

Inspire

WINTER 2020

STORIES FROM OUR COMMUNITY

Cody Fajardo helps kids



Cody Fajardo with Danae, Jordan and Ezequiel Mann



Catherine Okolita & Cody Fajardo

A superstar on the football field and off, Cody Fajardo has given Saskatchewan residents a lot of reasons to show him support. Volunteering his time to become a Pediatric Ambassador for the Hospitals of Regina Foundation is one more to add to the list. Cody's truly genuine and caring personality makes him the ideal Pediatric Ambassador in support of kid's health care in Regina and southern Saskatchewan.

Because of the affection shown to him since arriving in Saskatchewan, Cody began thinking of ways he could give back to the community. "The obvious choice after asking around was to approach Hospitals of Regina Foundation," Cody said. "I approached the Foundation with the donation from the funds of the t-shirt sale created by (local sports podcast) Piffles Podcast; I soon realized I could become even more involved by helping to promote the importance of strong, local pediatric care here in Southern Saskatchewan."

Along with Stephen Safinuk and Greg McCulloch from Piffles Podcast, Cody toured the Neonatal Intensive Care Unit at the Rawlco Centre for Mother Baby Care, in Regina's General Hospital, and together they presented the Foundation with a donation of \$6,000. "I wanted

to put the money where it could help the most people possible" noted Cody.

Last year we saw over 10,000 children treated in Regina's Hospitals. More than 4,500 babies were born at the Rawlco Centre for Mother Baby Care and approximately 500 newborn babies were admitted to our NICU. Working alongside another Pediatric Ambassador, 11-year old Catherine Okolita, the two will make an irresistible pair in the promotion of kids' health care funding initiatives for Regina's Hospitals over the next year.

"The Foundation greatly appreciates Cody's initiative in supporting pediatric care in Regina's hospitals," says Dino Sophocleous, President and CEO, Hospitals of Regina Foundation. "Cody's enthusiasm will go a long way towards spotlighting the wonderful work that has been done, and will continue to be done, by the community in supporting and investing in the best pediatric care possible for children in southern Saskatchewan."



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Interview with Dr. Booker



Dr. Jeff Booker – Interventional Cardiologist – Cardiac Catheterization Lab at the Mosaic Heart Centre

What is the Mosaic Heart Centre?

“It is an area in the Regina General Hospital where we do all inpatient cardiology testing and procedures. The Centre includes a catheterization lab, the Kinsmen Foundation Electrophysiology Lab, which is the province’s first, and the GMS Cardiac Rhythm Device Clinic.”

How many patients are treated in the catheterization lab annually?

“Approximately 2,200 patients from locations all over southern Saskatchewan will go through the catheterization lab for procedures yearly. Even if you’re not from Regina, you, or someone you know may someday need the specialized services provided here. When things

present as serious cardiac problems, patients will be transferred to Regina for urgent and ongoing care and we will be ready when they arrive”

What specialized equipment is used here? “Our specialized fluoroscopy video x-ray equipment allows medical teams to diagnose patients using catheters. We also use ultrasound inside the vessels of the heart and inside the heart itself to show the chambers.

Does the technology attract more specialists to Regina? “Absolutely! Physicians who are in training have often experienced different ways of doing procedures and have used different, or in some cases newer technology. Being able to offer *that* technology here definitely makes it more appealing to practice in Regina, which is important for the level of care we want to provide.”

Are there any unique or ground breaking procedures performed here specifically? “The Regina catheterization lab was the first unit in the province to perform the transcatheter aortic valve implantation (TAVI). ‘TAVI’ is a procedure where the aortic valve is replaced with a new valve without the need of open-heart surgery. The procedure takes 2-3 hours to complete with a goal of next day discharge but the typical length of stay is 2-4 days. This is a much less invasive procedure with easier recovery than the

previous options that were available, such as open heart surgery.”

Without TAVI what would happen?

“TAVI gives patients more time with their loved ones. TAVI patients normally don’t qualify for surgical interventions so they would, unfortunately, suffer from the symptoms or succumb to their illness. Being able to now offer a possible treatment helps the patients improve both their quality and length of life.”

