

May 2017

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Upcoming Events

JUNE

25th - **Scotiabank Marathon**
Vancouver

SEPTEMBER

21st - **FVHCF Golf Classic**
Chilliwack Golf Club

30th

Day of Medical Enlightenment
Abbotsford

NOVEMBER

30th - **It's A Wonderful Breakfast**
Chilliwack

For event information - visit
www.fvhcf.ca/events

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

www.fvhcf.ca

Lions Wrap Up CGH Eye Centre Campaign



witnessed, and I've traveled the world," said Gudrun Yngvadottir. "This is the most amazing thing I have seen."

She traveled from Iceland with her husband to be at the ribbon cutting, and a special dinner was held Tuesday evening to celebrate the achievement. Yngvadottir noted that the project would be introduced at an upcoming Lions conference in Chicago.

"You really embraced this idea," she told the crowd. "One little idea and such a big project. It's important a project like this is visible."

Several ophthalmologists work out of the Chilliwack Eye Centre, which is now called the Mount Cheam Lions Eye Care Centre. Likewise, the operating room inside the centre is now the Stellar Jay Lions Club Procedure Room.

"I feel like a kid on Christmas," said Dr. David Heinrichs, one of the ophthalmologists who work in the eye centre. "On behalf of all us, thank you. This will greatly assist us."

In one year, the centre will treat 5,000 people. So having this new, state-of-the-art equipment will ensure those patients are getting the highest level of eye care, he noted. "I never doubted you for a minute," said Mayor Sharon Gaetz. "Your club is so valuable to our community."

"Why does this matter?" she asked. "Think of the 5,000 people who will come here this year. They would be blind. This is what goodness looks like and I thank you all."

Gaetz was among many dignitaries and executives who joined the Lions members and hospital staff at the ceremony. The money raised has purchased 6 pieces of new equipment which included two new phacoemulsification systems. The centre has also been improved visually with the addition of large murals, created by artist Dean Lauze.

Liz Harris, executive director of the Fraser Valley Health Care Foundation called the Lions' efforts "a fast paced campaign from the start."

"We are so impressed with the tenacity and commitment of the local Lions Club," she said. "This campaign has been a testament to the community of Chilliwack and their dedication to Chilliwack General Hospital."

She added the foundation hopes the Lions have inspired others to find ways to give to the hospital.

It took them 11 months, 2,000 volunteer hours, and 79 community presentations, said Dave Mackintosh, chair of the Centennial Legacy Project. The Mount Cheam and Stellar's Jay Lions Clubs worked together to raise the money, and in the process they earned the attention of Lions International.

At a ribbon cutting ceremony held Tuesday at Chilliwack General Hospital, the 2nd VP of Lions International spoke of the immense efforts taken by the local clubs.

"This is the biggest legacy project I have



Healthy Harvest Winners

50/50

April 3, 2017

\$1,837.50

Teresa O'Callaghan - PAH

April 17, 2017

\$1,875.00

Belinda Obasohan - MMH

May 1, 2017

\$1,892.50

Carrie Gaudette – MMH

May 15, 2017

\$1,872.50

Christina Amazanos - CGH

May 29, 2017

\$1,975.00

Clint Burns - CGH

YOU could be next!

Since starting the Healthy Harvest 50/50 in 2012/2013 and continuing in 2015, the 50/50 has raised over \$56,140 for priority needs at ARH, CGH, MMH & FCH!
All because of staff participation!

- Proceeds from the lotto will be used to purchase priority equipment
- 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

Chances are 1 in 700+ (based on bi weekly ticket sales)
 BC Gaming Event Licence #93599
 Problem Gambling Help Line 1-888-795-6111
www.bcresponsiblegambling.ca
 Know your limit, play within it.
 19+ to play

19th Annual Run For Mom

The 19th Annual Run for Mom was a resounding success, raising \$25,250 for the Chilliwack General Hospital maternity ward.

Fraser Valley Health Care Foundation and staff at CGH say they are grateful for the generosity of the community and their support. Event coordinator Brenda Vanderhorst says a public appeal in The Chilliwack Progress helped bring out participants and enabled the Foundation to raise the funds for the CGH maternity ward.

This year's run proceeds will be used to purchase fully reclining sleeper chairs for the birthing rooms at CGH. These recliners allow supporting partners to rest comfortably and better support mom throughout her hospital stay.

"The incredible outpouring of our community to support the hospital and, in particular the maternity unit, was absolutely heart-warming," says Heather Mash, Program Manager at CGH Maternity. "The family and friends assisting a mom and baby during their hospital stay are vital in ensuring they have the rest and support needed in order to make the smooth transition from hospital to home, and having the ability to also rest comfortably is important. The replacement sleep chairs will be a wonderful addition to the unit."



