

Inspire

SPRING 2026

STORIES FROM OUR COMMUNITY

A journey through “the big scary”



Heather Boyce and Jeff Buck

On April 26, 2025, Heather Boyce was rushed to the Regina General Hospital, in severe abdominal pain and unable to stand. What followed was a nine-week stay in hospital, including over five weeks in the Surgical Intensive Care Unit (SICU) and more than three weeks in a surgical ward. She underwent three emergency surgeries and a tracheotomy, a surgical procedure which makes an opening in the windpipe to provide an alternative airway for intubation. Much of that time remains a blur, with only fragments of memory. She and her partner, Jeff Buck, now refer to it simply as “the big scary.”

“I don’t remember arriving at the hospital,” Heather says. She had suffered a perforated stomach ulcer that led to widespread infection and septic shock. According to surgeon, Dr. Taylor Bereti, it was like “a bomb going off in her body three times.” At 53 and previously healthy, the diagnosis was a shock. She required

multiple surgeries, including bowel repair and an ostomy, a surgical opening in the abdomen that allowed waste to leave her body into an external bag.

Throughout those early weeks, Jeff was by her side daily and the SICU team supported him with compassion and clear communication.

When Heather finally regained full consciousness on May 10, she had 12 intravenous lines, a feeding tube and limited ability to move. With no clear cause for the weakness other than the amount of trauma her body experienced, the medical team focussed on helping her recover. “The nurses were incredible,” she says. “They helped me build strength, they encouraged me when I could not even lift my head, and they made me feel human.”

Following her stay in the SICU, Heather was transferred to the surgical unit to continue her recovery and adjust to life with an ostomy bag.

After nine weeks at the Regina General Hospital, she was moved to the Wascana Rehabilitation Centre for four weeks of intensive physiotherapy to recover her strength and mobility. Each day Heather pushed to walk, get dressed and reclaim the life she had before “the big scary.” She finally returned home in August and with Jeff by her side, she focused on getting stronger every day.

Last fall, to celebrate her recovery and their birthdays, Heather and Jeff hosted

a gathering with their loved ones. Instead of gifts, they asked for donations. “We, along with our friends and family, wanted to give back in some small way to the people who carried us through those hard days,” says Jeff. “We are so grateful to the medical teams who saved Heather’s life, and helped her recover.” They raised \$400 for Hospitals of Regina Foundation.

“Supporting the Foundation makes a world of difference,” says Heather. “You never think you’ll need this kind of care but when that time comes, for you or someone you love, you will be thankful it is there.”

By November, she was healthy enough to undergo ostomy reversal surgery, a milestone she calls the best Christmas present ever. In January 2026, eight months after her health crisis began, Heather returned to work full time.

“Heather’s story shows that a patient’s journey can span many areas in our hospitals,” says Dino Sophocleous, president and CEO of Hospitals of Regina Foundation. “Our community’s support ensured we had the expertise and technology she needed, right here at home. Her and Jeff’s support will help our medical teams deliver this critical care to others as well.”



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A sister's love inspires hope for pediatric cancer care



Luanne Drake, director, major gifts, Lorraine Gosselin and her husband, Marcel Magotiaux, and Dino Sophocleous, president and CEO, Hospitals of Regina Foundation

A single moment, shared between two sisters during cancer treatment, became the catalyst for a gift that will help children across southern Saskatchewan.

Last fall, Lorraine Gosselin made a \$500,000 donation to support the new \$2.8 million pharmacy clean room for our Children's Cancer Clinic at the Regina General Hospital. The gift was made through the newly established K & L Gosselin Foundation and honours the wishes of Lorraine's sister, Karen, who passed away from cancer on April 17, 2024.

"I remember sitting with my sister while she received her treatment when she said, 'It's one thing for me to go through this, but what about the little kids?' That statement struck me at my very core and ultimately prompted the decision to donate to the pharmacy clean room," says Lorraine. "I knew in my heart that this was the right choice to honour my sister."

In her final days, Karen received care in the Pasqua Hospital Palliative Care Unit. Lorraine recalls the compassion shown by the nursing team she lovingly refers to as Karen's nurse angels, as well as Dr. Carmen Johnson, medical director of palliative services. That experience reinforced her desire to give back to the health care teams that support patients and families during life's most difficult moments.

