

# Inspire

WINTER 2021

STORIES FROM OUR COMMUNITY

## NICU updates — *Bella and Mila five years later*



*The twins THEN (above) and NOW (below)*



*A few years ago, we brought you the story of Bella and Mila Winkler, twin girls whose introduction to the world began with a long stay at our NICU. The girls are now busy five-year olds. We hope you enjoy this update to their story.*

Only 25 weeks into her pregnancy, Jaime Winkler and her husband Sean learned their daughters had stage four twin-to-twin transfusion syndrome. This meant that one twin was underdeveloped and the other overdeveloped. Even worse, there was a severe risk of heart failure in one of the babies. So on August 15th, 2015 the

terrified mother underwent an emergency delivery to help give her girls a fighting chance. The twins spent over 130 days in the NICU at the Rawlco Centre for Mother Baby Care, at Regina General Hospital.

As babies they were not expected to survive, yet today we are pleased to report that Bella and Mila are now happy, thriving 5 year-olds, enjoying life at home with their family. They have both completed their first year of Pre-K, but due to COVID-19 restrictions and their continuing health concerns, are currently being homeschooled.

“Homeschooling has been beneficial for the girls as it’s allowed them to learn at their own pace.” Jaime explains. “They are reading, their gross motor skills are improving and they are adapting really well. Our daughters are now succeeding and excelling in everything they do. They are everything they were never supposed to be, and that is thanks to all of the incredible care they received in Regina’s NICU.”

Bella and Mila’s journey is not over since the twins’ medical conditions still include Cerebral Palsy which is a group of disorders that affect a person’s

ability to move and maintain balance and posture, and dystonia, a movement disorder in which a person’s muscles contract uncontrollably. In addition, they experience hydrocephalus, a condition in which an accumulation of cerebrospinal fluid occurs within the brain, causing increased pressure within the skull, and gastro-intestinal issues. The girls continue to receive care from their pediatrician and from a variety of specialists through the Children’s Program at our Wascana Rehabilitation Centre (WRC). They continue to attend various clinical appointments and recreational therapy treatments, albeit a bit differently due to COVID-19.

“The therapy team at Wascana has been absolutely amazing in setting up virtual therapy appointments and interacting with the girls while they are at home,” Jaime says. “It has made a huge difference for both them and us as parents, in these unusual times.” Today, Jaime, Sean, Bella and Mila are enjoying life as a family and are cherishing every moment together. “It’s because of amazing organizations like Hospitals of Regina Foundation and the support from its donors, that my children have excelled the way they have. We are truly and eternally grateful for this. Without this support we wouldn’t have the medical professionals and quality care that we have, and our daughters probably wouldn’t be here with us today. Thank you!”



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## Adult Rehab program helps Regina woman with MS get back on her feet



When Lindsay Eger woke up on the morning of July 6, 2019, she instantly knew something was very wrong. The healthy 31-year old Regina woman was numb along the entire left side of her body. When she didn't regain feeling, she decided to call an ambulance. Thus began a year-long journey, and a great appreciation of the quality of care available in Regina's hospitals.

"It was very scary at first," Lindsay admits. "I went to bed feeling great, and woke up unable to use the left side of my body. Not knowing what was happening, or why, was frightening!"

Lindsay was taken to Regina General Hospital, where she would spend the next three weeks undergoing a battery of diagnostic tests, including several MRIs. Ultimately, the medical team arrived at a diagnosis of multiple sclerosis (MS), a

disease that attacks the central nervous system. At that point, Lindsay was transferred to the Wascana Rehabilitation Centre (WRC), where she would spend the next three months, literally re-learning how to stand up and walk.

Canada has one of the highest rates of multiple sclerosis globally, with an estimated 77,000 Canadians living with the disease. Saskatchewan has one of the highest rates in the world, with 314 cases for every 100,000 people in the province.

One of the challenges medical teams encounter with MS patients is the wide range of symptoms and long-term effects of the disease. Some patients regain full mobility, others make a partial recovery, while in some extreme cases patients never walk again. Lindsay's team had to prepare her for many different recovery scenarios, with treatment plans tailored to her specific case.

