

SEND US YOUR EMAIL TO GET THIS NEWSLETTER MONTHLY!

Fraser Valley Health Care Foundation

Support health care in Chilliwack at these fun events

It's Vegas, Baby!

Kick up your glittery heels at this Vegas-themed dance with live band on Saturday, Feb. 20 at 7:30 pm at

Chilliwack Fraser Rotary Club

It's Vegas Baby!

Come with your VEGAS Showing!

Presented By prospera CREDIT UNION

February 20th, 2016
Doors Open: 7:30pm
Evergreen Hall - Chilliwack

\$85 Per Person
\$765 Table of 10
\$65 Tax receipt for each paid ticket

Proceeds to Help Supply Equipment for the Chilliwack General Hospital Pediatric Observation Unit and Other Community Projects

Presented By MARCOM SIGNS & GRAPHICS

Evergreen Hall in Chilliwack! Proceeds go to the **Rotary Club of Chilliwack-Fraser Pediatric Observation Unit** at Chilliwack General Hospital. Tickets are \$85 each or a table of 10 for \$765. Call Rob for tickets at 604-793-5105. Thank you Rotary and presenting sponsor Prospera Credit Union!

Help us 'net' funds with the Chilliwack Chiefs!

See the **Chilliwack Chiefs** on Sunday, Feb. 21 and support CGH!

The Chiefs play the Cowichan Capitals at 5 pm at Prospera Centre. Game tickets are \$10 each with \$3 each coming to the hospital. Buy online at: www.chilliwackchiefs.net. Enter promo code HEALTH. Please support the 50/50 draw at the game!



18th annual Run for Mom

Register at www.FVHCF.ca for the Run for Mom in support of Maternity at Chilliwack General Hospital. Proceeds will go towards a fetal monitor to replace an old one currently in use.

Enter the timed 10K run or the 5K fun run/walk. Raise just \$100 to get a free tek shirt. Prizes available by random draw, but you must collect pledges or volunteer to be eligible.

Fraser Canyon Hospital Dinner & Fashion Show

Join us on **March 9** for a **Dinner & Fashion Show** at Hope Golf Course. Lynn Ujvary of SWISH Ladies-wear is bringing New York style here! Prize auction and no-host bar are part of the event.

Come back for fashion clinics and shopping on **March 10** at the hospital. Learn about scarves, accessorizing and dressing for your body type.

Wednesday's dinner is \$40, the clinic on Thursday is \$5. Event proceeds and 20% of clothing sales will go towards hospital equipment. This is a fundraising event partnership by the hospital auxiliary, the Foundation and hospital staff.

Tickets coming soon at www.FVHCF.ca or by contacting a member of the Auxiliary.

COMING EVENTS

- Feb 20 **It's Vegas, Baby!** Dance, Chilliwack. Come with your VEGAS showing!
- Feb 21 **Chilliwack Chiefs** Tickets \$10 at www.chilliwackchiefs.net
- Mar 8, 15, 22, 29 **Mini Medical School** Chwk Cultural Ctr, 9201 Corbould St. 7-9 pm Free health talk, open to public, register: www.universe.com/minimed2016
- Mar 9 **Hope Fashion Show** Hope Golf Course www.FVHCF.ca
- Mar 10 **Hope Fashion Clinic & Shopping** Fraser Canyon Hospital
- Mar 12 **Hope Auxiliary Easter Tea** 1:30-3:30 pm, Eagles Hall 386 Fort St. Hope Tickets \$6. Door prizes, raffle, bake sale, Easter items
- Apr 7 **Health Forum** ARH Learning Centre, open to all hospital staff
- May 7 **Run for Mom** CGH Maternity fundraiser. Register: www.FVHCF.ca

Abbotsford 604-851-4890 Toll free 1-877-661-0314
Chilliwack 604-701-4051 info@FVHCF.ca
Mission 604-814-5190

DONATE @
www.FVHCF.ca

Charitable registration #87115 6725 RR0001





Spotlight on staff: Welsh balances work and play

John Welsh is an occupational therapist in the workplace, working out of the Mission Community Health Centre, and a musician on the side. He described personal experiences in both disciplines.

"I work in the community. A big part of my job is getting people out of the hospital, keeping them at home in the community, helping and supporting them, and also keeping them independent," he said.

Welsh says the use of specialized equipment -- such as bathroom equipment, hospital beds and lifts -- can enable people to stay at home longer.

