

# Inspire

WINTER 2019

STORIES FROM OUR COMMUNITY



Luna Weimer in the pediatric inpatient unit at Regina General Hospital

## There's no place like home *during cancer treatment*

Whether it was her training as a nurse or her maternal instincts, Laura Weimer knew something was wrong when she felt what she thought was a hole in her nine-month-old daughter Luna's head.

That hole turned out to be a large cancerous tumour, roughly 10 centimetres wide. Ninety-five per cent of it would be removed in an agonizing eight-hour surgery in October 2016. The surgery went well, without any complications. After Luna recovered, she began inpatient chemotherapy at Regina General Hospital (RGH).

"All of our support systems are here – my family, my husband's family – and you need a lot of support when you're going through something like this," says Laura. "To be at home and able to have family visit at the hospital kept us sane and helped us come through this stronger and not completely falling apart." From December 2016 to April 2018,

Luna would stay at RGH every two weeks, sometimes one night and sometimes as many as five or six nights. The family got to know the pediatric inpatient unit well during Luna's battle with cancer.

"The nurses are so compassionate and so skilled," Laura explains. "Everyone cared about Luna so much and it was therapeutic for me to talk to those nurses. They became counsellors for me at the same time they were taking care of my daughter."

Laura recalls how staff went above and beyond to make Luna's stay as comfortable as possible. When Luna grew sensitive to sound and struggled to sleep, the team found ways to check on Luna without disturbing her.

"Everyone was so attentive to what she needed and what I needed," Laura says. "I can't imagine being somewhere else where the nurses weren't like that."

The pediatric team continued to exceed the family's expectations, even throwing Luna a celebration to mark her last chemotherapy treatment.

The remaining five per cent of Luna's tumour was removed in spring 2018, allowing her to be a regular kid enjoying summer.

"It was really emotional to see her running around, touching dirt and going in the lake – she couldn't do any of that before," Laura remembers. "We were dealing with a regular two-year-old's problems, like tantrums and screaming. It was really awesome."

Luna will receive magnetic resonance imaging (MRI) at RGH every three months for a few years to monitor her progress.

"We feel very lucky and blessed that we still have her right now," Laura says. "Hopefully this is the end of cancer for Luna's life."

"The Weimer family's experience in Regina's health-care system shows the impact and importance of good health care right here at home," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Our children deserve the best care we can provide them and the community's support is critical in helping us accomplish that."



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## Enbridge fuels *movement* in the Wascana Rehabilitation Centre's *Children's Program*



From left to right: Chad Morris, Joanne Bradbury, Eldon Strachan, Les Scott, Guy Krepps, Kent Windsor, Anne Marie Dreher, Dino Sophocleous and Denny Hay

Almost every parent dreams about their child learning to walk. Those teetering first baby steps and the inevitable tumbles that follow. But that dream isn't reality for some parents. Whether due to disease or injury, some children won't have the opportunity to learn to walk, or if they do, it's a tougher journey than most can imagine.

Enter Wascana Rehabilitation Centre (WRC), a Regina hospital that provides comprehensive medical rehabilitation programs for children and adults. It's

where more than 2,500 children in southern Saskatchewan access crucial development rehabilitation as part of the WRC's Children's Program. The program sees more than 18,000 pediatric visits a year.

The Children's Program is invaluable for thousands of children, including those who learn how to walk or use a wheelchair there. In 2018, the program needed ride-on cars, which are modified wheelchairs used to teach children how to use wheelchairs, as well as help with other developmental delays.

The Children's Program recently received a boost from Enbridge Pipelines, a long-time supporter of the Foundation. Most recently, in summer 2018, Enbridge contributed \$25,000 to the Foundation in support of the Children's Program at the WRC and the Neonatal Intensive Care Unit (NICU). "As a company that delivers the energy

we all need for our daily lives, there's nothing that matters more to Enbridge than safe, healthy and sustainable communities," says Enbridge's Scott Ironside, director, operations, prairie region. "We don't just operate in communities, we live in them. As good neighbours, we are committed to strengthening communities by supporting innovative programs that positively impact quality of life in our three focus areas — community, environment and safety."

