

Inspire

FALL 2020

STORIES FROM OUR COMMUNITY

Cancer caught early *at Breast Assessment Centre*



Kelly rings the bell at the end of her treatment

Kelly Manning has three passions - her family, helping others and giving back to her community. She is an avid volunteer and a committed five year member of the Pasqua Hospital Auxiliary. Her husband's work in the Canadian Armed Forces took them all over Canada, landing them in Regina in July of 2004 where they fell in love with Saskatchewan and set down roots.

On July 29, 2019, Kelly came inside after some gardening when she noticed that one of her breasts didn't feel quite right. "I remember thinking to myself that it just can't be breast cancer." Kelly states. "I have no family history of cancer, no high risk factors and have been relatively healthy my whole life. It just can't be." Two days later a mammogram confirmed that there was a mass in her breast. Kelly was told that further tests would also be needed so the doctors could get a clearer picture. Trying to remain positive, she was referred for an MRI and to the Breast Assessment Centre at the Pasqua

Hospital in Regina for a biopsy. The results confirmed Kelly's fears - it was breast cancer. Immediately, a treatment plan was discussed and surgery at Pasqua Hospital was the first step.

Cancer is never a convenient thing, yet the timing of the diagnosis could not have been more unfortunate as Kelly's daughter was getting married the same week as the scheduled surgery. After consulting her doctor, Kelly postponed her surgery for two weeks, allowing her to be there for her daughter. She was so grateful to her medical teams for working with her to allow that to happen.

During Kelly's successful lumpectomy, the cancerous tissues was removed from her breast. After recovery from surgery, Kelly began radiation therapy on her birthday, Dec. 17, 2019. "It was important for me to maintain as normal a schedule as possible." Kelly says. "My family, the doctors, nurses and medical teams, as well as my friends and the volunteers at the Pasqua Auxiliary all made me feel like I was never alone and helped keep my life as normal as it could be. This put my mind at ease during a very stressful and worrisome time"

Kelly completed her daily radiation treatment in January of 2020, is still monitored closely with regular checkups and can happily say that she has no ongoing cancer. She is extremely grateful to all the doctors, nurses,

medical staff and volunteers for the roles they played in her treatment. She is also thankful for Hospitals of Regina Foundation.

"We're extremely lucky to have organizations like Hospitals of Regina Foundation that raise money towards specialized equipment for our hospitals." Kelly tells us. "At one point, everyone will need these medical services for themselves or a family member. Knowing that the doctors have the technology to treat a patient properly goes a long way for the patient's peace of mind. To have top quality medical care and technology in your own community without travelling away from family is simply priceless."

"Kelly's passion for volunteering through the Pasqua Hospital Auxiliary has made a difference to so many patients and families. We are thrilled that when Kelly herself needed care, our hospitals had the technology she needed." says Jessica Rawn, director of development, Hospitals of Regina Foundation. "Hospitals of Regina Foundation is dedicated to investing funds to keep good health care local, and we are proud to work with partners like the Auxiliary, and volunteers like Kelly, to make that possible."



HOSPITALS OF REGINA®
FOUNDATION

Better lives. Made possible by you.

Local Couple Supports Life-Saving Cardiac Technology

Having both been born in southern Saskatchewan and having raised three boys in Regina, it was always important for Rob and Paula Duguid to give back to the place they call home. After meeting some of Regina's incredible doctors and learning more about our hospitals' needs, Rob and Paula knew how they wanted to help.



Rob & Paula Duguid

With 375 open heart surgeries performed each year, cardiac patients depend on the Heart-Lung Bypass Machine at Regina General Hospital to keep them alive during certain surgeries. Rob and Paula learned this equipment

was nearing the end of its service life and a replacement would soon be needed. Realizing how many people depend on this technology to survive their surgery, they determined that this was the technology they wanted to support through their philanthropy. In 2019 they generously donated more than \$350,000 towards the replacement of this crucial piece of medical technology. "It has always been important for us to be able to give back to our community and home," says Paula. "We think it's essential that our medical professionals have the proper tools to do their jobs to the best of their abilities."

