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WINTER 2024

STORIES FROM OUR COMMUNITY

Foundation Commits Over \$2.4 Million to New Regina Urgent Care Centre



New Regina Urgent Care Centre

In a groundbreaking move that will redefine health care accessibility in Regina, the impending completion and opening of the brand new Regina Urgent Care Centre, on Albert Street North, is set to provide a significant boost to our health care system.

Poised to open its doors in summer 2024, and located right in the heart of our city, Regina's Urgent Care Centre will provide a 24/7 health care option for people who need help for an illness or injury that is not life-threatening but cannot wait until the next day.



Hospitals of Regina Foundation has committed over \$2.4 million to invest in the technology and equipment needs of the Urgent Care Centre, including a digital x-ray system, ultrasound systems, a pharmacy dispensing system and laboratory equipment, as well as the furniture, fixtures and other essential items.

The brand-new, multi-faceted facility will have 22 patient treatment spaces to provide various services, all under one roof. Within our new Urgent Care Centre, patients will be able to receive x-rays, ultrasound imaging, and blood tests, as well as a limited range of prescriptions from the pharmacy located directly on site. Depending on the situation, having these multiple services

available in one facility may allow patients to receive all the care they need in one visit.

Another feature of this all-encompassing approach to health care is a dedicated area for those needing care due to urgent mental health or addiction issues. In addition to physicians and registered nurses, patients will have access to specialized clinical counselors, social workers, and mental health care and addiction workers to receive timely and coordinated care. Regina's Urgent Care Centre will be the only one in Canada to have this dedicated space for mental health care as an integral part of the new centre.

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The Saskatchewan Health Authority estimates that the Urgent Care Centre's staff will care for 20,000 patients in the first year, including approximately 2,000 people seeking urgent mental health and addictions care.

With over 100,000 patients seeking care in Regina's Emergency Departments every year, this added capacity to care for urgent health care issues will relieve some of the pressure on the medical teams at the Regina General Hospital and Pasqua Hospital Emergency Departments. Our new Urgent Care Centre will serve as an intermediary option for those suffering from urgent, but non-life-threatening illnesses or injuries that may not require an emergency room visit. The resulting decrease in the demand and wait times for care in Regina's emergency rooms is

a positive step towards improving the overall patient experience while also allowing those resources to be available for life-threatening medical emergencies.

An additional benefit will be for ambulance paramedics and those in our community needing their help. Currently, if an ambulance brings a patient to the Emergency Department, the paramedic team must stay with the patient until the ER staff are ready to see them. If the Emergency Department is particularly busy, and the patient doesn't have a life-threatening condition, the paramedics may have to stay with the patient for several hours. This means the ambulance and its crew are not available to help other patients in need.

The Regina Urgent Care Centre will help reduce wait times, improve the overall patient experience, get ambulance paramedics back into circulation more quickly and connect people to the follow up care they need in their community.

"We are pleased to fund the technology and equipment for our brand new Urgent Care Centre in Regina. This investment is part of our mission to improve health care for the people of Regina and southern Saskatchewan," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "This incredible project is only possible thanks to the generous support of our donors and our amazing community. Nothing we do happens without them and we are forever grateful."

Regina General Hospital Gift Shop Resumes Operations

A long-standing staple in Regina's General Hospital, the Regina General Gift Shop has now reopened its doors after a three-year hiatus during the COVID-19 pandemic. The reopening of the gift shop, now operated by Hospitals of Regina Foundation, marks a welcome return for a service that embodies the heartbeat of generosity and connection within the hospital's walls.

The Regina General Gift Shop was previously operated by the incredible volunteers of the Regina General Hospital Auxiliary and the Foundation is looking forward to carrying on their tremendous legacy. Although the RGH Auxiliary ceased operations earlier in

2023, many of their members are still volunteering their time at the shop that has been so close to their hearts for over forty years.

From cheerful trinkets to heartwarming gifts, as well as fresh flowers delivered weekly by Wascana Flower Shoppe, the Regina General Gift Shop truly has something for everyone. The amazing volunteers on hand are ready to assist with any questions or needs, in hopes of providing comfort and cheer for patients and their families during their trying times.

"The Foundation is very excited to take on the operation of the Regina General



Regina General Hospital Gift Shop

Gift Shop," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Continuing the extraordinary legacy left by the Regina General Hospital Auxiliary, while once again providing this service to patients and their families, as well as our hospital staff, is a fantastic moment for our Foundation and our community.

