

Inspire

FALL 2018

STORIES FROM OUR COMMUNITY



Marilyn Blondeau (left) enjoying a pain-free retirement with friend Nancy Reid

Diagnostic Imaging Campaign will build a brighter future

making simple everyday tasks such as bending, reaching and climbing stairs difficult.

When she could no longer tolerate the pain, a specialist recommended facet rhizotomy, a minimally invasive technique used at Regina General Hospital's interventional radiology suite (IR Suite).

This year, the IR Suite, along with other diagnostic imaging technology, is the focus of Hospitals of Regina Foundation's \$3.6 million fundraising campaign in support of therapeutic and diagnostic imaging.

Interventional radiology is used as an alternative to surgery for many conditions. It can mean shorter hospital stays or eliminate the need for hospitalization altogether. In 2017, more than 5,000 procedures were performed in the IR Suite at Regina General Hospital.

Facet rhizotomy provides pain relief by injecting a small amount of local anesthetic to anesthetize the facet joints in the spine. A radiologist uses a fluoroscopic X-ray to guide an insulated electrode with an exposed tip into the spinal area. A current is passed through

the electrode, which interrupts the transmission of pain signals.

Thanks to this non-invasive procedure, Marilyn is now enjoying retirement, free from pain. She even started curling again - something she thought she would never do again.

Diagnostic imaging plays a vital role in the detection and treatment of many diseases and illnesses. The Foundation's investment in therapeutic and diagnostic imaging will mean our medical teams will help more patients receive a quicker diagnosis and enhanced treatment, right here at home.

"The wide range of diseases and organs that can be treated using interventional radiology is constantly evolving, so we expect the number of patients who need local access to these much-needed procedures will continue to increase," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Support from our community helps ensure patients are receiving the best care and living better lives."

Marilyn Blondeau led an active life until 1997 when an accident on an icy highway changed everything. Marilyn hit a patch of black ice and rolled her van, leaving her suspended, upside down, inside the vehicle.

No bones were broken, but the accident left her with pain throughout her upper body. It was pain she didn't have time for. Besides working, Marilyn was a busy mother with three school-aged children. Not long after her accident, she also began caring for her husband who was diagnosed with terminal cancer.

"I just put up with the pain and got on with life," she says.

Over the next 15 years, she got some relief from physiotherapy, massage therapy and acupuncture. However, the chronic back and hip pain persisted,



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FOUNDATION

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Leave a Legacy-*a love that lasts*



Harold and Jeanette enjoying a Hawaiian vacation in 1981.

Harold Howard's motivation for supporting Hospitals of Regina Foundation, including leaving a legacy gift to the Foundation in his will, can be summed up in one word: Jeanette. Within a few minutes of sitting down with Harold, it's obvious his late wife Jeanette is the driving force behind his desire to leave a lasting legacy for the community where they met, fell in love, married and built a long, happy life together.

"We married in 1960," Harold begins. "We spent over 51 years together, supported each other in our working life and enjoyed many years together in retirement. We travelled Canada from coast to coast, played many rounds of golf, and treasured our time together."

Harold and Jeanette made their first gift in support of Regina's hospitals in 1985; not long after Harold was hospitalized for weeks due to complications from an infected foot, followed by kidney failure.

"We were on our way out of the (former) Plains Hospital one day, and Jeanette told me she wanted to see someone first," Harold explains. "Next thing I know, she's handing one of the doctors a cheque for a thousand dollars, which was a lot of money back then, for medical equipment. She made up her mind that we were going to give back, and that was our start with supporting the hospitals."

He has also been treated for rheumatoid arthritis, has lived with a pacemaker for many years, and has had both knees and hips replaced.

After that initial gift, the Howards made an annual donation to Hospitals of Regina Foundation in support of Regina's hospitals. Jeanette passed away in 2012, after an almost three-year battle with lung cancer. But her legacy lives on, as every donation Harold makes to the Foundation is made in her memory. He has also provided bursaries to support nursing students at Saskatchewan Polytechnic.

"Before Jeanette passed away, we made the decision to leave a legacy gift in our will," Harold says. "We wanted to express our thanks for the excellent care we've received over the years, and give

back so that other people in the community can be helped in the future. This is also my way of keeping her memory alive."

In addition to including a gift to Hospitals of Regina Foundation in his estate planning, Harold also makes sure to recommend leaving a legacy to people he meets at his south Regina seniors' complex, or out in the community.

"If you're in a position to help others after you're gone, you should. It's as simple as that."