How has HRF helped your work here?

“Hospitals of Regina Foundation has been critical in helping us in the cardiology section. The Mosaic Heart Centre, cardiac catheterization lab, Kinsmen Foundation Electrophysiology Lab and GMS Cardiac Rhythm Device Clinic were all funded by donors through the Foundation. The Foundation’s support has been absolutely tremendous.”

How can the people of southern Saskatchewan support the work you do?

“They can support our work by donating to Hospitals of Regina Foundation, which directly helps support us and our work. Donations are critically important if you look at the cost of the equipment that is needed to maintain the quality and level of care. The Mosaic Heart Centre was funded through donations and it’s through that work that we’re able to provide the services we do to the people of southern Saskatchewan.”

World-class cardiac care gives Jos Risling a *new lease on life*



Meg and Jos Risling at the 2019 CCU 5K Walk/Run in support of cardiac care in Regina



The Risling family

March 23, 2019 is a date Jos Risling will never forget. It's the day he nearly died. But it's also the day that he gained an appreciation for the incredible quality of cardiac care available in Regina's hospitals.

The 47-year-old principal at Wawota Parkland School in southeast Saskatchewan is married with two young boys and leads an active lifestyle, including lacing up his skates for weekly hockey games.

"I certainly wasn't in a high-risk category for heart disease," Jos states. "So, when I started having chest pains a few days earlier, I ignored them. Then, on March 23 I tried to play hockey and ended up having a full-blown STEMI (a heart attack involving a blockage of one of the major arteries to the heart)."

Jos' wife, Meg, rushed him to the hospital in Arcola, where his condition was stabilized but still critical. The ambulance team from Arcola loaded Jos into the ambulance for his trip to Regina, but his condition was so serious that the specialized Cardiac Ambulance was dispatched from Regina and Jos was transferred between ambulances on the side of the highway.

Within a half hour of arriving in the Cardiac Care Unit (CCU) at the Mosaic Heart Centre, Jos was in surgery having two stents inserted to open up the blocked blood vessels. Two more stents were inserted two days later. Five days after that, he was discharged and

returned home to Kenosee Park to recuperate. He certainly didn't waste any time looking for ways to express his gratitude for the life-saving care he received.

"Within two days I was on the Hospitals of Regina Foundation website," Jos reveals. "I wanted to send in a donation, to make sure other people receive the same support I did."

Jos also took part in the annual CCU fundraising walk/run in support of the Foundation in May, where he spoke about his experience. He continues to speak to groups, advising people to have their cholesterol checked regularly. It's believed high cholesterol was the major contributing factor to Jos' heart issues.

"People have joked about it, but I can tell you from first-hand experience it's true," Jos confides. "If you're going to have a heart attack - and hopefully you aren't - but if you are, make sure you have it in Regina! If it wasn't for the amazing care and support that I received at the Mosaic Heart Centre, I wouldn't be here today."

"Stories like Jos' demonstrate the importance of supporting world-class cardiac care for the people of southern Saskatchewan," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Thanks to the generous support of our donors and partners like Mosaic, the Foundation will ensure this level of care is available right here at home, when people need it most."

Longstanding partnership *leads to* NICU investment



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SCHMIRLER**
FOUNDATION

“We believe that every baby deserves the chance to grow up and be a champion like Sandra.”

Ian Cunningham, Chair

Eldon Friesen

Regina’s Neonatal Intensive Care Unit (NICU), at the Rawlco Centre for Mother Baby Care, will benefit from the long-standing partnership between Hospitals of Regina Foundation and the Sandra Schmirler Foundation.

The Sandra Schmirler Foundation was created as a Legacy to Sandra’s memory, who is remembered as generous and devoted to family and friends. Countless babies who have been born prematurely and critically ill have been saved with life-saving equipment funded in her name. This year, the Sandra Schmirler Foundation will contribute \$100,000 to Regina’s NICU to be invested in new state-of-the art technology.

