

Fraser Valley Health Care Foundation

Three cheers for volunteers! Volunteer Week April 12-18

April 12 – 18 is Volunteer Week, and the FVHC Foundation is leading the applause for our volunteers and all who dedicate time and skills to helping others.

The FVHC Foundation has a very small staff of 4-5 (depending on maternity leave timing!) We fundraise for Abbotsford, Chilliwack, Hope and Mission hospitals, residential care facilities, home health, mental health, and public health. We have offices at ARH, CGH and MMH. Sometimes we host events which are a lot of fun, but a lot of work!

How do we do it? *Volunteers!*

Our longest-serving volunteers are the members of the **Run for Mom** planning committee in Chilliwack. Some have been helping us for more than 10 years. There's an old expression: if you want something done, ask a busy person to do it! This committee has a newspaper editor and an RCMP officer,

amongst others. All have full time jobs. On event day, another 40 volunteers join us for a whirlwind half-day of various tasks involved in a running event.

The Foundation's **board of directors** is also unpaid. OK, they get lunch a few times a year when they meet. But it's not a hot lunch. They, too, have jobs. Bank manager, accountant, lawyer... all busy people. In a complex world of regulation and legalities, board governance is not something to take lightly, and we are grateful for those who take on the responsibility.

Whether it's one of our events such as **Bubbly Breakfast**, or an event hosted by others with proceeds coming to us, such as **Little Hearts Gala** organized by volunteer extraordinaire Jessica Bugra, or Rotary Club of Chilliwack **Fraser's Swing into Spring**, or the amazing **Crystal Gala** in support of breast health – *none* of these fund-raising events happens without people offering their time.

We'd be remiss not to mention hospital auxiliaries in each community whose tireless efforts contribute a huge amount of funding and countless hours of service to tasks that simply would

not be done if not for them. Our health care system just cannot afford to pay for all that they and other health care volunteers do.

Next: We have an opportunity for some shining stars to work on a committee to plan a golf tournament September 25 at Fraserglen Golf Course in Abbotsford. Work begins now for **Who's Your Caddy Golf Classic**. Call Kathryn at 604-851-4890 to find out more. Experience with golf events is an asset; enthusiasm is a requirement!



Lorie and daughter Rachel help serve at the 2015 Bubbly Breakfast



Volunteers make a difference — rain or shine! Robert, Bobbi & others at Run for Mom 2013

UPCOMING EVENTS

Saturday, May 9

Run for Mom

10K timed run

5K fun run/walk

1K kids' run

Parade Square (UFV Lot #7) Chilliwack

Register at: www.run4mom.kintera.org

Friday, September 25

Who's Your Caddy? Golf Classic

Fraserglen Golf Course, Abbotsford

Register at: www.yourcaddy.kintera.org

Abbotsford 604-851-4890

Toll free 1-877-661-0314

Chilliwack 604-701-4051

info@FVHCF.org

Mission 604-814-5190

DONATE @

www.FVHCF.org

Charitable registration #87115 6725 RR0001





Teamwork is vital to cancer care at ARHCC

Abbotsford Regional Hospital and Cancer Centre is where you will find an enormously motivated team of health care professionals whose passion is cancer care.

Patients receiving a cancer diagnosis will meet many of them. An oncologist will assess them to determine a treatment plan that may include chemo and/or radiation. If they are otherwise healthy, they may be treated in a few days at the BC Cancer Agency as an outpatient.

If there are complexities such as heart or kidney disease, obesity, mental illness, or pneumonia, for example, then patients will see many more health professionals, depending on their specific circumstances.

Jessie Saran, Manager of Oncology at ARH, gave an example: "For my patient this morning, the occupational therapist got her a wheelchair, walker, commode, and bed rails. She was connected with Home Health who will identify her support needs after she is discharged. We spoke with her physician to make sure her family is aware every step of the way." And further, Jessie speaks Punjabi, which eliminated any misunderstanding due to language barrier.

"This team of nurses strives for patient excellence," continued Saran. "They are committed to providing the best care to the patient and support for the families who are also part of this journey. It is their empathy, commitment to excellence and work ethic that makes this unit special."

