

# WHAT'S HAPPENING

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### 2018 UPCOMING EVENTS

**JUNE 22th -**

*Golf Tournament*

**JUNE 24th -**

*Scotiabank Half-Marathon*

**JULY 14TH -**

*Mill Lake Cruise In*

**NOVEMBER 29th -**

*It's A Wonderful Breakfast*

For more information visit [www.fvhcf.ca](http://www.fvhcf.ca)



**RUN FOR MOM** - Fraser Valley Health Care Foundation (FVHCF) and the Chilliwack General Hospital (CGH) Staff & Leaders are grateful for the generous hearts of the Chilliwack community for taking the extra step in supporting the 20<sup>th</sup> Run for Mom and raising over \$19,000 for Chilliwack General Hospital. A call for support a few weeks earlier brought out the runners and walkers for the annual 5K event supporting the purchase of a CT Scanner and Infant Vital Monitor. "335 registrants, 51 volunteers and generous community support made this year's event a success! Thank you to all who helped make Run for Mom possible", says Event Coordinator Trish Neufeld.

The program at the event was emceed by Scott Riley from Star FM. Event attendees were able to enjoy a warm up by LiveWell Exercise Clinic, as well as various activities provided by YMCA Chilliwack, Optimum Sports Performance Clinic, Kintec Footwear & Orthotics, Fraser Health Public Health and more.

Fraser Valley Health Care Foundation thanks the Kiwanis Club of Sardis for their assistance with the Pancake Breakfast as well as the Breakfast Sponsors Costco Wholesale in Abbotsford and Fraser Valley Meats for the meal supplies!



### RUN for MOM



Thank you to our 2018 sponsors!

#### SPONSORS



#### MEDIA SPONSORS



Thank you to O'Connor Dodge Chrysler Jeep for their support of Run for Mom. Their BBQ raised \$200.

**GAME OF THROWS** - On Saturday, April 28<sup>th</sup> local Healthcare Workers descended on Envision Athletic Centre to compete in the 1<sup>st</sup> Annual “Game of Throws” dodgeball fundraiser. Participants returned to the days of recess in a fun, but competitive, tournament that raised \$8,000 for the Fraser Valley Health Care Foundation.

Abbotsford and Chilliwack dodgeball leagues were on hand to help moderate games and even joined in play as “ringers” on teams.

Dressed in everything from straw hats, stethoscopes and “Borat” style monokinis, teams were there to have fun.

The “Golden Bedpan” trophy will be proudly displayed in the Chilliwack Residents Lounge until next year’s tournament.

Fraser Valley Health Care Foundation would like to thank presenting sponsor Fraserway RV for their support of this event. LiveWell was a phenomenal partner sponsoring the event and leading the warm-up prior to game play. Additional support from Nexgen Hearing, Natures Path, Save On Foods (Whatcom and South Fraser Way locations), Esposito Group, Snore MD and Ravens Brewing Co. 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.



GAME OF THROWS

April 28, 2018

PRESENTING SPONSOR



PARTNER



Abbotsford Division of Family Practice

SPONSORS



PRIZE SPONSORS



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!

April 30, 2018

Gaye S. - \$2,212.50

May 14, 2018

Sharon H. - \$2,235.00

May 28, 2018

Sandra D. - \$2,257.50

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

Chances are 1 in 700+  
(based on bi weekly ticket sales)  
BC Gaming Event Licence #104767  
Problem Gambling Help Line 1-888-795-6111  
[www.bcresponsiblegambling.ca](http://www.bcresponsiblegambling.ca)  
Know your limit, play within it.  
19+ to play



Fraser Valley Health Care Foundation was honoured to receive a grant from Abbotsford Community Foundation’s “Smart and Caring” fund. This money will be used to support the Early Psychosis Intervention (EPI) Programs “Garden Project”. This project gets program participants out on the farm planting seeds, tending and harvesting from the garden. They make jelly, process honey and become part of a meaningful project that makes a positive impact in their lives.