“We believe that every baby deserves the chance to grow up and be a champion

like Sandra. We’re very proud to partner with Hospitals of Regina Foundation to help fund life-saving equipment for the NICU at Regina General Hospital.” says Ian Cunningham, Chair, Sandra Schmirler Foundation. “Our Foundation is committed to keeping Sandra’s love of family alive in Saskatchewan and across Canada by helping to give these miracle babies the chance to live their dreams.”

Last year, 475 babies from southern Saskatchewan needed the specialized care provided by the NICU and their amazing medical teams. With births as early as 24 weeks, these babies are not yet fully developed and many cannot sustain breathing on their own.

Ensuring our medical teams have the technology they need to provide the

very best care and make lives better for babies in southern Saskatchewan is critical.

“The Foundation is pleased to once again partner with the Sandra Schmirler Foundation to invest in Regina’s NICU,” says Lisa Green, Vice President, Development, Hospitals of Regina Foundation. “Our NICU is a Centre of Excellence for neonatal care for families across southern Saskatchewan and provides life-saving care for our smallest patients. It wouldn’t be possible without generous donors like the Sandra Schmirler Foundation.”

Rural Family *finds a unique way to give.*



The Dean family

With an active, busy family of five and a ranch with 450 cows to manage, spending six weeks in the hospital away from their home near Central Butte was not something Bobie and Mark Dean were anticipating with their newborn.

Bobie's son Brand made an early appearance at Regina's General Hospital at 32 weeks old, weighing 4lbs 9oz. Due to his early arrival and some serious breathing problems. Brand needed to stay in the NICU. "It was terrifying and

hard. He would just forget to breathe on his own" Bobie recalls. Brand required a Continuous Positive Airway Pressure (CPAP) and breathing tube to assist his breathing and help the air sacs in his lungs stay open. Then, near the end of his stay, he was switched to a caffeine treatment which stimulated his breathing centre. Brand spent six long weeks in the NICU at Regina General Hospital in order for his lungs to strengthen and allow him to breath on his own. Today, Brand has no ongoing health problems and only has a couple follow-up appointments yearly to track his development.

After Brand's extended stay in the hospital, the Dean family wanted to find a way to give back and show their gratitude. "We received lots of support from family and the surrounding communities plus had people share stories with us of how the NICU has helped one of their family members" Mark recalls. "I always knew the NICU was in Regina but after needing it and seeing the work that gets done, it made our decision to give back that much easier".

Bobie and Mark thought about how to give back and decided on an unconventional approach to raise funds. They ended up selling a bred Heifer cow and combined with donations they received from their surrounding rural communities, were able to donate over \$7,000 to the Hospitals of Regina Foundation.

Bobie feels it's important to support Regina's hospitals. "We are fortunate enough to be able to give back, and feel it's important to donate money, time, or whatever towards things that are necessary. You don't realize what your children may require until you are actually in a time of need."

"Growing up in a small community you learn that you need to chip in and do a little more. Giving back is just a part of life."

Mark Dean

"Growing up in a small community you learn that you need to chip in and do a little more. Giving back is just a part of life" Mark says.

"The Foundation is grateful for the support of donors like Bobie and Mark" said Lisa Green, Vice-President, Development. "Through their creative way of raising funds, they are helping the Foundation ensure that quality healthcare is available in Regina's hospitals for all children in southern Saskatchewan."

Twin dynamos overcome all obstacles



Lennyn and Luna enjoying a laugh with mom and dad

Lennyn and Luna Kemp of Moosomin are living proof that a fighting spirit, combined with a world-class medical team and facility, can overcome just about any obstacles.

The twins' story begins on May 3, 2018 - the day they were born at 27 weeks by emergency C-section at Regina's General Hospital (RGH). The emergency procedure was needed because the babies were in breach and could not be delivered without surgical intervention. Lennyn was born first, weighing just 2.5 pounds and Luna arrived a few minutes later, weighing two pounds, 12 ounces. The twins were immediately taken to the neonatal intensive care unit (NICU) at the Rawlco Centre for Mother Baby Care, which would become their home for the next 79 days.

"They wheeled me into the NICU and the girls had all sorts of tubes and cords hooked up to them," says the twin's mother, Courtney Fletcher. "As a first-time mother and not being able to hold my babies, that was heart-breaking. Four days later I finally got to hold them for the first time."