Harold Howard

"I do what I can to encourage others to leave bursaries and legacy gifts," Harold explains. "If you're in a position to help others after you're gone, you should. It's as simple as that."

"We're so grateful for the support of Harold and Jeanette and everyone who considers us in their estate planning," said Dino Sophocleous, president and CEO Hospitals of Regina Foundation. "By making a legacy gift of any size to the Foundation you are helping make better lives for generations to come."

Better lives *for our children*



Caring for our children right here at home.

Pediatrics Services include:

- Rawlco Centre for Mother Baby Care
- Neonatal Intensive Care Unit
- Inpatient Unit
- Outpatient Unit
- Wascana Rehabilitation Centre Children's Program



"Regina has amazing care, and the hospitals are staffed with amazing doctors and nurses. We have great health care right here at home. We have to continue to support what we have, to ensure those people stay here and have access to the best possible equipment to help families like ours."

Jaime Friesen

4,000
BABIES BORN
EACH YEAR
IN REGINA
GENERAL HOSPITAL

2,000
CHILDREN REQUIRE
THE PEDIATRIC
INPATIENT UNIT

500
BABIES NEED
NICU
CARE

11,000
CHILDREN
REQUIRE DIAGNOSTIC
IMAGING
SERVICES



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Champagne Classic

raises funds for Regina's Pediatric Services



*Front row (l-r): Tammy Slugoski, Teri Fikowski, Debra Needham-Moschurchak
Back row (l-r): Brittany Knouse, Karen Hackl, Janice Siekawitch, Chantelle Renwick,
Barb Ryan, Sheila Miller, Janey Davies*

Close to 90 female golfers hit the links at Regina's Tor Hill Golf Course on June 7 to help raise funds for Hospitals of Regina Foundation. The 2018 Champagne Classic, organized by the Regina Wascana chapter of the Canadian Progress Club, raised approximately \$40,000 for the Foundation to invest in Regina's Pediatric Services.

Every year, Regina's hospitals see more than 2,000 in-patient pediatric cases, from viral infections and broken bones to acute sickness and chronic diseases. Another 5,000 children come through out-patient clinics, and Wascana

Rehabilitation Centre sees more than 18,000 pediatric visits each year.

"The success of the Champagne Classic is a total team effort," said Debra Montanini, sponsorship chair. "From our members who volunteer their time and effort, to the golfers who raise the funds, to the sponsors who help cover our costs and provide some amazing incentive prizes, everyone pulls together to make this event a huge success."

The Champagne Classic was first held in 1990 by the Regina Assiniboine chapter of the Progress Club. It was taken over

by the Wascana chapter in 2015, when the Assiniboine chapter was retired. The Progress Club has raised more than \$600,000 for the Foundation through this event, which is billed as the only all women's charity golf tournament in southern Saskatchewan.

"Our members love knowing that their efforts are improving the quality of local care for children and their families," Debra explained. "We usually do the cheque presentation to the Foundation right at the General Hospital pediatric unit, where our members can see first-hand the difference they are making in the lives of children in our community." The Canadian Progress Club is a national service organization, with members across the country raising funds and volunteering their time for important causes in their community. In Regina, there are two local chapters: Regina Wascana (women) and Regina Centre (men).

"We are so fortunate to have such committed and caring supporters as the members of Regina's Progress Clubs," said Lisa Green, vice president, development, Hospitals of Regina Foundation. "We are thankful to the organizers of the Champagne Classic and all the participants. We are proud to invest the funds they raise right back into quality local health care for children across southern Saskatchewan."

Young philanthropist

proves that charity begins at home

At only ten years old, Catherine Okolita is no newbie to the world of fundraising. She's been doing it for five years. The inspiring youngster started her business, Catherine's Cause, in 2013 to support her community in her home town of Fort Qu'Appelle.

It started when Catherine and her mother Caralen visited a local park one sunny afternoon. Caralen was disappointed at how dirty the park was. "I told Catherine that we weren't coming back until somebody cleans it up," she says.

Later that night, the five-year-old said "Mama, I am somebody! I can get the park cleaned up." The determined little girl sprang into action, enlisting the help of other community members to get a park clean up arranged. The success of that project inspired Catherine to explore other ways she could give back to her community, including through support of Hospitals of Regina Foundation.