"Our close partnership with Enbridge has helped provide patients in southern Saskatchewan access to the best equipment and care available," says Lisa Green, vice-president, development, Hospitals of Regina Foundation. "The sky is the limit in what we can accomplish thanks to the generous support of our corporate partners like Enbridge, and we thank them for their commitment to making better health care a reality."

"As good neighbours, we are committed to strengthening communities by supporting innovative programs that positively impact quality of life."

Scott Ironside

# Leading-edge procedure

## *cements better life for man in pain*

Edwin Yate's pain was not constant, but debilitating enough that he lived in fear of it. It could be gone one second and back again the next.

"I would finally get comfortable then make a wrong move and I would be in a lot of pain again," remembers Edwin.

The 82-year-old man from Qu'Appelle, Sask., suffered an acute fracture of his spine as a result of several falls. His doctors suggested vertebroplasty, an alternative to surgery, done in Regina General Hospital's interventional radiology (IR) suite.

This minimally-invasive procedure meant Edwin wouldn't be put under anesthesia, nor would he have to stay overnight. During the vertebroplasty, the doctor used a special needle and medical imaging to guide the procedure. Medical-grade cement was then safely and quickly injected into the fractured backbone. For Edwin, this stabilized the fracture and alleviated his extreme pain.

"The procedure was fine; there was no great deal of pain with it. The freezing was probably as painful as anything," says Edwin. "There's always anticipation the procedure is going to hurt a lot more, but it didn't. I would recommend it to anybody."

Edwin went into the procedure with excruciating pain and left four hours after the procedure concluded, virtually pain-free. It was a breath of relief for him and his wife, Alma.



*Edwin Yates during his vertebroplasty in Regina General Hospital's interventional radiology suite*

"It's very nice to do things and not have to constantly worry about whether it is going to hurt, or will it not hurt," Edwin explains. "My quality of life is definitely better now that I'm not in so much pain. This procedure has eliminated the pain and made life a lot more comfortable for me."

Edwin is one of approximately 4,000 patients who found relief and an alternative to invasive surgeries. Key to these procedures is the medical imaging that supports the diagnosis and treatment of conditions and disease. In 2017 alone, there were 5,000 procedures performed in the IR suite, in addition to 50,000 computerized tomography (CT) scans, 17,000 magnetic resonance imaging (MRI) scans and 24,000 ultrasounds performed in Regina's hospitals.

"Almost every patient encounters medical imaging during their journey of care," says Dr. Kunal Goyal, department

head of medical imaging, Saskatchewan Health Authority. "Advances in technology allow us to perform cutting-edge procedures in a better, safer way that allows for shorter patient recovery and reduced wait times."

The IR suite was built in 2006 and now requires critical upgrades. That's why medical imaging remains one of Hospital of Regina Foundation's top priorities.

"By investing in medical imaging in Regina's hospitals, we will see a domino effect in other areas of health care, and that demonstrates just how crucial this technology is," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "By having the best and most advanced technology, we will reduce surgical wait times, the dependency on pain medication, and the length of stay in the hospital, getting people home to live better lives faster."

## Making the world a better place *the perfect legacy for Regina woman*



*Ethel and Vernon Griswold made their first donation to Hospitals of Regina Foundation in 1998*

"I want everyone to have the best care they can get."

It's a simple statement, but one that comes from a long life of experience. From a young age, Ethel Griswold learned the importance of good local health care, after watching her siblings struggle with illness and injury, and losing her mother to cancer when Ethel was just ten years old. She also has had health struggles of her own – being diagnosed with diabetes and Parkinson's, and triumphantly beating breast cancer.

Those experiences shaped Ethel's philanthropy, a passion she shared closely with her husband of 62 years, Vernon. The couple were highly active

members of their communities in Yorkton and Regina, with Vernon receiving many accolades for his firefighting career, including an international firefighters award. He and Ethel first donated to Hospitals of Regina Foundation in 1998.

"These experiences drove me and Vern to give to make things better for the world," Ethel explains. "I give to support the life's journey, from the young to the old. If somebody can do that, they'll never be lost in life."

Besides giving back and supporting a multitude of causes, Ethel and Vernon spent time together travelling throughout the United States, the United Kingdom and Mexico. But then Vernon developed a fistula, an abnormality of one of his organs. He sadly passed away from this condition in December 2017. It was then Ethel became greatly aware of the importance of medical imaging and how crucial it is to diagnose and treat disease and illness.