Lorraine's gift will have an even greater impact thanks to a community matching campaign by Hospitals of Regina Foundation. The donation will be matched dollar-for-dollar, bringing the total contribution to \$1 million in support of our Children's Cancer Clinic.

The pharmacy clean room is a critical priority for pediatric cancer care in Regina. It will support the preparation of personalized chemotherapy treatments for children. Custom chemotherapy

helps doctors deliver treatments based on the child's bloodwork on the day of treatment, and the molecular profile of their specific cancer. Personalizing treatment in this way lessens harmful side effects and gives our kids the best chance at the best results possible.

Last year, 11 children from Regina and southern Saskatchewan were diagnosed with cancer, and 169 currently receive treatment, follow-up and monitoring in our clinic. As the only Children's Cancer Clinic serving southern Saskatchewan, it plays a vital role for families who rely on receiving care close to home.

"The generosity behind this gift is incredibly meaningful. Lorraine's decision to honour her sister in this way reflects deep compassion and love. This support will help advance cancer care for children who need it most, today and into the future."

**Dino Sophocleous, president and CEO,
Hospitals of Regina Foundation**

For Lorraine, the K & L Gosselin Foundation represents more than this donation. It is a way to carry forward a family legacy rooted in kindness, empathy and care for others. Through this gift, Karen's memory will continue to touch lives, offering hope and comfort to children, and their families, facing cancer across our southern Saskatchewan community.

Chicken Farmers of Saskatchewan *support kids with cancer*



Left to right: Frank Cuevas, Dino Sophocleous, Tyler Riese, Mike Kautzman, Brad Beaver, Tyler Keet, George Hofer, Sarah Hofer, and Luanne Drake.

When a child is diagnosed with cancer, families across southern Saskatchewan rely on the expert care available at our Regina General Hospital Children’s Cancer Clinic. Thanks to a generous \$50,000 donation from the Chicken Farmers of Saskatchewan, the clinic is one step closer to having a new pharmacy clean room so our young patients can get the best care possible, right here at home.

Hospitals of Regina Foundation has committed to raise \$2.8 million for a specialized pharmacy clean room. This space will give our pharmacists the sterile environment, tools and technology they need to safely prepare precise chemotherapy treatments for each child. These personalized therapies are based on the child’s bloodwork, the day of treatment and their cancer’s unique molecular profile. Personalizing treatment in this way lessens harmful side effects, reduces damage to healthy cells

and gives our kids the greatest chance at the best results possible.

“The Chicken Farmers of Saskatchewan are proud to be able to provide support to the Children’s Cancer Clinic,” says Michael Kautzman, executive director. “Our farmers are also families and knowing that this donation will help kids facing cancer means a great deal to them. We’re proud to play a part in helping these children and their families during such a difficult time.”

Regina has been designated one of three pediatric centres in Saskatchewan and is the only one serving the southern half of the province. While childhood cancer is, thankfully, relatively rare, it remains the most common disease-related cause of death among Canadian children. Last year, 11 children from southern Saskatchewan were newly diagnosed with cancer. An additional 169 children currently receive treatment, follow-up care

“With the new pharmacy clean room, our pharmacy team will be able to create personalized cancer treatments that result in fewer harmful side effects and more effective outcomes. This is a critical addition to pediatric cancer care in southern Saskatchewan. We are grateful to the Chicken Farmers of Saskatchewan for helping us make it possible.”

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

or monitoring by the dedicated medical team in our Children’s Cancer Clinic.

The new pharmacy clean room will ensure that our children receive the best care possible, as close to home as possible. Thanks to the generosity of community partners like the Chicken Farmers of Saskatchewan, the Foundation is bringing hope and healing to young cancer patients and their families, right here in our community.



Supporting safer, more dignified long-term care



Terra Olynick, executive director, Continuing Care (L) and Olivia Cabura, RN

With Saskatchewan's aging population on the rise, the need for high-quality, long-term care has never been more important. The Saskatchewan Health Authority (SHA) cares for more than 8,200 individuals living in 157 long-term care homes across the province. In Regina, eight long-term care facilities operated by the SHA serve hundreds of residents who depend on safe, personalized care every day. Hospitals of Regina Foundation is proud to support this care through targeted investments that improve safety, comfort and clinical outcomes.

