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# Fraser Valley Health Care Foundation

## ARH worker shares story to help others

Gail Maurer will be sharing her personal story of an unexpected heart attack at the 4<sup>th</sup> Annual **Bubbly Breakfast** on Feb. 5, 2016 at Sevenoaks Shopping Centre. The event is a fundraiser for the FVHCF supporting cardiac care at Abbotsford Regional Hospital (ARH).

Maurer is an assistant in Medical Administration at ARH. She has worked for Fraser Health for 18 years. She became involved with the Foundation through work:

"We worked together on Grand Rounds, a weekly medical education session for staff. That was my initial contact with the Foundation," said Maurer. She has since attended fundraising events presented by FVHCF.

"On Saturday, May 2 – just a normal day – my husband and I were attending a fundraising event. I went in feeling fine. I was up dancing, and all of a sudden, it was like somebody flicked a switch and I didn't feel fine anymore."

Maurer excused herself, sat down,

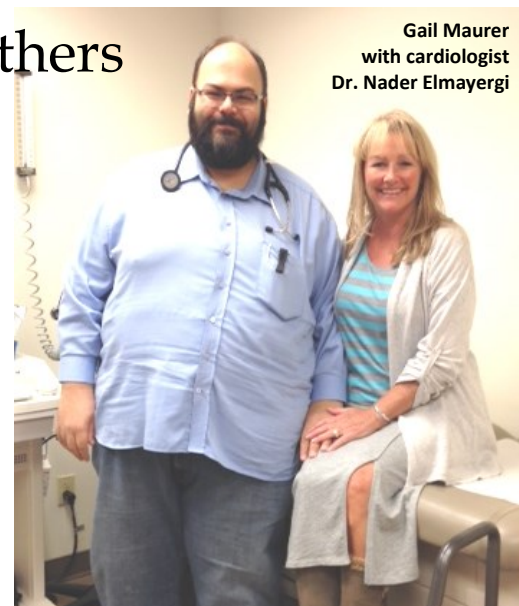
continued to feel unwell, and went home in denial of the possibility of a heart attack in progress.

"It was 4 am and I hadn't slept at all. At that point, I flipped open my phone, and I typed in 'symptoms of a heart attack.' A checklist popped up, and I had every symptom on the list. By 7 am, I presented to ARH Emergency, where they did indeed confirm that I was having a heart attack."

Maurer learned some important health variables, or risk factors, for heart attack.

"50% of my risk comes from family genes. I also learned that diet plays a big part. One of my risk factors is blood pressure: I have to limit my salt intake. I can do something about exercise, and stress levels," Maurer said.

She is happy to speak at the Bubbly Breakfast so that others can learn from her close call. She will speak on her experience and the care she received at the cardiology unit at ARH.



Gail Maurer  
with cardiologist  
Dr. Nader Elmayergi

On the outcome of the heart attack, Maurer said, "The system works. It really does work. *I am living proof.*"

Written by S. D. Jacobsen for FVHCF  
\* \* \*

**BUY TICKETS for the Bubbly Breakfast** at the FVHCF office for \$35. Feb. 5, 7:30-9am, Food Court at Sevenoaks. Enjoy a heart healthy breakfast, fashion show featuring the latest styles from Sevenoaks retailers, and bid on some great items at the Silent Auction.

**Thank you** sponsors ARH Auxiliary, Vancity, Vitala Foods, Fraserway RV, Star 98.3 & Country 107.1.

### COMING EVENTS

- Jan 21 6:30 pm **Home is Best Community Forum, Chilliwack**  
Community forum on preventing hospital admissions with timely care at home. See ad on P 2.
- Feb 5 7:30 am **Bubbly Breakfast at Sevenoaks Shopping Centre**  
Annual breakfast, fashion show & silent auction with host Dawn Chubai of Breakfast Television! Tickets \$35 on sale now at the Foundation office
- Feb 20 7:30 pm **It's Vegas, Baby!** Dance with live band, presented by Rotary Club of Chilliwack-Fraser  
Tickets \$85 (Call Rob 604-793-5105) Proceeds to Pediatric Observation Unit at CGH Evergreen Hall. *Come with your VEGAS showing!*
- Feb 21 5:00 pm **Chilliwack Chiefs**  
Tickets \$10 at <http://www.chilliwackchiefs.net> \$3 from each ticket benefits FVHCF.

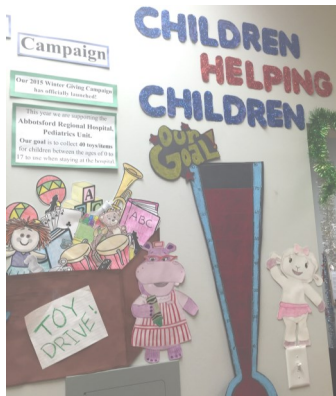


Abbotsford 604-851-4890 Toll free 1-877-661-0314  
Chilliwack 604-701-4051 [info@FVHCF.ca](mailto:info@FVHCF.ca)  
Mission 604-814-5190

DONATE @  
[www.FVHCF.ca](http://www.FVHCF.ca)

Charitable registration #87115 6725 RR0001





**Academics preKindergarten** Abbotsford students, staff and parents organized a Toy Drive for their Winter Giving Campaign. They filled the playroom at ARH's pediatric unit!

