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SPRING 2018

STORIES FROM OUR COMMUNITY

Overwhelming community support drives Trauma Care Campaign to its goal



Marc McMurtry - trauma patient

No one is ever prepared for an unexpected traumatic accident – it all happens in a flash. What happens next in Regina's hospitals is crucial to the survival and well-being of trauma patients.

In 2016, there were 1,547 serious trauma care cases treated at the Regina General and Pasqua hospitals. That's about four critically injured patients a day. To be able to provide the best care to trauma patients, Regina's hospitals need the best life-saving technology and equipment.

Recognizing this, the Foundation launched its Trauma Care Campaign in April 2017, in partnership with GMS (Group Medical Services). The

Foundation made a commitment to raise \$3 million for the purchase of new state-of-the-art technology and equipment in all areas of trauma care in Regina's hospitals.

Through the establishment of the GMS *Trauma Care Fund*, GMS pledged a \$1 million match for donations, from the community, in support of the campaign.

"GMS is extremely proud to invest in HRF's Trauma Care Campaign through the establishment of the GMS *Trauma Care Fund*," says John Salmond, president and CEO. "We care deeply about the health and well-being of this community. An important part of that commitment means building on our

long-standing partnership with the Foundation to make lives better."

With unwavering support, the people of southern Saskatchewan answered the call. Today, the Foundation is pleased to announce that \$3 million has been raised for the Trauma Care Campaign.

"The campaign was a tremendous success because of the incredible support from our partner, GMS, and the southern Saskatchewan community," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "The new technology will have a significant impact on better patient care, comfort and safety."

Investments from the campaign will go towards the purchase of much-needed new technology such as portable ultrasound machines, patient monitoring systems, anesthesia machines, bi-level ventilators, and much more.

"Good health care must be local," says Dino. "By staying current in our technology, doctors and nurses can provide the best treatment to trauma patients in Regina's hospitals, and send them home to live better lives."



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New technology improves trauma care *in Regina's hospitals*



When a critically injured patient arrives at the Regina General or Pasqua hospitals, a well-coordinated trauma care process begins. While the patient may be unaware of how the system is coordinated, every day, trauma patients in southern Saskatchewan rely on it to survive.

Trauma care covers a range of units within Regina's hospitals, including emergency, surgery and intensive care. To continue to support these units and save lives, the Foundation is investing \$3 million from its Trauma Care Campaign towards the purchase of new technology for trauma care in Regina's hospitals. In support of the Foundation's campaign, GMS pledged a generous \$1 million match for community donations.

For the clinical support team, it felt like Christmas morning when new transport and bed equipment were delivered to the hospitals.

Stretchers were purchased for each hospital, including one for the helipad at Regina General Hospital. They also received much-needed beds, including bariatric beds for heavier patients, and staxi wheelchairs – used by porters for a quick transport of patients around the hospital.

“Previously, we had situations where there was a delay in getting patients to a recovery unit because there were no stretchers available,” says Terri Carlson, interim executive transition lead for clinical support. “So, the new transport equipment provides us with the best means of moving patients from one unit to the other in an efficient manner.”

For the surgical care unit, the purchase of new high-capacity cart washers and disinfectors was long overdue.

The unit works hard to ensure the sterility of all surgical equipment used on patients following an accident. This is only possible through the use of cart washers which provide disinfection at the highest level for all instruments used in patient care.

“Treating trauma patients in a sterile environment reduces the risk of infection and helps them recover quickly,” says Sandy Euteneier, interim executive transition lead for integrated health services. “Without the cart washers, we would have to wash instruments by hand, which doesn't result in the same level of sterility.”

The unit will also purchase new anesthesia equipment, as well as Bi-level Positive Airway Pressure (BiPAP) ventilators, intubation monitors and cranial stabilization clamps – all items that are vital to delivering safe surgeries.

In the ICU or medicine unit, new equipment – such as patient monitors and a central monitoring system – will help health-care teams deliver the best care to patients. A patient monitor will provide blood pressure readings, pulse, oxygen levels and other important data to doctors and nurses as the patient moves from unit to unit. A central monitoring system will also allow health-care staff to assess the patient's vital signs and stability, even when the staff are not directly at their bedside.

“These new pieces of equipment are critical to providing the best care to patients who visit the trauma care units in our hospitals,” says Lori Garchinski, executive director of critical care, cardiosciences and medicine inpatient units. “Words can't express our gratitude to the Foundation and our community for the funds that will support these units.”

