

Newsletter of the Chinook Regional Hospital Foundation

GIVING MATTERS

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 11th between 7:00 a.m. and 6:00 p.m. and log onto www.crhfoundation.ca to make a gift and track the day's progress, or call 403-388-6001 to offer your support. Due to current visitor restrictions associated with the pandemic response, in-person donations will not be possible this year. For more information, contact the Chinook Regional Hospital Foundation Office at 403-388-6001.

The 2020 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 The

Juice and 94.1 2Day. Each station broadcast live 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 ongoing support of Lethbridge radio stations is unprecedented and hugely important to the success of Care from the Heart Day.

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, state-of-the-art equipment is present and we trust in the facility that will be looking after our most precious loved ones. If the ongoing battle with COVID 19 has taught us anything, it is of the importance of having a well-equipped hospital staffed with dedicated front-line workers. Donations to the Chinook Regional Hospital Foundation have ensured this is the case.

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 10th year in a row. "The Balog family, just like yours, has benefited from the exceptional staff and expertise of

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BOB BALOG

the Chinook Regional Hospital. We, like so many of you, have been treated with great compassion and had wonderful care right here in Lethbridge. We are so proud of how our hospital has responded to the ongoing pandemic situation and 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 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.

MEDICATION CARTS NEW TO THE ICU

Donations to the Chinook Regional Hospital Foundation are used to enhance patient care in a number of different ways. Most recently, these donations were used to enhance the safety and well-being of patients in the Intensive Care Unit (ICU) with the purchase of three Medication Carts.

The Medication Carts have allowed for the ICU to create a secure medication area. This dedicated space is used to prepare and store medications and is essential in ensuring that nurses are able to prepare, mix and label all medications in a safe manner. The carts are stored in an area that is distraction free, so nurses are able to focus on their task at hand while preparing medications for their

vulnerable patients. In addition, the carts provide an area of storage dedicated to medications the patient may be bringing from home so there is no disruption to their medication plan.

“All of us here at the Chinook Regional Hospital ICU want to thank the donors of the Foundation for helping to facilitate safe patient care, especially when it comes to medication storage, preparation and administration processes” says Erinn Fisher, Manager – ICU. “The impact on both patients and staff has been incredible”.

For more examples of how your donations benefit patients throughout the Chinook Regional Hospital, please visit www.crhfoundation.ca.



(Above) Staff of the ICU utilize the new Medication Carts that were purchased through donations. These carts enhance safety and the well-being of patients.

INVESTMENT IN LOCAL MENTAL HEALTH TREATMENT CONTINUES

In our lifetime, one in five people will experience a mental illness and as many as 10 percent 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 most recent updates have included necessary upgrades to a number of patient rooms, with more to come. In addition to updates which ensure safety of patients and staff when they are in the rooms, the renovated rooms are now more resistant to damage and have updated wall coverings, flooring and doors, as well as bathrooms. Staff of the unit are now much more confident about patient safety when the rooms are occupied and are eager

to see additional rooms renovated to improve quality of stay for patients.

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. “On behalf of every member of the Adult Inpatient Psychiatry team, thank you to all donors who have made this possible” says Liam Hughes, Manager, Lethbridge Recovery Centre and Lethbridge Youth Treatment Centre, Addiction and Mental Health “You have contributed to a safer, more positive work environment of which the benefits cannot be understated.”

If you'd like more information on this project and many others where donors continue to have impact at the Chinook Regional Hospital, please visit www.crhfoundation.ca or call 403-388-6001.

(Left) Thanks to donors, recently renovated rooms in the Mental Health Department at Chinook Regional Hospital provide safe and comfortable spaces for patients and staff.



DONOR SUPPORT CONTINUES FOR BREAST HEALTH

Once again, thanks to the generous contributions of donors, the Chinook Regional Hospital Foundation has invested in the breast health of those living within the South Zone with the purchase of a 3Dimensions Mammography System, valued at over \$325,000.

"A gracious thank you to Southern Alberta donors for continuing to support the breast health of women in Southern Alberta." Says Jodie Gaskell, Mammography Lead Technologist. "Having this mammography unit provides our patients with high quality, fast and effective imaging."

The 3Dimensions Mammography Systems is a state-of-the-art breast imaging system. It is designed to provide high quality 3D images for radiologists, more comfortable mammograms for patients and better workflow for technologists. This 3D technology was originally designed to address the limitations of traditional 2D mammography in patients with dense breast tissue, however studies have shown it to be better at detecting breast cancer in all

patients, no matter how dense the breast tissue is. This is important because it increases the sensitivity of mammography allowing for earlier detection of cancer.

The acquirement of this machine will expand the capacity of the South Zone allowing for more women to be screened locally, rather than travelling to Calgary for a tomosynthesis exam. It also allows staff to perform stereotactic biopsies under mammographic guidance, which is unique to Lethbridge, through the South Zone. Traditionally a service only available through larger centers, such as Calgary. In addition, this high-quality imaging decreases the number of patient call backs and false positives as well as reducing unnecessary anxiety for patients who would have been called back with traditional 2D mammography.

The purchase of the 3Dimensions Mammography System is just one more example of the impact donors can make in providing the best healthcare services possible, close to home.

Last year 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
- Ambulatory IV Therapy
- Cardio Respiratory
- Community Addiction and Mental Health
- Day Procedures
- Diagnostic Imaging
- Gastroenterology
- Inpatient Units
- Intensive Care Unit
- Labour and Delivery
- Out Patients
- Pediatrics
- Rehab Medicine
- Surgery
- Volunteer Resources



(Above) Pictured is the 3DUmensions Mammography System. This donor funded equipment purchase will allow for more women to be screened locally.

ABOUT THE CHINOOK REGIONAL HOSPITAL FOUNDATION

The Chinook Regional Hospital Foundation receives and distributes funds for equipment and programs that 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 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.

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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 is 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 LEGACY GIFT

Consider leaving a gift in your will to the Chinook Regional Hospital. All contributions, whether modest or grand, are pooled together to have great impact on patient care in our hospital, benefitting the health and wellbeing of our community. For more information, email: shonna.lamb@ahs.ca

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!

CHINOOK REGIONAL HOSPITAL FOUNDATION

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✉ INFO@CRHFOUNDATION.CA

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CARE FROM THE HEART DAY
Thursday, February 11th, 2021

TRUCK RAFFLE
May 2021

VAL MATTEOTTI ITALIAN OPEN
Wednesday, August 11th, 2021

CHRISTMAS TREE FESTIVAL
November 24th, 2021

50/50 PAYDAY LOTTERY
Every Two Weeks