"When I started with the Adult Rehabilitation program at WRC, I couldn't even get out of my wheelchair without help," Lindsay says. "In fact, I didn't know for sure if I'd ever get out of that chair. But thanks to the help of the amazing team at WRC, three short months later I walked out the front door." "I can't say enough about the incredible care I received from my medical team," Lindsay continues. "I had doctors and

nurses, physical and occupational therapists, a physiatrist and a social worker all working together, and meeting regularly to compare notes and develop my treatment plans. My partner also came to see me almost every day, and he even brought our dog along sometimes to lift my spirits. I had a *lot* of people in my corner!"

Today, Lindsay describes her recovery as 90 per cent complete. She still experiences some weakness on the left side of her body, but she's back to working full-time, and walking without assistance. She completed her physical therapy in March of this year, and receives a semi-annual IV infusion of a drug that will hopefully prevent her MS from progressing.

"Lindsay's story highlights the reasons the Foundation invests in technology and equipment for our rehabilitation programs at WRC," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Our medical teams are second to none. When we can equip them with the best possible technology, we make lives better for so many people in southern Saskatchewan – people just like Lindsay."





Chad Haidey, market vice president (left) and Justin Dickie, senior manager (right)

## CIBC joins the fight against breast cancer in Saskatchewan

“I remember thinking to myself that it just can’t be breast cancer” confides Kelly Manning. But in August 2019, Kelly began her journey to determine why one of her breasts didn’t feel quite right.

Breast cancer is the second most commonly diagnosed cancer in Canada. The Public Health Agency of Canada estimates that approximately 27,000 Canadian women are diagnosed with breast cancer and 5,000 die from it annually. Each year, the Breast Assessment Centre at Regina’s Pasqua Hospital performs an average of 4,800 breast exams and 600 biopsies, including Kelly’s. Despite a growing concern, and not yet having a diagnosis, Kelly tried to remain positive. Many days later, the results of her biopsy confirmed Kelly’s fears – it was breast cancer.

In early 2020 Hospitals of Regina Foundation committed to raise \$600,000 to provide our Breast Assessment Centre with a new Digital Breast Tomosynthesis unit, also known as 3D mammography. CIBC has a long history of supporting the fight against breast cancer. We are pleased to

announce that CIBC has generously contributed a lead gift of \$100,000. Their support will help the Foundation provide this new and essential technology.

3D mammography is better able to detect smaller breast cancer tumors with more accuracy and fewer false-positives. Furthermore, the new 3D technology will not only conduct the mammogram, but has the capability to perform a needle biopsy right away if a suspicious lump is found, reducing the anxiety-inducing wait time that Kelly experienced. Thanks in part to the partnership with CIBC, our hospitals will be able to diagnose smaller breast cancers earlier and more accurately.

*“CIBC is pleased to be part of helping to make the Foundation’s goal a reality,” says Chad Haidey, market vice president, CIBC. “Helping equip the hospital’s Breast Assessment Centre with the most advanced technology means patients will be able to receive quick and accurate test results which helps support better outcomes.”*

During Kelly’s successful lumpectomy, the cancerous tissue was removed from her breast. After recovery from the surgery, she began radiation therapy on December 17th, 2019 and completed her daily radiation treatment in January of 2020. Kelly is still monitored closely with regular checkups and today she can happily say that she has no ongoing cancer. She is thrilled women in the province will have access to new technology which can identify smaller breast cancers more accurately and in less time.

“Regina’s Breast Assessment Centre sees thousands of patients every year,” says Jessica Rawn, director, development, Hospitals of Regina Foundation. “The Foundation is grateful to have the support of community-minded organizations, like CIBC. Their generous support of the Breast Assessment Centre at Pasqua Hospital means women across southern Saskatchewan will now have access to the most advanced technology available, right here at home.”