Next year's Run for Mom is planned for May 12, 2018. It will be our 20th Run for Mom! We cannot wait to share this exciting event with you once again on our 20th anniversary!



Event attendees were able to enjoy emcees Scott Riley and Lisa Stevens from the Star 98.3 Morning Show as well as the upbeat tunes from DJ Sauvenator. YMCA Chilliwack, Optimum Sports Performance Clinic, Kintec Inc, Garrison Running Co, and more were at the event supporting runners and walkers.

A big thank you to Chilliwack Kiwanis Sardis Club for their annual support and help with the Pancake Breakfast.

Thank you!

2017 Run for Mom Sponsors

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Dodgeball Tournament A Hit

On Saturday, April 25th local Healthcare Workers descended on Envision Athletic Centre to compete in the 1st Annual “Game of Throws” dodgeball fundraiser. Participants returned to the days of recess in a fun, but competitive, tournament that raised almost \$10,000 for the Fraser Valley Health Care Foundation.

“The Wack” Dodgeball League was on hand to help moderate games and even joined in play as “ringers” on some of the teams.



Hello Half-Marathon & 5K runners!

Want to join in on the Scotia Bank Half Marathon and 5K?

We are about half way to the race and we need you on our team! We have a discount code for you to join if you want to help support the Early Psychosis Intervention Program in Fraser East.

The discount code is not limited to Fraser Health staff, so if you have a running buddy/club, family or friend that wants to join, please share with them!

Discount codes:

Half Marathon –

17FVHCF21K

5K –

17FVHCF5K

They can always contact our Main Office for more information: info@fvhcf.ca or 1 877 661 0314

Remember everyone is encouraged to raise \$250 for the Early Psychosis Intervention Program!



would like to thank presenting sponsor Fraserway RV for their support of this event. Jessica Boldt, Fund Development Coordinator, Fraser Valley Health Care Foundation said,

“Fraserway RV was an enthusiastic and generous partner. This tournament would not have been possible without their efforts”.

Innovative Fitness was a phenomenal partner, providing swag bags, prizing and leading the warm-up prior to game play. Additional support from Nestle Water, Natures Path, Save On Foods (Whatcom and South Fraser Way locations), Esposito Group, Blue Monkey

Coconut Water, EZee Hoarding Construction made the day a great success.

The tournament allowed staff a venue to build moral, focus on wellness and raise much needed funds for health care in their community”, said Liz Harris, Executive Director, Fraser Valley Health Care Foundation. The Foundation is already reviewing ideas for next year’s event, “Game of Throws – Bigger, Badder, Better”.

In the round robin style tournament doctors, nurses and support staff squared off against one another in 6 rounds of fast-paced play. Dressed in everything from tie-dyed shirts, stethoscopes and helmets, teams were there to have fun.

The finals saw a spirited match between “The Artful Dodgers” (Whatcom Medical Clinic, Abbotsford) and “We Dodge Hard, We Dodge Ken Harder” (UBC Residents, Chilliwack). The “Artful Dodgers” proved victorious, winning the best of five, sudden death match. The “Golden Bedpan” trophy will be proudly displayed at Whatcom Medical Clinic until next year’s tournament. Fraser Valley Health Care Foundation



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On March 28, 2017, we received a donation of \$7,500 from Ruth and David Gould

The Goulds donation will support the Colonoscope, Endoscope and Beamer Surgical Mate at the Mission Memorial Hospital's Ambulatory Care Unit. k all around. "We've been using the services for many years now, and wanted it to go to the greatest need and it was time we gave back," said David.



The Abbotsford Regional Hospital Auxiliary recently donated \$50,000 to the Fraser Valley Health Care Foundation (FVHCF) for the purchase of a ventilator.

The ventilator will be used in the intensive care unit, but is also compact and sturdy, allowing it to be used for patient transport.

YOUR
COMMUNITY

YOUR
HOSPITAL

YOUR
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DONATE TODAY
www.fvhcf.ca



Thanks to the ladies of the Upper Sumas Women's Institute who have made and donated these heart pillows with love for patients of the Breast Health Clinic at Abbotsford Regional Hospital.

Geralyn Hogan, Program Coordinator said some patients have been (happy) tears when they received their pillows – so overwhelmed with the level of thoughtfulness. The fabric and filling for these lovely pillows is provided by the Crystal Gala Foundation. Great support and teamwork