

Inspire

SPRING 2020

STORIES FROM OUR COMMUNITY

A message from our President and CEO



As spring departs and summer arrives, I would like to thank you all for following the Saskatchewan Health Authority (SHA) COVID-19 recommendations. Despite our successes to date, we know our fight against COVID-19 is far from over. As the Province moves through the different phases of its pandemic plan, we must remain vigilant and cautious in order to keep our community safe.

The Foundation remains 100% focused on supporting our hospitals. Everyone on our staff is working hard to help us deliver on both our long-term commitments as well as the more immediate needs of our health care teams. Our work has never been more crucial, and your support has never been more vital for our hospitals.

To help our medical teams deal with the pandemic, we have established a COVID-19 Emergency Fund to make

sure our frontline health care workers have what they need to stay safe and deliver the best care possible. In coordination with the Saskatchewan Health Authority, we continue to hope for the best, while preparing for the worst.

Staff at Regina's hospitals continue to care for all patients, regardless of the nature of their illness or medical conditions. During this time, babies are still being born prematurely and need the specialized care of the neonatal intensive care unit (NICU). People continue to need treatment for heart conditions; others are being diagnosed with cancer or other ailments. Parents still require medical help for themselves and their children. While we strive to deal with this pandemic, we cannot forget about them! The Foundation continues to work in partnership with our community to invest in much-needed technology and equipment so

people in southern Saskatchewan can receive the care they need, right here at home.

The stories in this issue of *Inspire* recognize the generous support of donors who helped the Foundation make investments in Regina's hospitals in a variety of areas, and the people who have benefited from those investments. We hope you will enjoy reading about them.

While we all work together to fight the COVID-19 crisis, we are grateful to all our donors, whether they have supported our pandemic efforts or given towards the priority needs of our hospitals. We are also grateful to the frontline health care workers and support staff in our hospitals, and everyone working in essential services to keep us all comfortable, fed and safe. It takes the combined efforts of everyone in our community working together to win this fight. Thank you for doing your part and for your commitment to the health care of southern Saskatchewan.

Dino Sophocleous
President & CEO



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Sisters treated for heart conditions at **Pediatric Outpatient Program**

The pediatric outpatient program at Regina General Hospital sees more than 4,000 visits every year.”

Dino Sophocleous

Approximately one out of every 100 babies is born with a heart defect. But three out of Megan Moore’s four babies faced that reality. Her son Carter was born with a common heart murmur, which closed overnight and required no medical intervention. But her daughters Chloe and Hailey were born with far more serious heart conditions, which required surgery and extensive treatment.

“Chloe was born in 2009 with a heart murmur too, and they thought it also might close overnight, but it was still there the next day,” Megan recalls. “The cardiologist from Saskatoon happened to be in Regina that day and took a look and diagnosed her with a serious heart defect a day after she was born.”

Doctors discovered a hole between the chambers of Chloe’s heart, so the oxygenated and non-oxygenated blood would mix. Until she was three years old, she required several surgeries, including one to create a pulmonary artery.

When Megan was pregnant again in 2011, she learned that baby Hailey also had a hole in her heart and a narrow pulmonary artery that would make it harder for her heart to pump blood to the rest of her body. Hailey has had two surgeries, and will one day require a valve replacement.

Chloe will also need a valve replacement, as her last repair will only last five to 10 years. She’s also had more problems with her heart than her younger sister. When Chloe was eight, she developed an infection in her heart. It took six weeks of IV antibiotics before she recovered, luckily without surgery.

Both girls visit the pediatric cardiac outpatient clinic at Regina General Hospital at least once a year. Having cardiologists see patients regularly at the clinic is a blessing for the family, as they now live in Moose Jaw.

“My parents and my husband’s parents both live in Regina so if we need help, they can come with us,” Megan says. “It’s nice to have the extra hands and support.”

“The pediatric outpatient program at Regina General Hospital sees more than 4,000 visits every year,” said Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. “Starting in 2019, that number is expected to climb close to 9,000 visits a year, due to restructuring of provincial pediatric services. More than ever, the



Chloe Moore



Hailey Moore

Foundation is committed to supporting those services, and investing in the best possible care for our children, right here at home.”