## Langbank woman appreciates *the life-saving care in Regina's hospitals*



Left to right: Cheryl's father, Gordon West, Dr. Suzanne Meiers, Cheryl Dubois, Lisa Green, Dr. Jagadish Rao, Cheryl's mom, Mona West

For patients requiring urgent trauma care at Regina's hospitals, access to leading-edge technology can literally mean the difference between life and death. Cheryl Dubois' story is just one example.

Cheryl was badly injured in a head-on collision in March of 2019, while driving home with her daughter to Langbank from work at Golf Kenosee. Tragically, the other driver died at the scene, while Cheryl's daughter Zoe suffered minor injuries and was able to call for help. Cheryl's injuries were much more serious than Zoe's.

Cheryl explains, "With the windchill, it was -42 that night and I was wearing a down-filled jacket that caused my seatbelt to slide up my body, pushing my internal organs up through my diaphragm. I also had an aortic dissection. The doctors and nurses said it is a miracle that I made it to the hospital."

Cheryl's life was saved, thanks to the local first responders, the air ambulance crew, and the trauma team at Regina General Hospital (RGH). She underwent two emergency surgeries in her first three days in hospital, with two follow-up procedures in the next two months. She has at least one more surgery ahead to rebuild the right side of her abdominal wall.

Fortunately, in 2017 the Foundation launched its Trauma Care Campaign. Thanks to a \$1 million matching gift from GMS and the community's support, the Foundation invested \$2 million from the GMS Trauma Fund in crucial trauma care technology the following year.

"I can't say enough about the trauma team and surgeons at RGH," Cheryl continues. "Thank goodness they had access to cutting-edge technology in order to perform CT scans and MRIs,

and of course the equipment in the surgical suites. That technology and the incredible medical teams were literally a life-saver in my case. The staff also make you feel like family, which is amazing, considering how many patients they see."

A year later, Cheryl is still a long way from fully-recovered. In addition to waiting for more surgical procedures, she remains unable to eat solid food and has had to return a couple times to RGH to be fed intravenously and have her recovery monitored.

Residents of the Kenosee area gathered for a community fundraiser last spring, with Cheryl directing a portion of the proceeds to the trauma program through Hospitals of Regina Foundation.

"I felt it was important to give back to the people who saved my life," Cheryl states. "Everyone, from the first responders, to the air ambulance crew, to the amazing staff in the trauma program, pulled together to give me a fighting chance. I'll always be grateful."

"Cheryl's story illustrates the importance of investing in trauma services for the people of southern Saskatchewan," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Every day, Regina's hospitals see an average of five serious trauma cases, with each case involving up to 25 health care professionals. It's vitally important to provide our medical teams with the best possible technology and equipment, so they can continue their life-saving work."

# *Old-fashioned values and modern technology* help patients live better lives

Bob and Doreen Mitchell's values are old school, but their support for Regina's hospitals is based on a deeply felt desire to see our medical teams have access to the best and most modern technology.

When Bob was born in Regina in 1934. Back then, neighbours looked out for one another, and communities came together to tackle mutual challenges. Eighty six years later, those values are still in place, and form the basis of his support for Hospitals of Regina Foundation, which began in 1990. Bob and Doreen have been regular donors giving multiple times a year because they feel it's important.

"I wanted to support a cause that would impact as many lives as possible in Regina and area," Bob explains. "Various members of my family have received outstanding care in Regina's hospitals, and giving back through supporting the Foundation was an easy decision to make."

Bob's appreciation for quality care in Regina stems from first-hand experience. Both his parents were hospitalized with various illnesses prior to their deaths. Bob, Doreen and their three children have also received excellent care at Regina's hospitals over the years.

In Bob's case, his experience included quintuple heart bypass surgery in 2002. In subsequent years, he had a stent inserted into a heart artery, and underwent hip replacement surgery. It was a bit of a medical whirlwind at

times, but he is grateful for the excellent care delivered by Regina's medical teams, and supported by Foundation donors.

"It doesn't matter who you are, or what you've achieved in life," Bob continues. "Eventually we all need help, and when that happens, it's nice to know we can rely on the best possible health care right here in our own community."

