



## From All of Us!

Thanks to hundreds of donors like you, people in the communities served by Chinook Regional Hospital receive excellent care in state-of-the-art facilities supported by comforting and healing environments, vital programs and specialized equipment.

Each year you, your family, friends and neighbours use the services of Chinook Regional Hospital over 160,000 times. People come for surgery, emergencies, births, tests, education, support for chronic illness - for all the things we depend on to help us all have the best of health.

Chinook Regional Hospital Foundation's Care From the Heart Day celebrates our community's support of the best of health for everyone, and provides the opportunity for us to support future health needs in our community.

Please join others in the community in making a gift to your hospital this **Care From the Heart Day**. See inside for how you can participate!

## 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](http://www.crhfoundation.ca) or call our offices at 403-388-6001.

## Great Ways to Give

Call us at 403-388-6001 for more information

### 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](http://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!

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### 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 RRIIF, or trust.

### Contact us

Chinook Regional Hospital Foundation  
960 19 Street South, Lethbridge, AB T1J 1W5  
403.388.6001  
[info@crhfoundation.ca](mailto:info@crhfoundation.ca)  
[www.crhfoundation.ca](http://www.crhfoundation.ca)

Log onto our website [www.crhfoundation.ca](http://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!

The Chinook Regional Hospital Foundation is now on Facebook and Twitter (@CRH\_Foundation)!



## 2014/2015 Board of Directors

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# GIVING MATTERS

NEWSLETTER OF THE CHINOOK REGIONAL HOSPITAL FOUNDATION ● FEBRUARY 2015

## 2015 Care From the Heart Day

Hospitals as a concept have been around for hundreds of years. Over the years, our hospital has evolved into an institution we know and trust because of revolutions in surgery, imaging, medicine, equipment and many other fields. Investing in the health care of our community is critical to ensure the best health care professionals are available, innovative equipment is present and we trust the facility that looks after our precious loved ones.

To support this ongoing excellence, the sixth annual Care From the Heart Day and Radio-a-thon will be held on Thursday, February 12th. Dear and long time friend of the Chinook Regional Hospital Foundation, Bob Balog, of Balog Auction Services Inc., will once again serve as Honorary Chair.

Bob is incredibly honoured to be at the helm of Care from the Heart Day. "My family, just like yours, has relied on the exceptional staff and expertise of the Chinook Regional Hospital. We were treated with great compassion, something the residents of Southern Alberta should be extremely proud of. I am honoured to be asked to help ensure this level of care in our community will continue."

This year's proceeds will again support the Chinook Regional Hospital Redevelopment Project. "Care From the Heart Day offers our community the chance to support this exciting initiative," says Jason VandenHoek, Executive Director of the Foundation. "When it is complete, residents of Southern Alberta will see a building that will be home to several departments, such as Labour and Delivery, the Neonatal Intensive Care Unit and the Heart Function Clinic."

The project includes renovations and redevelopment of the Day Procedures and Emergency Departments. Funds from Care From the Heart Day will help fund enhancements to this new space.

The 2014 Care From the Heart Day and Radio-a-thon was a tremendous success. Over \$210,000 was raised with the support of six local radio stations: Country 95.5, B 93, 107.7 The River, Rock 106, CKVN 98.1 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. 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 and make a gift to your hospital this Care From the Heart Day. Tune into your favourite local radio station on Thursday, February 12th 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](http://www.crhfoundation.ca) to make a gift and track the day's progress, or call 403-388-6001 to offer your support. For more information, contact the Chinook Regional Hospital Foundation Office at 403-388-6001.



Bob & Kim Balog are long time ardent supporters of the Foundation. Bob is once again pleased to serve as Honorary Chair of Care From the Heart Day.



## Costco Members in Lethbridge Continue to Care From the Heart

It has been 19 years since Costco Wholesale in Lethbridge originally decided to rally behind the Chinook Regional Hospital Foundation. In that time, Costco has contributed more than \$900,000 with the help of corporate sponsorship, in store events and generous gifts made by their members at the check outs.

“We are proud to support Care From the Heart Day and positively impact the local community to the extent that we do.” says Darrel Wagner, Marketing Manager of Costco Wholesale in Lethbridge. “Our members are an integral part of this success. Every year we are blown away by their support. We live in a fantastic community.”



Staff and members of Costco Wholesale in Lethbridge once again provided tremendous support to the 2014 Care From the Heart Campaign. To date, they have raised over \$900,000 for Chinook Regional Hospital Foundation, an astounding and inspiring feat!



