

Inspire

SPRING 2023

STORIES FROM OUR COMMUNITY

Foundation Invests in the Expansion of College of Medicine Medical Program in Regina



Hospitals of Regina Foundation President and CEO, Dino Sophocleous, Minister of Advanced Education, Gordon Wyant, Dean of the College of Medicine, Dr. Preston Smith, Minister of Health, Paul Merriman, Chief Executive Officer of the Saskatchewan Health Authority, Andrew Will, Elder Alma Poitras and Regina Mayor, Sandra Masters celebrate the grand opening of the new Anatomy Lab

A new partnership between the University of Saskatchewan's College of Medicine and Hospitals of Regina Foundation is set to benefit local healthcare in Regina and southern Saskatchewan. The College of Medicine Regina campus recently celebrated the grand opening of its new facilities at Regina's General Hospital to accommodate the expansion of their program. For the first time ever, the MD program accepted forty first year medical students in August 2022, to begin their studies right here in Regina.

A new classroom, study spaces and an anatomy lab have been added to the campus to support the education and

training requirements for all four years of the MD program. The anatomy lab is outfitted with modern anatomy tools, equipment and information technology, and is an important part of the medical school experience.

Historically, medical students would be required to take their first year of medical school at the College's Saskatoon campus, and then years two to four would be available in Regina. The change will provide students the ability to complete their entire four year MD education in Regina, and will hopefully attract more students from southern Saskatchewan.

It will also help retain a greater number of medical school graduates upon completion of the program. Dr. Gill White, Associate Dean of College of Medicine, Regina campus sees this as a win-win for everyone involved.

"We know that training future doctors is more important than ever, and we are grateful to Hospitals of Regina Foundation for its vision and generous investment in the education of southern Saskatchewan medical students." Dr. White says.

"We are pleased to partner with the USask and the College of Medicine, and invest \$200,000 in this important initiative. Keeping southern Saskatchewan medical students close to home is better for families, for our community and ultimately for the future of patient care, right here at home," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "This partnership signals a shared commitment to expanding medical education in Regina and southern Saskatchewan."



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Future Football Star Makes an Early Arrival at Regina's NICU



The Yanko Family poses with the newest addition of their family, baby Witten

Witten Yanko, like the NFL legend (former Dallas Cowboy Jason Witten) he's named for, knows how to make a dramatic entrance. However, unlike appearing in a stadium with 80,000 football fans, the younger Witten's arrival in the world last year was only witnessed by a select few.

Witten's mom Robin had been experiencing complications with her pregnancy. Most significantly, the placenta was drawing blood and nourishment away from Witten, rather than bringing it to him, so the decision was made to deliver the baby by C-section at 32 weeks, on February 23, 2022. The tiny infant weighed only 3lbs 5oz (1.5 kg) and was quickly put under the care of the world-class medical team at our neonatal intensive care unit (NICU) in the Rawlco Centre for Mother Baby Care, at the Regina General Hospital (RGH).

"By working together to ensure our NICU is equipped with the best technology, we're giving children across southern Saskatchewan a fighting chance at leading better lives."

*Lisa Green, senior vice-president,
Hospitals of Regina Foundation*

"My mom and sister are both NICU nurses," Robin explains. "So I had some idea of what to expect. But when it's your own child, you cannot help but be worried. Yet, I just knew he was a fighter and everything was going to work out in the end."

As is common with premature babies, Witten's lungs were not fully developed,

so he needed the help of a CPAP machine to breathe until his lungs grew strong enough to breathe on their own. Aside from being put on oxygen several times, Witten grew stronger every day with no need for any other procedures.

After 41 days at RGH, Robin and her husband Ryan were able to take Witten home to Balgonie, just east of Regina. As his first birthday approaches, his rocky start to life is becoming a distant memory. His weight is up to 18 pounds and he's a happy, healthy baby who loves to cuddle with his mom, watch football with his dad, and adores his two older brothers and the family dog.

