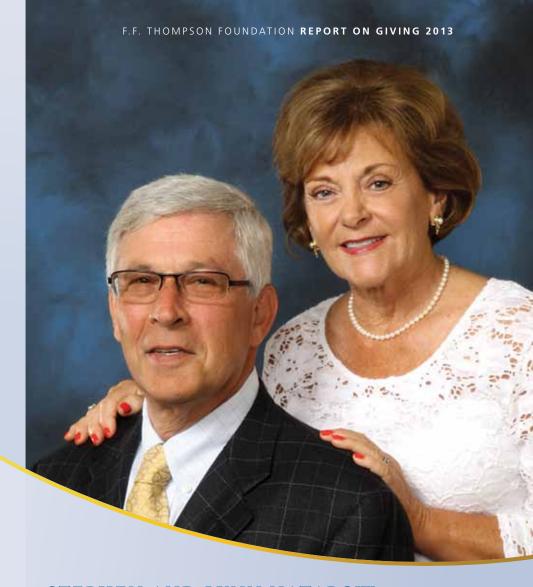
Xerox retirees Cyndee and Rich Cutri are passionate about the success of Thompson Health. Rich has served on Thompson Health's Board of Directors for more than 13 years and Cyndee is currently a member of the new Women's Health and Wellness Center Capital Campaign Committee.

They're generous with their time and monetary contributions because "what you give matters," says Cyndee, who is also a member of the Thompson Guild and the Foundation's Mary Clark Thompson Grants Committee. "We have a large family – three married children and five grandchildren and a circle of close friends in the Finger Lakes region. We know that at some point in time, any one of them may need the services of Thompson Health. If we can contribute in some small way by ensuring that Thompson's critical life-saving resources continue to be available, then we know we will have made a positive difference in our community as so many others have done."

"One cannot help but be inspired by the care, services and support provided every day by the people at Thompson," adds Rich. "We have no doubt Thompson will thrive and continue to provide quality care and services for future generations – and we are proud to be a part of it."



Cyndee and Rich Cutri



STEPHEN AND LYNN NATAPOW

Ask Lynn Natapow why supporting Thompson Health is a priority for her and her husband Stephen and you'll get a quick, easy answer.

"Good health is wealth," says Lynn.

As supporters of the Women's Health and Wellness Center, the Natapows have secured naming rights to one of the three mammography suites. With three children and five grandchildren, they proudly provide financial support to Thompson, and have the utmost confidence in its leadership.

"We have been impressed by the health system's leadership and the dedication of staff members," says Lynn. "Thompson's leadership has the ability to identify growing needs and the dedication to follow through with fundraising to complete the task at hand."

Stephen Natapow is a Rochester real estate developer who serves on the Nazareth College Board of Trustees. His wife of 44 years is a former board member with the YWCA of Rochester and Wilson Commencement Park. They bought their first Canandaigua summer home in 1984 and moved to the lake permanently in 2005.

"Since making Canandaigua our home, we have gained a lot of good friends from the area who are involved as board members and with fundraising initiatives at Thompson Health," says Lynn. "The hospital has a small-town, friendly feel, but with big-city excellence in care."

EXPANDING ACCESS TO INNOVATIVE HEALTH CARE



Thompson Health will enter a new dimension in breast cancer detection when it opens our Women's Health and Wellness Center within the next 12 months, and as Thompson's Chief of Diagnostic Imaging, Ben Wandtke, MD, is uniquely positioned to help expand access to the facility's state-of-the-art mammography technology.

Breast tomosynthesis – also known as 3D mammography – is the latest breakthrough in breast cancer detection. It provides a clearer, more accurate, layer-by-layer view of the breast and allows doctors to more effectively pinpoint the size, shape and location of any abnormalities. This can lead to better detection, fewer callbacks and greater peace of mind.

"Breast tomosynthesis was introduced in the Greater Rochester community in the past couple of years, but is used only for specific patients," says Dr. Wandtke, who also is an Assistant Professor of Imaging Sciences at the University of Rochester Medical Center. "Thompson Health will offer this exciting technological advancement to each and every patient we care for."

