

# what's happening

Fraser Valley Health Care Foundation Newsletter

## ***Our Year In Review*** *We couldn't have done it without YOU!*



**Wow, it is hard to imagine that 2018 has now be gone for almost 2 months. Here some great highlights from the 2018 year:**

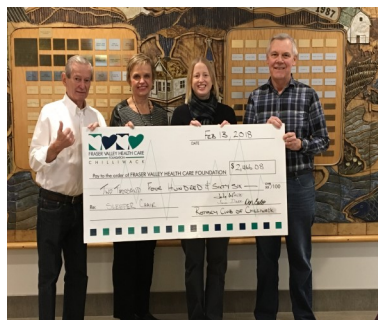
- In January we held the 1st Annual Step Up 4 Cardiac Heath which raised over \$1,200 for Cardiac Care at Abbotsford Regional Hospital.
- The Fraser Valley Health Care Foundation is grateful to the TB Vets Foundation for their donation of a Respironics V60 BiPAP machine to the Chilliwack General Hospital. "BiPap" stands for bilevel positive airway pressure used to help treat patients with progressive lung disease, often referred to under the umbrella term "COPD" or Chronic Obstructive Pulmonary Disease.
- Pacific Open Heart Association donated a "Smart Man". This manikin will allow health professionals in Cardiac Care to practice life-saving techniques in a controlled environment. The manikin provides a realistic manner in which staff can look at and improve efficacy in terms of chest compressions and ventilation.
- Thanks to the Jacob family, patients at Abbotsford Regional Hospital will have a soft place to lay their heads. The Jacob family donated funds to Fraser Valley Health Care Foundation for the purchase of 100 new pillows at ARH. The gift was made in memory of their beloved brother Michael Jacob who passed away at the Hospital on December 21st 2017 at the age of 57.
- 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.
- On April 26th 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.
- 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.
- 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.
- Early this spring the Fraser Valley Healthcare Foundation had pledged to fund the replacement of one of the aging CT scanners at Abbotsford Regional Hospital. Vivian Trethewey, Abbotsford resident and stalwart community supporter has generously supported the campaign for a new CT scanner. "Abbotsford is near to my heart" Trethewey affirmed "I wanted to make a gift that would impact as many people as possible, regardless of who they are, what their age is or station in our community; I feel that this equipment will touch many lives." Trethewey's significant financial gift of \$1,000,000 will cover the original pledge made by the Foundation to replace one CT scanner. "Vivian's gift was truly selfless and will help thousands of people in our community for years to come" says Harris. "We are very grateful for her generosity and for the giving that is coming from all corners of our community."

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- Thank you to Pete and Robbie Zomar, who run and organize the Mill Lake Car Show. This year they raised \$18,650 for the Abbotsford Regional Hospital's Renal Department and CT Scanner Campaign. In addition to this year's car show, the day's festivities included trophies, dash plaques, live entertainment, food trucks, door prizes, a 50/50 draw, and a silent auction
- On Sat, Sept 29 we held our 3rd Annual Health Talks 101: A Day of Medical Enlightenment" at the Quality Inn Abbotsford. The day is part of an education series hosted by the Foundation which endeavours to bridge the gap between health practitioners and the public, allowing for questions and creating a forum for discussion. Physicians, Nurses and other Health Care Professionals presented on a number of topics such as aneurysms, depression, medication errors and nutrition.
- On August 24, 2018 Abbotsford Regional Hospital celebrated its 10th birthday! The staff had a bbq and got to visit displays set up by each department. We look forward to next 10 years and beyond
- Members from the Rotary Club of Chilliwack Fraser (The Wednesday Club) gathered at Chilliwack General Hospital on October 12th to present a large cheque for \$37,500. The funds raised were gifted to the Fraser Valley Health Care Foundation for the purchase of a much needed CT Scanner. Club President, Russ Ideson said "I am so proud of our Club. Our members work tirelessly in the community doing services like Meals on Wheels, the Salvation Army Kettle Drive and other voluntary activities. We also spend countless hours fundraising with our Rotary Train, Golf Tournament and Travel Lottery. These funds all go to great causes – like here at the hospital or internationally to provide clean water and to end Polio."
- Thank you to Rotary Club of Abbotsford Sumas! With their support, we are able to purchase a vital signs monitor for the youth clinic located at Foundry Abbotsford
- RE/MAX Little Oak Realty donated \$138,000 for the purchase of a new Central Cardio-Respiratory Monitoring System for the paediatric unit at #Abbotsford Regional Hospital! The Central Cardio-Respiratory Monitoring System monitors patients' heart rates, cardiac rhythm, breathing frequency and oxygen saturation, and will replace small, portable monitoring units that are currently being used. The new system will be an improvement because it is much quieter and monitors will be mounted in the wall next to each bed, which will eliminate excess chords and power cables that the portable units require. In addition, medical staff will be able to monitor patients from nursing stations in real time and be able to react quicker if a medical emergency develops.