“The Foundation's mission is to help create better lives for people in our community,” says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. “There is no question that good health care must be local. By investing in our hospitals, we are ensuring the highest quality of care for people in southern Saskatchewan.”

Great trauma care gives Brent Peterson a second chance at life

The need for trauma care can happen at any moment. For Brent Peterson, the need came from a serious vehicle collision on a busy southern Saskatchewan highway.

More than eight years ago, Brent and his family were travelling up Lumsden Hill just outside Regina, when a semitrailer, changing lanes to pass a snow plow, struck their van. The collision claimed the life of his 16-year-old sister, and he and his parents required emergency care at Regina General Hospital (RGH).

While Brent and his parents survived, his own road to recovery had only just begun. Over the next eight months, the then 14-year-old from Saskatoon courageously fought for his life. He underwent four aorta surgeries, a back surgery, and 38 separate surgeries to close a stomach wound.

“Brent was hanging on by a thread. Every day was touch and go,” says his mother, Carolyn. “I don’t want to imagine how different his recovery could have been were it not for the quality health-care services available.”

“There were times where I didn’t know if I would get better or have the chance at a normal life,” says Brent. “I was a very active kid. After the accident, I wasn’t able to walk very well and I was forced to use a wheelchair.”

The resilient 23-year-old is leading a happy, healthy and productive life. Today, he is an oil change technician with aspirations of attending university in the near future. While he has come a long way since the accident, he recognizes that he could never have done it alone.



Brent Peterson and his parents Scot and Carolyn

“It meant the world to me to know that I was receiving the best care possible,” he says. “My family and I would put the services available at Regina’s hospitals up against any in the world. That level of care is only possible thanks to the investments made by the Foundation and the continued support of its donors. I am living proof that even the smallest donation can have a significant impact.”

Michele Myrah, manager of the Medical Intensive Care Unit (MICU) at RGH, says she and the staff of MICU will always view Brent as their ‘miracle boy’.

“It is a special time when Brent and his parents come to visit. It is rewarding for us to see him smiling and enjoying life, knowing all that he went through at such a young age,” says Michele. “He has been given a second chance at life. Thanks to

Hospitals of Regina Foundation and the overwhelming support of our community, we can help ensure many more patients leave happier than when they arrive.”

“Brent’s journey is an example of how life can change in the blink of an eye,” says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. “Through your generous support, doctors had the tools they needed to provide him with excellent care. Your continued support will ensure we have the equipment in place to make lives better for patients.”

Kinsmen Telemiracle Foundation gift helps trauma patients breathe better



Mark Murray operating a BiPAP ventilator

Every second counts when a trauma patient is rushed into the emergency room. Vital signs and a patient's breathing need immediate attention. If the person's breathing is challenged, intubation may be required – a procedure where an air tube is inserted down the throat to allow oxygen flow in and out. However, there are some people that cannot be intubated due to health issues.

Fortunately, a recent investment of \$75,000 from the Kinsmen Telemiracle Foundation, through Hospitals of Regina Foundation, helped equip the Regina General and Pasqua hospitals with advanced respiratory technology

called Bi-level Positive Airway Pressure (BiPAP) ventilators.

When a patient's breathing is difficult or painful, it results in very shallow breaths and limited oxygen. Often, a patient can become distressed and anxious, making their situation worse. A BiPAP ventilator is non-invasive, and can detect and adapt to a person's breathing pattern, providing positive airway pressure into the lungs to help stabilize breathing. It also does not require sedation of the patient, and poses less risk of infection and complications.

"When a trauma patient is trying to exhale, traditional ventilators may sometimes push oxygen, making it difficult to breathe and can cause them to panic," says Mark Murray, clinical supervisor for respiratory therapy at Regina General Hospital. "The new ventilator learns the patient's breathing pattern and anticipates when they will inhale and exhale."

A BiPAP ventilator may be used during treatment of a trauma case or a serious respiratory issue in both children, weighing as little as five kilograms, and adults.

Since 1971, the Kinsmen Telemiracle Foundation has assisted people and hospital foundations in Saskatchewan with accessing excellent medical care and purchasing innovative medical equipment. This year, their decision to support Hospitals of Regina Foundation's Trauma Care Campaign was determined by a 22-member volunteer board of directors. According to them, it was an easy decision.

"This gift was our way of supporting Hospitals of Regina Foundation, and ensuring that the people in our community are well taken care of right here in Regina's hospitals," says Cindy Xavier, executive director of Kinsmen Telemiracle Foundation.