When Dr. Wandtke and his wife Katie discuss their personal efforts to help expand access to innovative health care and keep it close to home, their words come straight from the heart. Katie's mother was diagnosed with breast cancer shortly before the birth of the couple's 3-year-old twins. The Wandtkes also have a 1-year-old son.

"Our family has experienced breast cancer firsthand and understands the value of establishing continuity of care closer to home," explains Dr. Wandtke. "Developing a regional center for breast imaging excellence will serve both Canandaigua and the neighboring Finger Lakes communities well, and Katie and I are proud to be a part of such a special project."

"Having access to the Sands Cancer Center right here in our community for her weekly treatments saved my mom valuable time, which she was able to spend with her new grandchildren, and that really helped her recover," Katie adds. "She felt extremely comfortable with her care at Thompson and enjoyed sharing pictures and stories with the entire oncology team. We couldn't be more enthusiastic about supporting the new Women's Health and Wellness Center."

JACKIE AND JIM CURLEY

Settling into retirement, Jackie and Jim Curley have started to reassess their charitable giving by prioritizing the causes they support. Thompson Health is right at the top of the list.

"We want to ensure that our giving is consistent with our highest priorities. Supporting Thompson remains one of those priorities," says Jim, who served in senior financial executive positions with Nixon Peabody LLP and Bausch & Lomb before retiring in February 2013.

Jim, the treasurer of several non-profit organizations, is a member of Thompson Health's Pension and Investment Committee, as well as its FFTH Properties & Services Board and serves on the new Women's Health and Wellness Center Capital Campaign Committee. Jackie's background is in business development. They have lived in Canandaigua full-time since 2009 and have two married children and four grandchildren.

"We want to be active and invested in the community in which we live," says Jackie. "If you live in Canandaigua



Jackie and Jim Curley

or the surrounding areas, it's likely you or a loved one will need care at Thompson at some point in your lifetime. So we all need to ensure Thompson remains fiscally strong and is able to maintain its excellent connection to the community."

DALE HUNT, TOM TORTORA AND DR. RON HAINEN

Dale Hunt, Tom Tortora and Ron Hainen, MD, may have disparately different careers, but, as members of the Women's Health and Wellness Center Capital Campaign Committee, they all share the same passion to serve Thompson Health and its mission.

"We have some of the best doctors, nurses and diagnostic imaging specialists in medicine, as well as the most advanced imaging technology available," says Dr. Hainen, F.F. Thompson Hospital's Director of Nuclear Medicine and Breast Imaging. "Centralizing those resources will enable us to deliver high-quality care and rapid results, two factors that are essential for effective treatment. In addition, we'll be able to go to one office and focus solely on breast imaging."

When asked why supporting Thompson Health is a priority of his, Tom quotes Dickens: "No one is useless in this world who lightens the burdens of another."

"I believe in the Thompson vision for high-level community care and try to do all I can to help the health system achieve its goals," says Tom, the chief operating officer at ClickSpark, LLC and a member of the F.F. Thompson Foundation Board of Directors and Pension and Investment Committee. "I grew up in Brockport and saw firsthand the struggles that a community hospital can face, so I want to do all I can to help my community hospital."



(From left) Dale Hunt and Dr. Ron Hainen (Not pictured) Tom Tortora

Dale, president of Hunt Properties, has seen the inner workings of Thompson Health and likes what he sees. The lifelong Farmington resident – whose father was born at Thompson when it was on Main Street – was invited a few years ago to serve on the Pension and Investment Committee, the Quality & Safety Committee, the FFTH Properties & Services Board and the Foundation Board, where he's now the vice chairman.

"My wife Patty and I take a great deal of pride in our involvement with Thompson," Dale says. "It is evident how special this place really is when you get to know the people! I have had the pleasure of being involved with many aspects of the entire organization. With each meeting, it became clearer how much of an asset Thompson is to our community. This is a very dynamic group of people with a common goal to provide the best health care possible."

KEYBANK FOUNDATION

Thompson Health received a \$45,000 grant from the KeyBank Foundation for a Workforce Development Initiative that will provide extensive personal and professional growth through training opportunities for Thompson's directors, managers and Associates.