Bob has lived in Regina most of his life, working as a teacher and school administrator and then with the Saskatchewan Safety Council. He and Doreen have three children, two grandchildren, one great grandchild, and recently celebrated their 63rd wedding anniversary.

"At this point in our lives, we're thinking about our health care needs," Bob says. "But we also want to donate to help future generations as well."

"Bob's story underlines the importance our donors and other supporters place on quality health care, right here at home," says Lisa Green, vice president, development, Hospitals of Regina Foundation. "With the support of community-minded people like Bob and Doreen, the Foundation will continue to invest in leading-edge technology for our hospitals, which in turn helps people in our community live better lives."



*Bob and Doreen Mitchell at home*

## Life-saving care at Mosaic Heart Centre gives Regina man new lease on life

One out of every five visits to Regina's emergency rooms is cardiac-related. Fortunately for both the patients and their families, the Mosaic Heart Centre at Regina General Hospital (RGH) is a centre of excellence dedicated to helping cardiac patients and their families live better lives.



*Steve Hurlburt – Recovered cardiac patient*

Steven Hurlburt's experience with the Mosaic Heart Centre began innocently enough on February 24th of this year.

"I was on my way to Saskatoon for a meeting when I felt light headed and the top part of my chest became really tight," Steven said. "So, I pulled over on the other side of the Lumsden Hill, chewed two aspirins, waited for things to sort of normalize, and then drove myself to Pasqua Hospital's emergency department."

With his wife Tracy at his side, Steven was relieved to learn that he had not had a heart attack or stroke. But he also knew that he was not out of the woods either.

"They reviewed previous tests and told me that I had a heart murmur and that my blood pressure was quite elevated," Steven explained. "The next thing I knew, I was transferred to the Cardiac Care Unit, at the Mosaic Heart Centre."

Laying in a bed in the Cardiac Surveillance Unit brought home how serious things were to Steven. "Everyone was very attentive and kind to me but they made it clear that I was there because I probably had a serious heart issue."

That issue was defined for him when Dr. Jeffrey Booker came in to discuss the results of Steven's angiogram, performed at the Mosaic Heart Centre's Catheterization Lab. The test revealed that Steven's bicuspid aortic valve was badly affected by stenosis (narrowing of the aortic valve), and was operating at only 38 per cent effectiveness. Surgery was scheduled for March 2nd, and was performed by Cardiothoracic Surgeon, Dr. John Tsang, assisted by Cardiothoracic Surgeon, Dr. Ahmad Moustapha and their team.

"I came out of surgery with a new aortic valve and two collapsed lungs but luckily no other heart-related issues. Just the act of breathing hurt." Steven said. But as

the folks in Surgical Telemetry told me, effort on my part and the help of the physiotherapists should bring back my lungs."

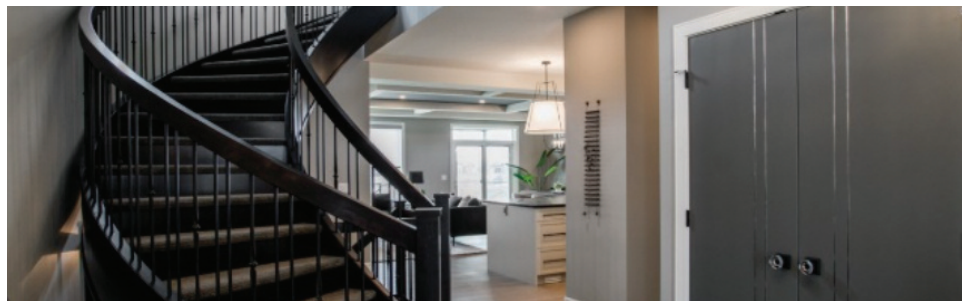
Collapsed lungs are not uncommon as a result of open heart surgery, but with diligent work with the physiotherapy team, Steven was sent home on March 8th and is well on his way to a full recovery.

"People may question what sort of a difference is made when they donate to the Hospitals of Regina Foundation," says Steven. "To my family, friends and clients it meant they still get to have me around, and to me, it means everything. Thank you all."