The staff and PCC (patient care coordinator) advocate for their patients. Terri, the PCC, will extend her shift waiting for physicians so that they are updated with the care plan.

"The unit clerk, Nuala, provides calm and positivity to our unit. I am glad that our patients are welcomed by her," said Saran.

Clinical pharmacists meet with patients and families ensuring they have the knowledge they need about the drugs being used; the pharmacist acts as an expert consultant to staff and physicians as well. Clinical pharmacists also monitor the drug interactions and side effects.

Physical therapists help patients minimize side effects of treatment, which can include pain, decreased muscle strength and bone density, fatigue, difficulty walking or sleeping. PTs are skilled at optimizing function and quality of life, which are important to survival and recovery.

Social workers help deal with anxiety, family relationships, changes in lifestyle during and after treatment as well as employment and financial

stressors. They can monitor and refer patients to appropriate services if dealing with depression, anxiety, or anticipatory grief.

Nutrition plays a role in the ability to undergo and withstand treatment, complications, length of hospitalization, discharge planning, survival and quality of life. Dietitians advise on nutritional health as well as help patients deal with appetite loss, problems swallowing, or taste changes.

"It really does take a team effort to bring some of these complex patients home," said Saran.

Teresa O'Callaghan, Clinical Program Director added, "The relationships staff build and sustain with cancer sufferers and their families is enviable. We have one widower; he lost his wife to cancer some time ago now, who visits regularly and has become a steady source of donations, supporting the unit staff in their efforts to improve conditions for their patients."

Says Saran, "It takes a special person to work in this department. Seeing patients who've just received their diagnosis - some don't want family to know. I can't give enough credit to the nurses, allied health staff and PCC."



Back row: Barry Kearse, Chemotherapy RN; Theresa Karapita, Oncology PCC; Young Jae Kim, Home Health Liaison; Chris Hilton, Medical RN; Terri Gascon, Occupational Therapist; Manj Sandhu, Physiotherapist; Jenn Ram, Medical RN; Front: Jenna Dyck, Dietician; Nuala Finch, Unit Clerk

Donate at
www.FVHCF.org
 to support the efforts
 of these and other
 health care
 professionals at your
 hospital, or visit the
 Fraser Valley Health
 Care Foundation
 office in the Atrium
 of Abbotsford
 Regional Hospital.



Patient dining/lounge area opening at MMH

Finishing touches are underway to complete a new dining and meeting space for patients at Mission Memorial Hospital. Space is being transformed on the second floor across from the nurses' station.

In response to a new philosophy of care, patients are considered mobile unless there is a doctor's order for bed rest. Patients who are able can take their meals in a communal environment, or just spend time in the company of others, rather than lying in a hospital bed.

Evidence shows that patients who are not mobile suffer loss of muscle mass, are more prone to falls, have reduced appetite, poor digestion, and generally recover slower.

In Canada, a recent study showed 45% of hospitalized patients are malnourished (*Allard et al, 2013*). Protect-

ed mealtime was first established in the UK health system to address malnutrition rates in patients.

"If you're wondering what patient-centred care looks like, look no further than Mission Memorial Hospital where, from admission, most patients are now expected to get out of bed to eat meals in a chair, use the bathroom or commode, and use a walker, if necessary, to move within the hospital," said Laurel Scheffler, director of site operations for MMH.

Communication of individual care plans between staff will ensure that patients are mobilized safely and according to their needs, and that family members are also included.

"We are excited to be able to support our patients through their health journey," said Scheffler.

Although the cost of the structural renovations is covered, financial help

is needed for furnishings such as wheelchair accessible dining tables. The tables currently being used are unstable. A patient leaning on the table to get up out of a wheelchair risks falling, as the tables are round with a pedestal base.

Scheffler said she would like to buy new sturdier tables such as the ones used in the dining rooms of *The Residence in Mission*.

A monitoring system is also needed to help staff watch for patients who may need assistance. The cost for this is approximately \$2,800.

Anyone interested in making a donation to Mission Memorial Hospital for this project can do so online at www.FVHCF.org or phone Lisa at the Fraser Valley Health Care Foundation at **604-814-5190**.