"KeyBank's generous donation will have a major impact here at Thompson Health," says Jennifer DeVault, vice president of Associate Services at Thompson Health. "The training programs we'll be able to initiate, thanks to this funding, will have a profound effect as we strive to improve our service each and every day," continues Thompson Health System Educator Carol Olean.

(From left) Carol Olean, James Barger and Jennifer DeVault

Workforce development and training are two of KeyBank's funding priorities.

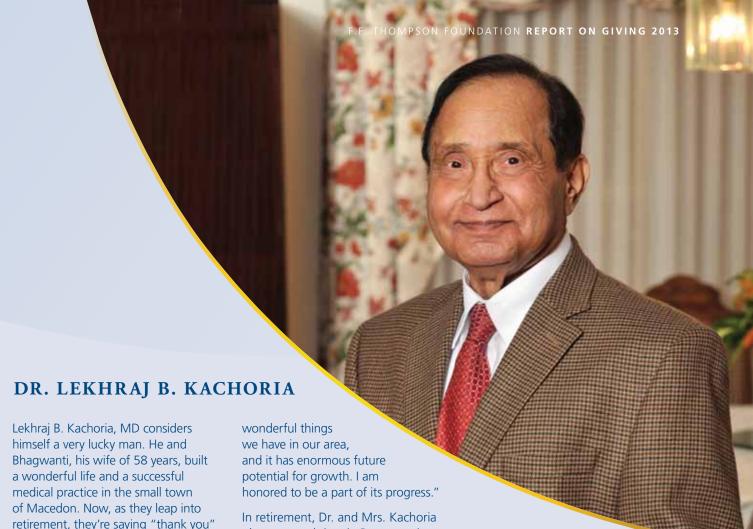
"We partner with non-profit agencies to transform our communities by creating sustainable, measurable change that addresses the root issues preventing economic self-sufficiency," states James Barger, Market President for KeyBank's Rochester office.

The generous gift will be distributed over three years and cover the cost of three training initiatives:

 Lean Sigma Practitioner Training Program: This renowned program teaches participants how to develop solutions to problems and break down barriers to success by enhancing skills and capabilities in areas such as critical thinking, analysis and measurement, which are essential to today's ever-changing healthcare environment.

- The Ritz-Carlton Legendary Service Program: Improving patient/ resident care is a top priority for Thompson Health, and by adopting the Ritz-Carlton Legendary Service Program, Thompson intends to develop healthcare professionals who are highly engaged and focused on providing world-class care and service.
- Leadership Development Program:
 This program will equip managers
 and associate leaders with advanced
 decision-making and execution skills,
 and they will emerge fully prepared
 to take on greater responsibilities,
 facilitate innovation and, ultimately,
 drive improved performance
 throughout the organization.





retirement, they're saying "thank you" in a very kind and generous way by donating the doctor's family practice to Thompson Health.

"God has been very kind to me and now I want to give back something meaningful," says Dr. Kachoria, who specializes in pediatrics and prefers to be called "Raj." "Giving back is such a beautiful way to say thank you for such a good life."

The gift to Thompson came about after a brief conversation between Dr. Kachoria and Cathy Shannon, the hospital's director of Practice Management and Kurt Koczent, Thompson Health's chief operating officer.

"Luckily, I talked with Cathy and Kurt one day about my retirement and, after our very first conversation, I knew the gift to Thompson was destined to happen," Dr. Kachoria adds. "And each day since, I have felt very good about my decision, learning something new and nice about Thompson. The health system is one of the most

plan to spend time in Botswana in an effort to bring medical services to those in need, and to visit one of their two sons, Naresh, who lives in Botswana and works for a Harvard/Oxford-run economic development program.

Dr. Kachoria grew up in Pakistan, where he went to medical school, and then traveled to England to further his medical studies. Four years later in 1969, a chance encounter with an American professor led to an invitation to visit the United States as a visiting pediatrician, an invitation he accepted. He went on to hold positions at Harvard, Case Western University and the University of Rochester, where he is still a clinical faculty member.