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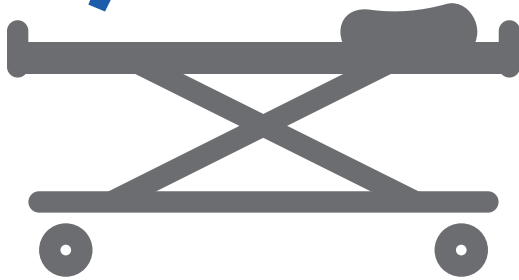
Cindy Xavier, executive director of Kinsmen Telemiracle Foundation.

The Kinsmen gift will have a significant impact on improved patient care in Regina's hospitals. The gift was given in support of the Foundation's Trauma Care Campaign where GMS matched donations from the community up to \$1 million. As a result, it will have double the impact for local health care.

"The support of our hospitals, through community partners like the Kinsmen Telemiracle Foundation, is invaluable," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Thanks to them, we are able to keep our local health care the best it can be."

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1,844



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EMERGENCY
MEDICAL SERVICES



595

SERIOUS
TRAUMA
CASES

Home Lottery big win *for community-minded couple*

Some people purchase Hospitals of Regina Foundation Home Lottery tickets regularly, not really expecting to win anything. It's their way of giving back to the hospitals. Brian and Pauline Leipert were no different.

On Nov. 16, 2017, the Leiperts were not expecting the call they received from an unknown number asking if they purchased a Home Lottery ticket. In fact, Pauline thought it was a prank. It was after she spoke with Dino Sophocleous, the Foundation's president and CEO, that it dawned on her – they were the winners of the fall Home Lottery's \$1.1 million grand prize showhome.

"I couldn't stop screaming when Dino congratulated me. It was all so surreal!" she exclaims. "I was trying to find Brian to let him know we had won something. I just couldn't believe what was happening."

Pauline, an Ontario native, moved to Saskatchewan only 14 years ago and married her husband, Brian, in Regina. She has had a long history of giving back to the hospitals in various capacities, including through purchasing the Foundation's Home Lottery tickets.

A two-time cancer survivor, she served on a hospital board in Ontario for 12 years, and remains passionate about great health care and Regina's hospitals. The couple share the same philanthropic spirit, donating often to the Foundation in gratitude for the local care they received. For them, their win is a full-circle moment.

"People work their entire lives for a house like this," Brian says. "It's very humbling for the both of us. And it all started with purchasing a ticket to give back to our hospitals."

"Donating to Regina's hospitals through the Foundation is a worthwhile cause. Every ticket purchased goes towards helping so many people in need of health care in southern Saskatchewan."

"Donating to Regina's hospitals through the Foundation is a worthwhile cause. Every ticket purchased goes towards helping so many people in need of health care in southern Saskatchewan."

Pauline Leipert

Paul and Marlene Kemp of Broadview, winners of the 50/50 Add-On valued at \$350,592.50, were just as surprised to find out they had won a significant amount. Like Brian and Pauline, they just wanted to give back to Regina's hospitals, knowing how important it is to have good health care available locally.

The couple had purchased Home Lottery tickets for over five years and even won a DVD player once, but nothing could have prepared them for their momentous win.

"Things like this don't happen every day," Marlene says. "We have always just bought a ticket as our donation to the Foundation. We are thankful for the great work they do."

Thanks to the continued support from our community, our 2017 Home Lottery was an incredible success, contributing over \$1.4 million to Regina's hospitals.

Special congratulations to everyone who won, including Vernon and Marilyn Lemaire, winners of the \$630,000 early bird prize cottage at Katepwa Lake.



Brian and Pauline Leipert



Paul and Marlene Kemp

One-stop Breast Assessment Centre provides excellent care for Saskatchewan women



Breast Assessment Centre staff - Kelsey Gates, Kim Deminchuk, Katie Daniar

What started as a burning sensation in Chantel Kauffman's left breast turned out to be a 10-centimetre tumor. It was discovered in October 2012. She was only 37 years old. Earlier that year, she visited her family physician's office for a check-up after noticing firmness in her breast. Her first mammogram showed no abnormalities.

"Over the spring and summer, it got worse. I had swelling in my breast that wouldn't go down and I was constantly exhausted. I just knew something was wrong," Chantel recalls. "After a second mammogram, I had to visit the Breast Assessment Centre at Pasqua Hospital for a biopsy."