Mosaic Match Campaign Exceeds Expectations for Cardiac Care

HRF CARDIAC CARE CAMPAIGN

MOSAIC \$1 MILLION DOLLAR MATCH

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If you are going to have a heart attack – and hopefully you aren’t – but if you are, make sure you have it in Regina, says heart attack survivor and Mosaic Heart Centre patient, Jos Risling. The state-of-the-art cardiac care available in Regina’s hospitals is due to a wonderful partnership between the Hospitals of Regina Foundation and the Mosaic Company, who once again came to the table with a \$1 Million Match Campaign to assure our medical teams have the latest technology and equipment in the Regina General Hospital’s Mosaic Heart Centre.

Through this campaign Mosaic had committed to match community donations up to \$1 Million, and we are proud to say - you did it! Together with Mosaic, and you the community, we

have raised over \$2 Million to fund this critically important cause.

Approximately 2,200 patients from all over southern Saskatchewan go through the catheterization lab for procedures every year. As well, one in five visits to the ER are cardiac related, emphasizing the need to maintain our cardiac emergency services at their highest level.

The \$2 million Mosaic Cardiac Fund will support the Cardiac Catheterization Lab (Cath Lab) priorities with the most up to date Fluoroscopy system, Dye injectors, Intravascular ultrasound (IVUS), and Echocardiography machine - a specific ultrasound for the heart.

"In 2006, Mosaic announced an investment in cardiac care for the people

of Saskatchewan and created the Mosaic Heart Centre," said Bruce Bodine, Senior Vice President, North America at The Mosaic Company. "Today, we proudly announce that together, we raised over two million dollars that will ensure medical teams and cardiac patients will continue to have access to life-saving equipment and exceptional care right here at home."

Dino Sophocleous, president and CEO, Hospitals of Regina Foundation says, "The campaign was a wonderful success. With Mosaic’s leadership and the amazing support we received from the community, we have surpassed our goal to the benefit and well-being of all the people in southern Saskatchewan".

Kinsmen Foundation Helps Kids with Heart Issues



SHA staff (noted) and Kinsmen Telemiracle cast members left to right - Nicole Githegi (SHA), Beverley Mahood, Chris Henderson, Floradelina Beljamen (SHA), Sherry Yumul (SHA), Mac Shephard, Jeffery Straker (kneeling)

Children are not typically cardiac patients. And yet, unfortunately, about one in every hundred babies is born with a congenital heart defect — meaning that their tiny hearts or nearby blood vessels do not develop normally. In fact, congenital heart defects are the most common birth defect. The good news is that with the right technology and treatments, today, 9 in 10 children with congenital heart disease survive to adulthood.

Last year, the pediatric cardiology outpatient clinic at Regina General

Hospital saw more than 400 children for cardiac related care. This is double the number of kids seen the year before and is due to a restructuring of pediatric care in Saskatchewan. This is great news for children in southern Saskatchewan, since it allows them to be treated close to home. However, it also means that the pediatric cardiology outpatient clinic is no longer able to borrow an echocardiography machine from the adult clinic. They need a dedicated one of their own. An echocardiography machine is a type of specialized cardiac ultrasound that uses sound waves to

create moving pictures of the child's heart to determine how well the heart is functioning.

The Kinsmen Foundation responded to this priority need and made a generous \$75,000 gift to match community donations and help invest in this crucial technology.

“We were extremely happy to support this request.” says Ted Moir, Chair of the Kinsmen Foundation Board of Directors. “Our mandate is ‘helping people every day’, and we know this vital equipment will help so many kids get the treatment they need, right here at home”.

The Kinsmen Foundation has helped many people across Saskatchewan, and has been a generous supporter of Regina's hospitals. They have donated over \$2 million to Hospitals of Regina Foundation in support of pediatrics, the 2017 Trauma Care Campaign, the Wolfe Stroke Centre and the Kinsmen Foundation Electrophysiology (EP) Lab at the Mosaic Heart Centre.

