

# Inspire

SPRING 2016

STORIES FROM OUR COMMUNITY



## Better lives. Made possible by you.

Every year, the Foundation hears from a variety of patients and donors regarding their positive experiences in Regina's hospitals. Their stories are insightful, impactful and engaging. People can relate to their journeys as many know someone who has needed care in our hospitals.

Hospital of Regina Foundation's donors and supporters make it possible for us to support enhanced health care for people across southern Saskatchewan. By connecting our community through

stories, we build on the tremendous compassion and philanthropic spirit this province has shown for decades.

Earlier this year, the Hospitals of Regina Foundation (HRF) started on a plan to communicate the impact our donors and our work is having in this community. We reached out to people who have a personal connection to care provided in our hospitals. We were overwhelmed by the courage and willingness of so many people who wanted to share their experience.

From there we launched "Better lives. Made possible by you."

The people in the photo represent a reflection of our community. They are mothers, fathers, sisters, brothers. They all have a story that will be told. One that we anticipate will ripple through family members, friends, co-workers and beyond. One that we hope will inspire our community to continue to support our hospitals now and well into the future.

See Brady's story on page 3.



HOSPITALS OF REGINA  
FOUNDATION

Better lives. Made possible by you.

## An unexpected gift leaves a lasting impact



Gerry and Joanne Huber



Microscope

It's not every day Hospitals of Regina Foundation (HRF) gets a phone call from someone wishing to give a \$100,000 donation. For people in southern Saskatchewan, who rely on Regina's surgical services, this was an exceptional gift.

In 2014, Gerry and Joanne Huber made that very call, providing a generous contribution to HRF as a way to help the people in their community.

"Regina's hospitals are so important," said Joanne. "We know we may need them some day. What better way to give back than to the city we have called home for over 60 years?"

Motivation for their gift came from knowing their donation would go even further: "Our donation was doubled through the Foundation's campaign at the time when PotashCorp matched all donations. It was a great opportunity," she explained.

Gerry grew up north of Earl Grey and Joanne in Bank End before moving to Regina. They met, fell in love and got married. In 1965, Gerry began working as an accountant at Percival Mercury Ford. Nine years later, at the age of 34, he bought the company. In 2001, Gerry retired and sold the dealership. The Huber's donation funded an essential microscope used to reconstruct tissue and bone loss. It helps patients battling various types of cancer, and industrial or farm accident survivors with traumatic injuries like the loss of a limb.

Dr. Daniel Kozan, a plastic surgeon for the Regina Qu'Appelle Health Region, says the microscope will help save lives. "This microscope is at the forefront of technology and is a huge benefit for

patients," he said. "It is light years ahead of what we previously used."

The microscope is particularly useful during breast reconstruction after a mastectomy. "Using the patient's own tissue, instead of an implant, lowers the rate of complications, it gives a much better overall result and removes the need for many surgeries," adds Dr. Kozan.

**"This microscope is at the forefront of technology and is a huge benefit for patients. It is light years ahead of what we previously used."**

Dr. Daniel Kozan

For Diana Lee, the microscope was a godsend when she needed a double mastectomy after a diagnosis of invasive breast cancer. "I got perfect results. I can't believe what a good job Dr. Kozan and his team did," she claimed. "We have such awesome surgeons and I know they were excited to use the new technology for my surgery. I cannot say enough about how important it is for surgeons to have the tools they need. I got the best of everything."

Gerry Huber is pleased to know their donation is helping people like Diana Lee, simply saying, "We are so glad we can help."

# Great care

## *helps teen live better with Type 1 Diabetes*

Last spring, 12-year-old Brady Windsor was in a mountain bike race at Douglas Park when he felt something go wrong at the top of the hill. “My legs were not moving,” he recalled. “That was really scary.”

A skier and biathlete, he couldn’t figure out what was happening, and his father, Kent, didn’t realize it was anything serious. He thought Brady was just tired.

However, when his parents pieced together his symptoms with how tired and lethargic he had been, they took him into Regina General Hospital (RGH). He was tested immediately, and diagnosed with Type 1 Diabetes, an incurable and insulin-dependent disease. His mother Gwen says, “It was a life-altering experience. You realize that your life will never be the same again.”