He wanted to become an occupational therapist to help people. Welsh described the variation in each day for work: "It might involve going to a home and helping someone who is experiencing a decline, but they still want to stay independent. It varies."

Welsh values the exchange with clients because of the diversity of people. "I really enjoy my interaction with clients. It is great to meet different families from all walks of life, different cultures," he said.



"I try to build rapport by finding out where they're from, or if they're older, I might ask them about their family. I want them to feel comfortable calling me if they have an issue."

Welsh was raised in a musical home. "I started singing a lot of classic material like Simon and Garfunkel. I went down to Latin America and got into Latin music, and then got into reggae. I like music that has a good rhythm, happy music -- and a good sing-along melody."

His musical life got a boost when the band's music video for the song *On The Road* received over 10,000 hits on YouTube. "The song was

about leaving the comforts of home," Welsh said. "I wanted to be in a band on the road, and it became a self-fulfilling prophecy. We began to get contacted by venues from all over."

Welsh and the band have a lot of local support. "The majority of our support at first was co-workers, Fraser Health employees -- everyone from housekeeping to physicians were coming out to the shows, and continue to come out to the shows."

Welsh is aware that music contributes to his connection with others. "It's a part of my identity. A lot of people who don't know me as an occupational therapist in the community know me as a musician.

"I love making people happy through music and seeing people smiling and dancing. It gives them a break from everyday life, and takes them to another place. Music can affect your emotions. When I am playing and I see that reaction, I am also experiencing that positive feeling."

Written by S. D. Jacobsen for FVHCF

Health questions answered at Mini Med School

Mini Med School is a free information series open to the public. It's an opportunity to speak with doctors and other health care professionals on important medical topics.

This series of informal discussions and quite possibly life-altering learning runs March 8, 15, 22 and 29 from 7 - 9 pm at Chilliwack Cultural Centre, 9201 Corbould Street.

The March 8 discussion will focus on herd immunity and public health strategies for keeping you well. March 15 will cover mental health: depress, anxiety and more.

The series gives medical residents (up-and-coming new doctors) from UBC Medical Residency Program the opportunity to interact with the public on health issues.

There is no cost for this event but registration is recommended at www.universe.com/minimed2016.

The series is organized by Chilliwack Division of Family Practice and made possible by support from the Fraser Valley Health Care Foundation and Decades Coffee Club.

Healthy Harvest 50/50 Staff Lottery WINNERS!

Jan. 11	Sue Johnston, ARH OR	\$1,157.50
Jan. 25	Ravi Kochar, Cottage-Worthington Rehab	\$1,175.00



Payroll lottery open to Fraser Health staff. Download the entry form at www.fvhcf.ca or drop by one of our offices to fill out a form.



Heart health on the menu at 4th Bubbly Breakfast

The 4rd Annual *Bubbly Breakfast* on February 5 drew a crowd of 150 for a fun morning event and education on the importance of heart health.

Dawn Chubai, host of City TV's *Breakfast Television* served as event host once again.

Featured speaker Gail Maurer who works in Administration at Abbotsford Regional Hospital shared her personal story of heart attack and recovery.

Cardiologist Dr. Naser Sayeh spoke on heart health and the importance of diet and exercise in maintaining good heart health.

Sevenoaks Shopping Centre's food court was transformed into a fashion runway. Ms. Chubai detailed clothing and accessories worn by models from mall retailers.

A heart smart breakfast buffet was provided by Klasic Catering.

A prize-packed silent auction had patrons eager to out-bid each other for event tickets including Disney-world, wine and gift baskets, salon services, jewellery and other donated merchandise.

The event raised over \$14,000 for cardiac care at Abbotsford Regional Hospital.

Proceeds will be used to purchase telemetry packs, which are portable heart monitors used to measure heart rhythms.

February is National Heart Health Month.

FVHCF extends our heartfelt thanks to Heart's Desire sponsor **Auxiliary to the Abbotsford Regional Hospital**; Diamond Heart sponsors **Nutek Sign Creations** and **Sevenoaks Shopping Centre**; Heart-2-Heart Media sponsors **Abbotsford News**, **Star 98.3** and **Country 107.1**; Golden Heart sponsor **Tri-Link Systems Inc.**; Healthy Heart sponsors **Fraserway RV** and **Vancity Mission**; and Beating Heart sponsors **Calder Wines**, **Parisotto's Independent Grocer**, **Starbucks**, and **Vitala Foods**.