**We did so much stuff we can't list everything. We look forward to seeing what we can accomplish in 2019. Thank you to everyone for their support. We can't do it without you.**



## Upcoming Events >>>

### Wills, Estates & Tax Planning 101

March 7, 2019

Abbotsford

Matsqui Recreation Centre

April 4, 2019

Chilliwack

Coast Hotel Chilliwack

### Game of Throws:

#### Dodgeball Tournament

April 27, 2019

UFV Athletic Centre

### Golfing Fore Your Hospitals

June 21, 2019

Chilliwack Golf Club

### Fraser Valley Grand Gala

November 15, 2019

Harrison Hot Springs Resort

**For registration or sponsorship opportunities, please visit:**

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

**For more information, please**

**contact us at:**

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

1 877 661 0314

## Community support from Chances Playtime

Chances Playtime in Abbotsford recently presented a cheque of just over \$2,600 to the Fraser Valley Health Care Foundation (FVHCF).

"We are grateful for community partners like Chances Playtime, who share our vision of improving health care in our community," said Liz Harris, FVHCF executive director.

Chances Playtime has been added to the list of sponsors for the pediatric unit at Abbotsford Regional Hospital.





## Giving a lift to patients

Primary and Community Care physical therapist, Jeff Fredrick, demonstrates the latest addition of mobility equipment with a fellow colleague at the Community Care office. "Having the turner pro available in the Community Care office allows rehabilitation and nursing staff to trial the device in the client's home to determine if this is a viable option for mobilizing the client safely once they are discharged," said Fredrick. "Training can be offered to nursing staff in the Community Care office so they are aware of mobility options as a significant number of the community care client referrals are not hospital discharges," he explained.

The Turner Pro is used to transfer clients from sitting into a standing position. Then the unit swivels so the client can be seated onto a commode or wheelchair. There are several of these non-mechanical transfer devices now in use in the hospital but there is a need for them in the community.

With a price of \$995, the Turner Pro is cost prohibitive for short term use, so Fredrick was hesitant to recommend clients purchase them. Until recently, this type of equipment was not available for rent from medical supply stores. "Since acquiring the Turner Pro with funding from the Fraser Valley Health Care Foundation, I have consulted with the community private vendors to ensure they have units available to rent or purchase," explained Fredrick. There will be an increased demand for this piece of equipment as it becomes more familiar to clients and Community Care staff. Both local vendors now have units available in their shops.

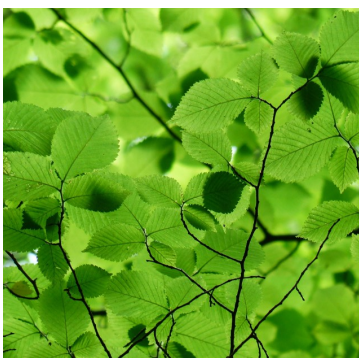
"It is a success like this that we strive for," explained Liz Harris, Executive Director of the Fraser Valley Health Care Foundation. "Using donor dollars improve the quality of health care in our community and to see it create a greater impact beyond the initial equipment is a fantastic outcome. We are happy that our investment has prompted such a positive response and more Turner Pros are now available in the Chilliwack area."



On January 15, 2019 we held our strategic planning session with the staff and our board of director of Fraser Valley Health Care Foundation.

Lots of great ideas and planning for the upcoming years.

We are looking forward to the future and sharing our goals with our local communities.



## Blue Cross Foundation

Jim Iker the Chair of Pacific Blue Cross Health Foundation Board was on hand to present Liz Harris, Executive Director of the Fraser Valley Health Care Foundation & Mary Anna Ennis from the START Team with a cheque for \$2,000 to support youth mental health in the Fraser Valley.