"We're just so grateful for everything the team at RGH did for Witten and our family," Robin continues. "We're thankful for having the NICU right here in Regina, and for the amazing tools and technology the medical teams have at their disposal, thanks to the support of Hospitals of Regina Foundation donors. Without all that in place, Witten wouldn't be here."

"We are proud to play a role in supporting success stories like Witten's," says Lisa Green, senior vice-president, Hospitals of Regina Foundation. "By working together to ensure our NICU is equipped with the best technology, we're giving children across southern Saskatchewan a fighting chance at leading better lives."

Fellowship Program Helps Support Local Doctors

In 2020, Hospitals of Regina Foundation launched a Fellowship Program to help with Regina's significant deficit in medical specialists. Doctors with an interest in a particular specialized area may apply for a Foundation fellowship to help with their specialty training. In 2021, the Foundation agreed to fund the Child Psychiatry Fellowship for Dr. Kristen Edwards, a trained psychiatrist with an interest in specializing in children's mental health.

As one of the 2021 recipients of our Fellowship Program and one of two Child Psychiatrists supported by the Foundation, Dr. Edwards feels a special sense of pride in completing her Child Psychiatry Residency and being able to practice within the community she calls home. Born and raised in Regina, Dr. Edwards enjoys being able to relate to her patients, and connect over common experiences they've had while living here. Without the support of our donors for the Fellowship Program, this may not have been possible.

Dr. Edwards is one of eight Child Psychiatrists currently practicing in Regina. With a nationwide shortage of specialists in this area, her services could not have come at a better time. Healthcare systems are seeing increased wait times for patients and increased workloads for specialists, and Dr. Edwards and her colleagues are hoping to change that.

"With the increase of public awareness of the importance of mental health, we're also seeing an increase in demand for



Dr. Kristen Edwards, Child Psychiatrist

psychiatric services. Support from Hospitals of Regina Foundation's Fellowship Program really helps doctors like myself complete specialized training, and in turn, start practicing and helping our community." Dr. Edwards explains. "Helping more doctors complete specialized training is an investment in local health care that really benefits the community and helps make sure specialists are available to those who need them, as close to home as possible."

With the addition of Dr. Edwards to Regina's complement of child psychiatrists, the team is already seeing the tangible benefits of having additional specialists available.

"We are now seeing the shortest wait times in years for kids to receive the crucial psychiatry care they need.

Investing in local health care and specialists absolutely makes a difference, and we see that every day." Dr. Edwards tells us. "Without the support of donors and the community, none of this would be possible. To everyone who supports the Foundation's Fellowship Program, I truly thank you."

"Dr. Edwards' story highlights the importance of supporting healthcare specialists within our southern Saskatchewan community." says Lisa Green, senior vice-president, Hospitals of Regina Foundation. "Our donors' support enabled the Foundation to create the Fellowship Program which allows us to support and retain medical specialists so they can provide our community with the care they deserve, right here at home."

Henderson Insurance Partnership Supports Fellowship Program

Mental health encompasses our psychological, emotional and social well-being. Consequently, it impacts how we feel, think and behave each and every day. Hence, taking care of one's mental health is just as important as being mindful of our physical wellbeing. With approximately 1 in 5 Canadians affected

including Regina's hospitals. In 2020, they supported Regina's Neonatal Intensive Care Unit in our Rawlco Centre for Mother Baby Care, at Regina's General Hospital. Henderson Insurance has now committed \$30,000 in support of the Foundation's investment in Child & Adolescent Psychiatry fellowships.

both completed their specialty training in child psychiatry and are now practicing in Regina.

"We are proud to build partnerships in the community that benefit the mental and physical health our employees and our customers. Working together with Hospitals of Regina Foundation is a win-win for everyone!" says David Reidy, president and CEO of Henderson Insurance.