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Cardiac care is critical, and not just at Valentine's Day! You can make a donation, and a difference, anytime at www.FVHCF.ca.



Gail Maurer shared her personal story of heart attack and recovery with the audience while MC Dawn Chubai looks on.



Health Forum open to hospital staff

The Foundation's second Health Forum will be held in April at the Learning Centre at Abbotsford Regional Hospital. Date tba.

Speakers for the event are **David Wickham**, Abbotsford Orthopedics; **Dr. Naser Sayeh** from ARH Cardiology; and a speaker from the Breast Health Services unit at ARH.

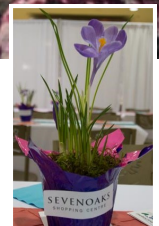
Light refreshments will be served.

The forum is open to all hospital and health care staff.

There is no charge, but you must pre-register by email to Kathryn.Brulotte@fraserhealth.ca or by phone at 604-851-4890.



Silent Auction bidding



Swag bags



Dr. Sayeh



First Class Waste Services Fraser Valley Open supports FVHCF

The Fraser Valley Open was held on Labour Day weekend, Sept. 4-6, 2015. The 3-day 54-hole tournament hosted 40 of BC's leading golf professionals and 100 amateur golfers. Round 1 was played at the Chilliwack Golf Club, Round 2 the next day at The Falls Golf Club, and Round 3 on the final day was at Sandpiper Golf Course.

First Class Waste Services Inc. was the presenting sponsor, and as such, owner Don Mayhew Jr. has designated the Fraser Valley Health Care Foundation as recipient charity of event proceeds.

First Class Waste also partners with the Foundation on it's annual Run for Mom which raises funds for the maternity unit at Chilliwack General Hospital. First Class is the presenting sponsor for the second year.

The First Class Waste Inc. Fraser Valley Open is a key stop on the Vancouver Golf Tour (VGT) 'order of merit' schedule with a professional purse of \$20,000.

The Foundation is pleased to partner with First Class Waste Inc. and tournament organizers on the 2016 event!

The tournament takes place on Sept. 2-4, 2016. For information or to register, go to: www.fraservalleyopen.com.



First Class Waste Fraser Valley Open planning committee: Bryan Ewert, Gen. Manager, Chilliwack Golf Club (CGC); Laura Taylor, Event Coordinator, CGC; Summer Dhillon, Marketing, Sandpiper; Don Mayhew Jr., sponsor, First Class Waste; Garrett Kucher, golf pro sponsored by FCW; Dave Corke, Operations Manager, The Falls; Jared Rempel, Director of Golf, CGC; Liz Harris, Exec. Director, FVHCF; Becky Turcott, Sales Manager, First Class Waste

Lounge makeover at CGH

Colleen Walker saw something she didn't like, so she did something about it.

The old furniture in the 3N lounge on the third floor of Chilliwack General Hospital was decidedly unwelcoming. Shabby and not very comfortable, it needed to be replaced. With health care dollars needed for more urgent items, it was not going to happen without help.

Colleen worked with Longfellow Furniture in Chilliwack to get just the right furniture for the space. She and husband Jim Dewes purchased it all and had it delivered to the lounge.

Colleen then went a step further and saw that the room had a fresh coat of paint.

Patients and families visiting maternity or medical have a comfortable, attractive space to relax. Thank you, Colleen, Jim, and thank you to Longfellow Furniture!



Janet from Pharmacy at CGH tests out the new furniture

New ways to support FVHCF

Hudson's Bay "Giving Day"

Buy a \$5 ticket to the **Hudson's Bay Giving Day** on **March 24**, and you can receive 20% off your purchase using your Bay credit card! (15% discount without a Bay card) All customers who shop that day and bring in their ticket are eligible to enter a draw for a \$5,000 shopping spree. Help FVHCF sell the most tickets to receive a portion of the proceeds from The Bay's in-store ticket sales that day! Tickets at the Foundation office.

Scotiabank Vancouver Half-Marathon

Join the Fraser Valley Health Care Foundation's team at the **Scotiabank Vancouver Half-Marathon** on Sunday, **June 26**. The entry fee is \$70 for the half-marathon, \$42.50 for the 5K until the end of February. Rates increase each month until the event, so sign up now at:

www.canadarunningseries.com/svhm/index.htm

Select Charity Info from the menu and learn how the fundraising works. It's easier than ever to have friends, family and colleagues pledge you. The Foundation's own Liz Harris is Team Captain. Please join her in this fun way to support health care in your community!