

SEND US YOUR EMAIL TO GET THIS NEWSLETTER MONTHLY!

Fraser Valley Health Care Foundation

Lions eye centre campaign aims to raise \$600,000 for CGH

On Feb 25, the Mount Cheam and Steller's Jay Lions clubs joined us to launch a fundraising campaign for the Regional Eye Centre at Chilliwack General Hospital. The goal is to raise \$600,000 by the end of 2016 for six new pieces of equipment including two phacoemulsification systems for cataract surgery.

This would replace old equipment with the latest technology. CGH does more than 5,000 procedures annually and is the only public high volume cataract centre in BC. It serves not just the upper Fraser Valley but the interior and northern BC as well.

2017 is the 100th Anniversary of Lions Club International and they've challenged clubs to take on a Legacy Project. In Chilliwack, the Mount Cheam Lions Club and The Steller's Jay Lions Club took on the Eye Centre campaign as their project.

"We hope that our project will serve as a reminder of just how vital the Lions are to our community," says Lion Dave Mackintosh, Chair of the Centennial Legacy Project.

Speakers included Chilliwack Mayor Sharon Gaetz, Abbotsford Mayor Henry Braun, and Petra Pardy, Executive Director of Health Services for CGH.



Chilliwack Mayor Sharon Gaetz, Larry Koberstein of the Agassiz Harrison Lions Club, and Henry Braun, Abbotsford Mayor and Fraser Valley Regional Hospital District representative



Above: Lions from various clubs at the sign unveiling. Below: The Steller's Jay Lions donated \$5,000 to the Centennial Legacy Project at their January meeting.



Learn how you can support this project at www.fvhcf.ca.

COMING EVENTS

- Mar 15, 22, 29 **Mini Medical School** Chilliwack Cultural Centre, 9201 Corbould 7-9 pm Free health talk, open to public, register: www.universe.com/minimed2016
- Apr 7 **Health Forum** ARH Learning Centre, 6-9 pm, open to public & hospital staff
- Apr 12 **ARH Auxiliary 95th Birthday Celebration** ARH Cafeteria, 2 pm
- May 7 **Run for Mom** Register now at www.FVHCF.ca
- Jun 17 **Golf Classic** at Fraser Glen Golf Course www.FVHCF.ca



Thank you to all who attended the Chilliwack Chiefs game on Feb. 21 and supported the 50/50 draw. You helped us raise over \$4,000 for Mental Health in Chilliwack!

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 RR001





Spotlight on staff: FCH staff spearhead fashion fundraiser

If you want something done, ask a busy person to do it.

Corina Vogt, Manager of Clinical Services at Fraser Canyon Hospital and Public Health in Hope and Agassiz, lab technician Shelley Empey and X-ray technician Kris Lebedoff helped the hospital Auxiliary to organize a fashion show fundraising event March 9 and 10. The event raised \$10,000 towards a new bus for seniors in the adult day care program at the hospital and residents at Fraser Hope Lodge.

All three started working in Hope 15 years ago. Each described aspects of their professional work.

Vogt said, "I manage staff in the hospital, including medical, emergency, rehab and social work departments. I also manage the ongoing daily operations. With Public Health in Hope and Agassiz, I manage staff and work with partners on community initiatives."

Empey said, "We're a busy lab. We see about 100 outpatients a day. There are two full-time lab techs on the daytime shift, one in the evening, and one on-call. We provide the medical team with critical diagnostic information."

"We see 25 outpatients a day in X-ray," said Lebedoff. "We may test ten in an evening shift. We are a one person show with just one tech per shift. We do on-call as well, and we are part of the diagnostic team that helps the doctors."

Even in the midst of their busy schedules, Vogt, Empey,



Shelley Empey, Kris Lebedoff and Corina Vogt from Fraser Canyon Hospital volunteered alongside the FCH Auxiliary on an event to raise money for a new bus for the adult day program in Hope.

and Lebedoff find time to volunteer. Says Empey, "Being shift workers, we sometimes have days off in the middle of the week. Thank goodness for technology!"

The Fashion Show and Dinner was held at the Hope Golf Course. The next day at the hospital, there were fashion clinics at which participants could get tips on dressing for their body type and shop for clothes with a portion of sales being donated to the hospital.

The goal of the event was to celebrate women and to raise money for the hospital.