"We must have the equipment and the people trained to operate them, no matter what it takes," Ethel says. "If we have the right equipment, people could live their lives comfortably."

That experience inspired Ethel to leave a legacy gift in her will to Hospitals of Regina Foundation in support of medical imaging. She believes Vernon would be more than supportive of the idea.

"He would be right there with me," Ethel says proudly. "I know that he would think it was just the greatest thing on earth, so I feel quite good about leaving this legacy gift to Hospitals of Regina Foundation."

She adds, "We would like to request others to do the same as what better legacy can you leave than helping our community live better lives?"

Dino Sophocleous, president and CEO, Hospitals of Regina Foundation, agrees. "A legacy gift, of any size, ensures that future generations are well taken care of with the best local health care possible. We are so grateful for the thoughtful support of Ethel, in memory of her husband, Vernon, and everyone who chooses to support the Foundation in their estate planning."



*Ethel Griswold donates in memory of her husband, Vernon, who passed away in December 2017*

# 30 years *of giving back to the future*



*Ernie and Rikki Richardson have been donating to Hospitals of Regina Foundation since 1988*

When friends first approached Ernie Richardson and his wife, Rikki, 30 years ago about donating to Hospitals of Regina Foundation, the answer was an emphatic yes.

They first donated in 1988 through Ernie's company, Richardson Lighting, which he started following a successful curling career and a stint working for his father's construction firm. Ernie and Rikki's reasons for donating were simple – everyone needs the hospital at some point in their life and the Richardsons could afford it.

"I felt we should pick a charity to support and what better cause than our hospitals," Ernie remembers. "I wanted

to help because I know we're all going to be using the facilities, if we haven't already. We need to keep equipment up-to-date so we can get the best doctors to come and work at our hospitals."

Of course, Ernie and Rikki have personal connections to Regina's hospitals. Ernie has had regular visits to Pasqua Hospital for skin cancer treatments, an issue he attributes to the time he spent in the sun as a young man working outside in construction.

"I always loved to get a tan so I never wore a hat or a shirt and I was the healthiest-looking guy in Regina, not realizing I was causing myself grief down the road," Ernie recalls with a chuckle. "When you're young, you don't think about your health as much, but as you get older, you think about it more."

Through the company and personally, Ernie and Rikki have donated more than \$200,000 to the Foundation, including to the Wolfe Stroke Centre, the surgical campaign and the Rawlco Centre for Mother Baby Care. Ernie, who can still be found at Richardson Lighting on any given day, hopes to keep giving.

"We've increased the amount since the early days and I'm hoping if we live long enough, we'll be able to increase it some more," he says, adding that he hopes others, including his children, follow his lead. "Whatever they can afford, they should definitely consider Hospitals of

Regina Foundation because it's a great place to donate to for the future and for everybody in this province."

"Southern Saskatchewan is renowned for being a giving community and people like Ernie and Rikki Richardson are great examples of that," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Thanks to people in the community like the Richardsons, we are able to make crucial investments in Regina's hospitals, making local health care the best that it can be."

**"We need to keep equipment up-to-date so we can get the best doctors to come and work at our hospitals."**

Ernie Richardson



*Ernie and Rikki in their Regina home*



Early bird winners: Rick and Laurie Koloski in the Katepwa Lake cottage

After supporting Hospitals of Regina Foundation Home Lottery for 20 years, a first-time win could not have come at a better time for Laurie Kosloski and her husband Rick.

## Lottery win offers family ‘sense of security’ in cancer battle

The two needed a bright spot in 2018 after Rick was diagnosed with cancer. That bright spot came in the form of the early bird prize – the Katepwa Lake cottage, a pontoon boat and \$5,000 cash.

“When you’re going through cancer, there are a lot of worries. This win gives us a sense of security,” Laurie says.

The winners of the \$1.1 million grand prize showhome and \$30,000 cash are also long-time supporters. Garth Robson and his wife Beverly have been buying tickets since the lottery started.

“I don’t know if it’s completely sunk in, but it’s a pretty good feeling,” Garth says.

Proceeds from the lottery will go to medical imaging in Regina’s hospitals, an area used by nearly every patient.