The Kachorias ended up in Macedon purely by luck, or, more precisely, another chance encounter.

"It was 1973 and while I was waiting for my New York State medical license, I worked at the Newark Developmental Center," Dr. Kachoria explains. "I always stopped at the same gas station in Macedon and one day the attendant surmised I was a doctor and said, 'Why don't you come to Macedon? We could use a doctor!' Then he picked up the phone and called the barber next door (who would be the next town supervisor) and asked him if he wanted a doctor in Macedon. Well, we eventually met all the town leaders, and the rest is history."

Now, 40 years later, Dr. Kachoria leaves his patients in the capable hands of Thompson Health as he prepares for a visit to Africa. While there, he will demonstrate the same dedication, compassion, generosity and extraordinary bedside manner that made him a success in Macedon.

THOMPSON GUILD

The Thompson Guild plays an indispensable role within the health system. Its nearly 200 members dedicate countless hours of their time and talents to raise funds for Thompson Health, and over the last quarter of a century, the Guild has donated more than \$2.5 million through its various fundraisers.

Springtime in Canandaigua, the group's 2013 signature event, raised \$12,000 to help fund the *da Vinci* [®] Surgical System purchased by the hospital three years ago. The 2014

(From left, front row) Thompson Guild Board Members: Cindy Hept, Myrna Ortiz, Mina Drake, Taryn Windheim, Judy Reader and Marion Fladd (From left, back row) Bob Locke, Louis Loy, Karen Lustick and Gail O'Brien

(Not pictured) Dawn Case, Judy Hanley, Krista Jackson, Drinda Lofton, Tammra Schiller, Jean Seager and Diane Sickmond event will benefit the new Women's Health and Wellness Center, to which the Guild has made a seven-year pledge of \$200,000.

Other fundraisers, such as the Fashion Show, the Poinsettia and Wreath Sale, the Holiday Bazaar Bake Sale, Kentucky Derby Day, the Next-to-New Sale and the Tree of Lights, provide generous and varied support throughout the health system. In addition, profits from the Guild Gallery Gift Shop and the Guild Gallery Kiosk located near the Surgical Care Center are also donated to Thompson Health.

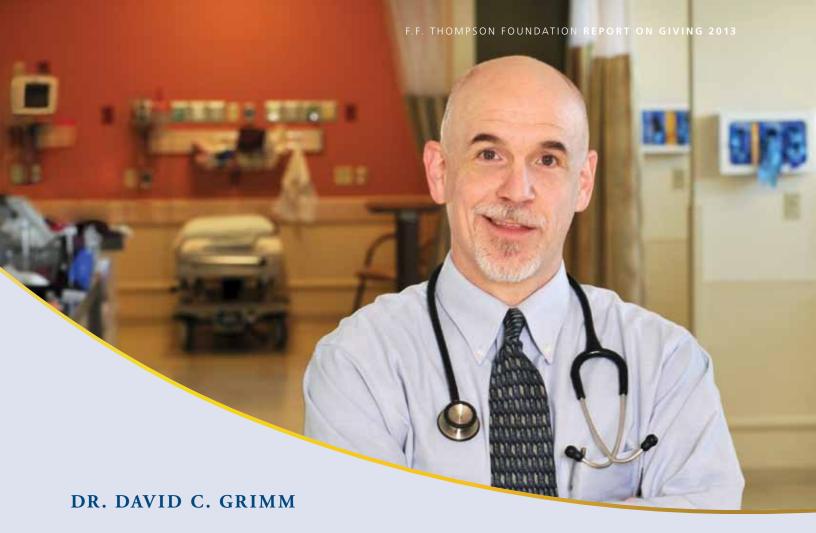
During 2013, changes in the Guild's Board of Directors took place as several long-serving members stepped down and three new members joined the team.

"I'm deeply thankful for all the years, all the time and talent given by Bobbe Dannenbrink, Edythe Gansz, Ann Hanley, Marge Long, Gerry North, Suzanne Winslow and
Karen Lustick," says Guild
President Taryn Windheim. "I'm
also excited to welcome four new
members to our very enthusiastic
board: Louis Loy, Drinda Lofton,
Tammara Schiller and Bob Locke. Guild
board members do the lion's share of
the planning and execution of Guild
functions and I am grateful to be
surrounded by such a great team."