"Steven's story is a great reminder of the importance of investing in the best possible cardiac care for the people of Regina and southern Saskatchewan," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "The Mosaic Heart Centre is among the best cardiac centres in the country, thanks to Mosaic's leadership and the support of our community. The Foundation is committed to investing in cardiac programs in our hospitals because local cardiac care means everything to patients like Steven and their families".

# 2020 Fall Home Lottery

## *Record breaking in every way*



*Top left: Grand Prize Showhome winners Diane and Wayne Meir*

*Bottom left: Cottage winner Anita Jadischke with HRF CEO, Dino Sophocleous*

In the 34 year history of our Home Lottery program, we have never sold out this early, a mere few weeks after the launch of the 2020 Fall lottery. And never before in the history of our 50/50 Add-On has the total reached over \$1 million, allowing us to award such a large cash prize. We are both grateful for and humbled by our community's support, especially in the middle of a world-wide pandemic. Thank you Saskatchewan for your amazing support! This proves, as we long suspected, that the people of this province are the most generous in the country.

All of the funds raised by the fall lottery will, as always, stay in southern

Saskatchewan to support the areas of greatest need in Regina's three hospitals, which serve the entire southern half of our great province.

We are very pleased to announce the winners of our 2020 Fall Home Lottery. Diane Meier of Regina is the winner of the \$ 1.2 Million Grand Prize Showhome + \$30,000 CASH! Also winning big was Anita Jadischke of Regina, who won the \$700,000 Lakefront Cottage at Pasqua Lake + \$5,000 CASH! Both the showhome and the cottage were built by our friends at Ripplinger Homes. And speaking of CASH, Heather Birnie of Wawota took home \$504,087.50 in our biggest ever 50/50 Add-On.

Congratulations to all our winners, big and small. Your support continues to help us deliver the best health care possible and make lives better for everyone in Regina and southern Saskatchewan.

At this time we'd also like to remind you that we have launched our new spring 2021 Home Lottery. Details can be found at [hrfhomelottery.com](http://hrfhomelottery.com)

Thanks again and good luck!

## Thank you *for generously supporting our events*

This year has been an incredibly challenging year for all of us. Many of the long standing community events that support the Foundation were postponed or cancelled but some were able to continue in new ways.

Prostate cancer has given too many men their last ride, so on a warm day last August while adhering to strict COVID-19 protocols, a committed group of motorcycle enthusiasts hosted the second annual Motorcycle Ride for the Boys in support of the Prostate Assessment Centre. This fun event raised more than \$9,000, almost doubling what they raised the year before!

After having to postpone the Z99 Radiothon back in March, Rawlco Radio couldn't let a year go by without raising some much-needed funds for the neonatal intensive care unit (NICU) in the Rawlco Centre for Mother Baby Care at Regina General Hospital. On Friday, Sept 25th, CC and Lorie once again took to the air waves, hosting a 12-hour Radiothon live from the Z99 studios, raising a tremendous \$300,000 in support of our NICU!

The Bigfoot 50 Trail Run typically takes place in the rolling hills of White Butte Trails, but in 2020 the tough decision was made to cancel the run. Rather than accepting refunds for the pre-paid registration fee, many participants chose instead to donate their fees back to the Foundation. Thanks to their generosity, \$1,340 was donated to support our Burn Unit at Regina General Hospital.

Bump, Babe, Beyond Expo went virtual in 2020! This event connects parents with resources that support happy, healthy families. Not only are the organizers passionate about connecting families with resources here in Regina, they also believe that healthy families begin right from the moment children are born. Once again this year, they donated 50% of all ticket sales to our NICU.

**If you have a great idea for a virtual community fundraiser that keeps people safe while helping out our Hospitals, please contact Christie McCulloch at [Christie.mcculloch@hrf.sk.ca](mailto:Christie.mcculloch@hrf.sk.ca) or 306-539-6354 to discuss your idea. She would love to hear from you.**



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