The Heart-Lung Bypass Machine assists during cardiopulmonary bypass (CPB), during which the machine temporarily takes over the function of the heart and lungs for the duration of surgical procedures such as coronary artery bypass, cardiac valve repair or replacement, and repair of certain congenital heart defects, to name a few. It maintains the circulation of blood, making sure that the tissues of the body get the oxygen they need during the cardiac procedure.

"Heart surgery without the heart-lung machine is impossible," says Dr. Ahmad Moustapha, Cardiothoracic Surgeon at Regina General Hospital. "It is used every day throughout the year to keep patients alive during both simple and complex heart surgeries. With this incredibly generous donation, the people of Saskatchewan have access to a state-

"It has always been important for us to be able to give back to our community and home."

Paula Duguid

of-the-art piece of equipment that is fundamental to our health care professionals."

"The Foundation greatly appreciates Rob and Paula Duguid, and their support in improving health care in Regina's hospitals," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Their generous gift in support of this essential piece of technology will allow our health care teams to continue to deliver the best care possible to the people of southern Saskatchewan, right here at home."

A Valentine's Day shock leads to an appreciation of Pediatric Care in Regina



Bodi Kessel

February 14, 2017 – Valentine's Day – is a date that Stacie Kessel will never forget. That was the day she learned that her unborn son Bodi would likely be born with Down syndrome, and face a lifetime of mental and physical challenges.

"The blood test indicated Bodi had a 98 per cent chance of being born with Down syndrome," Stacie says. "It was a shock, but at least we knew what we were dealing with, and could start preparing."

Bodi arrived early, at 33 weeks, and Stacie and her husband Dave discovered the Down syndrome was coupled with

several immediate medical challenges, including a perforated bowel and blockage of the small bowel, requiring surgical care.

Fortunately, Bodi was under the care of the top-notch medical teams at the neonatal intensive care units (NICU) in Edmonton (where Bodi was born), and at Regina's General Hospital (where he was transferred after three weeks). In Regina, the team had access to the latest medical technology, made possible by Hospitals of Regina Foundation donors.

"You really gain an appreciation for the amazing staff in the NICU, and the technology they use to help babies," Stacie observes. "Between the specialized beds, being on a ventilator after his surgeries, even having breast pumps there – all of these were so important in the care Bodi received."

Bodi left the NICU after 45 days, and has returned to the hospital for a number of diagnostic tests as his medical team continues to search for the cause of a series of infantile spasms/seizures. To date, he has had nine electroencephalogram (EEG) tests to evaluate the electrical activity in his brain, along with three X-rays, two ultrasound tests and an MRI.

"He receives an EEG quite frequently to monitor for any abnormalities and to watch for signs of the seizures/spasms," Stacie explains. "This is so important as not all seizure activity is visible, so even

when you think he is doing better, the EEG can show differently. This allows us to adjust his medications, if needed."

Despite his bumpy start to life, today Bodi is enjoying life with his parents and older sister Decklynn. He's been seizure-free since April 2020, and is a regular visitor to the Children's Program at the Wascana Rehabilitation Centre every few weeks for therapy services. Bodi's support team includes a pediatric neurologist, a pediatrician, as well as occupational, physical and speech therapists.

"I'm actually amazed at how well Bodi's team all work together," Stacie observes. "Everyone is on the same page and working as a unit to give him the best care possible. We're so lucky to have access to Regina's pediatric services here in southern Saskatchewan. It's hard enough when your child has complex challenges, but I can't even imagine what it would be like if we had to travel further away without that support from family. We're so grateful for the amazing health care right here at home!"

"Bodi's story is a reminder of the importance of investing in pediatric services for children across southern Saskatchewan," says Lisa Green, vice-president, development, Hospitals of Regina Foundation. "Our donors and supporters enable the Foundation to invest in life-saving technology each year that is helping families like the Kessel's live better lives."

