

March / April 2017

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Upcoming Events

APRIL

5th - **End of Life Care**
Abbotsford Regional Hospital

6th - **Planned Giving Seminar**
Fraser Canyon Hospital

12th- **Planned Giving Seminar**
Abbotsford Regional Hospital

29th - **Game of Throws**
UFV Abbotsford

MAY

13th - **Run For Mom**
UFV Chilliwack

JUNE

14th - **Tug & Tow**
Abbotsford Regional Hospital

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

The Wheels On The Bus

On March 8, 2017 the community came together to celebrate a much needed bus for the seniors in the Adult Day Program at Fraser Hope Lodge. After much effort by the Auxiliary and the Foundation, funds were raised from the community. "The day gave us a chance to celebrate the donors that gave back to their community and show others just how a small community when given a huge task can work together to achieve a goal" says Liz Harris, Executive Director for the Fraser Valley Health Care Foundation. Cutting the ribbon was Mayor Wilfried Vicktor, Fraser Health - Catherine Wiebe, and Auxiliary President Barb Moeller.

We would like to thank our major donors who helped make this possible:

- *Auxiliary to Fraser Canyon Hospital & Fraser Hope Lodge*
- *In Memory of Susan Schiller*
- *Gardner Chevrolet Olds Buick GMC Ltd.*
- *Emil Anderson Construction*
- *Canyon Shell*
- *Mario's Towing*
- *Ogilvie Mtn. Holdings Ltd.*
- *Rotary Club of Hope*
- *Spectra Energy*



The bus in Hope is utilized by both the Adult day Program (ADP) and Fraser Hope Lodge. ADP supports older adults to remain in their homes instead of in residential care. The bus provides access to services including nursing care, mobility exercises, social interaction and therapeutic activities. While meeting the needs of clients, it also supports families who are caregivers and are in need of respite. Fraser Hope Lodge utilizes the bus to take out residents on community outings, adding to their quality of life.

Auxiliary to Abbotsford Regional Hospital



Auxiliary to Abbotsford Regional Hospital once again makes a generous donation towards a much needed project at Abbotsford Regional Hospital. The ladies presented a cheque for \$7,300 to the Abbotsford Simulation Group. This will go towards the upcoming simulation lab that is going in the hospital. To find out more about this project, go to www.fvhcf.ca/SIM

Healthy Harvest Winners

February 20, 2017

\$1,865.00

Lahna Stevens – ARH

March 6, 2017

\$1,832.50

Johnaton Meyer – FCH

March 20, 2017

\$1,842.50

Kristina Kentala - ARH

- 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



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!

Ditidaht School Visit



Students were witness to many procedures, tests and staff at work the various departments including Medical Imaging where they visited MRI, CT, X-ray and Interventional Radiology. In Laboratory Medicine, students were taught about blood types, testing and what the many different sections in the Lab can do! The last stop was to see how the large linear accelerator machine works within the radiation therapy department in the BC Cancer Agency. A radiation therapist showed the kids all about the impressive machine and how it works to help cancer patients with their treatment.

On March 16, a group of grade 8-10 students from Ditidaht Community School from the community of Nitinat, BC visit us. They were shown some behind the scenes area of Abbotsford Regional Hospital and Cancer Centre. Their field trip was focused on learning about dynamic careers and what a better place to see so many in action than in a hospital.



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Sleep Room Updated For Nurses At CGH

The sleep room is an integral and necessary feature for the Hospital. If a nurse lives more than 20-30 minutes away, they have to sleep at the facility while on call. Previously, the sleep room was unpainted, had a foam type mattress and no means to store or prepare food.



Before

After

As you can imagine, it is crucial that health care staff have an adequate place to rest while on call. It was very important to the Fraser Valley Health Care Foundation that we worked to improve this space for our Nurses who work on the frontline every day in a very difficult profession. Thanks to Grand Pappy's Home Furnishings in Chilliwack and Home Depot, this room received a complete makeover. Also big thanks to BeNanna Bakery for the delicious treats and Councillor Jason Lum for stopping by.



Run For Mom Incentives + Prizes

We are gearing up and getting excited for Run for Mom on May 13th! Will you join us? Register today – www.fvhcf.ca/events

To up the stakes we are offering incentives to the top fundraisers, and it could be you!

For every \$100 you fundraise, you get one entry into our \$50 prize draw!

Awards will also be handed out for:

- Top Individual Fundraiser
- Top Fundraising Team
- Top 3 10K Runners
- Top 3 5K Runners
- School Challenge (Trophy + Pizza Party on the table!)
- Every 1K Fun Run kid participant will get a ribbon!

Contact us today if you have questions or if you want to find out more about the School Challenge!

