

Inspire

FALL 2019

STORIES FROM OUR COMMUNITY

Cardiac Care Campaign *launches with* huge commitment from **Mosaic**



Cardiac care at Regina's hospitals will reach a new level of excellence, thanks to the next chapter of the partnership between Hospitals of Regina Foundation and The Mosaic Company (Mosaic). Mosaic has pledged a \$1 million match for donations from our community, in support of the Foundation's Cardiac Care Campaign for the Mosaic Heart Centre at Regina General Hospital. This exceptional commitment means every donor dollar will have double the impact.

"Twelve years ago, Mosaic invested in cardiac care for the people of Saskatchewan and created a centre of excellence called the Mosaic Heart Centre," said Karen Swager, senior vice president, potash at The Mosaic

Company. "It's now time to renew our commitment and ensure our communities have access to the very best, cutting edge treatments and procedures right here at home. We are excited to announce a \$1 million donation to help save lives in our province."

The campaign will support the purchase of life-saving equipment and technology for the Cardiac Catheterization Lab (Cath lab) within the Mosaic Heart Centre. Doctors at the lab diagnose and

treat numerous heart issues using leading edge imaging technology. The centre was established in 2006 through a \$6.2 million investment by the Foundation, including a lead gift of \$2.5 million by Mosaic. The Cath lab was established at the same time, and many of the critical systems within the lab have now reached the end of their life span.

In 2018, one out every five visits to Regina's emergency rooms was cardiac-related. Each year, over 2,200 procedures are performed at the Cath lab, including transcatheter aortic valve implantation (TAVI), a procedure that allows for a new valve to be implanted using a catheter. The Mosaic Heart Centre is the only facility in Saskatchewan where the procedure is currently performed.

"This is a landmark time in the history of cardiac care in southern Saskatchewan," said Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "With Mosaic's leadership and support from our community, we will continue to support cardiac care services in our hospitals for many years to come, and help people in southern Saskatchewan live better lives."



HOSPITALS OF REGINA
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Heart attacks *can happen to anybody*



Ray Mastalier at his charity golf tournament

On a chilly January night in 2009, Regina's Ray Mastalier woke up hungry. After eating a sandwich, he opened the back door to let his dog out. At that moment, an alarming feeling hit him like the icy winter wind. Ray's skin was sweaty and clammy. Soon, stabbing pain flared in his right shoulder. He was having a heart attack.

Thanks to the quick thinking of Ray's wife, the ambulance arrived soon after, whisking Ray to the Regina General Hospital (RGH). He was quickly taken to the cardiac catheterization lab (Cath lab) in the Mosaic Heart Centre.

More than 2,200 procedures are performed at the Cath lab each year. In Ray's case, doctors located several blocked arteries and inserted stents to open them. Thanks to the leading-edge technology and medical teams at RGH, Ray's procedure was a success. He quipped: "If you're going to have a heart attack, make sure you have it in Regina!"

Doctors at the Cath lab use a fluoroscopy system to obtain real-time moving images of the heart. Using fluoroscopy, doctors insert a very small and flexible tube called a catheter into a major blood vessel at the patient's groin, arm or neck. The catheter is threaded through the blood vessel into the heart. This allows doctors to locate blocked arteries, among other issues. Fluoroscopy is also used for treatment procedures such as angioplasty or, in Ray's case, stent placement.

Afterwards, Ray realized the direct link between the technology available in Regina's hospitals and the level of care available to patients. "The better technology you have, the more talented health-care workers are going to come to work for you," Ray surmised.

"The better technology you have, the more talented health-care workers are going to come work for you."

Ray Mastalier

"Ray's story is a prime example of why investing in technology for cardiac care is critical for local health care," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "That's why we are so grateful to The Mosaic Company for generously matching community donations up to \$1 million. We hope the community rallies in support of our Cardiac Care Campaign, in order to help meet the Foundation's commitment to making lives better, right here at home."

Nurses with **big hearts** *raise funds for Cardiac Care Unit*



Participants at the 2019 CCU 5K Walk/Run

Staff at Regina’s hospitals have big hearts, and the nurses who work in the Regina General Hospital’s Cardiac Care Unit (CCU) at the Mosaic Heart Centre are certainly no exception. They’ve been hosting a Cardiac Care 5K Walk/Run since 2001 to promote heart health, raise funds to purchase much-needed equipment for their unit and to support the continuing education of nurses.

Barbara Thiry, a CCU nurse and run coordinator, says the enthusiasm of the CCU nurses inspired her to get involved with the Run when she started in the unit in January 2016.

“In my experience, everyone wants to be good at what they do and give the best

care they can,” Barbara says. “Having the extra support from the Run so we can do the best job we can for our patients has been really helpful for the unit.”

“Cardiology is a highly researched and constantly evolving area of health care,” says Danielle Pellerin, CCU nurse educator. “The proceeds from the Run enable our nurses to stay on top of the latest advancements, ensuring our patients receive the best care possible.”

While the event raises much-needed funds, it’s also a chance to catch up with former patients and their families who return to the event year after year.

This year’s run raised almost \$30,000, bringing the total since 2001 to nearly \$446,000.

“One in five visits to Regina’s emergency room is cardiac-related, so it is imperative we have a well-equipped cardiac centre staffed with skilled nurses,” says Lisa Green, vice-president, development, Hospitals of Regina Foundation. “The Foundation is proud to partner with this remarkable and committed group of nurses, who invest time and money every year to make lives better for cardiac patients across southern Saskatchewan.”



Four Seasons Ball

A HOSPITALS OF REGINA FOUNDATION FUNDRAISER

Our children's health is the big winner! Thank you so very much to our presenting sponsor GMS and all of our generous sponsors and supporters for making our 2019 Four Seasons Ball such an amazing night and a huge success. Your support is making better lives for thousands of children across southern Saskatchewan.