Catherine heard some of the families who needed the Neonatal Intensive Care Unit (NICU) tell their stories on the radio. It brought tears to her eyes and sparked her interest in supporting the NICU, through Hospitals of Regina Foundation. She raised funds by making handmade keychains and selling them through her Facebook page, Catherine's Cause, for \$10 each. Between 2014 and



(L-r): Dino Sophocleous, Catherine Okolita, Rawlco Radio's Amber Morse and Tom Newton

2017, Catherine raised more than \$3,000 from her keychain sales.

"Don't let anyone tell you that you're too young to start giving back to your community."

Catherine Okolita

In 2018, she raised the bar by setting up an online auction and raised an impressive \$15,000 for Hospitals of Regina Foundation, in support of the NICU. She presented her cheque at the Z99 Radiothon in Regina, an annual event organized by Rawlco Radio to raise funds for the NICU.

"Catherine is a passionate philanthropist who encourages others in her community to give back," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation "She is a shining example of how we all can make lives better for people, right here at home."

In July, Catherine was named the Foundation's first-ever Pediatrics Ambassador, so expect to see and hear a lot more from this young dynamo in the months and years to come!

"I enjoy doing my best to help out in any way I can," says Catherine. "Don't let anyone tell you that you're too young to start giving back to your community. You can do it!"



Four Seasons Ball

A HOSPITALS OF REGINA FOUNDATION FUNDRAISER

Thank you to our presenting sponsor GMS and all of our generous sponsors and supporters for making our 2018 Four Seasons Ball an incredible night and a tremendous success. Your support is changing the future of health care for children across southern Saskatchewan.

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In just two years, the Four Seasons Ball has established itself as the premier charity event of its kind in southern Saskatchewan. It's all because of the incredible support of our sponsors, donors, supporters and volunteers.

Elegance was the theme of the evening once again this year, as the main ballroom featured guests in their finest elegant black-tie apparel dining on a magnificent six-course gourmet meal. Our guests then enjoyed a hilarious performance from Rick Mercer, Canada's most popular comic.

On behalf of the children who will be touched by your commitment and generosity, thank you. **The Ball raised \$437,000**, which will help the Foundation meet its \$1 million commitment to Regina's Pediatric Services this year.



A tradition *of giving and caring*



Usher Berger rides his bike daily and, at 91, he has no intention of slowing down!

At first glance, Usher Berger doesn't look like someone who has celebrated 91 birthdays. When he climbs onto his bicycle and starts to pedal around his south Regina condo complex, you're reminded age is only a number, and he's living proof.

When he starts to describe his life growing up on the family farm near Oungre, SK during the "Dirty 30s," you realize Usher has in fact been around almost as long as Saskatchewan has been a province. It is safe to assume that growing up during the Great Depression certainly helped form Usher's outlook on community and philanthropy later in life.

"My father died when I was just five years old," Usher says. "It was tough on my mother. It was tough on all of us. Everyone who lived around us went on Relief (the program that led to the modern welfare system) to get by. We were no different. Those who were in a position to help others did so. That's just the way we were raised."

Another major influence was his late wife Sylvia, in whose memory he makes his annual donation to Hospitals of Regina Foundation. They met at a wedding in Edmonton, took a couple of turns on the dance floor, and the rest was history. They married in 1961, and Sylvia followed Usher back to Saskatchewan to begin their life on the family farm.

A few years later, they moved – with their four-year-old daughter Karen – to Regina to take advantage of specialized education for their young son Philip, who was born with an intellectual disability. In the meantime, Sylvia found work as a speech pathologist, while Usher kept the farm going.

"We started donating to the hospitals, among other causes, as a way of giving back to the health-care system our family benefitted from," he explains. "We increased our donation to \$5,000 over ten years ago and equaled that amount every year after that."

When Sylvia passed away in 2011, Usher continued to support the Foundation. In 2017, he increased his

gift dramatically, by donating shares valued at close to \$25,000 in Sylvia's memory.

The Foundation's President and CEO Dino Sophocleous appreciates Usher's generous support. "The people of Usher Berger's generation literally built this province. We are honoured and grateful that so many of them are choosing to continue that legacy by supporting Regina's hospitals now and into the future."

"We're all going to need some hospital care at one time or another, especially as we get older."

Usher Berger

When asked why other people should follow his lead in investing in quality local health care, Usher's answer reflects his common sense approach to most things: "We're all going to need some hospital care at one time or another, especially as we get older. If you don't, someone you care about will. So, you might as well do what you can to make sure the best quality of care is there when you need it."