## New Equipment Helping Newborns Start Strong

Every woman’s journey to motherhood is different, but one of the first decisions a new mom makes is how to feed her child. When possible, breast feeding is considered the optimal choice for nutrition. This year, the Chinook Regional Hospital Foundation was offered the opportunity to fund 1300 Breast Pump Kits and in doing so, learned of many ways the community is impacted by assisting mothers to provide their newborns with sustenance at the beginning of their life.

“Some babies are born premature or ill and need to stay in the NICU. Providing these babies with their mothers’ breast milk is providing them the most optimal nutritional choice,” says Anna Marshall, Maternal Child Coordinator. “Premature babies have an immature immune system and can be more prone to infections. By providing premature babies with their mothers’ breast milk, it may help “protect” them, because breast milk has unique “germ fighting” factors.”

“Additionally” Anna tells us, “Some women simply need some support in providing their breast milk to their baby. A mother may need assistance in pumping because of engorgement, adopting a baby, breast or chest surgery or trauma, and may be transitioning premature or ill babies to the breast or having difficulties latching.”



The Southern Alberta IBCLC (International Board Certified Lactation Consultants) team works annually with hundreds of families who receive Breast Pump Kits.

Due to the generosity of our donors, monies raised by the CRH Foundation have been used to help families bring the basic needs of life to their newborns, enhance family care in our community and aid in offering solutions for families facing breast feeding challenges based on their unique circumstances.

## Helping Moms, Newborns and Their Families Rest Easier

It might be a spouse or a mother, it could be a sister or a best friend. The Chinook Regional Hospital sees approximately 200 babies delivered in an average month (that’s over 2,000 a year!). For some new moms, this visit may be their very first experience in a hospital ever. It can be daunting, to say the least. So, mothers choose their support person and with the help of Mitra Sleep Chairs, this person is able to stay firmly by her side for the duration of her and the baby’s stay.

“The Mitra Sleep Chair allows the mother to have a support person stay with her 24/7,” says Vicki Tougas, Nursing Manager, Maternal-Child & Gynecology. “Having someone who knows her well be with her at all times is incredibly reassuring and comforting. Her support person is able to pull out the chair to make a bed and sleep when they need to without leaving their loved one and their new baby. It also allows them to be active in the care of both mother and baby and promotes bonding between all three.”



Vicki Tougas, Nursing Manager, Maternal-Child & Gynecology, shows off one of the Mitra Sleep Chairs.

This year, with the generous support of our donors, the Chinook Regional Hospital Foundation purchased 41 of these chairs for our Maternity Unit. “We are proud to support our growing community, helping families rest easier as they get to know their brand new additions,” says Executive Director of the Chinook Regional Hospital Foundation, Jason VandenHoek. “Thanks to the support of our generous donors, we have been able to ensure mothers, newborns and their families are as comfortable as possible.”

## Chinook Regional Hospital Redevelopment Project

Funding: \$128 Million

### Highlights:

The Chinook Regional Hospital Redevelopment Project will provide a new 19,000 square metre, multi-story addition to the hospital. About 3,500 square metres of renovations to portions of the existing health centre will also be completed.

The redevelopment project will include:

- an adult outpatient department;
- cardio-respiratory services;
- day procedures;
- day surgery;
- emergency services;
- maternal newborn services including labour and delivery suites, and NICU;
- an inpatient unit (roughed-in space for future development);
- a renal program (roughed-in space for future development); and
- a pre-operative assessment clinic.

### Donor Support

With the support of donors, the Chinook Regional Hospital Foundation will ensure that these new and renovated spaces are equipped with everything they need to be as comfortable as possible for patients and aid in optimizing service delivery.



Give generously Support your community Enhance Comfort Impact health care Create well being

Please join with others in the community and support your hospital this year on Care From the Heart Day.

Thursday, February 12th, 2015

There are several ways to give:

Fill out the attached form and return it with your donation in the enclosed envelope

Call 403-388-6001 on Care From the Heart Day (Thursday, February 12th!)

Visit us at [www.crhfoundation.ca](http://www.crhfoundation.ca)

Come to the Hospital Atrium on Care From the Heart Day and give in person.



Mr. Mrs. Ms. Mr. and Mrs.  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_  
 Postal Code \_\_\_\_\_ Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Donation Amount:  \$50  \$100  \$500  \$1000

### Method of Payment

- Cheque  Money Order  Visa  Master Card  
 I wish to remain anonymous  
 Have you considered the CRH Foundation in your will?  
 Yes  No  
 Would you like more information on leaving a gift to the CRH Foundation in your will?  Yes  No

Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_

Please make cheques payable to

**Chinook Regional Hospital Foundation**

To make a secure online donation, please go to [www.crhfoundation.ca](http://www.crhfoundation.ca)

Phone 403.388.6001

Charitable Registration # 10762 3241 RR0001