“Thank you to everyone across Saskatchewan who purchased 2018 Fall Home Lottery tickets,” says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. “The continued support makes our lotteries successful every year, and this year is a record for us in terms of proceeds raised. This will help us continue to invest in the best technology, right here in Regina’s hospitals.”



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# Plywood Cup:

*raising money and delivering smiles*



*Participants during Plywood Cup on July 1, 2018*

Every year, thousands of people cheer as more than a dozen plywood boats race across Wascana Lake. As the makeshift boats battle it out, many sink while others miraculously triumph until one is declared the champion.

The event has become a staple of Canada Day in Regina's Wascana Park – the Plywood Cup. It is the brainchild of Mauro Montanini, a committee member of Regina's Canadian Progress Club, who got inspiration for the event from a club in another city.

In 2005, the stars aligned to make the first ever Plywood Cup a roaring success. It came on the heels of the 'Big Dig', a massive project that deepened and improved Wascana Lake. Sponsors and participants jumped onboard immediately. The inaugural event raised more than \$12,000, and a lot of attention.

"We thought there'd be a few hundred people watching," Mauro remembers.

"When somewhere north of 5,000 people showed up, we were blown away. We weren't prepared for that crowd but we had a lot of fun doing it."

They've been having fun with the event ever since. Many teams return year after year, not only because it's a great team building activity, but also because pledges go to a great cause – pediatric care in Regina.

"Our club decided many years ago that we would support causes that had to do with children's health and well-being, and were local," explains Mauro. "We saw a need that was unfulfilled and we agreed to support it going forward. It's been a good fit for many years and we expect it to continue that way."

The event is now going on its 15th year, raising a lifetime total of \$700,000 and a lot of memories for everyone involved.

"We raise \$50-\$60,000 each year, but we deliver a million smiles and it's an

event that's become part of the fabric of Regina," Mauro says proudly. "Whether you're eight or 80, you can enjoy the event."

Plywood Cup chair Travis Brown says the club has a goal of reaching a lifetime total of \$750,000 in its 15th year.

"If we can surpass that, fantastic," Travis says. "If we have that ability, I think it will be quite an amazing feat."

Travis says there are no big surprises for the 15th year of the event, just the usual pieces that make it successful: great sponsors, participants, spectators, and great support for the cause, made possible by the Progress Club.

"I really have to tip my hat to the other Progress Club members because if we didn't have the volunteers to put it together, we wouldn't have anything," Travis explains. "There's a lot of work that happens behind the scenes to make it a success."

"Not only is the Plywood Cup a fun and memorable event, it has resulted in a significant investment in pediatric services in Regina's hospitals," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation.

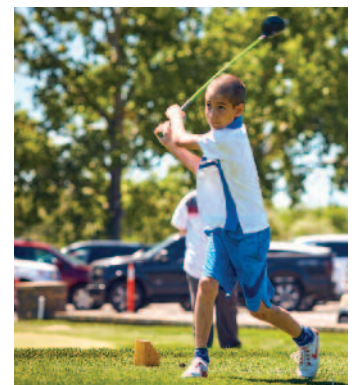
"Thanks to community partners like the Canadian Progress Club, we are able to invest into the best technology and care that Regina's children deserve, right here at home."

## Better lives. Made possible by you.

What do motorcycles, golf and plywood boats have in common? They are just some of the means used to raise funds for Regina's hospitals. Thank you to the organizers, participants and sponsors of these great community events. Your tireless efforts and support help provide the highest quality health care for the people of Regina and southern Saskatchewan. Because of you, lives are made better every day!

Here are some of the events that happened between July and October 2018 in support of Hospitals of Regina Foundation.

- Plywood Cup – \$40,321.43
- Who's Your Daddy Ride for Prostate Cancer – \$15,460
- Chick-A-Dee Golf Tournament – \$4,700
- CAV Caen MU Poker Run and Rib Night – \$1,400.50
- OSCAR Charity Golf Classic – \$31,385.46
- Pipeline of Dreams Golf Tournament – \$30,505
- Big Dog 92.7 Snow Pitch Tournament – \$10,000
- GMS Queen City Marathon – \$6,000
- OutGROW, Out PLAY Fall Sale – \$789.45



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#225-1874 Scarth Street, Regina, SK S4P 4B3

Tel: (306) 781-7500 Email: [hrf@hrf.sk.ca](mailto:hrf@hrf.sk.ca)

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