GOLFING FORE YOUR HOSPITALS  
**JUNE 22, 2018**



FRASER VALLEY HEALTH CARE  
FOUNDATION

REGISTRATION AND INFO  
www.fvhcf.ca | 604 851 4890

Fraser Valley Health  
Care Foundation  
is hosting the  
**'Golfing Fore  
Your Hospitals'**  
Tournament June 22 at  
the Chilliwack Golf Club.

Join us for a day of golf  
then a banquet dinner  
with special guest  
emcee - Cliff Prang.

Proceeds from this  
event benefit the four  
hospitals in the Fraser  
Valley East region  
including Chilliwack,  
Abbotsford, Mission  
and Hope.

For more info:  
Call: 604 851 4890  
Email: [info@fvhcf.ca](mailto:info@fvhcf.ca)  
Visit: [www.fvhcf.ca](http://www.fvhcf.ca)

We hope to see you  
there!



The role of the Cardiac Rehabilitation program is to offer support to clients in Fraser East who have experienced a cardiac event and engage with them to facilitate healthier choices and lifestyle change. This is a critical step to ensure that clients are able to receive the education and exercise they need to recover and prevent future heart health problems. The benefit of cardiac rehab and the impact on risk reduction is well established and supported in research. Due to the high demand for this program, ARH expanded and established an onsite exercise program in April 2016. Low risk patients still exercise at the Abbotsford Recreation Center and our moderate risk patients exercise in the Cardiac Clinic on

Yale 2. Since opening we have continually been expanding the onsite program to accommodate the demand. Our dedicated and passionate Cardiac Rehab team, with the support of the Fraser Valley Health Care Foundation, organized a fundraising event **"Walk for Cardiac Health"** on May 11<sup>th</sup> 2018. They met their goal target of **\$8,000.00** to buy a new Step Machine for the program. A great big THANK YOU to this team, the Foundation and to all of you who supported this event as it truly does promote health in our community.



On April 26<sup>th</sup> 2018, the Fraser Valley Health Care Foundation held the official opening of a new Simulation Lab at Abbotsford Regional Hospital. The lab was a grassroots effort which began with local physicians, nurses and respiratory therapists. These individuals identified a need for simulation in this region and formed a committee. The Abbotsford Simulation Group (ASG) spent countless volunteer hours building a business plan and creating an effective space for education. The ASG worked closely with the Fraser Valley Health Care Foundation and Fraser Health to make the program a reality. Fraser Valley Health Care Foundation raised approximately \$450,000 for the new space which allowed the group to purchase state of the art simulation mannequins and the technology and accessories necessary for a functional lab. City Councillors, Fraser Health Executive, Physicians and Hospital staff attended the ribbon cutting and were privy to a tour of the new lab called, "Abbotsford Regional Centre for Health Education and Simulation" or "ARCHES" for short. The Foundation unveiled a recognition board commemorating the fundraising and volunteer efforts of those involved. Thank you to the Fraser Valley Regional Hospital District for helping make this project move forward.



We are extremely grateful for Crystal Gala's support of a new mammography machine with a stereotactic unit at Abbotsford Regional Hospital. They recently presented us with a cheque for \$362,500 - halfway to their goal of \$725,000 for the new machine.

## CONTACT US

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Recently we updated the mammography area at Chilliwack General Hospital. We received this message from the Medical Imaging Department at CGH -

“On behalf of the Medical Imaging department at Chilliwack General Hospital, I would like to thank the foundation for donating the funds that were needed to brighten up our Mammography area. We were able to paint our walls, purchase benches that hold our patient gowns, and beautifully decorate the entrance door.” says Tracey Ward, Site Coordinator of Medical Imaging at Chilliwack General Hospital. Chilliwack sees patients for both diagnostic and screening mammograms. Last year we performed nearly 6400 exams! These changes have made a huge difference and gives the area a more

**Abbotsford Regional Hospital**  
 Regional Office  
 32900 Marshall Rd  
 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



Thank you to the Pathfinders and Rangers from Girl Guides of Canada - Mission District for the hard work in revitalizing the courtyard at Mission Memorial Hospital. The end result was amazing with all the beautiful new flowers. We also want to send a thank you to Fraser Valley Building Supplies (Rona Mission) for their kind donation of the soil and plants to this project.

