



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.

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.

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!

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 13th, 2020

TRUCK RAFFLE
May 2020

VAL MATTEOTTI ITALIAN OPEN
Wednesday, August 12th, 2020

CHRISTMAS TREE FESTIVAL
November 25th, 2020

50/50 PAYDAY LOTTERY
Every Two Weeks



JANUARY 2020

Newsletter of the Chinook Regional Hospital Foundation

GIVING MATTERS

The Chinook Regional Hospital has evolved into an institution we know and trust, because of innovations in surgery, imaging, medicine, and many other areas. At some point, we will all likely need the hospital and 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 in the facility that will be looking after our most precious loved ones.

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 13th 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.

The 2019 Care From the Heart Day and Radio-a-thon was a tremendous success. Over \$230,000 was raised with the support of six local radio stations: Country 95.5, B-93.3, KiSS107.7, 106.7 ROCK, 98.1 Juice FM and 94.1 2Day FM. 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 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.

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, for the 9th year in a row. "The Balog family, just like yours, has benefited

"The Balog family, just like yours, has benefited from the exceptional staff and expertise of the Chinook Regional Hospital"

BOB BALOG

from the exceptional staff and expertise of the Chinook Regional Hospital. We, like so many of you have been treated with great compassion, and had wonderful care right here in Lethbridge. I am honoured to be asked to help ensure this level of service in our community will continue."

"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 and we thank you for your ongoing support."

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



(Above) Louis and Bob Balog, from Balog Auction Services Inc. in their elements and generously lending their talents to the annual Christmas Tree Festival.



BILIBLANKET

Although jaundice can be normal for a newborn baby, there are risk factors that increase the likelihood of the baby needing to be treated for it. These risk factors include prematurity, illness such as infection, a difficult birth causing problems with breathing, temperature instability, and some metabolic conditions.

A biliblanket is a portable device that allows a baby to be held and fed while receiving phototherapy treatment for jaundice. It consists of a small portable stand with an attached soft plastic rectangular-shaped “blanket” that, when turned on, lights up with blue light. While receiving care with this blanket, the baby wears just a diaper and eye shields. This exposes most of the skin to the light. This particular light breaks down the bilirubin that has been deposited in the skin. The baby’s body can then remove the bilirubin via the baby’s urine and stool.

Other treatments for jaundice require a baby to be placed in an isolette under phototherapy lights. This means the mother cannot hold the baby between feedings; the baby can only be taken out of the isolette for feeding and



then has to be returned to it immediately after feeding. These restrictions were difficult for mothers and families; as a result, often the baby was kept out of the isolette for longer periods of time which decreased the effectiveness of the phototherapy.

Treatment with a biliblanket allows the mother and her baby to maintain as much physical contact as desired throughout the day and night.

The amount of the time that a baby is required to have treatment with a biliblanket varies from 24 to 72 hours. When the biliblanket is being used, the level of the bilirubin in the baby’s blood is tested daily by

(Above) A mother holds her newborn for a treatment with the biliblanket allowing the two to maintain as much physical contact as desired throughout the day and night.

the laboratory. The baby’s physician and the primary nurse monitor this level daily.

“All the nursing staff on unit 3A are very grateful to have the two biliblankets that the Foundation purchased for us.” Says Vicki Tougas, Unit Manager, Maternal-Child & Gynecology, Breast and Cervical Health. “We have seen a significant decrease in the length of time required for treatment of jaundice; we also appreciate how much this treatment supports skin to skin care which mothers value.”

CRH FOUNDATION CONTINUES TO INVEST IN 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 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 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 first two phases of the project are now complete with improvements to the entrance of the unit, the addition of a kitchen area for patients, a new

wheelchair accessible shower room as well as a brand new nursing station which includes a separate medication room. The next phases of the project will include upgrades to patient rooms and bathrooms.

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.

Kim Helmer, Manager Addictions and Mental Health, is grateful that the space has become a welcoming and engaging environment to assist those in recovery, “the support of the Chinook Regional Hospital Foundation and their donors has been invaluable to help us make this change a reality. Thank you to everyone”.

(Left) A few of the many staff that comprise the Addictions and Mental Health department at the Chinook Regional Hospital.



FOUNDATION’S EXECUTIVE DIRECTOR RECEIVES COMMUNITY LEADER AWARD

Long-time Executive Director of the Chinook Regional Hospital Foundation, Jason VandenHoek has been honored by Lethbridge College, being awarded the 2019 Honoring Excellence, Community Leader Award.

VandenHoek has been with the Foundation for over a decade and thrives on community involvement and relationship building. An active member of southern Alberta’s development community for over 14 years, he demonstrates the importance of philanthropy by supporting a variety of initiatives through the Chinook Regional Hospital Foundation, Lethbridge College, University of Lethbridge, Southern Alberta Art Gallery, City of Lethbridge, Association of Fundraising Professionals and more.

After completing the Business Administration program at Lethbridge College, he continued his education at the University of Lethbridge where he obtained his Bachelor of Management. VandenHoek then became a development officer for the Chinook Regional Hospital Foundation,

where he was responsible for fundraising and awareness initiatives. His ability to build relationships, execute events and manage annual giving campaigns led to his appointment as Executive Director in 2011.

“I consider myself very fortunate” says VandenHoek. “My role with the Foundation has allowed me to play a part in making our local hospital a leader in the province, but also to assist my fellow community members in using their resources to ensure the best possible care is always available for their families and neighbors, right here at home. To be a part of building a healthy community and to support an institution that will one day serve each and every one of us in the community, has been my pleasure.” VandenHoek’s passion and desire to affect change in his community has also been recognized through the Lethbridge Chamber of Commerce’s Top Forty Under 40 campaign.

(Below) Executive Director, Jason VandenHoek, has been awarded the Community Leader Award by Lethbridge College.



Last year the Chinook Regional Hospital Foundation disbursed more than \$1.2 million dollars in support of state-of-the-art healthcare equipment, vital programs and special projects.

AREAS OF SUPPORT INCLUDED:

- Acute Care
- Addiction and Mental Health
- Breast and Cervical Health
- Day Procedures
- Endoscopy
- Emergency
- Friends of the Chinook Regional Hospital
- Gastroenterology
- Hospital Beautification
- Intensive Care Unit
- Jack Ady Cancer Centre
- Labor and Delivery
- Maternal Child
- Neonatal Intensive Care Unit
- Operating Rooms
- Out Patients
- Pediatrics
- Rehab Medicine
- Renal Dialysis
- Seniors Health
- Spiritual Care
- Staff Education
- Surgery
- Urology
- Volunteer Resources