Henderson Insurance team presents Hospitals of Regina Foundation President and CEO, Dino Sophocleous with a cheque for \$30,000 in support of the Medical Fellowship Program

Regina's Adolescent Mental Health Inpatient Unit, located at Regina's General Hospital, employs a multi-disciplinary team of specialists to assist those requiring care. Additionally, Dr. Edwards and Peluola provide outpatient care through their office practices. With the addition of these specialists through our Medical Fellowship program, the unit is seeing significantly shorter wait times for kids to receive the care they need. This increase in the level of care available to children requiring mental health care would not have been possible without partners such as Henderson Insurance.

by mental health issues, and increasing childhood mental health challenges, supporting pediatric care in this field is crucial. Thanks to a recent partnership between Hospitals of Regina Foundation and Henderson Insurance, access to mental health care in southern Saskatchewan has improved significantly.

Henderson Insurance is no stranger to supporting the community they work in,

The Foundation's Medical Fellowship Program provides financial support to doctors while they undertake sub-specialty training, in exchange for a commitment to practice in Regina for a number of years. The hope is to retain the sub-specialists permanently once they put down roots and make Regina their home. Dr. Kristen Edwards and Dr. Fiyin Peluola are two beneficiaries of our Medical Fellowship Program; they have

"We are honored to partner with Henderson Insurance once again for such an important cause," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Their ongoing support allowed us to secure the specialist care the children of southern Saskatchewan need."



McDonald's Helps Invest in Children's Health Care

Civic improvement through community engagement is a major part of McDonald's Canada's corporate philosophy. This is why franchise owner, Amir Aminpour, who owns seven McDonald's locations across Regina and Weyburn, saw a partnership with Hospitals of Regina Foundation in support of local children's healthcare as a natural fit.

In November and December 2021 and again in 2022, Amir supported our children's healthcare services in Regina

through a *Donation at the Till* program at all seven of his McDonald's locations. His effort was also supported by all McDonald's Canada corporate locations in Regina. Together, they successfully raised an incredible \$59,000 for children's healthcare in southern Saskatchewan over the two years.

"My reasons for supporting the Foundation are two-fold," Amir explains. "First, both my parents were doctors, so I gained an appreciation for local health care at a young age. Secondly, my wife and I have three young children, so health care for kids resonates deeply with us. I'm extremely glad that both I and McDonald's Canada can help make a difference in our community and contribute to local pediatrics by partnering with Hospitals of Regina Foundation."

"Amir and McDonald's Canada are a great example of how our partners help the Foundation raise the funds needed for the healthcare of the children of southern



Amir Aminpour and team members present Hospitals of Regina Foundation President and CEO, Dino Sophocleous with a cheque for \$30,000 raised from the Donation At The Till Program

Saskatchewan", says Dino Sophocleous, president & CEO, Hospitals of Regina Foundation. "Thanks to their commitment and ongoing support, we can continue investing in the priority needs of our pediatric medical teams so children in southern Saskatchewan receive the best care possible. We are grateful to Amir and all the staff at the participating McDonald's locations for supporting children's healthcare, right here at home."

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2023 Spring Home Lottery

Incredible Support from our Community



Janice and Brian Burgess, winners of the Grand Prize Showhome and \$50,000 cash with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation



Randy and Sharon Szilagyi, winners of the \$100,000 cash Early Bird prize with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation

Our 2023 Spring Home Lottery program has once again highlighted the incredible support of our community for Regina's hospitals. We are pleased to announce that for the fifth time in the history of the Lottery's 50/50 Add-On, the total surpassed \$1 million in the spring of 2023! This commitment to the healthcare of southern Saskatchewan demonstrates the true giving nature of our province, and further highlights that the people of Saskatchewan are the most generous in the country.

The funds raised through our spring lottery will, as always, stay in southern Saskatchewan to support local children's programs, surgical priorities and the greatest needs in Regina's three hospitals, which serve the entire southern half of our great province.

We are pleased to announce the winners of our 2023 Spring Home Lottery. Janice Burgess of Silton, SK is the winner of the Ripplinger built \$1.5 million Grand Prize Showhome and \$50,000 cash. Our Early Bird winners, Randy and Sharon Szilagyi of Weyburn, SK won the Private Island Getaway or \$100,000 cash, and Bev and Debra Dunn of Carlyle, SK took home a whopping \$536,425 from another incredible 50/50 Add-On prize. Hundreds of additional winners won cars, vacations, cash and other great prizes.