The idea came from Empey. "We were on a trip to Gibsons to visit family, and while shopping, we met Lynn Ujvary, the owner of SWISH (the company that provided the clothes for the Fashion Show). She put the idea in our head."

Vogt concluded, "For me, it's been a way to bring the communities together in a positive way that builds camaraderie and teamwork."

Written by S. D. Jacobsen for FVHCF

* * *

FVHCF thanks these generous event sponsors:

Gold Canyon Shell



Silver Canyon Automotive Ltd. Canyon Glass



Bronze Canyon Carpets, Budget Blinds, Subway @ Water Ave, Hope Drive-In Restaurant, Mobil 1 Lube Express & Carwash, National Money Mart-Chilliwack, Abbotsford, Mission.

We are getting closer to a replacement bus in Hope! You can help Hope get that bus by making your tax deductible gift online at www.FVHCF.ca!



\$10,000 was raised from the Fashion Show & Dinner and proceeds of clothing sales



Rotary Club of Chilliwack-Fraser held its Swing into Spring dance on Feb. 20. The theme was *It's Vegas, Baby!* complete with game tables and glitz! Funds raised will go to the Pediatric Observation Unit at Chilliwack General Hospital.



Little Hearts Gala funds “underwater adventure” at ARH

FVHCF unveiled the newly-painted submarine-themed medical imaging room at ARH on Feb. 18.

The artwork is to distract nervous patients, especially children, from the stress of getting an x-ray. Several submarine-themed pictures adorn the walls, doors and furnishings in the room making it less intimidating.

Funding for the project came from Little Hearts Gala, an annual event organized by Jessica Bugra, her family and friends to create a more comforting space for pediatric patients. The images were created by D’Arts.

Radiology Supervisor Lorie Marchinkow says about 700 children under five years old receive x-ray tests at ARH each year. “This theme room will help to create a better experience for kids,” he said.



Top left: Radiology Supervisor Lorie Marchinkow with helper Ujjal Meelu and FVHCF's Liz Harris cutting the ribbon officially opening the newly painted X-ray room.

Health forum April 7 at ARH

The FVHCF's second health forum is on April 7 from 6-9 pm at The Learning Centre at ARH.

Speakers are **Dr. Naser Sayeh**, Cardiologist; **Dr. David Wickham**, Orthopedic Surgeon; and **Geralyn Hogan**, Coordinator, Breast Health Program.

There will be colourful presentations, some hands-on technology to try out, and an opportunity to ask questions of the medical teams involved. Light refreshments will be served.

The forum is hosted by Dr. Peter Fry, vascular surgeon and FVHCF Board Medical Representative. It is free of charge and open to staff and public. RSVP attendance to info@fvhcf.ca or phone 604-851-4890 by April 4.

Young donor gives to hospital

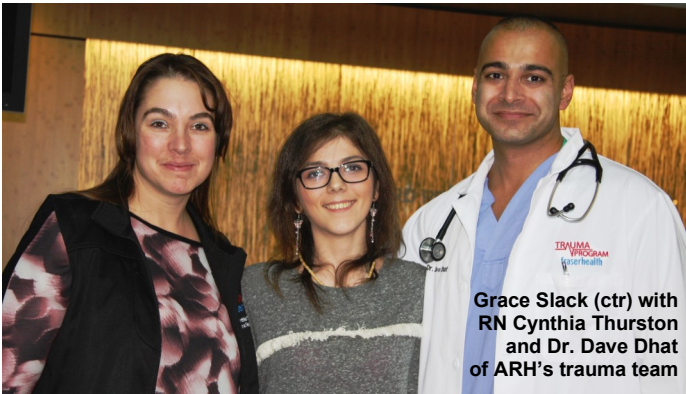
A young entrepreneur paid us a visit in February. Emily made “owie owls” and “boo-boo bears” and sold them for Christmas. The comfort items are made of muslin fabric and jasmine rice that can be warmed up. She chose to donate partial proceeds - \$200! - of her sales to the Neo-Natal Intensive Care Unit at Abbotsford Regional Hospital.

Emily wants to become a pediatrician when she gets older. She's on the right track!