Kinsmen Foundation Gift Provides Crucial X-Ray System for Regina's Urgent Care Centre



Dino Sophocleous, president and CEO, Hospitals of Regina Foundation, Raelynn Nicholson, chair, Kinsmen Foundation and Richard Kies, executive director, Kinsmen Foundation

Diagnostic imaging is an important component of modern medical care; it provides critical information that doctors need to diagnose, treat and monitor injuries and disease. Regina's new Urgent Care Centre will have a dedicated X-ray system to help our medical teams provide the best care possible to patients, thanks to a generous gift of more than \$305,000 from the Kinsmen Foundation.

X-rays are images produced by exposing a portion of the body to a small dose of ionizing radiation, creating a two-dimensional picture used by our medical teams to investigate many medical problems, including broken bones and dislocated joints, or locating foreign

materials, infections, heart problems and more.

The X-ray system, combined with an ultrasound system, an on-site laboratory and dedicated pharmacy services, will help our Urgent Care Centre medical teams provide enhanced medical care to our southern Saskatchewan community.

"Thanks to the generosity of TeleMiracle donors, we are honored to enable the purchase of this vital X-ray system for the new Urgent Care Centre in Regina," says Raelynn Nicholson, Chair of the Kinsmen Foundation Board of Directors. "The Kinsmen Foundation has a mandate to improve access to quality

"Thanks to the generosity of the TeleMiracle donors, we are honored to enable the purchase of this vital X-ray system for the new Urgent Care Centre in Regina."

Raelynn Nicholson, chair, Kinsmen Foundation

health care in Saskatchewan and this new facility in Regina addresses that need. This gift shows how TeleMiracle proceeds are helping people every day, right here at home in Saskatchewan."

"The Kinsmen Foundation has been a tremendous partner since 1984, helping the Foundation invest in the priority needs of our community, like the new Regina Urgent Care Centre," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "Thanks to their generosity, our neighbours, friends and loved ones will have access to the best local health care possible, right here at home."



Young Diabetes Patient Overcomes All Obstacles *Thanks to Regina's Hospitals*



Hartley Halvorson

Hartley Halvorson was a typical two-year-old, without a care in the world. However, all of that changed on September 26, 2018. That's the day a blood test confirmed a diagnosis of type 1 diabetes for the Regina youngster.

"We were floored, honestly," says Hartley's dad Dustin. "In hindsight, the signs were there. For a few weeks, she had been playing less. Wanting to be carried instead of walking. This was combined with being a bit moody and getting upset quite easily. She was wetting through her diapers at night and was craving water. She was really thirsty, yet peeing so much."

Once Hartley's diagnosis was confirmed, she began receiving treatment, including insulin injections, at the pediatric inpatient unit at Regina's General Hospital. Initially, Hartley was hospitalized for six days, to get her blood sugar levels down to a safer level and to ensure she was hydrated.

"We were in complete disbelief," Dustin explains. "We eat really healthy, get lots of exercise as a family. We take our vitamins. We did everything to the best of our abilities, so we couldn't understand how this could be happening to us!"

Shock quickly turned to determination, as the Halvorsons worked with Hartley's health care team to develop a long-term strategy.

"I cannot stress enough how amazing Hartley's medical team was," Dustin continues. "We felt so lucky to live in southern Saskatchewan and have access to incredible pediatric care, right here at home. We had no idea what type 1 diabetes was or what we needed to do to keep her healthy. In total, we spent six days at the General. This was not because Hartley was struggling or needing to be in a hospital bed. It had a lot to do with training us how to understand blood sugar levels, insulin dosages for type 1 diabetes for juveniles, and how to perform each task and learn all about diet and carb counting. It was overwhelming."

Today, Hartley is a healthy and happy seven year old. Since diagnosis, Hartley's family and friends have dove into a new mission: increasing awareness of juvenile diabetes and raising much-needed funds for research and treatment. Their efforts have included launching the Hartley's Heroes website, a Facebook page, and supporting fundraising initiatives including Hospitals of Regina Foundation's annual Four Seasons Ball, which supports pediatric health care in Regina's hospitals.

"By working together with our donors and other partners, we're helping to ensure children have access to excellent care, as close to home as possible."