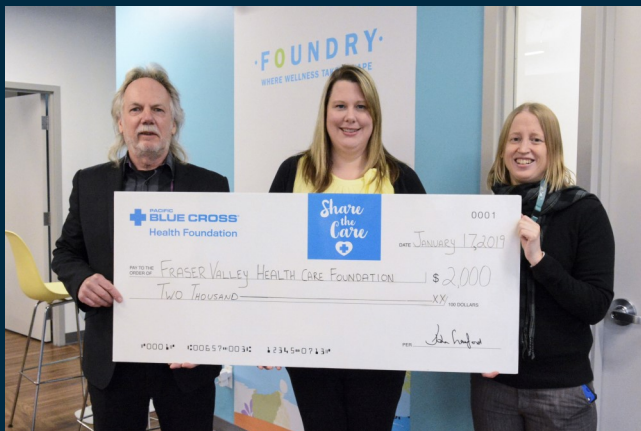
"As part of our mission to improve health and wellbeing in British Columbia, mental health is an important area of focus for our organization," said Iker. "The START program provides essential services in the Fraser Valley area and we are proud to support the important work they do and the difference they make for children and youth in the community."

The START (Short Term, Assessment, Response, Treatment) Team was established in 2004 in order to better service children and youth (ages 6 through 18) who are experiencing acute mental health crisis in the Fraser Valley, providing assessment, crisis stabilization, psychiatry and short-term therapy services. Last year, over 800 children and youth were supported in the program.

The majority of children and youth who are referred to the START Team have suicidal thoughts or may have had a recent suicide attempt. In this time of crisis for these children and youth, and their families, this program is able to provide immediate assessment and therapeutic intervention through individual, family

and group therapy. The START Team's work is guided by crisis intervention models, as well as Cognitive Behavioral Therapy, Dialectic Behavior Therapy, Emotion-Focused Family Therapy approaches and play therapy models.

"The START Team is a critical component of health care for youth in the Fraser Valley" explained Harris. "Having supporters like Pacific Blue Cross Health Foundation make it easier for the START Team to impact as many youth as possible"



# Stepping up for heart health

On February 9, 2019 we held our 2nd annual Step Up 4 Cardiac Health.

We would like to thank everyone who braved the cold wind and came out to Step Up 4 Cardiac Health at Abbotsford Centre this past Saturday - February 9, 2019.

Over 40 participants came out to run the stairs and walk the concourse at Abbotsford Centre to raise money for cardiac care at Abbotsford Regional Hospital. Together with our sponsors and supporters, we raised over \$4,000!

Congratulations to the new record of 24 laps, who beat the previous year of 12.

Can someone do 30 next year?

We will see everyone for Step Up 4 Cardiac Health in 2020.



2019 STEP UP 4 CARDIAC HEALTH  
**THANK YOU TO OUR SPONSORS!**

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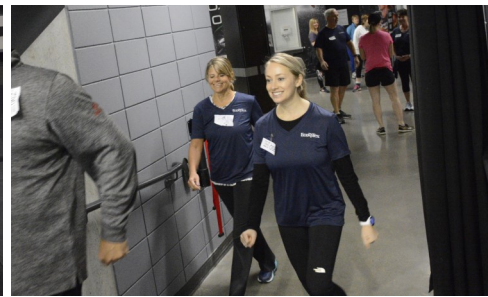
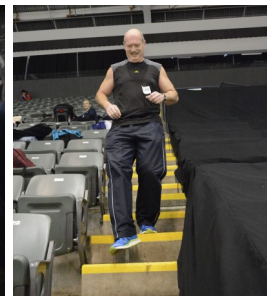
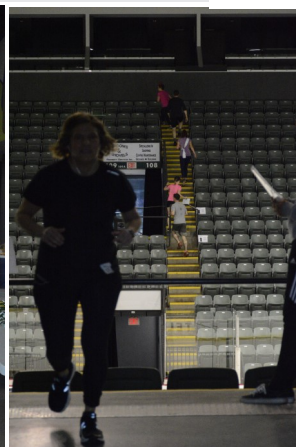
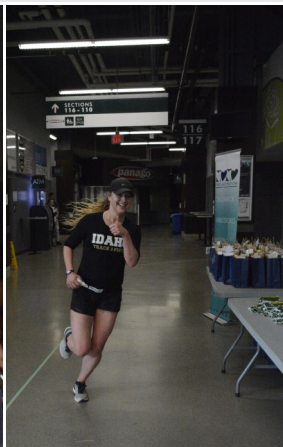


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**FVHCF**



### 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**