Farm Credit Canada –

helps bring new technology to Regina's hospitals



(l-r): Stacey Hooker and Gowski Aravindanathan at work in the EP Lab

Hospitals of Regina Foundation is fortunate to have the support of many community-minded organizations. Their generous support of local health care provides a major boost to the Foundation's fundraising efforts, and provides the inspiration for the Foundation's efforts to provide health care professionals in Regina's hospitals with the tools they need to improve and often save lives.

The partnership with Farm Credit Canada (FCC) is a shining example of the impact created by working together. Since 1995, FCC has contributed more than \$765,000 to Hospitals of Regina Foundation in support of initiatives that have improved the quality of health care in southern Saskatchewan. Some initiatives include Pediatric Services, the Rawlco Centre for Mother Baby Care and the Neonatal Intensive Care Unit, the Wolfe Stroke Centre, the Breast Assessment Centre and the Prostate Assessment Centre.

"It's important for us to invest back into the communities where our customers and employees live and work," said Carla Warnyca, manager, community investment at FCC. "Our support of Hospitals of Regina Foundation benefits our many employees in Regina, and also our staff and customers right across southern Saskatchewan. We're proud to demonstrate our commitment by working with the Foundation on initiatives that improve lives."

In 2016, FCC made a major contribution of \$120,000, over three years, towards the purchase of a life-saving piece of equipment; a new \$1.2 million Cardiac Fluoroscopy System for the Kinsmen Foundation Electrophysiology (EP) Lab at Regina's General Hospital. The EP Lab treats patients who suffer from an irregular heart rhythm called arrhythmia. It is a potentially life-threatening condition that can result in blood clots, heart attacks or sudden death. The Cardiac Fluoroscopy System captures live, high quality moving pictures inside a patient's heart. It even allows doctors to see the heart's pumping action while they are performing surgeries.

Before Hospitals of Regina Foundation invested in the new technology, the old system frequently broke down and the image quality was deteriorating, making the results less and less reliable. Eventually, the equipment would have simply stopped working, leading to a shutdown of the EP Lab for an extended

period. That would have resulted in an increased risk of heart failure or stroke for patients.

"We're proud to demonstrate our commitment by working with the Foundation on initiatives that improve lives."

Carla Warnyca

"We understood the need for the new equipment for the EP Lab, and were excited to lend our support to such an important initiative," Warnyca explained. "We're grateful for the opportunity to support the important work being done by Hospitals of Regina Foundation. Who wouldn't want to support an organization committed to making lives better?"

"Our partnership with FCC is greatly impacting the quality of cardiac care in southern Saskatchewan," said Lisa Green, vice-president, development, Hospitals of Regina Foundation. "We are proud to work with all our corporate partners to invest in quality health care for the people of our community, right here at home."



Dr. Ramzan (Ram) Abdulla

For Regina-based respirologist Dr. Ramzan (Ram) Abdulla, his role has always been to help patients live better lives. To him, medicine is not just about treating the physical condition of the patient, it's also about looking at the patient's situation from their perspective.

Ram says, "The best health care should be complemented by kind and caring physicians. Thanks to Hospitals of Regina Foundation and their donors, our health region is equipped with state-

Better lives *made possible by you*

of-the-art technology, and we are able to provide great care right here at home. In many respects we are at the forefront of medicine in Regina and in southern Saskatchewan."

Ram recently had the opportunity to experience the health-care system as a patient when he had shoulder surgery. The orthopedic surgeon used a relatively new process – reverse shoulder arthroplasty. The surgeon reverses the socket and the ball, placing the ball portion of the shoulder where the socket used to be and the socket where the ball used to be. This creates a shoulder that functions better, is less painful and can last for years without loosening. This is just one example of the state-of-the-art work being done in Regina's local health care.

Ram points to the Rawlco Centre for Mother and Baby Care, the Kinsmen Telemiracle Foundation Electrophysiology (EP) Lab, the GMS Cardiac Rhythm Device Clinic and the Dilawri Simulation Centre as other great examples of the innovation happening in local health care. All of these facilities have been supported by Hospitals of Regina Foundation.

"I'm proud to boast to my colleagues in other cities and provinces about how good we've got it here," he says. "Hospitals of Regina Foundation has played a tremendous role."

When he was growing up in Kenya, Ram decided to study medicine and

specialize in respirology. Respirologists diagnose and treat lung diseases like asthma, emphysema, chronic obstructive pulmonary disease (COPD), pneumonia, tuberculosis and lung cancer.

Since 1981, Ram has been in clinical practice in Regina, and he says Regina has been very good to him and his family. "Regina has made us feel very welcome. We are grateful."