Lisa Green, senior vice-president,
Hospitals of Regina Foundation

"Hartley's story is an inspiring reminder of the importance of supporting local children's care," says Lisa Green, senior vice-president, Hospitals of Regina Foundation. "The Foundation is proud to support children like Hartley through our investments in our pediatric programs. By working together with our donors and other partners, we're helping to ensure children across southern Saskatchewan have access to excellent care, as close to home as possible."

When Canada Life agreed to partner with Hospitals of Regina Foundation, to support Regina's new Urgent Care Centre, we knew we were working with a partner that truly shares our goal of making lives better by investing in our community's health care. Canada Life has been supporting health and wellness initiatives through their philanthropy for years, especially where they operate and have staff teams. Here in Regina, Canada Life maintains a head office with hundreds of employees who live, work and raise families in our community.

Canada Life recognized the importance of this project to the growing health care needs of our southern Saskatchewan community. Their latest donation of \$100,000 will help the Foundation invest in the new technology, equipment, furniture and fixtures necessary for our new Urgent Care Centre. Saskatchewan's population is growing and Regina's Urgent Care Centre is the first new investment in health care capacity in the city, in over twenty years.

In addition to providing additional health care capacity and an intermediate step between primary health care (family physicians or walk-in-clinics) and the Emergency Department for patients, the Regina Urgent Care Centre will help relieve some of the pressure on our Emergency Departments at the Regina General and Pasqua Hospitals. The Saskatchewan Health Authority estimates that our new Urgent Care Centre will care for 20,000 patients in its first year of operation, including approximately 2,000 people seeking urgent mental health and addictions care.

Canada Life Helps Invest in New Health Care *Capacity for Southern Saskatchewan*

"The Urgent Care Centre will allow our medical teams to provide the best care possible, in the right setting, for our family, friends and neighbours."

**Lisa Green, senior vice-president,
Hospitals of Regina Foundation**

"Canada Life is proud to support Hospitals of Regina Foundation's campaign to create an Urgent Care Centre and reduce demand on their Emergency Departments," says Katerina Bleznitsky, senior program manager, community relations. "We invest in regional hospitals in an effort to achieve better health outcomes and the highest-quality patient care possible for Saskatchewanians who need it."

"We are very grateful for Canada Life's partnership on this important project", says Lisa Green, senior vice president

for Hospitals of Regina Foundation. "As part of our community, they understood the need for additional health care capacity in Regina, to provide another option for immediate, non life-threatening medical care while reducing wait times in our Emergency Departments. The Urgent Care Centre will allow our medical teams to provide the best care possible, in the right setting, for our family, friends and neighbours."



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Meet the 2023 Fall Home Lottery Winners

Our amazing community has once again shown their incredible support of local health care and the Foundation's annual Fall Home Lottery. The amazing show of support for the 2023 Fall Home Lottery once again propelled the Lottery's 50/50 Add-On to over \$1 million for the sixth time in a row, in the history of the Home Lottery. Thank you for your unwavering support, confirming once again that the people of Saskatchewan are among the most generous in Canada.

All of the funds raised by the lottery will stay in southern Saskatchewan to support the areas of greatest need in Regina's three hospitals, which serve the entire southern half of our great province.

We are very pleased to announce the top winners of our 2023 Fall Home Lottery. DawnAnn Klimczak of Ituna was the winner of the Ripplinger built \$1.3 Million Grand Prize Showhome and \$50,000 CASH! Also winning big was Spencer Bacsu of Regina, winning the Ripplinger built \$750,000 Echo

Lake Cottage and \$10,000 CASH, while Don Whitrow of Silton took home an amazing \$506,387 in yet another \$1 Million plus 50/50 Add-On and Harold Remezoff took home \$75,000 CASH from the Bonus draw.

Congratulations to all our winners, big and small. Your support continues to help us invest in the best local health care possible, in Regina and southern Saskatchewan.



Top:
DawnAnn Klimczak pictured with husband Ash Schell and son Quinn Schell, winners of the Grand Prize Showhome and \$50,000 CASH with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation

Bottom left:
Spencer Bacsu, winner of the \$750,000 Echo Lake Cottage and \$10,000 CASH with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation

Bottom right:
Don and Melody Whitrow, winners of \$506,387 CASH from the 50/50 draw with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation



Three Sets of Twins for Family at Regina's Hospitals

"The staff in the NICU are truly remarkable. Not only do they take care of the babies, but the way they care for the families is really special as well."