Brady began working with Metabolic and Diabetes Education Centre (MEDEC) and a pediatric medical team, at the Regina General Hospital, to learn how to optimize his physical and mental health and development. He was introduced to a routine that calls for four injections per day with meals, but will eventually move to a treatment that allows him to eat when and whatever he wants.

For Brady, being diagnosed with Type 1 Diabetes meant he had to adjust to

consistently monitoring his blood sugar levels. “I would not wish this on anyone, but the support and education from MEDEC is helping us adjust to this ever-changing new normal,” explained Gwen. “We are still grieving the loss of ‘pre-T1D Brady.’” Just when he had reached a time in his life when he was eager to become more independent, Brady got sucked back into needing close support and supervision almost all of the time.”

Brady, however, seems to have taken it all in stride. Now a 13-year-old in grade eight, he will attend Sheldon High School in the fall, and plans to keep cross-country skiing, running, curling and playing badminton. Gwen says he’s handling it better than she could have ever imagined. “He said to me, ‘At least it’s not cancer. There are so many other kids sicker than me.’”

In 2015, Regina’s pediatric program saw more than 2,000 patients, like Brady, who required specialized care for an illness or disease. Every year, Hospitals of Regina Foundation invests in pediatrics to ensure quality care is available for children in need. This is made possible through the many donors and community groups who organize annual and bi-annual fundraisers in support of pediatrics such as the Plywood Cup, Pipeline of Dreams, Champagne Classic, O.S.C.A.R charity golf tournament and the Teddy Bear Tea.

Kent says he has no doubt his son will succeed in managing his disease. “Thanks to the education, support and encouragement he has received from MEDEC, he’s getting the opportunity to get back to all the things he loves doing.”



*Brady Windsor*



Dr. Omar Sultan

# First cardiac procedure

*of its kind in Saskatchewan, performed by home-grown doctor*

It can happen to someone in their 20s. More often it shows up in those 40-50 years of age. Bellhassen VT (Idiopathic Fascicular Ventricular Tachycardia) is a rare and complex disorder where the heart is pumping extremely fast from its main pumping chamber, the left ventricle. While typically not life-threatening, it is most often life-disturbing. A person with Bellhassen VT can experience palpitations, dizziness, fatigue and shortness of breath. Attacks can occur spontaneously or be triggered by exercise.

A cardiac electrophysiologist might see a case of this condition once every five years. For Regina-born Dr. Omar Sultan, southern Saskatchewan's only cardiac electrophysiologist, his first case showed up at the Regina General Hospital in April 2016. "The patient was young," says Sultan. "He had a heart rate of up to 240 beats per minute." He reports a normal heart rate for a healthy adult ranges between 60-100.

Dr. Sultan says the most common treatment for Bellhassen VT is ablation therapy or medication. For his patient, long-term use of medication came with significant side effects. "It corrected his heart rate but left him between a rock and a hard place," says Sultan. In early April, the doctor decided to perform Saskatchewan's first Bellhassen VT ablation – an invasive procedure and the only means to completely treat his patient's condition.

The complex procedure involves an in-depth look at the heart through the use of a fluoroscope to ensure catheters are in the correct and safe position while studying the organ. The physician then enters the fast-beating heart to fix the short circuit in the pumping chamber – the reason for the heart's rapid rate. Risks that can occur include bleeding around the heart and even stroke. "We were able to fix the bad and leave the good," says Sultan. "This meant the patient would not require any rhythmic device following the surgery. It was an acute success."

This advanced procedure, performed at the Kinsmen Telemiracle Foundation Electrophysiology Lab (EP) located at Regina General Hospital, requires a highly-specialized health care team. There must be two EP nurses and technologists present. It is something found only in large city centres with long-standing heart centres such as Calgary, Toronto or Victoria. Now, Regina Qu'Appelle Health Region's (RQHR) Mosaic Heart Centre, Dr. Omar Sultan and team can be added to that prestigious list. In 2015 alone, Cardiac Services saw 3,200 patients: 298 were electrophysiology cases, 379 were open heart surgeries and 400 received pacemakers through the Group Medical Services (GMS) Cardiac Rhythm Device Clinic. Dr. Sultan oversees patients in the GMS clinic.

