

Newsletter of the Chinook Regional Hospital Foundation

GIVING MATTERS

After six years at the helm of the Chinook Regional Hospital Foundation's Care From the Heart Day campaign, and well over \$1 million raised, Bob Balog and the staff of Balog Auction Services Inc. have been recognized by the Association of Fundraising Professionals (AFP) – Southern Alberta Chapter, for their dedication to supporting the Chinook Regional Hospital.

At the annual AFP Inspiring Philanthropy Awards Luncheon, the Balog family walked away with the *Philanthropist of the Year Award*, in the small business category.

"My family, just like yours, had benefited from the exceptional care that is provided at the Chinook Regional Hospital. We are honored to be able to do our part to ensure that this care continues and to support the work of the Chinook Regional Hospital Foundation" says Bob Balog, Honorary Chair of Care From the Heart Day. Bob will once

again be at the helm of the 2017 Care From the Heart Day, encouraging everyone in Lethbridge and the surrounding area to step up and support their hospital. "We, like so many of you, have been treated with great compassion, and had wonderful care right here in Lethbridge. I am asking you to help ensure this level of service in our community continues".

"Care From the Heart Day offers our community the opportunity to support the Chinook Regional Hospital," says Jason VandenHoek, Executive Director of the Foundation. "Funds that are donated to the Foundation touch almost every area of the Chinook Regional Hospital and impact thousands of patient's lives every day. Bob and the folks at Balog Auction Services have played a pivotal role in the success of this campaign and we are grateful to them for their ongoing support and congratulate them on winning this prestigious award".

The 2016 Care From the Heart Day and Radio-a-thon was a tremendous success. Over \$240,000 was raised with the support of six local radio stations: Country 95.5, B 93, KiSS 107.7, Rock 106, 98.1 The Bridge and 94.1 CJOC. Each station broadcast live from the hospital's atrium and reminded listeners of the outstanding care provided by Chinook Regional Hospital. Interviews with past patients, medical staff, volunteers and donors highlighted the importance of supporting

(Top) Long-time supporters, Bob and Kim Balog. Bob is once again pleased to serve as honorary chair of Care From the Heart Day

(Bottom) Shandy Balog and Kim Balog from Balog Auctions Services Ltd along with Jason VandenHoek receive Philanthropist of the Year Award - small business category

"We, like so many of you, have been treated with great compassion, and had wonderful care right here in Lethbridge."

BOB BALOG

local healthcare and encouraged listeners to call in, log on, or visit the hospital to make a gift. The on-going support of Lethbridge radio stations is unprecedented and hugely important to the success of Care From the Heart Day.

Please join with others in the community in making a gift to your hospital this Care From the Heart Day. Tune into your favourite local radio station on Thursday, February 16th between 7:00 a.m. and 6:00 p.m. and come down to the hospital's atrium to make your gift. You can also log onto www.crhfoundation.ca to make a gift and track the day's progress, or call 403-388-6001 to offer you support. For more information, contact the Chinook Regional Hospital Foundation Office at 403-388-6001.

Your support of the Chinook Regional Hospital Foundation is an investment in the health of your community, your family and you!



CRHF COMMITS TO LOCAL MENTAL HEALTH TREATMENT

In our lifetime, one in five people will experience a mental illness and as many as 10 per cent of people over the age of 15 will battle a drug or alcohol dependency. The societal impact is in the billions of dollars. The emotional impact on families and individuals is incalculable.

The Chinook Regional Hospital, with the support of the Chinook Regional Hospital Foundation is undergoing an upgrade and renovation to improve the patient experience and care environment for patients who require acute psychiatric care.

The approach to inpatient care has changed and the patient is actively involved in their treatment planning. This allows the patient and patient's family to have a voice in their recovery, enables staff to provide better psychiatric care, and improve

patient outcomes in wellness. An appropriate care setting requires a welcoming and engaging environment while protecting the privacy, dignity and health of patients. The treatment environment plays an important role in the patient care experience and recovery process.