Petrina McArthur

You may have seen her shining smile on some of our posters or brochures, but Petrina McArthur is also no stranger to our neonatal intensive care unit (NICU) at the Rawlco Centre for Mother Baby Care, at Regina's General Hospital. As a mother of eight, Petrina has received care from our medical teams on multiple occasions and has always been willing to give back where she can, so naturally she was a perfect fit as a member of our Hospitals of Regina Foundation Community.

Back in 2016, when Petrina discovered she would be having her first set of twins, she was already the mother of two single-birth children, Alice (now seven) and Paeteaus (now nine). Within a year of the twins' birth, the family would be in for yet another surprise, as she found out that she was once again expecting twins. "Having one set of twins was a surprise in itself, but discovering we were to have another set was absolutely crazy," Petrina recalls.

Four new babies in just over two years was a huge addition for the family and

trying to manage six young kids can be a handful so, when Petrina got the news that she was pregnant and expecting a third set of twins, it caused a whirlwind of emotions within the family. "It was certainly overwhelming to receive that news, and it took me quite a while to really embrace it," Petrina tells us. While the odds of having twins can increase after the first set, having three sets of naturally conceived twins is quite uncommon.

The third set of twins, Felix and Francine, were both born prematurely on November 30, 2021 at just over thirty-two weeks. As a result, they needed a precautionary two-week stay in our NICU. Under the watchful eye of the amazing staff in the NICU, Felix and Francine successfully met their developmental milestones and were able to go home to meet their family on December 17, 2021.

"I honestly can't thank the doctors and nurses enough for the care they've shown me over the years. I am originally from Pheasant Rump First Nation but all of my children were born here, in Regina's General Hospital. The staff in the NICU are truly remarkable. Not only do they take care of the babies, but the way they care for the families is really special as well. They made my stressful situation so much easier, and for that, I will be forever thankful."

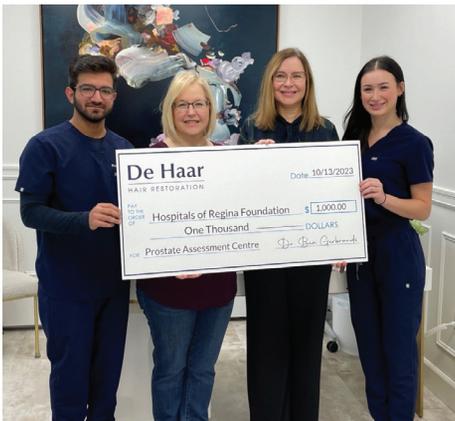
"Stories like Petrina's exemplify why we must continue to invest in life-saving

technology and equipment for our NICU," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "We consider ourselves incredibly fortunate to have community members such as Petrina who are willing to share their positive stories and advocate for the incredible care they have received in our hospitals."



Petrina McArthur

Celebrating *Our Community's Giving Spirit*



The giving spirit of the individuals, organizations and businesses that support Hospitals of Regina Foundation is outstanding. Time and time again, these caring and generous partners gather together to raise funds for Regina's hospitals in new and exciting ways! Whether through a gala, a donation at the till campaign, a golf tournament or a marathon, people step up and support health care for those who need it most. We are grateful for our community's support because nothing we do happens without you.

Here are some of the fundraising activities that took place between July and October 2023, in support of Hospitals of Regina Foundation, thanks to many amazing volunteer organizers:

- Eric Calibaba Memorial Golf Tournament - \$11,424
- Chick-a-dee Golf Tournament - \$5,000
- Mexican Scramble Golf Tournament - \$3,120
- Over the Hill Orchards & Winery Ladybug Picnic and Paint Event - \$1,500
- De Haar Hair Restoration – \$1,000
- GMS Queen City Marathon participants - \$822
- Chamber of Commerce Halloween Howl Bowling networking event - \$490

It is shaping up to be a busy winter and spring! Please join in the fun at these upcoming events! Follow our social media pages to keep up to date on how to get involved by purchasing tickets, or supporting our efforts through donations.

- An Evening in Greece Gala – March 16, 2024
- Z99 Radiothon – March 21, 2024
- Chinese Spring Festival Celebration – April 13, 2024

CONNECT

To learn how you can host your own fundraiser, visit our website hrf.sk.ca/Events/Host-An-Event, or contact Brianne Moore, development officer at 306-781-7501 or by email at brianne.moore@hrf.sk.ca.

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