

WHAT'S HAPPENING

INSIDE THIS ISSUE: DECEMBER 2017 / JANUARY 2018

- It's a Wonderful Breakfast raises over \$10,000
- Step Up 4 Cardiac Health
- New volunteer visitor support at ARH ICU
- In The Community



2018 UPCOMING EVENTS

APRIL 14th - FCH Fashion Show

APRIL 28th - Game of Throws

MAY 19th - Run for Mom

MAY 19th - Walk for Cardiac Health

JUNE 22th - Golf Tournament

JUNE 24th - Scotiabank Half-Marathon

For more information visit www.fvhcf.ca

On November 30, 2017, Fraser Valley Health Care Foundation in partnership with the Chilliwack Coast Hotel were pleased to host the second annual 'It's A Wonderful Breakfast', a community breakfast supporting Chilliwack General Hospital (CGH) in the purchase of a CT Scanner. Sponsors for the event included RBC Royal Bank, Money Mart, Coast Chilliwack Hotel, 123 Dentist, Mertin GM, and Star 98.3.

Guests enjoyed delicious eggs, hash browns, sausages and toast while listening to Chilliwack Harmony Chorus perform. In addition Jim Sinclair, Fraser Health Board Chair spoke on upcoming activities taking place within Fraser Health.

Many attendees kindly donated cash towards the CT Scanner, toiletry items for young adults in mental health programs as well as toys to stock the pediatric playrooms in Chilliwack and Abbotsford.

Many thanks to all those who supported the breakfast. We are excited to announce that over **\$10,000** was raised at this event, which is designated toward the purchase of a new CT Scanner for Chilliwack General Hospital.



Gold Sponsors



RBC Royal Bank



Silver Sponsor



123DENTIST.COM

Friend Sponsor



Decor Sponsor



Media Sponsor



STEP UP 4 CARDIAC HEALTH

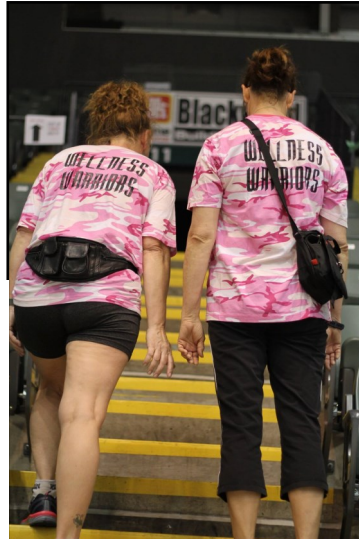
Thank you to everyone who participated in Step Up 4 Cardiac Health at Abbotsford Centre on Saturday January 13, 2018. Each lap of the centre, participants climbed over 596 stairs, while raising money for cardiac care at Abbotsford Regional Hospital. Most laps completed by an individual was 11 laps which is 6,556 stairs. We raised over \$1,200.00! Next year, can you do 20 laps? THE CHALLENGE IS ON!!!!.



Donors



Prize Sponsor

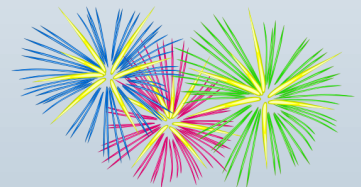


FVHCF HEALTHY HARVEST

50/50

Did you know?

- **Proceeds from the lotto will be used to purchase priority equipment**
- 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!
- 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
- YOU could be next!



Congratulations to our latest winners!

December 11, 2017
Courtney P - \$2,025.00

December 25, 2017
Diane C - \$2,062.50

January 5, 2018
Charlene B - \$2,070.00

January 22, 2018
Joanne D. - 2032.50

Contact info@fvhcf.ca

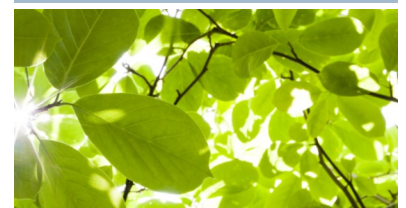
Chances are 1 in 700+
(based on bi weekly ticket sales)
BC Gaming Event Licence #93599
Problem Gambling Help Line 1-888-795-6111
www.bcreponsiblegambling.ca
Know your limit, play within it.