THANK YOU to the Crystal Gala Foundation for giving \$250,000 towards their latest \$500,000 pledge in support of breast health in the community! This gift is for the new Abbotsford Breast Health Centre which couldn't have opened without their hard work and dedication. This is over and above the \$1 million CGF donated between 2008 and 2014 in support of the Crystal Gala Breast Health Unit on the second floor of ARH where 4602 diagnostic mammograms, 3633 breast ultrasounds, and breast biopsies under ultrasound guidance were performed in 2015. “We applaud the community's generous support — keeping these funds local to fight breast cancer!” said a spokesperson.

Fraser Valley Health Care Foundation March 2016



Grace Slack (ctr) with RN Cynthia Thurston and Dr. Dave Dhat of ARH's trauma team

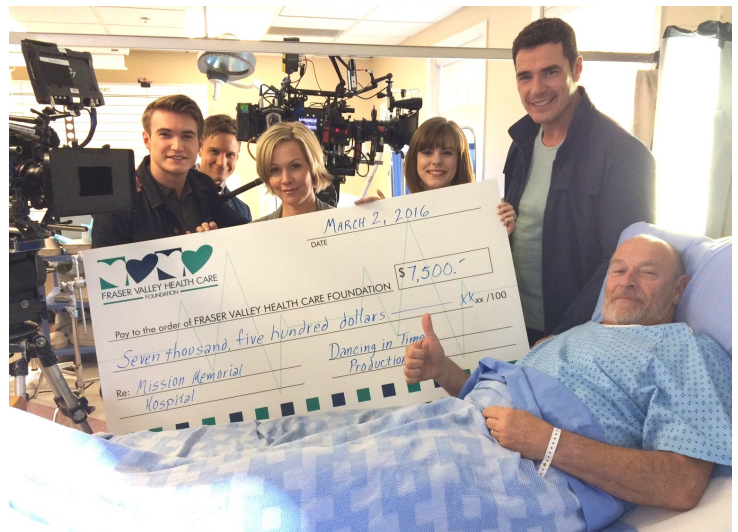
Story of trauma and recovery

17-year-old Grace Slack shared the emotional story of her health care experience at a Trauma Education Day held Feb. 26 at ARH. The event was organized by RN Cynthia Thurston who is the Trauma Coordinator.

Due to a rare liver disease, Grace had two liver transplants at 8 months and 2 1/2 years of age. Last year, she was in a serious traffic accident while cycling. She was taken to ARH which is a Level 3 trauma centre, where she was assessed by Trauma Physician Lead Dr. Dave Dhat. Due to her medical background, Dr. Dhat sent her by air ambulance to Vancouver General Hospital, which specializes in transplants.

While in surgery, it was revealed that Grace was in liver failure again, and she would need a third transplant. One became available only two days after she was put on the list. Grace will graduate with her classmates at Robert Bateman Secondary in June.

Her remarkable story was shared to give trauma nurses in attendance a patient's perspective and put a human face on the importance of the work they do every day.



The cast of Hallmark movie *A Time to Dance* took a short break from filming at Mission Memorial Hospital on March 2 for a photo. The production company donated \$7,500 to MMH for use of the facility.

Above, Corbin Bernsen (of *LA Law* fame) playing a patient gives a thumbs up as Jennie Garth (centre) formerly *Beverly Hills, 90210* cast member, and other actors hold up the cheque.



Some members of the Chilliwack Fire Fighters Charitable Society stopped by on Feb. 11 to present FVHCF's Liz Harris with a cheque for \$1,500 in support of Chilliwack General Hospital and for cancer treatment.

Healthy Harvest 50/50 Staff Lottery WINNERS!

Feb. 8	Gurpreet Buttar, ARH—Baker 2	\$1,165.00
Feb. 22	Kathy Allinott, CGH Maternity	\$1,240.00
Mar. 7	Felicia Relinschi, Royal City Comm. Dialysis	\$1,237.50



GURPREET



No photo of Felicia available



KATHY

Payroll lottery open to Fraser Health staff
Download the entry form at www.fvhcf.ca or drop by our office

Hudson's Bay "Giving Day"

Don't forget to buy a \$5 card to Hudson's Bay Giving Day on March 24! Get 20% off with your Bay credit card, or 15% off without a Bay credit card.

Bring your Giving Day card to The Bay March 24 and enter a draw for a \$5,000 shopping spree!

Buy your Giving Day card at the Foundation office.