The mental health facilities in our hospital and indeed throughout the entire community are being accessed more than ever before – so this renovation is paramount to the mental health of our community.

To date, the Chinook Regional Hospital Foundation has committed \$300,000 to the first phase of the project, which is now underway. This first phase includes a major renovation to the inpatient unit and will include upgrades that improve sightlines, provide for far more comfortable patient and treatment areas and



Cole Beck, Site Manager Chinook Regional Hospital, Thomas Mountain, Director, Addiction & Mental Health, South Zone, and Jason VandenHoek, Executive Director, CRHF

upgrades that make the entire area safer for patients and staff alike

Trevor Inaba, Executive Director, South Zone - Addiction and Mental Health, is looking forward to the future, “overall, we hope that we achieve an environment that is welcoming for the families of our patients and helps us to dispel the stigma and fear attached to patients who receive treatment in an inpatient environment”.

MEDICAL ROBOT EASING CHILDREN'S FEARS ON PEDIATRIC UNIT, THANKS TO DONORS

A new medical robot at Chinook Regional Hospital looks like a high-tech toy, but Chip, as he's been named, is doing serious work that helps ease children's fears and reduce their pain during medical procedures.



Chip can play soccer and give a high-five, tell a story and provide comfort – all made possible thanks to an \$18,000 contribution from the Chinook Regional Hospital Foundation's pediatric fund. He is two feet tall, weighs 11 pounds and walks on his own. His eyes blink and follow conversations, and he can call children by their names.

“I am finding that the children respond incredibly well to Chip,” says Maria Malcolm, Child Life Specialist on the pediatric unit. Malcolm controls Chip using an application on a tablet.

“One of our regular patients, a six-year-old girl, was so entranced by Chip she didn't even cry when her blood work was done. She began to get upset when she saw the needle, but we asked her to listen to Chip – he was asking her to blow something out of his eye. She turned and focused on him and what he was doing, and the blood work was done! Chip cheered and she grinned. Her mom was so happy and

relieved that this was the best blood draw her daughter had ever had. As she left, our little patient told Chip she'd see him next time.”

Malcolm became aware of the technology when Dr. Carrie Kollias, a Lethbridge orthopedic surgeon, told her about medical robots in use at Alberta Children's Hospital. Interactions between the robots and patients there have resulted in a 50-per-cent reduction in the children's pain.

Malcolm and Dr. Kollias presented the idea to hospital leadership and to the Foundation, to unanimous approval.

“Without the donors of the Chinook Regional Hospital Foundation,” Malcolm says, “we would not be able to afford to buy any toys or activities for children and are very grateful for all they do to support children who are hospitalized. The robot was a large purchase that I never thought would be possible, but the Foundation was more than willing to help.”

DONOR SUPPORT AIDS IN LOCAL NEWBORN HEARING SCREENING

Hearing and communication are critical to a child's development — any impairment can have a cascading effect on other aspects of a child's life. If undiagnosed and untreated, especially during those critical first years of life, hearing loss can result in language, cognitive, academic, social and emotional difficulties. The most direct way to minimize the impact of hearing loss on a child's life is through early identification and intervention.

- Approximately 3-5 babies per 1,000 born each year have some degree of hearing loss.
- A newborn hearing screening test costs about \$35
- Historically, hospitals only screened high-risk babies for Permanent Childhood Hearing Loss (PCHL). However, studies show that nearly 50% of all babies with hearing loss have no high risk factors.
- Unfortunately, newborn hearing screening is not yet available to all babies in Canada.

Because of donor support, this year the Chinook Regional Hospital Foundation funded Automated Brainstem Auditory Evoked Response (ABAer) testing. This equipment measures brain activity in response to sound to determine how a

newborn and infant up to 6 months old can hear even while they sleep. During the test babies hear a soft clicking sound through an earphone while sensors taped to their head record the response and relay it to the computer.