Palliative Care Unit offers **More than Care**

Always smiling, joyful and a truly kind and loving soul. That is how the community, his family and Jim Aho will always remember his late husband, Scott Schlosser. Scott's amazing creative ability always left a warm impression on those fortunate enough to have met him. However, at age 44, Scott's health changed suddenly and a long battle with colorectal cancer eventually took him to the compassionate arms of Regina's Palliative Care Services.

Throughout this battle, Jim was there for Scott unwaveringly and together they chose to have palliative home care support for Scott for as long as possible. Jim recalls how warm and compassionate the nurses who came into their home to assist them were. After a period of time, Scott's condition deteriorated and Jim realized he could no longer give Scott the level of care he needed at home. Ultimately, they made the decision to move Scott to Grace Hospice, where Jim tells us Scott lived out his final days under incredibly compassionate care, surrounded by family and friends.

Having dedicated so much of himself in order to care for Scott, Jim realized he himself had not properly come to terms with the loneliness he felt. This hit him hard and after two weeks of intense grieving, Jim realized he needed help. He reached out to the Palliative Care Unit at Pasqua Hospital, where he met with Marlene Jackson, the team's Bereavement Coordinator, Grief



Scott Schlosser and Jim Aho

Counselor and PTSD Therapist. Jim met with Marlene regularly over the course of the next few months and, thanks to her compassion and her highly specialized skills, was able to cope and work through his grief.

"The support of all the medical staff in the Palliative Care System is critical, they help you realize that you can get through this... and you're not alone." Jim says. "They are there to support you and provide you comfort in life's most difficult time... and for that I'm truly thankful."

"The support of all the medical staff in the Palliative Care System is critical, they help you realize that you can get through this... and you're not alone."

Jim Aho

RBC Foundation helps improve Palliative Care

Every year, families in Regina and southern Saskatchewan are faced with the emotional and physical challenges of a loved one with a terminal illness or severely life limiting condition. Our Palliative Care program helps provide home or hospital care for palliative patients during their illness, and also empowers their families to care for their sick loved ones, to prepare for and to cope with death, and to ultimately heal and re-join an active life in the community. Last year, Palliative Care Services served 750 palliative patients from Regina and southern Saskatchewan, as well as their families,

through both in-hospital and home care. A new \$60,000 commitment from RBC Foundation, in support of the Palliative Care program, will help us make much needed investments in equipment used every day by patients and families, including patient beds, lift chairs and walkers.

Every day our palliative care teams compassionately deliver end-of-life care within the hospital setting as well as through palliative homecare, providing medical care, social work, spiritual care and bereavement counseling. “The important work palliative staff and

volunteers do is very private and often unseen. Quality palliative care makes deep and meaningful difference to families and patients every day”, says Jessica Rawn, director, development, Hospitals of Regina Foundation. “We thank RBC Foundation for making a donation that will improve the quality of palliative care available to people in Regina and southern Saskatchewan.”



Foundation

Make a gift in your Will today.

Please consider including a legacy gift to Hospitals of Regina Foundation in your Will. Your gift of any size will make a difference in the future health of our community.



If you have any questions about including a legacy gift in your Will, we welcome your calls.
Contact us at T: 306.781-7500 E: hrf@hrf.sk.ca www.hrf.sk.ca

Home *is where the Heart is*



Dung Dinh, Pho Le, Ming Lien, Dino Sophocleous & Kinh Nguyen

Since 2010, the Chanh-Tin Buddhist Association of Regina and the Vietnamese Community of Regina have been hosting fundraising events in support of Hospitals of Regina Foundation and giving back to the community they call home.

As a thank you to the community that welcomed them in 1979, the Chanh-Tin Buddhist Association of Regina, started their "Our Thanks to Regina" event, which ran from 2010-2012 and raised over \$60,000. Since that first event, the Vietnamese Community has held other successful fundraisers such as the "Open Arms, Open Hearts" event,

"We have always appreciated the warm welcome of our Canadian friends and the great people of our city. Raising funds for Hospitals of Regina Foundation to invest in new medical equipment that benefits all the people of our city is the best way for us to say 'Thank you Regina'".