It was there she received the devastating news – she had breast cancer.

She went on to undergo several rounds of chemotherapy and a double mastectomy. Today, she's thriving.

In Saskatchewan, about 750 women are diagnosed with breast cancer annually.

In Chantel's case, quick access to the Breast Assessment Centre for a biopsy increased her chances of survival.

The Screening Program for Breast Cancer (SPBC) in Saskatchewan conducts 40,000 mammograms a year, half of which take place in southern Saskatchewan. While patients may visit Yorkton, Swift Current and Moose Jaw for breast screenings, these facilities are only able to perform ultrasounds or mammograms. If their results show an abnormality, a biopsy is required. They are then referred to the Breast Assessment Centre in Regina.

In 2005, Hospitals of Regina Foundation began raising funds for the purchase of enhanced diagnostic equipment at the Breast Assessment Centre. Today this advanced centre sees about 16 patients daily.

"Our job is to reassure the patient on the spot. If they come in with an abnormal scan from another facility and are concerned about cancer, we perform

the appropriate imaging procedure at the centre," says Dr. Chong-Ha Lim, radiologist and director of breast assessment services in Regina. "If it's normal or benign, we provide them with an answer right away."

In cases where an abnormality is confirmed, a biopsy is also performed immediately at the centre.

Compared to other facilities, the centre provides an integrated approach to breast assessments by offering a mammogram, ultrasound and biopsy. Women can undergo a number of procedures in one place, in just one visit, and learn their test results immediately.

Today, thanks to the Breast Assessment Centre, women across southern Saskatchewan, like Chantel, can receive the peace of mind and good health care they need, locally, during a challenging period.

Community support for the centre, through donations to Hospitals of Regina Foundation, has been tremendous and continuous. One example of how the community supports the centre is through *The Power of Pink* - an event organized every two years to raise funds for new technology at the centre.

Pam Klein, founder and chair of *The Power of Pink*, says, "Our goal was to help establish a one-stop centre of care for breast health, right here in Regina. With advanced technology, equipment and experienced staff in one facility, the odds of early detection are improved."

You're never too old to learn new tricks

Janet DeGrow has lived with Multiple Sclerosis (MS) – an autoimmune disease of the central nervous system – for 25 years. It wasn't until a trip to the emergency room that she learned it was possible, with some help, for her life to get easier.

Last fall, Janet collapsed at home after a reaction to her medication, and was taken by ambulance to Regina General Hospital. "I spent seven days in the hospital," Janet says. Once her treatment was complete, Janet was transferred to the Wolfe Stroke Centre at the Wascana Rehabilitation Centre (WRC), where she would have access to physiotherapists, occupational therapists and other health-care providers she would need over the course of five weeks.

Janet's rehabilitation was made possible thanks to the generosity of our community through Hospitals of Regina Foundation. A \$1 million gift in honour of Jacob and Leopoldine Wolfe, from an anonymous donor, and another \$500,000 raised by the Foundation helped create a centre that features an organized space, outfitted with equipment, and new communication technology to assist patients with their rehabilitation. The Centre prepares patients, like Janet, to return home.

"I really learned a lot," Janet says. "I learned how to do things on my own so I could be independent, how to use my power chair, and do day-to-day things by myself. But the biggest lesson I learned was to pay attention to what I need instead of what I think I need."

She says the staff helped her understand there are many tools available that could make her life so much easier.

The occupational therapists helped her connect to the service providers who could install the enhancements in her home, to increase her independence. She added rails and hand holds in her bathroom, and a lift in the garage, so she can get in and out of her home easier with her power chair.

"The care I received at the hospital was very good, but the care and help I received at Wascana Rehabilitation Centre was excellent," Janet says.

"Our hospitals are the heart of our community. Investing in local health care is vitally important. It's hard enough to be sick, but the stress of having to go to a distant location when you are already scared and sick is more than most of us can bear."

"Our hospitals are the heart of our community. Investing in local health care is vitally important."

Janet DeGrow

Janet was very happy that she could receive all her medical attention close to her family and friends. It was comforting to have them nearby and to have the staff at Wascana Rehabilitation Centre make her feel at home.

It took some time, but Janet's house now has the enhancements she needs to make her life easier, and after six months, she is back at work. She credits her recovery to the support provided by the community and Hospitals of Regina Foundation.