Windheim adds the Guild accomplished quite a bit during 2013. "We continued to support our pledge to the Building a Healthy Future Capital Campaign, took on a new major pledge for something dear to many of us – the new Women's Health and Wellness Center – and we made numerous smaller contributions to the health system."

"Countless individuals have been touched by the Guild's generosity and kindness," says Thompson Health President and CEO Michael F. Stapleton, Jr. "On behalf of all of us at Thompson Health, Lextend our heartfelt thanks."





David C. Grimm, MD believes every contribution to Thompson Health is unique in that it carries with it the possibility that the donation could be of benefit, not only to *anyone* in the community, but ultimately to *everyone*.

"The hospital remains a physical, tangible representation of how strongly this community cares for and values its members," says Dr. Grimm, an orthopaedic surgeon and partner at Canandaigua Orthopaedic Associates. "In some ways, it's a barometer of our collective commitment to taking care of each other regardless of our differences. Its success is our success. And it's immensely reassuring to know that there exists a set of doors in the center of our community, open every hour of every day to every person, that leads directly to immediate assistance, support and care."

Dr. Grimm contributes to Thompson Health in two distinct ways: directly as a physician and surgeon, and indirectly by donating to our health system.

"The entire cycle of life – with all of its attendant twists, turns, losses and triumphs – unfolds each and every day in the hospital in the very heart of our community," he says. "Making a financial contribution allows my wife Jeanie, our three children and me to be a small part of a much grander legacy of caring for and about others."

"It's a privilege and an honor to be a member of the medical staff at Thompson, and to render quality care for my patients with the assistance of such accomplished, committed and compassionate colleagues," adds Dr. Grimm, who was raised near Rush, NY, and received his under-graduate degree from Harvard University in 1985, and his medical degree with honors from the University of Rochester School of Medicine in 1993. "There's an enviable sense of security and pride that comes with having such an invaluable and vital resource as Thompson Health operating as an integral thread in the fabric of our hometown."

Dr. Grimm is confident about Thompson's future, especially its new affiliation with UR Medicine.

"Thompson has been, and continues to be, the top-tier choice for community health care in our region," continues Dr. Grimm. "The ongoing affiliation with UR Medicine expands Thompson's role to serve not only as a destination for state-of-the-art care, but also as an entry point into an extensive system capable of addressing any medical circumstance or need."

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DR. ROBERT AND CYNTHIA FACKLER

Robert Fackler, MD and his wife Cynthia have a deep respect and admiration for F.F. Thompson Hospital. They have watched it grow from a small facility on Main Street in downtown Canandaigua to a sprawling state-of-the-art medical center on what used to be cornfields and dirt roads back in the 1960s.

Dr. Fackler served on the hospital's medical staff as a pediatrician for 31 years before retiring in 1992, and Cynthia was president of the Thompson Guild in the mid-1960s. Married more than 60 years, they have three children and eight grandchildren, so they are well aware of Thompson's importance in the community.

"Our family has been served well by Thompson Hospital – our youngest son was born there, and over the years, we have made use of the emergency room, the surgical suites and out-patient services," says Dr. Fackler, who was treated successfully for cancer at the Sands Cancer Center. "They have all the services you'll ever need."

The Facklers see their donation to Thompson Health as a sound investment in our community.

"We've always had great respect and admiration for Thompson and it's part of what makes Canandaigua such a great place to live," explains Cynthia. "Everyone will pass through the doors of Thompson Health for one reason or another at some time in his or her life, and we want to help make sure each person continues to receive the best care possible."

Cynthia sums up her appreciation for Thompson Health with a bit of humor: "As I've always said, if I can't be taken care of at Thompson, call the undertaker!"



FRED BERTRAM

Fred Bertram didn't even know he was sick back in December of 2012 when abdominal pains sent him to F.F. Thompson Hospital. But he was diagnosed with cancer that already had spread. Unfortunately, surgery was not an option.