Started in December 2017, ARH's Intensive Care Unit (ICU) and High Acuity Unit (HAU) will pilot their "ICU-HAU Volunteer Visitor Support" program. Volunteer Resources has designated volunteers to be on these units providing simple, heartfelt gestures to patients and families during their time in ICU and HAU. Volunteer duties include greeting visitors, orientating them to the unit, showing visitors to their loved ones rooms and promoting hand hygiene.

Phil Harris spent time in ICU before passing in March 2017. The Harris family was so moved by the care he received and wanted to give back. The Harris family and the

Auxiliary to Abbotsford Regional Hospital support the purchase of coffee, tea and cookies for families visiting the ICU and HAU.

This program is an example of various departments, volunteers and donors coming together to offer compassionate human interaction during a probable stressful and unfamiliar experience for visitors.





The United Outreach Federation completed their toy drive in support of the Fraser Valley Health Care Foundation.

The drive culminated in the delivery of toys for the pediatric department at Abbotsford Regional Hospital.

There were enough items to give every child in pediatrics a Christmas

present, restock the toy cupboards and save even more for birthdays and special events throughout the year.

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

Visit www.fvhcf.ca/ways-to-give on the many ways YOU can support your local hospital and enhance health care in your community.

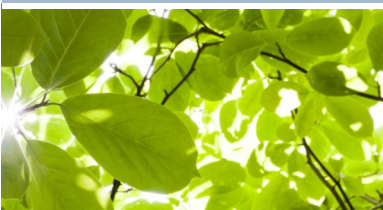


Over Christmas, Abbotsford Regional Hospital received many special visitors including the Harlem Globetrotters, the Corrections Canada mascot and the most important visitor of them all—SANTA!

Thank you to Khalsa Credit Union for their donation to Abbotsford Regional Hospital. Your continued support of the hospital and Foundation is amazing.



Thank you to the Abbotsford Lions for their purchase of the Vestibular Head Impulse Test equipment for the Abbotsford Regional Hospital.



Dodgeball Tournament – LIMITED SPACE REMAINING!

Register your team today.

2nd ANNUAL “**Game of Throws**” Dodgeball Tournament is happening **Saturday, April 28th 2018** at **Envision Athletic Centre, UFV Abbotsford**.

A big thank you to **Fraserway RV** who returns as our presenting sponsor for 2018! We would also like to thank **Khalsa Credit Union** and **LiveWell Exercise Clinic** for their support of this event.

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 2 LOCAL DODGEBALL LEAGUES are interested in joining teams as individuals. Contact the Foundation Office at 604.851.4890 and let us know.

Not able to play but still want to participate in some way?

We are always looking for VOLUNTEERS; contact Jessica Boldt (info below).

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

- Concession available and seating is unassigned

Warm-up by **Innovative Fitness** at 10:00am, GAME PLAY BEGINS AT 10:00AM – there will be short breaks between every game and an intermission.

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

We are looking for volunteers!

We have several opportunities coming up:

Run for Mom – May 12, 2018

Volunteer Opportunities: Planning Committee, Day of assistance.

Golfing “fore” Your Hospitals – June 22, 2018

Volunteer Opportunities: Planning Committee, Day of Assistance

Fall Gala – November 17, 2018

Volunteer Opportunities: Planning Committee, Event Volunteers

It's a Wonderful Breakfast – November 29, 2018

Volunteer Opportunities: Planning Committee, Day of Assistance

For more information contact Trish Neufeld at trish.neufeld@fraserhealth.ca




CONTACT US

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Regional Office
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Abbotsford, BC V2S 0C2

Mission Memorial Hospital
7324 Hurd Street
Mission, BC V2V 3H5

Chilliwack General Hospital
45600 Menholm Rd
Chilliwack, BC V2P 1P7

Fraser Canyon Hospital - Hope
1275 7Ave
Hope, BC V0X 1L4

YOUR COMMUNITY

YOUR HOSPITAL

YOUR FOUNDATION

DONATE TODAY