Thank you for thinking of children admitted to the hospital over the holidays. Your actions made their time here better. (Pictured: Children from school, with parents' permission)

## Letter to Mission Memorial Hospital

Good afternoon everyone,

I hope that you and all of your staff at Mission Memorial Hospital are well and enjoying this holiday season.

You are receiving this message to share with you, the accomplishments of you and your colleagues at Mission Memorial Hospital and Christine Morrison Hospice. As a result of your dedication to reporting to the Donor Referral Number, and presenting the choice regarding eye donation to patients and families, your hospital and hospice has had 19 eye donations this year. I would also like to share the achievements of the Christine Morrison Hospice staff. This year [2015], the hospice has achieved the fifth highest number of eye donations of any unit in the province, with 17 families choosing to give the gift of sight.

Through your efforts and the generosity of patients and families, 23 people have benefited from the gift of sight through corneal transplants and sclera grafts this year.

Thank you very much for your outstanding support of eye donation in BC, and for your support of your patients and families in their choice regarding donation. Without you the gift of sight would not happen.

All the Best in 2016!  
Sincerely,

**Shannon Leonard, R.N., B.S.N.**  
Donor Development Liaison- Eye Bank of B.C.

**Rescheduled from November**

**CHILLIWACK HEALTH SERVICES**  
FRASER HEALTH

# Top 10 Reasons HOME IS BEST

**with Dr. Ken Hirst, MD**

Please join us for a candid conversation about preventing hospital admissions with timely care at home.

**Accessing Home Health Services**  
Connie Meskas, Director Clinical Operations, Chilliwack General Hospital  
Chris Laslop, Team Leader, Chilliwack Home Health

**Thursday, January 21<sup>st</sup>, 6:30 pm**

**Rotary Hall Studio Theatre**  
**Chilliwack Cultural Centre**  
9201 Corbould St. Chilliwack

Free Admission. Information: 604-795-4198

Sponsored by the Fraser Valley Health Care Foundation

## HEALTHY HARVEST 50/50 STAFF LOTTERY WINNERS!

- Dec 14 Elizabeth Findlay, CGH \$1,150.00
- Dec. 28 Krystil Choy, Chilliwack Public Health \$1,155.00



Payroll lottery open to Fraser Health staff. Download the entry form at [www.fvhcf.ca](http://www.fvhcf.ca) or drop by one of our offices to fill out a form.





## Our trip to the Mayo Clinic breast health conference

Submitted by Crystal Letkeman, RN

This past November, three of us from the Abbotsford Breast Health Centre journeyed to Minnesota by air to attend a big three-day Mayo Clinic breast health conference. The three of us: myself, Crystal Letkeman RN, along with Geryl Hogan RN and Coreen Dyck general surgeon, flew out on November 11 to attend all the sessions offered.

Each day started early and continued on until dinner time with sessions from many specialities. Thank goodness there was always coffee provided to keep our brains awake and stimulated!

With about 40 sessions, there was a lot to take in.

We had sessions ranging from new studies and techniques in breast imaging, chemotherapy and radiation treatments. We heard about benign biopsies and what they can indicate as far as treatments and follow ups required.

Some of the less common ages/profiles of patients to assess and treat were discussed, such as men, young women, pregnant women and the elderly. We learned more about how to accurately assess, treat and follow up on nipple discharge, as well as



how to manage breast abscesses and wounds.

Pain is often a big complaint that women come in with. And although nothing is new for treatment in that area, it was good to know that we are on the right track with what we are teaching our patients. Discussions were had about how to help women with post breast cancer care, including nutrition and exercise. Basically what is good for us all is to eat well and exercise moderately!

In all, this was a very beneficial con-

ference for us to have attended. With women and men, there exists a huge concern about breast health and fear of breast cancer. With knowledge and care and compassion we are able to help each patient through these unknown and fearful waters.

We hope to share what we learned at the conference with our colleagues, and have already been doing so informally.

Many thanks to the Foundation via the staff education fund for providing us the opportunity to go!

## WestJet ticket raffle

Feel the need to get away?

Win a voucher for one return trip for two(2) to any scheduled WestJet destination! Raffle tickets available for \$20 at any of the Foundation offices.

Second prize is an iPad Mini. Third prize is a Fitbit.

Draw will be held Friday, Feb. 5 at 8:30 a.m. at the **Bubbly Breakfast** fundraising event at Sevenoaks Shopping Centre.

BC Gaming License #79839

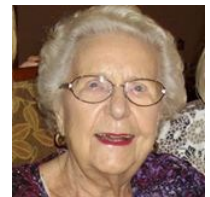
### In Memoriam

We were saddened to hear that **Lilian Dudfield** passed away in late December, shortly after her 95th birthday.