Dr. Sultan says these life-changing procedures are made possible through the partnership between RQHR and Hospitals of Regina Foundation (HRF). "I'm very grateful to have this relationship with HRF because it has allowed a service that was long overdue to be offered in this province," he says. "Not only has HRF helped aid these advancements, they continue to help support patients who would otherwise have to go out of province for treatment or not be treated at all." He goes on to say, his team wouldn't be here, helping these patients, if it wasn't for the generosity and compassion from donors. "This community has such a gift of spirit and pride," says HRF's President and CEO Dino Sophocleous. "They are so committed to supporting our hospitals and doctors. We are most grateful."

The story doesn't end there. Dr. Omar Sultan was part of another Saskatchewan first when he was recently inaugurated as a Fellow of the Heart Rhythm Society (HRS). Fellowship in the HRS is a mark of distinction and there are only 1,200 members world-wide. Sultan says, "I am very honoured that I'm able to provide these services for patients across southern Saskatchewan. I hope my team and I can continue to grow our cardiac centre of excellence and help as many people as possible, for many years to come."

# Cardiac care in 2015



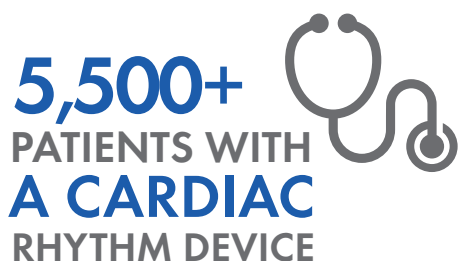
298  
PATIENTS TREATED AT  
**KINSMEN  
TELEMIRACLE  
FOUNDATION**  
ELECTROPHYSIOLOGY (EP) LAB



379  
OPEN HEART  
SURGERIES  
PERFORMED



400  
**PACEMAKERS  
IMPLANTED TO  
REGULATE HEARTBEATS**



5,500+  
PATIENTS WITH  
**A CARDIAC  
RHYTHM DEVICE**

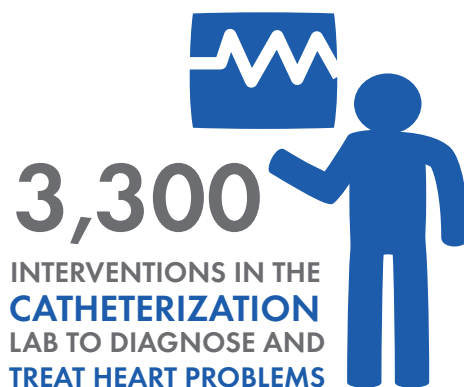


**1 in 5**  
**TRIPS TO REGINA'S  
EMERGENCY ROOMS ARE  
HEART-RELATED**

**25%**



**OF PEOPLE WILL DIE  
BECAUSE OF HEART DISEASE  
OR A HEART-RELATED ISSUE**



3,300  
INTERVENTIONS IN THE  
**CATHETERIZATION  
LAB TO DIAGNOSE AND  
TREAT HEART PROBLEMS**

## Z99 Radiothon – A record year



Tom Newton, CC, Cassity, Dino Sophocleous and Lorie.

It was an outstanding year for the Z99 Radiothon held in March. People from across the province raised a record \$783,000, in support of Regina's Neonatal Intensive Care Unit. For 29 years, the team at Z99, Rawlco Radio and the community have committed countless hours to help save babies' lives. Thank you all for another tremendous event.



## Deserving lottery winners

*The lotteries have raised \$32 million, in over 29 years, for Regina's three hospitals.*



Patricia Morsky

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 Lotteries. The lotteries have raised \$32 million, in over 29 years, for Regina's three hospitals.

Every year the lotteries reach new heights. Once again, our 2015 fall Home Lottery sold out before the early bird deadline. There were 1,537 prizes awarded and the 50/50 add-on reached \$715,075. June Dickie of Strasbourg took home half the jackpot valued at \$357,537.

The grand prize cottage on Katepwa Lake, worth \$675,000, was presented to Robin Louis of Air Ronge. "I didn't believe it at first," said Louis. The Louis' lost their cabin in the northern fires this

past year. It destroyed everything including their cabin, equipment and recreational vehicles. "We always support our hospitals. I guess it was our turn to win."

