

WHAT'S HAPPENING

OCTOBER 2018

Inside this issue:

- 3rd Annual Day of Medical Enlightenment
- Foundation announces 2018/2019 Board of Directors
- In our community



UPCOMING EVENTS

November 22 -

It's a Wonderful Breakfast - Chilliwack

December 6 -

It's a Wonderful Breakfast - Abbotsford

February 2019 -

Step Up 4 Cardiac Health

April 2019 -

Game of Throws Dodgeball Tournament

November 2019 -

Fraser Valley Gala

For more information visit www.fvhcf.ca

3RD ANNUAL HEALTH TALKS 101: A DAY OF MEDICAL ENLIGHTENMENT

On Sat, Sept 29h we held our 3rd Annual Health Talks 101: A Day of Medical Enlightenment" at the Quality Inn Abbotsford. The day is part of an education series hosted by the Foundation which endeavours to bridge the gap between health practitioners and the public, allowing for questions and creating a forum for discussion.

Physicians, Nurses and other Health Care Professionals presented on a number of topics such as aneurisms, depression, medication errors and nutrition.

The Foundation strives to eliminate any/all barriers so everyone feels welcome to participate. A complimentary lunch, coffee and tea are served to all those in attendance.

Business organizations such as Beltone Hearing, Clinical Sleep Solutions, Life Labs and BC Cancer Agency set-up booths allowing individuals to ask questions and gather information.

Save the date for Saturday September 28, 2019. We are excited to see what next year brings.



THANK YOU TO OUR PARTNERS OF HEALTH TALKS 101: A DAY OF MEDICAL ENLIGHTENMENT



GE Healthcare



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FRASER VALLEY HEALTH CARE FOUNDATION ANNOUNCES 2018/19 BOARD OF DIRECTORS

Fraser Valley Health Care Foundation is pleased to announce the members of its volunteer Board of Directors for 2018/19 following the Annual General Meeting that was held on September 18, 2018.

Fraser Valley Health Care Foundation's 2018/19 Board of Directors are:

Chair	Grace Saris
Vice Chair	Colleen Walker
Treasurer	Todd Kessler CPA, CA
Secretary	Shelly L. Avram
Director	Michael Adkins
Director	Kerry Kinney
Director	Doug Lester Q.C.
Director	Manpreet Grewal
Director	Bonnie McEwan (Auxiliary Representative)
Director	Dr. George Vrabec
Honourary Board Member	Dr. Peter Fry MD, FRCSC
Honourary Board Member	Ethel Hooge
Honourary Board Member	Lorraine Hughes

"This year's board has demonstrated a strong commitment to improving health care in our community," says Liz Harris, executive director for the Fraser Valley Health Care Foundation. "Every one of these directors is a leader in the community, and we're fortunate to have them working with us."

"The communities in the eastern Fraser Valley are growing so fast, which means that our hospitals and care facilities have to keep pace," says Grace Saris, chair of the Fraser Valley Health Care Foundation. "We have a big job ahead, but we have some outstanding leaders on this board. We're such a strong-knit team; I believe we'll do great things this year."

MEET OUR BOARD OF DIRECTORS: *Grace Saris, Board Chair*

Grace Saris' career has spanned over 35 years in the financial industry, with leadership roles in branch operations and management, business development, financial planning, insurance and mergers and acquisitions with several banks and credit unions in retail and business banking. With a passion for making a difference in her community, she has served on the board of many not-for-profit organizations, and has been involved with local Chambers of Commerce, committees and task forces. In addition to her role with the Fraser Valley Health Care Foundation, Grace is also Vice Chair of SARA for Women Society.



Since 2000, Grace has been the Chief Financial Officer for a commercial construction company, which she owns with her husband, and has also started a consulting business called Mondella Consulting that helps organizations develop and improve their leadership capabilities and strategic goals. She also stays active in the farming community by raising livestock. Grace has attended Simon Fraser University, the British Columbia Institute of Technology and Trinity Western University, and lives in Agassiz with her husband where they have created a farming legacy for their children and grandchildren.

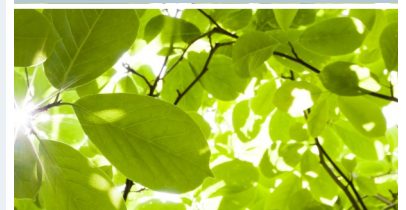
Congratulations to Pamela Rouillard!

She is the lucky winner of the WestJet trip for two raffle that was held on September 29, 2018



When you give back to Fraser Valley Health Care Foundation, you can see real change and the impact your donation makes in your community!

Visit www.fvhcf.ca to find out the many ways YOU can support your local hospital and enhance health care in your community.



50/50

HEALTHY HARVEST STAFF LOTTERY

Proceeds from the lotto will be used to purchase priority equipment for the hospitals of the Fraser East Region.

Did you know?

- Since starting the Healthy Harvest 50/50 in 2012/2013 and continuing in 2015 until now, the 50/50 has raised over \$56,140 for priority needs at **ARH, CGH, MMH & FCH!** All because of staff participation!
- Tickets are **ONLY \$5** a pay period and can be purchased through payroll deduction **ONLY**
- Open to all employees paid via Fraser Health's payroll system
- **YOU** could be next!

Congratulations to our latest winners!

