

April/May 2016

Volume 2, Number 4

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- Centennial Legacy Project
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## Healthy Harvest Winners

**May 2, 2016 \$1,320.00**

Natalie Klimp - PACU

**May 16, 2016 - \$1,355.00**

Sharon Huizenga - MMH

## Upcoming Events

**June 4, 2016**

Strawberry Luncheon  
Fundraiser for CGH Eye Centre  
*Mt. Cheam and Steller's Jay  
Lions Centennial Legacy  
Project*

11:30am

Mount Cheam Lions Club Hall

**June 17, 2016**

Golf Classic  
Fraser Glen Golf Course

**June 26, 2016**

Scotiabank Vancouver 5km &  
Half Marathon  
Discount Code: 2016FVHCF

**July, 2016**

Education Forum  
Mission Memorial Hospital  
6:30 - 8:30

**Aug 14, 2016**

FVHCF Car Show  
SevenOaks Shopping Centre

**Oct 1, 2016**

Education Event  
Ramada Inn

## Rotary Club of Abbotsford-Sumas

### Supporting Cottage Worthington.

#### Rotarians at work day.

President Mike Adkins (Rotary Club of Abbotsford-Sumas) late Aunt Sheila Green was a resident for almost two years at the Cottage Pavilion before her passing on Dec. 5, 2015.

During regular visits, Mike saw firsthand the love, compassion and care that the staff provided for the residence, including his late aunt.



To honour the staff, In the spring/summer of 2015, Mike Adkins made a promise to his aunt (florist in her earlier years) and to the staff and residence, that the mess in the gardens at the Cottage Pavilion would be revitalized for all to enjoy.

President Mike presented the Garden Project idea to his Rotary Club, without any hesitation, the club members fully supported the idea.

Two Non-Rotarians after hearing the story, (Councillor Brenda Falk and Karen Funk) took on the leadership role alongside Steve Gill (Director Club Service/Projects).

Councillor Brenda Falk and Karen Funk spent hours in advance, designing, planning and organizing the timing on deliveries for the gardens. The physical work started on April 27<sup>th</sup> and was completed on April 30<sup>th</sup> (Rotarians at Work Worldwide). Karen, Brenda, club members, family members and friends made President Mike dreams and promise to his late aunt and staff, comes true.



The Rotary Club of Abbotsford-Sumas would like to thank the corporate partners who gave in-kind or at cost, materials, equipment etc. They include Tangle Bank, Cannon Nursery, Eze Equipment Rentals (Aldergrove), Tek Trucking, Fraser Valley Health Care Foundation and Starbuck's.

## Shout Outs

Pacific Open Heart Association



**The Pacific Open Heart Association donated over \$5,000 to the Cardiac Rehabilitation and Prevention Program at Abbotsford Regional Hospital to purchase a vital signs monitor.**

"We very excited to announce that 3 years after launching the ARH Abbotsford Cardiac Rehabilitation and Prevention Program, we have started a hospital based exercise program for cardiac patients who need clinical supervision and do not fit the criteria for our community based exercise program. April 11th marked the date our doors opened for our intermediate risk patients to attend a 12 week exercise program after they have had a heart event. Here we work with them to reduce their cardiac risk factors, improve their overall cardiovascular fitness and live a heart-healthy life each day. These additional classes in the hospital have doubled our exercise capacity, reduced our significant waitlist, and most importantly allowed us to help our patients sooner. We also hope for the opportunity to add more hospital classes for higher risk patients in the future."

- Luana McCartney RN Manager  
Cardiac Services ARH

## Run For Mom Raises over \$16,000

Nearly 300 participants in this year's Run For Mom raised more than \$16,000 for Chilliwack General Hospital's obstetrics department on Saturday.

The money will go towards the purchase of fetal monitor. Under sunny skies, runners and walkers completed either a 10k or 5k route that took them along the Vedder Trail.

Top fundraising school was Greendale elementary, while the top fundraising team was the Prince family.

To view video of the event provided by the Chilliwack Progress please visit: <http://www.theprogress.com/news/378529895.html>

To see photos from the event please visit [www.facebook.com/FVHCF](http://www.facebook.com/FVHCF) .



## HAPPY Dance Centennial Legacy Project

A note from the Mt. Cheam Lions Club on the Chilliwack Eye Centre:

Lions Clubs International Foundation (LCIF) approved a grant of \$100,000 the other day! The Mount Cheam & Steller's Jay Lions Club have now have raised \$300,000 towards their goal of \$600,000. Thank you so much Lions Club International Foundation!! Funds will be used to purchase 6 pieces of much needed equipment for the Chilliwack General Hospital Eye Centre.