"Screening babies at risk of developing hearing loss here in Lethbridge ensures that we can identify hearing loss early and help families get locally based intervention and support." Says Penny Gosselein, Audiologist. "Hearing is the primary channel for speech & language development."

This equipment supports a future province-wide initiative that will see that every Albertan baby that has been in a neonatal intensive care unit (NICU) will have their hearing ability checked.

"Screening babies at risk of developing hearing loss here in Lethbridge ensures that we can identify hearing loss early and help families get locally based intervention and support."

PENNY GOSSELEIN
Audiologist



Last year the Chinook Regional Hospital Foundation disbursed more than \$1.3 million dollars in support of state-of-the-art healthcare equipment, vital programs and special projects.

AREAS OF SUPPORT INCLUDED:

- Addiction and Mental Health
- Alberta Healthy Living Program
- Breast Health
- Children's Allied Health Services
- Community Health
- Day Procedures
- Day Surgery
- Emergency Department
- Endoscopy
- Friends of the Chinook Regional Hospital
- Guest House at Alberta Rose Lodge
- Healing Arts
- Hospital Beautification
- Jack Ady Cancer Centre
- Laboratory Services
- Neonatal Intensive Care Unit
- Operating Rooms
- Pediatrics
- Redevelopment Project
- Renal Dialysis
- Seniors Health
- Staff Education
- Staff Engagement
- Stroke Program
- Therapeutic Recreation
- Urology
- Volunteer Resources

ABOUT THE CHINOOK REGIONAL HOSPITAL FOUNDATION

The Chinook Regional Hospital Foundation receives and distributes funds for equipment and programs that will enhance patient services and health programs in our community. This support goes to any area of need in the Chinook Regional Hospital, but specifically toward state-of-the-art healthcare equipment, vital programs and special projects in your hospital.

Our volunteer Board of Directors ensures that all funds are dispersed in keeping with the wishes of our donors. Each Director brings unique experience and expertise to the Board.

Our dedicated and professional staff, led by Executive Director Jason VandenHoek, is experienced in fund development for healthcare in general and in our community in particular.

Together, we commit to ethical practice and sound management of your donations – in order to provide the best possible support for the health of our community.

If you would like more information on how you can make a gift to support the efforts of the Chinook Regional Hospital Foundation, please visit us at www.crhfoundation.ca or call our offices at 403-388-6001.

GREAT WAYS TO GIVE

BECOME A MONTHLY DONOR

Automatic payments from your credit card are convenient and save you the time and money it takes to mail in donations. At the end of the year, you'll be surprised by how your contributions and tax credits have added up, while providing a stable and reliable source of funding for the Chinook Regional Hospital.

HONOUR A LOVED ONE

A gift made in honour of a family member or friend can be a special and unique way to pay tribute to them or their memory, or to celebrate a milestone occasion such as a birthday or wedding. Caring Heart Tribute funds can be viewed at www.crhfoundation.ca.

GIVE THE GIFT OF SECURITIES

Save a significant amount of money at tax time by donating securities, such as publicly traded shares and mutual funds, even if you have a capital loss!

MAKE A BEQUEST OR A PLANNED GIFT

Plan for a future gift either in your will or through another means such as life insurance, an RRSP or RRIF, or trust.

LOG ONTO OUR WEBSITE

Visit www.crhfoundation.ca for the latest news, to make a secure donation and for more information on how you can support the healthcare of our community!

CONTACT US

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CARE FROM THE HEART DAY

Thursday, February 16th, 2017

TRUCK RAFFLE

May 2017

VAL MATTEOTTI ITALIAN OPEN

Wednesday, August 9th, 2017

CHRISTMAS TREE FESTIVAL

November 19th – 22nd, 2017

50/50 PAYDAY LOTTERY

Every Two Weeks