Lilian was a member of the Mission Health Care Auxiliary Society, where she volunteered for over 30 years. We were privileged to have her volunteer with us as a member of our board of trustees from 2001-2003, through the Foundation's early years when we needed the counsel of someone with her depth of knowledge.

Lilian received many commendations for her contributions to the community and these include the Queen's Jubilee Gold Award, the Queen's Jubilee Diamond Award and life membership in Mission Health Care Auxiliary Society.

She will be missed.





## Run for Mom aims for new fetal monitor

The Run for Mom will fundraise for a fetal monitor for Chilliwack General Hospital's maternity unit at the May 7 10K-5K-1K run/walk.

Fetal monitors measure the vital signs of both baby and mother, detecting heart rate, uterine activity, fetal movement and help reduce complications. A new one is approximately \$30,000. It is needed to replace aging equipment at CGH.

Since 2000, RFM has raised over \$385,000 for equipment such as infant resuscitators, delivery beds, jaundice meters, glidescopes and more.

Sign up at [www.FVHCF.ca](http://www.FVHCF.ca) or phone 604-701-4051 to get involved.

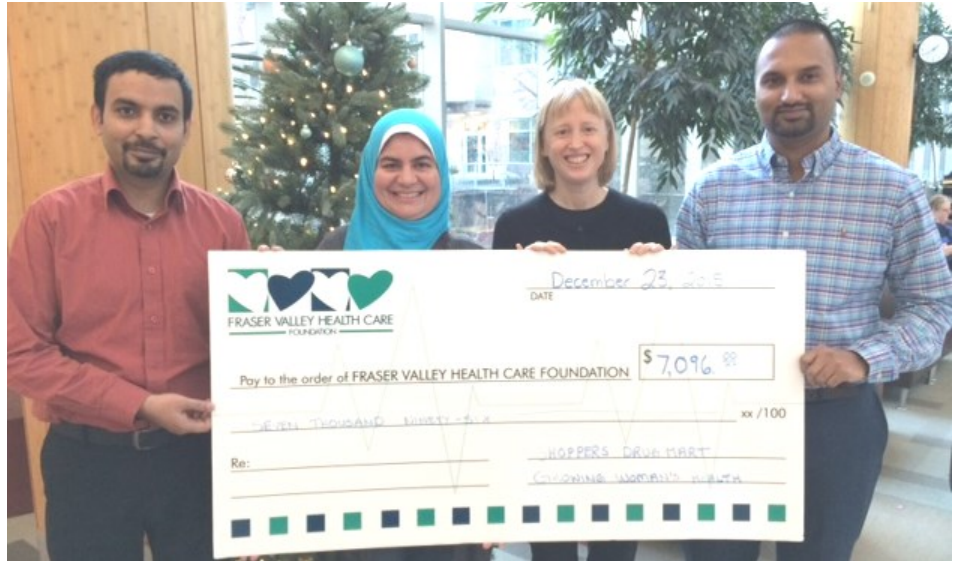


## Kimi's Kreations in progress



Murals are taking shape at the Rotary Club of Chilliwack-Fraser Pediatric Observation Unit at Chilliwack General Hospital. Check out the 'before' and 'after'!

Kimi is turning the walls into beautiful farm scenes.



Thank you to Shoppers Drug Mart stores #260 (Gateway Medical) and #205 (Sevenoaks) for your generous support of women's health and the breast health centre at Abbotsford Regional Hospital. The Shoppers Drug Mart Life Foundation raised \$7,096.00 with their Tree of Life at the two stores. The continued success of health care cannot happen without the support of community partners like these!

## Year-end reflections on giving in 2015

The end of 2015 was a busy time for FVHCF, as it is for most charitable organizations. We'd like to point out a few notable gifts for a special thank you.

Many thanks to the **Chilliwack Hospital Service League** for their gift of \$16,765.84 for a bariatric stretcher and two medication carts for Chilliwack General Hospital emergency. Support of the Gift Shop and their weekly 50-50 draw made that happen.

**The Dating Game Productions** supported Mission Memorial Hospital with a \$20,950 gift in December, as a result of being allowed to film their movie in the hospital. It was exciting having them here and we look forward to seeing our hospital in the movies!

The **Auxiliary to the Abbotsford Regional Hospital** gave \$29,739.80 to purchase a sit-to-stand lift for Cottage Worthington. Thank you for supporting this much needed equipment.

Thank you **Van-West Consultants Ltd.** for your generous \$25,000 donation (and continued support) to go towards medical education.

Kudos to **Fraser Valley Shrine Club #11** for giving \$11,907.10 to Agassiz Harrison Public Health, along with the CGH Peds Observation Unit.

Thank you to perennial supporter **Spectra Energy** whose \$2,500 gift for electronics is bringing music to residents at Fraser Hope Lodge.

Finally, thank you to auxiliaries in all of our communities for making up gift packages for each person in residential care. Your thoughtfulness to the residents at Christmas time is truly touching.