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



Frank Fochesato, Loredana Fochesato and Carla Fochesato, winners of \$80,000 cash from the Bonus Prize draw with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation

Leaving a Legacy for the Future



James Healey, Legacy Donor

At 70 years of age and with retirement on the horizon, James Healey is looking ahead and planning towards the future. Originally from southern Ontario, James has found himself feeling very much at home in Regina over the past 17 years. Consequently, he has decided to leave a legacy, to give back to the province and the people that have treated him so well.

Understanding the need for quality healthcare and taking care of one's health is something that James is acutely aware of. An avid swimmer who walks to work and back every day, he does his best to keep himself fit and healthy, and does not take any day for granted.

"Tomorrow is never guaranteed, so we need to do what we can to take care of

ourselves." James explains. "I have been a diabetic for over 35 years now, and while it has been well managed, I've still required some care and treatment from the hospitals and my physicians."

Over the years, James has found himself receiving care in Regina's hospitals for various issues, including broken bones in his feet and temporal arteritis, which is an inflammatory condition that affects the arteries to the eyes. While James was fortunate to be able to treat the temporal arteritis with medication without the need for serious procedures, he has always been impressed with the quality and level of care he has received in Regina's hospitals when needed.

"One of the side effects of my medications is the potential for osteoporosis, which could have been a factor in the broken bones I've suffered in my feet. It was not definitively proven as the cause, but it has been noted as a possibility through the fantastic diagnostic work the medical specialists have performed on me." James tell us. "Healthcare and medicine are a science, they are fields that are always advancing and ever evolving. They will continue to evolve and require support even after I'm gone, which is why I felt that leaving a gift in my will to the Foundation was important. It allows me to continue to provide a level of support for the future generations that will come after me."

"We truly appreciate James' legacy, as well as his appreciation of our work and the trust he demonstrates for our Foundation." says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Legacy donors like James help us invest in the future needs of our hospitals, ensuring the people of southern Saskatchewan will have access to the best local health care possible, now and for decades to come."

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Dino Sophocleous, president & CEO, Hospitals of Regina Foundation

For more information on Legacy Giving, please contact our Manager of Legacy Programs, Crystal Schmale at (306) 781-7501 or crystal.schmale@hrf.sk.ca

Celebrating *Our Community's Giving Spirit*



The giving spirit of the individuals, organizations and businesses that support Hospitals of Regina Foundation is outstanding. Time and time again, these caring and generous people gather together to raise funds for Regina's hospitals in new and exciting ways! Whether a gala event, a donation at the till program or a marathon, people step up and support health care for those who need it most. The Foundation is grateful for our community's support. Nothing we do happens without you.

Here are some of the fundraising activities that took place between January and April 2023 in support of Hospitals of Regina Foundation:

- High Noon Optimist Club Variety Show - \$10,000
- An Evening in Greece Gala – \$250,000
- Pure Country Snow Pitch tournament – \$10,000
- Z99 Radiothon – \$560,576
- Chinese Spring Festival Celebration – \$8,460

It is shaping up to be a busy summer so please join us in our upcoming events. Thank you to the organizing committees for everything they do to support our community. Follow our social media pages to keep up to date on how to get involved.

- Cardiac Care Unit 5K – May 27, 2023
- 1st Annual Rotary Club of Regina Golf Tournament – June 12, 2023
- Bigfoot 50 Trail Run – This year including a kids fun run! – June 24 & 25, 2023
- Motorcycle Ride for the Boys – June 25, 2023
- Eric Calibaba Memorial Golf Classic – July 21, 2023

CONNECT

To learn how you can host your own fundraiser, visit our website hrf.sk.ca/Events/Host-An-Event, or contact Brienne Moore, development officer at 306-781-7501.

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