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On behalf of all the children who will be helped by your generosity and commitment to world-class local health care, thank you. This year, the Four Seasons Ball raised \$477,000 for Hospitals of Regina Foundation, and it's all thanks to the incredible support of our sponsors, donors and volunteers.

Once again this year, our guests were treated to an elegant and magnificent feast for the senses. They savored a magnificent six-course meal and enjoyed amazing entertainment featuring a hilarious

performance by one of the greatest stand-up comics of all time, Sinbad.

Over the past three years, the Four Seasons Ball has grown to become the foremost charity event in southern Saskatchewan. Best of all, our success is the community's success! By supporting this event, and Hospitals of Regina Foundation, you are helping children everywhere in southern Saskatchewan live better lives. Thank you. We look forward to seeing you at the Four Seasons Ball in 2020!



Gratitude means giving back



John Hickie at home in Regina

To look at John Hickie, you wouldn't guess he recently celebrated his 84th birthday. The retired farmer and provincial government employee credits a life of hard work and healthy living for his good health. But he also knows full well the importance of giving back to his community, specifically to Hospitals of Regina Foundation.

"I've been fortunate to have good health, but members of my family, including my late wife, weren't so lucky. They

received excellent care from Regina's hospitals, and I want to make sure the hospitals have the best possible equipment in order to help other families."

John was born on the family homestead on March 21 (the first day of spring), 1935. He graduated from the University of Saskatchewan College Of Agriculture in 1959, before starting a career with the provincial Ministry of Agriculture. He married the love of his life, Bernadette,

in 1968, and the couple raised two daughters, Jennifer and Angela.

"I'm so grateful for everything that has gone well in my life," John says. "But I also believe good fortune comes with an obligation to give back whenever you can."

John has been a Foundation donor since 2002, the same year Bernadette required an operation to repair a brain aneurysm. Bernadette received additional hospital care, including for blood cancer and heart issues, before passing away in 2015 following a severe stroke. John continues making annual donations in her memory, and has included the Foundation in his will as a tribute to his late wife and a lasting legacy of their life together.

"Of course I wish Bernadette was still with me. I miss her every day," John admits. "But I also have so much to be grateful for, including my daughters, the grandchildren and my health. That motivates me to give back, and help other people live better lives."

"The Foundation greatly appreciates the support of donors like John," said Lisa Green, vice-president, development. "By making regular donations through gifts of securities and including the Foundation in his will, he's reducing his tax bill and helping us invest in high quality, local health care that will be available when people need it most."

Giving back **pays off** *for major prize winners*



The major prize winners of the 2019 Spring Home Lottery. l-r: Murray Brown, Donna Brown, Dino Sophocleous (President & CEO, Hospitals of Regina Foundation), Troy Stengler, Michelle Nunweiler, Gail Uleryk, Andy Uleryk (missing: Jeff Hennig)

The two major prize winners in the 2019 Hospitals of Regina Foundation Spring Home Lottery share a common bond - direct experience with, and a deep appreciation for, the quality of health care in Regina's hospitals, and the impact our hospitals have on making lives better for people across southern Saskatchewan.

Murray and Donna Brown of Carlyle were the lucky winners of the \$1.4 million show home. They have been purchasing home lottery tickets in support of the Foundation for a number of years, and plan to keep doing so. Their reasons are both practical and personal.

"Regina's hospitals take care of people across southern Saskatchewan," Donna says. "We live more than two hours away, and this is the closest place for us to get those services. It's important that we support them."

The Browns have first-hand experience with Regina's hospitals. Murray's father spent considerable time in hospital here before he passed away at the age of 56. Murray's brother and Donna's sister received cancer treatments in Regina recently, and Donna's mother was hospitalized before passing away less than two weeks before the lottery grand prize draw.

Andy and Gail Uleryk of Regina won the record 50/50 prize of \$418,677. They've been supporters of the Foundation via the home lottery since 2003, when their daughter was diagnosed with a serious illness, essentially a tangle of blood vessels in the brain.

"We're grateful for the care our daughter has received at Regina's hospitals," Andy states. "We'll definitely keep buying lottery tickets to support the hospitals, and help other people who need it."

The other top prize winners this spring were:

- **BMW and Bahamas early bird prize** - Jeff Hennig, Regina
- **Silverado or BMW or \$55,000 Cash** - Michelle Nunweiler, Eatonia
- **Lincoln or Lexus or \$45,000 Cash** - Troy Stengler, Regina

"We would like to extend a heartfelt thanks to our generous community for supporting our 2019 Spring Home Lottery," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "The proceeds from this spring's lottery will go towards making Regina's operating rooms more efficient and even safer for patients across southern Saskatchewan. More specifically, this will help us meet our commitment to raising \$3 million to support the second phase of technology upgrades in 18 operating rooms at Regina General Hospital and Pasqua Hospital."

Thank you *for your generous support*

Every year, individuals, organizations and businesses in our community host fundraisers to support the Foundation. And with each event, we are amazed by your generous support. Thank you for organizing dinners, galas, golf tournaments, motor cycle poker runs, walks, runs and more to help make lives better. Because of your support, we can continue to ensure great health care is available, right here at home in Regina.

Here are a few events which took place between April and July 2019 in support of Hospitals of Regina Foundation:

- OutGROW, OutPLAY Spring Consignment Sale
- The Power of Pink
- Cardiac Care 5km Walk/Run
- Motorcycle Ride for the Boys
- Uncover the Cure Cocktail Party
- 3rd CAV Caen Motorcycle Unit Poker Run
- Plywood Cup
- Big Foot 50 Trail Run



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