The ultimate prize, a \$1.1 million grand prize showhome, was won by Patricia Morsky of Regina. Winning was special to her: "I know what our hospitals do for us," she explains. Along with having four children who were all born at Regina's hospitals, Patricia has also received treatment for breast and bone cancer. Purchasing Home Lottery tickets was never about winning for her. Supporting the Home Lottery was a way for her to give back to a place where she received excellent care.

President and CEO Dino Sophocleous says that Saskatchewan has a remarkable commitment to its hospitals and health care. "Our lotteries help save lives and that is only made possible by our generous supporters."

If you missed your chance to purchase spring Home Lottery tickets, be sure to watch for the launch of our fall Home Lottery in August.

# GRATEFUL

## *family pays it forward*

*The Costley Family*

When Michelle Costley reflects back on the four and a half months her twin boys spent at Regina General Hospital's Neonatal Intensive Care Unit (NICU), she is positive and grateful.

At 24 weeks, Michelle needed daily monitoring. She was at her farm near Gravelbourg when she learned her pregnancy was high risk with the possibility of complications. She moved into the Rawlco Centre Hostel, at Regina General Hospital, and two weeks later she gave birth to Logan and Jesse.

For the next four months, Michelle stayed in the hostel, just down the hall from the NICU. While it was an extraordinary situation, Michelle found routine by spending most of her day with the babies and resting in the hostel. Her husband Chad stayed home at the farm with their other two boys, and was relieved Michelle was at the hospital to take care of the twins.

The Rawlco Centre Hostel is located close to the NICU and Special Care Unit. It provides a comfortable and relaxing place for parents to stay. With private bedrooms, washrooms and a shared living space and kitchen, families can have privacy or visit with others in similar situations.

During her stay, Michelle noticed the common room fridge was always full.

**"We are so grateful to the amazing nurses and doctors and to everyone who supports the NICU. It really is the most incredible place in the world. To have everyone care so much for our babies and for us, well, it's indescribable."**

Chad Costley

Michelle and Chad knew they wanted to pay it forward for all the support they received. Through Hospitals of Regina Foundation, they provided mini-fridges for all the individual rooms. The fridges allow mothers to pump and store their milk, so it is readily accessible when a baby needs it, especially in the middle of the night.

After 124 days, Jesse was cleared to leave. Logan needed a few more days of care, so Michelle was moved to a care by parent room. "I was so happy to stay there, otherwise I wouldn't have had a place to keep Jesse while I was taking care of Logan," says Michelle. Michelle and Chad were asked to share their story at the 2016 Z99 Radiothon: "It was our pleasure to help out with Radiothon. The NICU and Mother Baby Unit did more for our family than they will ever know." Michelle not only



shared her story, but helped out as a volunteer at the event.

The boys celebrated their first birthday on April 24, 2016 and Michelle happily shared they are doing great. "They have just started to crawl and are getting into everything," she jokes. The Costleys look forward to July when the boys should receive their clean bill of health and have their last visit to the pediatrician.

As they close this first chapter in Logan and Jesse's lives, the Costleys will never forget the people and place that saved their babies' lives. Chad says, "We are so grateful to the amazing nurses and doctors and to everyone who supports the NICU. It really is the most incredible place in the world. To have everyone care so much for our babies and for us, well, it's indescribable."

# OUR CARING COMMUNITY

Each year, individuals and organizations rally their supporters to host community fundraisers. They host dinners, galas, walks, runs, or simply gather with friends, family and co-workers to make a difference. Their tireless efforts make better lives for everyone who needs Regina's hospitals. We can't say enough how grateful we are.\*

\*Some events held in support of Hospitals of Regina Foundation between September 2015 and April 2016 are featured here.



Bethune Relay for Life Teams: \$22,000



Teddy Bear Tea: \$19,000



Chinese New Year: \$10,870



The Moustache Bash: \$25,000



Open Arms, Open Hearts: \$15,900

**INTERESTED IN HOSTING YOUR OWN FUNDRAISER? CONTACT US TODAY: HRF@HRF.SK.CA OR 306.781.7500**