Come on Chilliwack, we can do this!! To donate or for more information please visit [www.FVHCF.ca](http://www.FVHCF.ca)

## Contact Us

Website: [www.fvhcf.ca](http://www.fvhcf.ca)

Email: [info@fvhcf.ca](mailto:info@fvhcf.ca)

Tel: 1-877-661-0314



Facebook

[www.facebook.com/FVHCF/](http://www.facebook.com/FVHCF/)



Twitter

[twitter.com/fvhcf](https://twitter.com/fvhcf)

### Abbotsford

32900 Marshall Rd  
Abbotsford, BC V2S 0C2

### Mission

7324 Hurd Street  
Mission, BC V2V 3H5

### Chilliwack

45600 Menholm Rd  
Chilliwack, BC V2V 3H5

### Hope

1275 7Ave  
Hope, BC V0X 1L4

## We need your help in Mission!!!

When it comes to health care there is always a need. Currently at Mission Memorial Hospital we need 1 Gastroscope, 2 Colonoscopes and a Beamer Mate Electrosurgical Generator. Total cost needed for us to purchase this equipment is \$143,000.

### What does this stuff do:

**Gastroscope:** an optical instrument used for inspecting the interior of the stomach.

**Colonoscope:** is used for a test called colposcopy which allows your doctor to look at the inner lining of your large intestine (rectum and colon). He or she uses a thin, flexible tube called a colonoscope to look at the colon. A **colonoscopy** helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding.

**Beamer Mate Electrosurgical Generator:** is a machine that allows different therapies from a single platform, such as safe coagulation and cautery. It uses the argon as opposed to probes, which is what we use at the present time and acts more like a laser, decreasing blood loss, surgical time and potentially less electro surgical smoke that can be harmful to staff over time. It is the standard of care for stopping bleeding and dealing with patients with coagulation deficits.

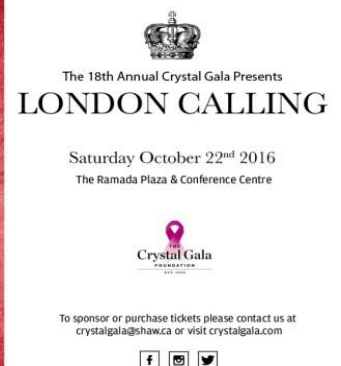
We need your help. To help purchase this equipment please email: [liz.harris@fraserhealth.ca](mailto:liz.harris@fraserhealth.ca) or visit: [www.FVHCF.ca](http://www.FVHCF.ca)

## Crystal Gala is going British

We are excited to announce the 18<sup>th</sup> annual Crystal Gala theme is **London Calling**. Tickets to this year's Crystal Gala are \$225 and are now available. The 2016 Crystal Gala will be taking place on October 22nd, 2016.

If you would like to attend in 2016 and help us work toward a world without breast cancer, please email [info@crystalgala.com](mailto:info@crystalgala.com)

One hundred percent of the cash received through sponsorship goes directly to support programs and equipment at Abbotsford Regional Hospital and Cancer Centre.



If you are interested in becoming a sponsor for this year's event please contact the Crystal Gala at [crystalgala@shaw.ca](mailto:crystalgala@shaw.ca)



# The Mount Cheam Lions

## Strawberry Luncheon



**Saturday June 4th**  
**Doors Open at 11:30**

**Lunch at 12:30**

**\$20 per person**

Limited Tickets at Door

Menu: Croissant Sandwich  
Salad, Strawberry Shortcake  
Coffee/Tea



**Mount Cheam Lions Club Hall**  
**45580 Spadina Ave.**

Contact Lion Bev 604 858-4841  
bbbennett@shaw.ca

Or

Lion Marjorie Lewis 604 795-9006

### Proceeds to:

Lions Centennial Legacy Project  
Providing the CGH Eye Centre with  
2 Phacoemulsification Systems to  
be used for cataract surgery.



The Fraser Valley Health Care Foundation presents a  
**Day of Medical Enlightenment**

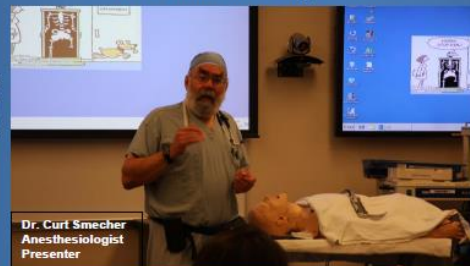
**Saturday, October 1, 2016**

7:30 am Registration & Continental Breakfast

8:30 am - 5:00 pm Presentations

Ramada Convention Centre, Abbotsford

*Didactic  
and colourful  
presentations*



*Hands on  
technology  
to see and  
try out!*

**A FULL DAY OF PRESENTATIONS  
BY MEDICAL PROFESSIONALS**

Including "A day in the life of an emergency doctor"  
"Taking the fear out of going to sleep for your operation"  
"Advances in joint replacement surgery"  
and much more! See full schedule at [www.FVHCF.ca](http://www.FVHCF.ca)

**Lots of opportunity to ask questions from the teams involved**

Lunch and coffee provided

Hosted by Dr. Peter Fry, Vascular Surgeon and FVHCF board medical representative

RSVP by Sept. 27, 2016 to

[info@fvhcf.ca](mailto:info@fvhcf.ca) or 604-851-4890