"So I went right in for chemotherapy," says the MacKenzie-Childs furniture artist. "My first session lasted nine-and-a-half hours, and I was in the hospital for 10 very long days."

Fred's weekly chemo sessions were made less burdensome by the fact that the Sands Cancer Center is just a five-minute ride from his home in Cheshire.

"That certainly made things a lot easier for my wife Julie and me," he adds. "During my sessions, I would meet people in the waiting room driving all the way from Dundee or Hammondsport. They had to travel so far and they had to do it twice a week. That's such an incredible hardship."

Fred, who was declared cancer-free exactly one year after his initial diagnosis, feels blessed and has found a novel way to give back and help others in need.

He convinced his employer, the renowned furniture maker MacKenzie-Childs, to donate a chair that the F.F. Thompson Foundation will put up for bid in a silent auction to benefit the Sands Cancer Center Patient Needs Fund. But it's not just any chair – it's a unique Forest Fish chair valued at \$1,995. Fred put in 30 hours of his own time to paint the chair.

"I really wanted to give something back and this seems like a pretty good way," he says. "The Forest Fish Chair is the thing collectors want to have, and I know there are a lot of collectors in the area who would love to have this one."

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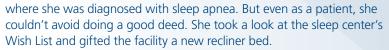
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MARJORIE DONHAUSER

Marjorie Donhauser's generosity knows no bounds. In fact, the live-in hospice nurse has dedicated her life to taking care of the dying and working hard for local charities, which means most of her waking hours are spent in the service of others.

"By nature, I'm a very loyal and generous person," says Marjorie, a lifetime member of the Thompson Guild and former nurse at Thompson, where she was one of the first charge nurses at the M.M. Ewing Continuing Care Center. "But I'm so busy thinking about everybody else, I sometimes forget to take care of myself."

Such was the case several months ago when she was having trouble sleeping. Marjorie eventually made it to Thompson's Sleep Disorders Center,



"They were awfully good to me there," adds Marjorie. "I was treated with respect and professionalism – and they really helped me a lot. I wanted to do something in their honor."



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(From left) Nancy Bryan Role, Diane Sickmond and Karen Lustick

NANCY BRYAN ROLE

Thanks to the generosity of Nancy Bryan Role and her company, Ikoniq, the Thompson Guild has a new, custom-built gift shop kiosk on the lower level of the Constellation Center for Health and Healing.

Guild members initially contacted Ikoniq, but it was Nancy, Ikoniq's executive vice president of Sales and part-owner of the company that counts Major League Baseball and the National Football League among its clients, who immediately decided not to sell, but to make the \$39,000 kiosk an in-kind donation.

"When I met the gift shop team members, their excitement and enthusiasm was infectious," Nancy says. "When they spoke about the kiosk, I was reminded of my own enthusiasm when we were starting Ikoniq. It's exciting to see your vision and dream become a reality. The Guild does wonderful work for Thompson Health through the combined efforts of community volunteers. Donating the kiosk is our way of giving back, which is very important to us."

"Many thanks to Nancy Bryan Role for her incredible suggestions, support and especially for the company's very generous donation of the kiosk," says Diane Sickmond, the Guild's gift shop committee chairwoman. "Nancy was a pleasure to work with throughout the design and installation. She and her company addressed each and every one of our special needs and requests."



MICHELE MCELHENY

Michele McElheny developed an enduring bond with Thompson Health nearly a decade ago when her older sister was diagnosed with breast cancer.

"Unfortunately, my sister lost her battle," says Michele, owner of The Country Ewe LTD, "but everyone at Thompson was so kind and compassionate throughout her illness. There will always be a place in my heart for my local hospital."

As the owner of an upscale women's clothing boutique, Michele is creative when it comes to raising funds for Thompson Health. The Country Ewe LTD participates in the Guild Fashion Show and donated the proceeds from all Coobie Bras sold between October 2013 and January 2014.

"Supporting Thompson Health is a priority for me because not only does it provide many jobs in the community, it's where I take my loved ones when they need care," says Michele, mother of two grown children. "I know that every donation to our hospital – big or small – will help save lives."