Contact Us

Website: www.fvhcf.ca
Email: info@fvhcf.ca
Tel: 1-877-661-0314

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Chilliwack
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Chilliwack, BC V2P 1P7

Hope
1275 7Ave
Hope, BC V0X 1L4



Community Support

Thank you to Rotary Club of Abbotsford for purchasing fall mats at Cottage Worthington Pavilions. These mats reduce the injuries that can occur from falls in seniors' rooms. Did you know these mats absorb a drop of a raw egg from 3-5 feet. The egg will not break! So just imagine how it helps the fragile bones in seniors when they fall. We were also treated to a demonstration by Abbotsford Rotary Club president, Sara Lawson, on how the mat works. Thank you for coming out to see your donation and thank you to Lorna, Occupational Therapist at Cottage Worthington and her team for explaining exactly how much these have helped the residents stay safe.



lives of our seniors, and this helps ensure the

Fraser Valley Health Care Foundation received a \$20,000 cheque for the Cottage Worthington Seniors Centre, for their Therapeutic Recreation Program from MLA Darryl Plecas. This program will help seniors with fine motor skills, hand eye coordination, and help them live a self-sufficient life in long term care. There is strong evidence that, by helping provide opportunities for seniors to continue to engage their minds and learn new skills and activities, their lives are enriched and their overall health stabilizes and potentially improves. The simple things usually make the biggest difference in the care they receive is the best possible.

Sevenoaks, South Fraser Way, Gateway and Fraser & Livingston (Mount Lehman Area) Shoppers Drug Mart's came together and donated \$7,368 to the Fraser Valley Health Care Foundation in support of Women's Health.

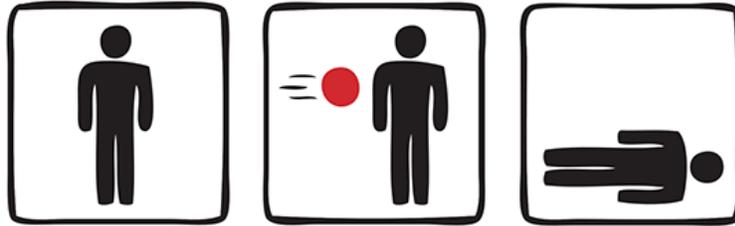


Thanks to all the Chilliwack Health Services Staff & Volunteers that brought their families out to the Family Skate on March 26th hosted by Fraser Valley Health Care Foundation and Chilliwack Hospital Administration. A fun time was had by all including mascot Chief Wannawin! Everyone enjoyed coffee and treats donated by Yale Rd Starbucks & Tim Hortons as well as some delicious cookies donated by Birdie's Bakery.



Dodgeball Tournament

- LIMITED SPACE REMAINING! Register your team of 6 today –
Your chance to win the GOLDEN BEDPAN for your office / unit



The 1st ever “**Game of Throws**” Dodgeball Tournament is happening April 25th at Envision Athletic Centre, UFV Abbotsford.

A big thank you to our presenting sponsors, **Fraserway RV**, for their support. The tournament is open to ALL staff and volunteers at the Hospital, local Physician offices, Public Health, Residential Care etc.

The Foundation has partnered with “The Wack” Dodgeball League to help officiate the games and ensure the day goes smoothly. You NEED 6 players for a team and can have up to 4 subs. Team registration is \$150. Don't have a team? Join as an individual for \$25 or see what teams are accepting additional players by visiting: www.fvhcf.events/ Short a player? Members of the “The Wack” are interested in joining teams as individuals. Contact the Foundation Office at 604.851.4890 and let us know.

YOUR
COMMUNITY

YOUR
HOSPITAL

YOUR
FOUNDATION

DONATE TODAY
www.fvhcf.ca



Some of your competition so far:

- Fraser Canyon Flatliners
- Ballbusters
- Biblio Ballers
- Not In The Face
- Snoop Dodgy Dodge
- Sweaty Ballers
- Tekken
- The Artful Dodgers
- You Dodge Hard, We Dodge Ken Harder

EVERY participant will get a FREE swag bag with:

- Personal Training Session, Innovative Fitness
- Granola Bar, Natures Path
- Coconut Water, Blue Monkey
- Bottled Water, Nestle Canada

Not able to play but still want to participate in some way? **We are always looking for VOLUNTEERS**; contact Jessica Boldt (info below) for further details.

Come cheer for co-workers, SPECTATORS are welcome and can attend by donation. Concession available

Seating is unassigned

Warm-up by Innovative Fitness at 9:45am, game play starts at 10:00am.

QUESTIONS? Contact Jessica Boldt at 604-851-4890 or email jessica.boldt@fraserhealth.ca

Find information on all of our events at www.fvhcf.ca/events