“The Foundation greatly appreciates the Kinsmen Foundation's continued support in improving healthcare in Regina's hospitals,” says Lisa Green, Vice President, Development, Hospitals of Regina Foundation. “Their most recent gift will help us raise the funds we need to invest in the new echocardiography machine our health care teams need to deliver the best care possible to children in southern Saskatchewan.”

Yara Belle Plaine creates \$500,000 Match for Surgical Campaign



George Pohorelic, Yara Belle Plaine president and plant manager (left)

Surgical patients at Regina's hospitals will benefit from the latest initiative in the long-standing partnership between Hospitals of Regina Foundation and Yara Belle Plaine.

In 2019 Yara pledged a \$500,000 match for community donations to the Foundation's Surgical Campaign through the *Yara Belle Plaine Surgical Fund*. As a result of Yara's generous commitment, donations made by the community will literally have double the impact with Yara matching community donations dollar for dollar.

"We are committed to supporting causes that make life better for our employees, their families, and our communities," says Yara Belle Plaine President and Plant Manager George Pohorelic. "In addition to this new pledge, we're proud to have contributed more than \$650,000 since 1995 to Regina's hospitals through the Foundation. We're excited about this new chapter in our partnership, because we know the *Yara Belle Plaine Surgical Fund* will elevate the level of surgical care for all patients, and will undoubtedly save lives."

"We are committed to supporting causes that make life better for our employees, their families, and our communities."

George Pohorelic

The funds raised will help replace and upgrade the 30 year old surgical booms in the 18 operating suites at Regina General and Pasqua Hospitals. The Foundation has pledged to raise \$3 million through this Surgical Campaign. New surgical booms allow for safer use of medical gases such as anesthesia, oxygen, nitrogen and carbon dioxide, as well as keeping monitors and other electronic devices conveniently located so as to make surgery even safer and more efficient.

The Foundation greatly appreciates Yara Belle Plaine's leadership in supporting improved surgical care in Regina's hospitals. Yara's support will go a long way towards ensuring life-saving technology is available to help patients in southern Saskatchewan live better lives.

Pediatric Specialists Perform **Miracles**



Karina Euteneier

Now 5 years old and getting ready to take on school, Karina Euteneier has a personality and smile that lights up a room. She is determined, confident, sharp and can educate anyone about the world of famous Disney princesses. Karina's journey wasn't always easy though, and has involved a true family effort.

When her mom, Panagiota, was 20 weeks pregnant she first learned of Karina's cleft lip/palate diagnosis. With two young children (Nicola, 2 and Melina, 3) already at home, the diagnosis was a shock. "It was very overwhelming. I was in denial for a little bit." Panagiota recalls. However, Karina's

early diagnosis resulted in a well-coordinated process of consultations with various specialists and a treatment plan being put in place for her before she was even born, giving Karina's parents confidence their baby would be in good hands.

Panagiota recalls the options that were available for Karina's initial treatment. One of them was non-surgical Nasoalveolar molding, or NAM as it's more often referred to. The NAM device is created for the newborn and the procedure starts in the first week of life. The device is worn 24 hours a day and gently directs the growth of the upper jaw and gums while improving the shape and position of the nose. The intention of the NAM molding was to hopefully limit future surgeries. "I wanted the best for my baby." Panagiota says. "And I was super lucky to have my family's help, and support networks available to me." Fortunately, the NAM worked well for Karina.

At 6 months of age Karina had her first surgical procedure on her upper lip done at Regina General Hospital by Dr. Peter Chang and the Regina surgical team. This allowed part of the NAM to be removed. It was then followed by Karina's second procedure at 12 months old to correct her palate. The next procedure will be a bone graft, sometime in 2020, to provide more structure for her palate and nose, but Panagiota is confident the procedure will be successful.

"Surgery for kids and adults can be a scary situation but Regina has so many amazing doctors and surgeons who allow children to live healthy, normal lives."

"Regina has so many amazing doctors and surgeons who allow children to live healthy, normal lives."