Donations of \$20 or more are tax receiptable.

Auxiliary Day at CGH

Join the Chilliwack General Hospital Auxiliary for its annual **Auxiliary Day** on Friday, May 8. Auxilians will serve cookies and coffee to staff, other workers, public and patients in the main lobby of the hospital. Attend this public awareness event to learn what services the Auxiliary provides to health care in Chilliwack, and how much money they have raised and donated to the hospital!



MARKETPLACE

Clip-on badge holders

HOSPITAL STAFF: Secure your Fraser Health ID badge with this clip-on badge holder. Retractable, snap closure. \$7.50 at FVHCF offices.



Fundscrip

Pre-order retail gift cards from us! A percentage of each card bought is donated back. Use them as gifts or for everyday shopping. Gift cards ordered by 4 pm Tuesday can be picked up the following week. See us for a list of 170 national retailers.

Art auction

Signature Authentics is partnering with us for its **Framed Art Sealed Bid Auction** at our Abbotsford and Mission offices. New pictures every 2 weeks. Part proceeds from each sale to FVHC Foundation.

FH staff: sign up now!



Healthy Harvest
50/50 Staff Lottery
First draw May 4
Forms at Foundation office



See what's new at the 17th annual Run for Mom

New is the word at this year's Run for Mom on May 9, 2015, the long-running event held each year in support of Chilliwack General Hospital's maternity unit.

NEW DAY

This Mother's Day event has been moved to the Saturday before Mother's Day. After years of surveying participants, a tipping point was reached to make the change.

"Everyone's been so supportive of the change," said event coordinator Margaret Kostrezewa. "So many people have told me they can attend now that it's on a Saturday."

NEW LOCATION

The new day made a venue change necessary, as the UFV Trades and Technology Centre parking lot is used on Saturdays.

UFV generously offered Lot #7, also known as Parade Square, further east on the Canada Education Park grounds. Run for Mom was held at that location in 2009.

Lot #7 is on the corner of Caen Avenue and Dieppe Street, easily accessible from the corner of Dieppe Street and Keith Wilson Road, at Garrison Crossing.

NEW EVENT

At the request of competitive runners, and in line with running trends, Run for Mom organizers increased the distance of the road race from 8K to the more standard 10K. This will allow competitive runners to compare their Run for Mom time against other runs at that distance.

The new 10K route extends from the Canada Education Park down Keith Wilson Road to Lickman Road as before, but now runners will add a loop around Peach Tree Trail. The sweetest part of the route remains the long stretch along Rotary Trail.

While measuring the 10K route, organizers also found that the fun run/walk route was a little short, so the 5K will extend to Lindy's Drive turnoff and jog over to Chinook Street and McLaren Drive before connecting up with the Rotary Trail.

NEW SPONSOR

First Class Waste/Alpine Valley Disposal has come on in the capacity of Presenting Sponsor (featured in the February newsletter.) We welcome the support and their enthusiasm for helping babies and moms!

NEW FEES

Finally, a new, simpler fee structure has been set, with a single fee for each event regardless of age of participant. There has not been a fee increase since 2007.

10K timed road race: \$35

5K fun run/walk: \$25 (unchanged, but now all ages pay the same)

1K kids' run: \$15 (unchanged)

The family rate goes up slightly to \$70 for a family of 2 adults, 3 kids.

Late fees remain the same at \$5 after May 4, \$10 on event day.

NEW GOAL

Each year Foundation staff work with management at Chilliwack General Hospital's maternity unit and Fraser Health to identify equipment to purchase with proceeds from the

Run for Mom. This year, the funds will go towards a Resuscitaire radiant warmer, commonly called a "baby warmer." During labour and delivery, this equipment is used for warming a baby and has all the components needed for clinical emergency and resuscitation.

www.run4mom.kintera.org

Info: Lisa@FVHCF.org



Checking in with our New Year's babies!

Left: Baby Liam of Abbotsford dropped by the Foundation office recently with his parents, Brad and Jessica. He picked up a gift basket from FVHCF's Bev Person.

Right: Baby Chloe of Chilliwack preferred perusing her gift basket outdoors with mom Marina, as they enjoyed the sunshine.