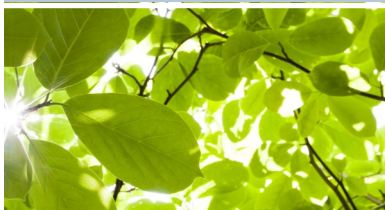
Aug 6 - \$2,387.50 Marilyn K
Aug 20 - \$2,420.00 Debbie G
Sept 4 - \$2,482.50 Clorinda R
Sept 17 - \$2,507.50 Brittany F
Oct 4 - \$2,545.00 Kimberly M



Contact info@fvhcf.ca and find out how you can join in the fun!

Chances are 1 in 700+
(based on bi weekly ticket sales)
BC Gaming Event Licence #104767

Problem Gambling Help Line
1-888-795-6111
www.bcreponsiblegambling.ca
Know your limit, play within it.



COTTAGE WORTHINGTON DONOR APPRECIATION TEA

Donors and members of the community came together on September 22, 2018 at the Cottage Worthington Appreciation Tea in Abbotsford, which celebrated recent donations for the seniors care centre. We heard from two residents—Tara, who gave a speech and Donna, who read poetry she wrote herself. Honoured guests include Abbotsford-Mission MLA Simon Gibson, Mayor Henry Braun and his wife Velma, Councillor Les Barkman, Fraser Valley Health Care Foundation chair Grace Saris and executive director Liz Harris and Janet Hutchinson, president of the Auxiliary to the Abbotsford Regional Hospital.



CHILLIWACK SARDIS KIWANIS CLUB SUPPORTS THE CHILLIWACK GENERAL HOSPITAL

Thank you to the Chilliwack Sardis Kiwanis. They are supporting the CT Scanner Campaign in Chilliwack with a donation of \$1,500. This helps us get closer to our goal of \$1 million to purchase a new CT scanner for Chilliwack General Hospital. On ways you can help us reach this goal, visit www.fvhcf.ca

ARH STUDENT TOUR

We had a group of exchange students from Korea visit us for a tour of Abbotsford Regional Hospital on August 1, 2018. The areas toured included Medical Imaging, Cardiac Care Unit, the lab, Pediatrics and the Renal Unit. They were over here for an exchange program at Trinity Western University for the summer.



ABBOTSFORD REGIONAL HOSPITAL TURNS 10!

On August 24, 2018 Abbotsford Regional Hospital celebrated it's 10th birthday! The staff had a bbq and got to visit displays set up by each department. We look forward to next 10 years and beyond



RESPIRATORY SUPPORT FROM TB VETS

On September 26, the Fraser Valley Health Care Foundation was honoured to accept a cheque from the TB Vets Charitable Foundation for the amount of \$25,000, which will be used to purchase breathing equipment for the Respiratory Services Unit at Abbotsford Regional Hospital and Cancer Centre. Left to right: Michelle Bailon, Clinical Resource Therapist at Abbotsford Regional Hospital, Jason Lesage, Fund Development Officer, Fraser Valley Health Care Foundation, Kandys Merola, Executive Director, TB Vets and Bob Underhill, Chair, TB Vets.

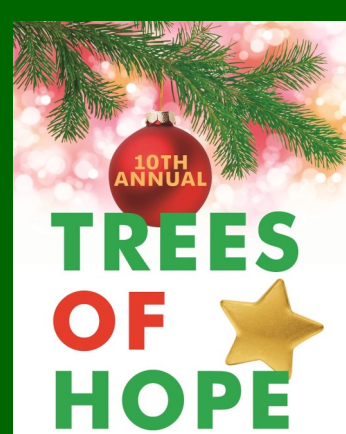


THREE GREAT EVENTS SUPPORTING YOUR HOSPITALS THIS CHRISTMAS

IT'S A WONDERFUL BREAKFAST - ABBOTSFORD

Join us on December 6, 2018 from 7:00am to 9:30am, for the first annual It's a Wonderful Breakfast Abbotsford! This event is a great way to kick off the holiday season while supporting two local charities!

We will also be collecting toys to go towards the Pediatric Unit playroom at Abbotsford Regional Hospital, plus items young adults need that are in the Fraser East Mental Health Programs. Please visit www.fvhcf.ca/events for more information, registration and sponsorship opportunities.



TREES OF HOPE AT SEVENOAKS

We are also excited to share with you that the Fraser Valley Health Care Foundation has been selected in partnership with Big Brothers Big Sisters to be the choice charity of the Trees of Hope initiative at Sevenoaks Shopping Centre this year. Entering its tenth year, Trees of Hope has served the community of the Fraser Valley by raising over \$80,000 for local charities.

IT'S A WONDERFUL BREAKFAST - CHILLIWACK

On November 29, 2018 from 7am to 9:30am, join us at the Coast Hotel Chilliwack for a Christmas breakfast. Funds raised at this event will go towards purchasing a CT Scanner for Chilliwack General Hospital.

We will also be collecting toys to go towards the Pediatric Unit playroom at Chilliwack General Hospital, plus items young adults need that are in the Fraser East Mental Health Programs. Please visit www.fvhcf.ca/events for more information, registration and sponsorship opportunities.

★ *It's a* JOIN US FOR OUR 3RD ANNUAL
Wonderful
Breakfast ★

THURSDAY, NOVEMBER 29, 2018

CONTACT US

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Tel: 1-877-661-0314

Find us on social media



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Regional Office
32900 Marshall Rd
Abbotsford, BC V2S 0C2

Mission Memorial Hospital

7324 Hurd Street
Mission, BC V2V 3H5

Chilliwack General Hospital

45600 Menholm Rd
Chilliwack, BC V2P 1P7

Fraser Canyon Hospital - Hope

1275 7Ave
Hope, BC V0X 1L4

YOUR COMMUNITY

YOUR HOSPITAL

YOUR FOUNDATION

DONATE TODAY