In 2025, our donors helped us fund critical equipment across multiple facilities, including floor lifts, sit-to-stand lifts, regular sized and bariatric beds, and bladder scanners. While these items may

seem simple to most people, they play a vital role in delivering safe and dignified care to elderly residents as well as those with complex medical needs, such as advanced dementia, Parkinson's disease or late-stage Multiple Sclerosis.

Lifts were provided to five sites – Elmview, Parkside and Sunset Special Care Homes, Regina Lutheran Home and Wascana Rehabilitation Centre. These lifts help staff safely move residents from beds, chairs or baths without physical strain or risk of injury. Sit-to-stand lifts are especially useful for promoting safe mobility while preserving a resident's independence. At the Wascana Rehabilitation Centre, new bariatric lifts and beds were added to ensure larger residents receive safe and respectful care, tailored to their needs.

Equally impactful is the addition of bladder scanners at Elmview, Regina Lutheran and Sunset care homes. These handheld, non-invasive tools give care teams the ability to quickly assess a resident's bladder volume, helping to avoid unnecessary catheterizations, which can be uncomfortable and may lead to complications like urinary tract infections. They also support the diagnosis and management of common conditions such as urinary retention, incontinence and neurogenic bladder, a dysfunction where nerve damage from disease or injury prevents the bladder from properly storing or emptying urine.

"In 2025, the support of Hospitals of Regina Foundation made a meaningful difference for continuing care programs

in Regina. Through this partnership, we enhanced resident safety and dignity by acquiring seven new lifts for long-term care homes and 12 new medical beds, including two designed to safely support bariatric residents," says Terra Olynick, executive director, Continuing Care, Integrated Regina Health. "The Foundation also funded bladder scanners in three long-term care homes, enabling timely, on-site assessments and helping avoid unnecessary hospital transfers. Together, these investments strengthen safe mobility, improve clinical decision-making and support higher-quality, resident-centered care. We are deeply grateful for the Foundation's continued partnership and commitment to our residents."

These upgrades reflect the growing need to ensure our long-term care homes can meet the complex needs of an aging population, with the right tools in place.

"As the demand for long-term care increases, we must keep investing in safer, more advanced equipment that protects residents and staff alike. Our community's generosity is making a real impact, ensuring people receive the care they deserve with dignity, comfort and respect, right here at home."

Lisa Green, senior vice president,
Hospitals of Regina Foundation

A lifelong caregiver gives back *to the community that shaped her career*

Dr. Teik Im Ooi has spent more than four decades caring for families in Regina as a family physician. Now, she is giving back to the community that has supported her throughout her career by making a significant and heartfelt gift to Hospitals of Regina Foundation.

"As a family physician for more than 40 years, I have had the privilege of caring for patients at some of their most vulnerable moments. My gift is a way to give back to the community that has trusted me and made my work so meaningful."

Dr. Teik Im Ooi



Dr. Teik Im Ooi

Dr. Ooi immigrated to Canada from Malaysia and received a portion of her medical training here. Over the years, she's owned and operated six medical clinics in Regina and built a practice that spanned generations of patients. Today, she continues to see long-time patients on a part-time basis, reflecting her deep commitment to continuity of care and her lasting relationships with families in the city.

Her recent gift supports the most urgent priorities in our hospitals and health care facilities. These include new equipment, technology, education for our medical teams, our Fellowship

program which provides support for doctors to train as medical specialists, and upgrades to spaces such as the family room in our Palliative Care Unit at the Pasqua Hospital. By directing her support in this way, Dr. Ooi is helping to advance care for people across southern Saskatchewan, when and where they need it most.

"Dr. Ooi's support reflects not only a lifetime of service but also her vision for the future of local health care," says Dino Sophocleous, president and CEO, Hospitals of Regina Foundation. "She has cared for this community with great compassion, and her legacy will

continue to benefit patients for years to come. We are truly grateful for her generosity and philanthropic spirit."

In 2025, Dr. Ooi was recognized with a long-service designation by the College of Physicians and Surgeons of Saskatchewan for her 40 years of service, and in 2024, received Life Membership recognition from the College of Family Physicians of Canada. These honours celebrate Dr. Ooi's decades of work as a family physician and her enduring impact on health care in our province.