Dung Dinh, Chairman of Autumn of Love

"Vietnamese New Year" and 2019's "Autumn of Love" fundraiser in support of the Foundation's Cardiac Care Campaign.

Through these wonderful events and generous participants, they have donated more than \$107,900 to help our hospitals deliver the best care possible. This tremendous support has been felt in multiple areas of care at Regina's hospitals such as Trauma and Intensive Care, Laboratory Services and the 2019 Cardiac Care campaign which supported new technology for the cardiac catheterization lab.

"The unwavering support from the Chanh-Tin Buddhist Association of Regina and Regina's Vietnamese community is truly humbling," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Their dedication and support for our community and southern Saskatchewan's health care system is inspiring. Many thanks to all the volunteers, including Pho Le, Dung Dinh, Ming Lien, Nguyet Tran, Khoe Hoa, and many others. Without their commitment and hard work, these amazing events would not be possible."

2020 Spring Home Lottery

proves we're all winners



hospitals. As one of three designated pediatric centres in the province, Regina's pediatric program supports the health care needs of children from across southern Saskatchewan. Hospitals of Regina Foundation is committed to building an exceptional pediatrics program right here at home.

We are pleased to announce the winner of our 2020 Spring Home Lottery \$1.4 Million Grand Prize Showhome, built by Ripplinger Homes, and \$30,000 CASH is Karl Szabo of Regina. Also winning big were Ken Pickering of Regina, who won \$458,120 in the 50/50 Add-On (our largest 50/50 prize ever), and Kha Truong of Regina, winner of a Chevy Silverado Truck or a BMW X40 30i or \$60,000 Cash.

Congratulations to all our winners. The Foundation is forever grateful to our community for their continued loyalty throughout the years. Together, we will continue to make lives better.



If you know someone who has been treated at one of Regina's hospitals, you know someone who has benefited from the Hospitals of Regina Foundation Home Lottery. The lottery has been running for 33 years and has raised over \$47 million for Regina's three hospitals. All the money raised stays in southern Saskatchewan, ensuring that quality care is available in Regina when people need it most.

Proceeds from our spring 2020 lottery program will support, among other things, our pediatrics program in Regina's hospitals. Each year, more than 14,000 children seek help in our

Cancelled events do not Cancel the Need



Services and the Prostate Assessment Centre, have understandably been cancelled or postponed. We are tremendously grateful to our community partners and look forward to seeing these wonderful events come back in 2021. However, the cancelling of these events does not cancel the needs they would have supported.

In 2019 alone, the fundraising efforts of our community event partners raised more than \$1 million, allowing us to invest in vital areas essential to the health of the people of southern Saskatchewan. While our province continues to battle the COVID-19 pandemic, our Hospitals still need our support to ensure local health care remains as strong as ever.

Although we are not able to gather in the traditional manner at this time, there are still ways you can support our Hospitals. If you have a great idea for a virtual community fundraiser that keeps people safe while helping our Hospitals, please contact Christie McCulloch at Christie.mcculloch@hrf.sk.ca or 306-539-6354 to discuss your idea. She would love to hear from you.

As always, you can make a donation via our secure website www.hrf.sk.ca, or return the enclosed donation form. Thank you for your ongoing commitment to our province, our Hospitals, and our community.

Traditionally, Hospitals of Regina Foundation is the beneficiary of many special community fundraising events throughout the year. Events such as the Pure Country Snowpitch Tournament, Saponi D'Italia-Flavours of Italy, Cardiac Care 5Km Walk/Run, Uncover the Cure Cocktail Party, the Plywood Cup, Chick-a-dee Golf Tournament and the Pipeline of Dreams Golf Tournament, to name but a few. These events, which have traditionally raised funds to support many crucial areas in our hospitals such as the Rawlco Centre for Mother Baby Care, the Mosaic Heart Centre, Pediatric



HOSPITALS OF REGINA®
FOUNDATION

Better lives. Made possible by you.

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

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

www.hrf.sk.ca Charitable Registration Number: 119114056RR0001