"The Foundation does great work that helps meet the health-care needs of the residents of southern Saskatchewan," she says. "I know that as my MS progresses, I will require the services our hospitals provide more and more. It's good to know that the level of care will be there when I need it."



Janet DeGrow

32 years of giving back

a tradition for Regina senior

It's a warmer-than-usual November afternoon in Regina. Leona Grzebinski sits in a well-lit bedroom at her retirement residence trying to recount the last 32 years of her life.

"I have to go back and think a long way," she laughs. "So much has changed in the last few decades."

Leona is right. She's transitioned through several jobs, including one at Pasqua Hospital. She's witnessed the birth of grandchildren and great-grandchildren. She's also suffered the loss of her husband of over 60 years. One of the few things that hasn't changed is the 91-year-old's monthly donations to Hospitals of Regina Foundation. Her first donation was in 1985, a tradition she started with her late husband, Edward.

Leona, a Kenaston native, came to Regina for work after World War II. It was in Regina she met and married Edward. The couple decided to move to Ituna after Edward was offered a job in the town as a postmaster. But over 40 years later, they found themselves back in Regina again. This time, it was because of Edward's poor health.

"He had a very severe heart problem and Ituna was too far away from the health-care services we needed," she says. "We couldn't imagine going anywhere else besides Regina General Hospital."

Edward went on to have four bypass surgeries before his passing in 2010. Leona's health wasn't spared either. She has had three different surgeries since their return to Regina – one for breast

cancer, another for bladder cancer, and one more to remove a cancerous tumor.

Despite everything she's been through, she speaks fondly of her and Edward's experience at the hospitals in Regina.

"The doctors and nurses were wonderful; we always had a good rapport with them. I've had bladder infections in recent years. If it wasn't for the exceptional services they provided, I don't know what would have happened," she says.

"If it wasn't for the exceptional services they provided, I don't know what would have happened."

Leona Grzebinski

Leona knows just how important donations to Hospitals of Regina Foundation are for keeping good health care local. After all, she witnessed first-hand the benefits of community investments in the hospitals. That's why she decided to donate to the hospitals through the Foundation.

"Edward and I started donating monthly because we decided it was time to start paying back for the care we received," she adds. "It's the best we could do, and I enjoy continuing the tradition."



Leona Grzebinski



Leona and Edward Grzebinski

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India Supper Night *raises funds for vulnerable NICU babies*



Left to Right: Nish Prasad, Curt Robb, Aniket Bither, Gary Grewal, Dharmesh Gandhi and Dino Sophocleous



Sudeshna Maulik and Rajesh Chenthy performing a traditional Indian dance

The beautiful Indian sarees, food and décor set the stage for the 35th India Supper Night in September 2017. It was a gathering to celebrate community, culture and cuisine while giving back to Regina's Neonatal Intensive Care Unit (NICU).

This great event is one of many organized every year by the India Canada Association of Saskatchewan as part of its mandate to give back to the community. Over the last 35 years, the association has raised more than \$700,000 for people in need of health-care and humanitarian services in Saskatchewan, in partnership with various charities.

This year, the association's decision to partner with Hospitals of Regina Foundation was an easy one.

"The work the Foundation does for Regina's hospitals and the southern Saskatchewan community is outstanding," says Nish Prasad, president of India Canada Association and chair of the event.

Over 450 people were in attendance at the event, including the former Lieutenant Governor of Saskatchewan, the Hon. Vaughn Solomon Schofield. The evening included classical Indian dances, a vibrant fashion show, a live auction and raffle draws.

Thanks to the hardworking committee and the generosity of attendees, \$60,000 was raised for Hospitals of Regina Foundation, in support of the NICU.

"Seeing the community come out to support a great cause was humbling," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Excellent care for our children is very important to us. Our NICU is a centre of excellence, and having that standard of care available means our community's most vulnerable babies receive the very best care right here in Regina."

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, 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's hospitals.

Here are a few events that took place between July 2017 and January 2018 in support of Hospitals of Regina Foundation.

- The Chick-a-Dee Golf Tournament – \$4,700
- Pipeline of Dreams Golf Tournament – \$40,442
- Queen City Marathon – \$5,015
- India Supper Night – \$60,000
- Chinese New Year – \$13,000
- High Noon Optimist Club Variety Show – \$10,000



The Chick-a-Dee Golf Tournament



Queen City Marathon



India Supper Night



Pipeline of Dreams Golf Tournament



Chinese New Year



High Noon Optimist Club Variety Show

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



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