Courtney stayed with relatives in Regina and spent each day at RGH. Her tiny, fragile infants needed help breathing and were treated for brain bleeds and heart murmurs, both unfortunate and relatively common consequences of preterm birth. Fortunately, as a result of a recent investment from Hospitals of Regina Foundation, their medical teams had access to specialized imaging technology to help diagnose the twins. For almost 3-months, the twins resumed

the process of finishing their natural development under the care and watchful eyes of the NICU staff.

"I can't say enough about how our family was treated at the NICU," Courtney explains. "Having access to such a great facility, with all the technology and the great doctors, nurses, respiratory therapists, pharmacists and everyone else was incredible."

The day Courtney and her boyfriend David Kemp were waiting for arrived on July 21, when the twins, now weighing five pounds each, were discharged and sent home with their parents to Moosomin. Today, Lennyn and Luna are healthy and happy and, other than routine pediatric check-ups in Regina every few months, are just like any other youngsters approaching their first birthdays.

To demonstrate their gratitude, Courtney and her family launched a fundraising drive that raised \$6,000 for the 2019 Z99 Radiothon in support of Regina's NICU. She plans to continue the fundraising efforts every year.

"About 500 babies receive life-saving care at Regina's NICU each year," says Jessica Rawn, Director of Development, Hospitals of Regina Foundation. "Our community's support of the Foundation enables us to provide world-class care for southern Saskatchewan children, right here at home."



Les Anciens Canadiens de Montréal Montreal Canadiens Alumni

MONTREAL CANADIENS ALUMNI TOUR

Join us March 1, 2020

for a once in a lifetime hockey game and banquet featuring the

Montreal Canadiens Alumni

In the spirit of partnership and community support, Hospitals of Regina Foundation has partnered with the University of Regina (U of R) Cougar Hockey Alumni Association and the Pat Canadians midget hockey team to host the Montreal Canadiens Alumni for an exciting opportunity to re-live the best of hockey.

Proceeds from this amazing event will go towards funding pediatric programs in Regina's Hospitals, scholarships for U of R hockey athletes and the Pat Canadians midget hockey team.

Visit www.hrf.sk.ca for more info



CP RAIL Supports Pediatrics



Moore Family (Chloe & Hailey Moore)

Thanks to the generous support of partners like CP Rail, we are able to help children in southern Saskatchewan live better lives by providing state of the art technology and care. Through its community investment program *CP Has Heart*, CP donated \$25,000 towards the purchase of an echocardiography machine for pediatric cardiology.

An echocardiography machine uses ultrasound to create images of the heart and measure the speed and direction of blood flow. Through these tests, a pediatric cardiologist gets critical information about the heart's anatomy and function. Echocardiography is the

most common test used on children to diagnose or rule out heart disease and to follow children who have already been diagnosed with a heart problem.

“The Foundation greatly appreciates CP Rail’s continued support in improving pediatric healthcare in Regina’s hospitals,” says Dino Sophocleous, President and CEO, Hospitals of Regina Foundation. “CP’s support will go a long way towards ensuring the children of southern Saskatchewan have the best technology available to them, when they need it.”

Celebrating *our community's giving spirit*

The giving spirit of the individuals, organizations and businesses that support Hospitals of Regina Foundation is outstanding. Time and time again these caring and generous people gather together to raise funds for Regina's hospitals in new and exciting ways. With a comedy night, a golf tournament or a marathon, people step up and support health care for those who need it most. The Foundation is so grateful for our community's support.

- The Chick-A-Dee Golf Tournament
- Mexican Scramble Golf Tournament
- Pipeline of Dreams Golf Tournament
- Human Condition Comedy Tour
- GMS Queen City Marathon
- IG Wealth Golf Tournament
- OutGROW, OutPLAY Fall Consignment Sale
- Autumn of Love Vietnamese Dinner
- Long & McQuade Music Therapy Fundraising Drive

Here are a few events which took place between August and December 2019 in support of Hospitals of Regina Foundation.



To learn how you can host your own fundraiser, visit our website hrf.sk.ca/Events/Host-An-Event, or contact us at 306-781-7500.