Two tiny miracles: A NICU experience of trust and gratitude



Roxie, Ryan, Luke, Kade and Owen Cherwaty

When Ryan Cherwaty and his wife Roxie learned their identical twin babies were monochorionic-monoamniotic twins, sharing one amniotic sac and one placenta, they were told an early delivery was necessary due to the risk of serious, life-threatening complications. On June 24, 2024 Ryan and Roxie welcomed their boys Luke and Kade at just 32 weeks. Their journey into parenthood began in the neonatal intensive care unit (NICU) at our Rawlco Centre for Mother Baby Care, at the Regina General Hospital.

What they did not expect was the extraordinary level of care, compassion and personal connection that would carry them through the weeks ahead.

Luke spent 55 days in our NICU while Kade's NICU stay lasted 83 days. As Ryan puts it, "From the very start we felt everyone on our medical team was in our corner. They reassured us when we left the babies to go home to our other

son that first day, they helped us navigate bringing one twin home while the other stayed behind, and finally, helped us become a family of five under one roof."

That support became especially vital five days after Luke was discharged. During a routine afternoon visit to Kade, Ryan and Roxie noticed Luke seemed off. They brought him along to the hospital, where NICU nurse Megan Mellquist quickly recognized something was wrong. Despite Luke no longer being a NICU patient, Megan advocated to have him readmitted on the spot where doctors discovered he had a bladder infection and viral pneumonia. A day later, Kade became ill with a different virus. The two boys were moved into a room together as they recuperated.

"If she had not done this, Luke would have been sent to Saskatoon since he needed a high level of respiratory care that was only available for babies in

the NICU," says Ryan. "We would have had one baby in Regina, one in Saskatoon and a toddler at home. Her support meant the world to us."

Stories like this reflect what makes Regina's NICU so special. "They are more than just doctors and nurses," Ryan says. "They care about who you are as a person. They turn a hospital stay into something deeply human."

From helping with the first diaper changes to keeping spirits high with stories about weddings, favourite meals and shared school connections, staff create an environment of warmth and trust. That sense of community came full circle when Ryan, himself a twin who was once in the Regina NICU, met a nurse who had cared for him as a baby.

Today, the Cherwaty family is settled into life at home with their twin boys and toddler son Owen. Looking back, Ryan shares a message for everyone in our community.

"Donate. The equipment and the support matters more than you can imagine. And trust. Trust the team, the technology and the relationships that carry you through it all."

Dino Sophocleous, president and CEO of Hospitals of Regina Foundation, says Luke and Kade's stories illustrates the incredible work of our exceptional Regina NICU team. "The doctors and nurses in our NICU care for 500 vulnerable babies each year. Thanks to our generous donors, our NICU teams have the best technology and equipment possible, so they may provide our smallest patients with outstanding care."



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Celebrating *our community's giving spirit*



McDonald's cheque presentation



Local Bands for Tiny Hands



High Noon Optimists Club cheque presentation



Long & McQuade Musical Instruments

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 to raise funds for Regina's hospitals and health care facilities in new and exciting ways! Whether a gala event, 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. The Foundation is so grateful for our community's support because nothing we do happens without you.

Thanks to many amazing volunteer organizers and their supporters, here are the fundraising activities that took place between November 2025 and March 2026 in support of Hospitals of Regina Foundation:

- McDonalds in Regina, Weyburn and Estevan – donation at the till – \$21,000
- Long & McQuade Musical Instruments – donation at the till – \$2,390
- High Noon Optimists Club Variety Magic Show – \$10,000
- Gala of Hope – \$15,000
- Local Bands for Tiny Hands – \$20,000
- Regina Slopitch Snow Pitch Tournament – \$6,989
- Z99 Radiothon – \$413,607

It is going to be a busy spring and summer! 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.

- Chinese Spring Festival – April 11
- Litres for Little Ones – April 21
- Hispanos Gala – April 25
- Cardiac Care 5K Run/Walk – May 23
- Bigfoot 50 Trailrun – June 22
- Teddy Bear Bash – June 27
- Eric Calibaba Memorial Golf Tournament – July 17
- Ladybug Picnic Festival – August 23
- Clay Catley Memorial Ranch Rodeo – August 2026

CONNECT

To learn how you can host your own fundraiser, visit our website hrf.sk.ca/how-to-give/hrf-events/host-an-event or contact Noah Rainbow, development officer, at (306) 781-7501 or by email at noah.rainbow@hrf.sk.ca.

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