Panagiota Euteneier

Today Karina has no ongoing health issues but does visit the Cleft Lip & Palate Clinic at the Wascana Rehabilitation Centre once a year to see an Ear Nose and Throat Specialist, Plastic Surgeon, Speech Pathologist, Pediatric Dentist and Peanut, the therapy dog with a cleft palate of his own. The clinic provides these specialists all in one place, eliminating the need for multiple appointments or trips out of town.

"A cleft lip or palate is the most common birth defect in North America." says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "While Regina's healthcare teams provide the best care possible, it is essential that we continue to invest in technology and our pediatric programs to support these children and their families, right here at home!"

Driven to Leave a Legacy



Harvey and Sheran Carriere



Anyone who knew Harvey Carriere will tell you the same thing. Harvey was fun loving, happy and always a joy to be around. He loved to keep busy and build things, pattering around in the yard or working on cars at the body shop he owned with his brother from 1974 until 2002. His giving nature shone through when Harvey decided that after he passed, the proceeds of the sale of his prized 1966 Ford T-Bird would be donated to the Hospitals of Regina Foundation.

When Harvey first started having gall bladder pain he visited a few doctors before it was recommended he make a trip to the Regina ER. This trip resulted in a 5 day hospital visit so Harvey could undergo an Endoscopic retrograde cholangiopancreatography procedure which examines the pancreas and bile ducts. The results showed that Harvey had a tumor in a bile duct above his pancreas and would require a difficult

and long operation called the Whipple Procedure. The successful operation took eight hours and removed 14 lymph nodes, revealing 2 of them to be cancerous.

After surgery, Harvey spent a month in the hospital under the care of Dr. James Carter and his team. Harvey's wife, Sheran says "It was hard to be away from home that long but Dr. Carter and the staff were really wonderful. I can't say enough nice things about them." While he was released from hospital, it was advised that Harvey undergo chemotherapy, which he did for the next 3 years. "It was hard for him at times. He was worried about catching a germ or getting sick so he would see our grandchildren less, and was less busy." Sheran recalls.

"Harvey was a supporter of the Hospitals of Foundation lottery for many years and one night decided he

should leave a donation in his will" Sheran says. "He had planned to hand the T-bird down to our grandson, but he ended up being a Chevy guy. Harvey and our grandson always joked back and forth about Chevy vs Ford and how a Chevy guy couldn't possibly own a Ford". After spending time receiving care in Regina's Hospitals, Harvey wanted to give back to the amazing staff that cared for him. Selling the T-Bird and donating the proceeds was the way to do it.

"A donation of any size ensures that future generations are well taken care of with the best local health care possible" Dino Sophocleous, president and CEO, Hospitals of Regina Foundation, says. "We are so grateful for the thoughtful gift from Sheran, in memory of her husband, Harvey, and everyone who chooses to support the Foundation."

Community Support Continues to Inspire

As we start to enjoy warmer weather and the new blooms of spring, we can't help feeling grateful for the fantastic support of the Regina community in the first part of 2020.

The High Noon Optimist Club held their annual Magic Variety Show on January 26th, raising \$10,000 for Regina's Neonatal Intensive Care Unit (NICU). Every day, medical teams in the NICU care for vulnerable babies and for more than 20 years, the High Noon Optimist Club has supported the NICU through Hospitals of Regina Foundation. This family-fun event is something to look forward to every year, and we are continually grateful for their support to the NICU, as well as for all their hard work in the community throughout the year.

Did you know that 2020 is the year of the Rat? The Chinese Freemasons of Canada (Regina) celebrated by holding their annual gala event on January 18th and raised almost \$7,000 for the Autism Centre in Regina. Proceeds from this event will help make lives better for hundreds of children who are seen at the Centre.

Each year the Greek community outdoes itself with Regina favourite An Evening in Greece, and 2020 was no different. 600 people packed the Delta Regina ballroom and enjoyed authentic Greek food, entertainment and culture, while raising \$90,000 for Regina's hospitals. To date, An Evening in Greece has raised almost \$700,000 for Regina's Hospitals.



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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