Dr. Abdulla also has a private practice in Regina, and he is a clinical professor of medicine at the University of Saskatchewan. In the past, he also served as a council member for the prairies and chairman of the regional advisory committee for the Royal College of Physicians and Surgeons of Canada and the Royal College Examiner for Respiratory Medicine.

Ram's family shares his passion for health care. His wife has a nursing background and they have three grown children, who are all health-care professionals.

Dino Sophocleous, president and CEO of Hospitals of Regina Foundation says, "The Foundation is very proud of the work we do, and we're thankful for our community donors who help us support the residents of southern Saskatchewan. It allows our region to attract and retain great, caring health-care providers like Dr. Ram Abdulla."

Winning comes *naturally* for some, and at the *ideal* time for others



(l-r): Piper Prystupa, Dwayne Prystupa, Lexa Barous, Kristen Prystupa, Bernice Shearer, Paula Bzdell, Dan McGee

To say Dan McGee was ready for a little good news is probably the understatement of the year. McGee lost his job as an assistant coach with the University of Regina wrestling teams on April 30, when the university announced it was eliminating both programs. Three days later, he found out he won the record \$409,875 50/50 prize in the Hospitals of Regina Spring Home Lottery.

“I couldn’t help thinking it was a prank at first,” McGee said. “It hit home at the official cheque presentation later in the week. I’m still a bit in shock, to be honest!”

McGee hasn’t made any definite plans for the money yet, but it certainly affords him some time to ponder his next career move. And, he definitely plans to continue supporting Hospitals of Regina Foundation.

“Oh, I’ll definitely keep buying the home lottery tickets,” he said. “I can’t

think of a better cause to support than this one, considering how many people are helped by it.”

As for Dwayne Prystupa, luck just seems to follow him around. However, he admits even he was a bit skeptical when he learned he won the grand prize of a \$1.4 million showhome. That’s probably a natural reaction, considering he won the grand prize in another home lottery in 2012. So yes, luck can strike twice.

“I can’t think of a better cause to support than this one, considering how many people are helped by it.”

Dan McGee

“I didn’t believe my brother-in-law at first when he called to tell me I won,” Prystupa admits. “Even now that we

have possession of the house, it still seems a bit surreal. You wouldn’t believe how many people are trying to get me to buy lottery tickets with them now.”

Prystupa also plans to continue buying home lottery tickets into the future. He has a personal reason for supporting Hospitals of Regina Foundation.

“My mother has been treated for a number of health issues in recent years,” he explained. “We’re just so grateful she was able to get the care she needed, right here in Regina. Thankfully, she’s doing much better now. I definitely plan to keep buying those tickets to show our gratitude.”

And if, by some incredible stroke of luck, he should happen to win another major prize? “I may have to go into hiding!” he laughs.

Bernice Shearer of Regina was the winner of the early bird prize, and was given a choice between a 2018 Corvette and a trip to Grand Cayman, or \$90,000 in cash. Considering she doesn’t drive, the choice to take the cash prize was an easy one.

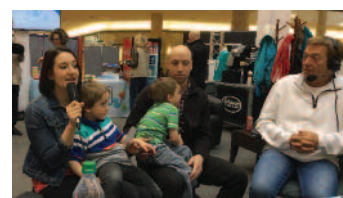
“Thank you to everyone who purchased home lottery tickets,” said Dino Sophocleous, president and CEO Hospitals of Regina Foundation. “Your support of the 2018 spring lottery allows us to invest over \$2.2 million in Regina’s hospitals.”

Your support *makes a difference*

Hospitals of Regina Foundation is grateful for, and humbled by, the generous support of the individuals, businesses and organizations that host fundraisers in support of the Foundation each year. That support is invested into Regina's hospitals, to help provide the highest quality local health care for the people of Regina and southern Saskatchewan. Thank you!

Here are a few events that took place between February and June 2018 in support of Hospitals of Regina Foundation.

- Vietnamese New Year – \$15,750
- An Evening in Greece – \$81,000
- Z99 Radiothon – \$718,243
- OutGROW, OutPLAY – \$308
- Sapori D'Italia...Flavours of Italy – \$17,582
- Uncover the Cure Cocktail Party – \$70,490
- Cardiac Care 5 km walk/run – \$26,287
- RCMP Fundraising Dinner – \$28,100
- Champagne Classic – \$40,000



Interested in hosting your own fundraiser? To find out how, visit our website at: hrf.sk.ca/Events/Host-An-Event, or contact us at hrf@hrf.sk.ca or (306) 781-7500.



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