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KATHIE AFFLECK

"Having a heart attack at age 80 is not something most people would view as a good thing, but in my mother's case, I believe it was a blessing in disguise," says Kathie Affleck as she begins to tell her story about why she contributes to Thompson Health.

In 2001, Eleanor Affleck suffered a heart attack and underwent triple bypass surgery. Afterwards, the retired RN enrolled in the Cardiac Rehabilitation Program at Thompson.

"It was a transformative experience for her," explains Kathie, a retired Monroe Community College administrator. "Mom had only moved to Canandaigua a few years before and really didn't know many people here. Through the Cardiac Rehab Program, she not only became physically better, but also made many, many friends."

After her initial period of rehab, Eleanor knew she wanted to continue working out and also became a volunteer in the department. She continued to exercise and volunteer for more than 11 years, right up until two months before she passed away at age 91 in September 2012.

"So, that mild heart attack really did change my mom's life for the better," adds Kathie. "She quit smoking, and her new exercise program gave her increased strength and stamina. She went on many trips including the one – at age 85 – when she took me to Scotland, the birthplace of her parents." Five years later, Eleanor's family threw her a surprise 90th birthday party and many of her Cardiac Rehab friends, both fellow participants and nurses, were in attendance, which pleased her greatly.

"I'm proud to honor my mother through my support of Thompson Health and it's gratifying to know I can help increase community awareness of The Fralick Cardiac Rehabilitation and Fitness Center," says Kathie.



FRED AND BARBARA RISSER

There's no place like home, but Fred and Barbara Risser are extremely grateful that the staff at the M.M. Ewing Continuing Care Center goes the extra mile to make sure the facility is the next best thing.

"My mother Jane Bachar has been a resident at the Continuing Care Center for a year-and-a-half," says Barbara, President of Finger Lakes Community College. "When she needed to move from The Pines to The Gardens, the staff members knew it would be a challenging transition and went out of their way to make it easier. My mother's surroundings are important to her, and they paid special attention to the location of her room, exchanged furniture and put a fresh coat of paint on the walls. It made her new space feel like home right from the first day. The staff even thought carefully about meal-time companions to help my mother connect with new friends."

Fred is a supervising bank examiner for the New York State Department of Financial Services, and he and Barbara have lived in Canandaigua for seven years. They have two grown daughters. The Rissers have been ardent supporters of Thompson Health since their arrival.

"A strong health system is vital for a community and we are fortunate to have Thompson Health," says Fred. "We believe it's important to support the local institutions that contribute to our quality of life – and Thompson Health does that in a significant way."

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MADISON MARTINEZ

Madison Martinez is a very special little girl. How special? Every penny of the \$244 the 9-year-old earned last fall selling rubber band bracelets was donated to the Sands Cancer Center, making her one of Thompson Health's youngest philanthropists.

Madison, a fourth grader at North Street Elementary School in Geneva, began helping others at an early age. She participated in her first Making Strides for Breast Cancer Walk when she was 4. At age 5, she attended Thompson Health's Spirit of Women Girls Night Out with her mother

That's where she met Renée Rongen, an internationally known motivational and inspirational speaker, whose presentations extol the virtues of leaving a legacy. She gave



"We were all inspired by Renée Rongen's presentation, but Madison took it to another level," says her mom Nancey Velez-Anderson.

Since the presentation, Madison has spent much of her spare time "paying it forward" by selling rubber band bracelets and donating the proceeds to the Style Shop at the Sands Cancer Center.

"We are very fortunate to have such a young, generous heart raising funds for the Cancer Center," says Sands Cancer Center Coordinator Susan Bonanni. "This is a wonderful example of how a young person's generosity will touch many lives. She's a very special little girl."

Madison, whose grandmother and uncle both battled cancer, hopes to motivate other kids to join the fight against cancer and to help others who already have the disease.

"Cancer can happen to anyone," says Madison, who spends about four hours a week making bracelets in between homework and after-school activities. "It doesn't matter what age you are – you can help fight cancer in many ways. I hope to see other kids help in whatever way they can."



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