

Inspire

FALL 2025

STORIES FROM OUR COMMUNITY

Back in the field: *A story of resilience, recovery and triumph*



Taron Ham on his modified tractor

Farming is a way of life for Taron Ham. Raised on a cattle and grain farm, the 26-year-old from Frontier, Sask. has worked alongside his family since childhood. Every season, every job and every challenge has shaped who he is today, a determined farmer with deep roots in our southern Saskatchewan community.

Taron's meaningful connection to the land was put to the test in August 2022. One night, while driving to the family farm, his car went off the road and crashed into a ditch. Having lost consciousness, he was fortunately located by neighbours who called an ambulance. Confused and unaware of how seriously he was hurt, Taron was transported to Shaunavon, then airlifted to Regina's General Hospital.

His diagnosis was life-changing. A spinal cord injury had left Taron paralyzed

from the waist down. He recalls it took a long time to process that he would never be able to walk again.

Taron spent five weeks at the Regina General Hospital, where he began his road to recovery. He received spinal fusion surgery, where two rods and nine screws were surgically placed in his back. He was then transferred to the Wascana Rehabilitation Centre to undergo intensive physical therapy to help him recover and cope with his condition as best as possible. His stay at the Wascana Rehabilitation Centre also included occupational therapy, which helped him determine what life would be like in a wheelchair. With the help of his occupational therapist, Taron explored ways to continue farming, including using a lift for his truck and an all-terrain electric wheelchair.

He says it was a difficult time, but it was made easier because of the care he received from his medical team during the almost four months he spent in our hospitals. "The doctors, nurses and therapists worked so hard for me and with me," Taron remembers. "They took really good care of me as I recuperated. I was able to come home just three days before Christmas."

Today, thanks to his medical teams and specialized equipment, Taron is back on the farm with his family. Calving season, once a source of uncertainty due to his severe injury, is now a testament to his

ability to adapt and overcome. "I'm pretty stubborn," he laughs. "If I don't know how to do something, I figure it out."

Taron's recovery was made possible thanks to significant investments by the Foundation in Regina's trauma and surgical programs, exceeding \$7 million since 2018. These investments included upgrading the technology in all 18 existing operating rooms at the Regina General and Pasqua Hospitals while adding two new ones, as well as investing in two new surgical navigation systems and a new state-of-the-art neuro-surgical microscope.

To those considering supporting the Hospitals of Regina Foundation, Taron has a simple message: "Every little bit helps. There are a lot of people out there like me who need these hospitals."

"Stories like Taron's are a reminder that our hospitals serve our entire southern Saskatchewan community," says Dino Sophocleous, president and CEO of Hospitals of Regina Foundation. "Thanks to the life-saving trauma and rehabilitation care he received, he can now continue to live a fulfilling life, which is the outcome anyone would hope for, after all he's been through."



HOSPITALS OF REGINA®
FOUNDATION

Better lives. Made possible by you.

Urgent Care Centre *celebrates one year in Regina*



Regina's Urgent Care Centre

Until recently, people with non-emergent medical issues in Regina often had no other option than a trip to the emergency room at one of our hospitals. As a result, emergency rooms faced capacity challenges and patients endured long wait times.

That changed in July 2024, when the province of Saskatchewan cut the ribbon to a brand-new urgent care centre in Regina. The first medical facility of its kind in the province, Regina's Urgent Care Centre offers care to those facing medical issues that are not emergencies but cannot wait until the next day. The urgent care centre also offers mental health and addictions support, for those needing immediate help.

In the first year of its operation, over 38,000 people requiring same-day care visited the centre.

Regina's Urgent Care Centre is also the first health care facility in Canada to offer a dedicated area for those seeking mental health and addictions care. Nearly 1,500

patients received mental health and addictions treatment at the facility in the first 11 months of its operation.

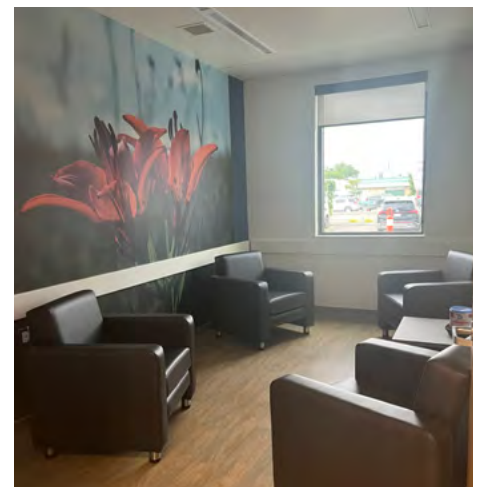
"The Regina Urgent Care Centre has been a great addition for patients seeking care that needs to be attended to that day, but not necessarily requiring a trip to an emergency department," says Tom Stewart, Saskatchewan Health Authority Executive Director of Acute Care Regina. "Since opening, we have been busy every day, offering a variety of services all under one roof. This limits extra trips for patients who require X-rays or bloodwork. I want to extend my thanks to Hospitals of Regina Foundation and their generous donors who provided the funding for all of our equipment, which has benefitted thousands of patients and made the level of care we are able to deliver possible."

Hospitals of Regina Foundation was pleased to invest \$2.42 million in the technology, equipment, furniture and fixtures needed to make this facility a reality.

"Regina's Urgent Care Centre plays an important role in delivering the best health care possible in our community. The extraordinary number of people who received care in the first year of operations highlights both the need for and the success of Regina's newest health care facility," Hospitals of Regina Foundation President and CEO Dino Sophocleous says. "We were pleased to invest in this new addition to Regina's health care capacity, which enables our talented medical teams to deliver care in a new and innovative way, right here at home."



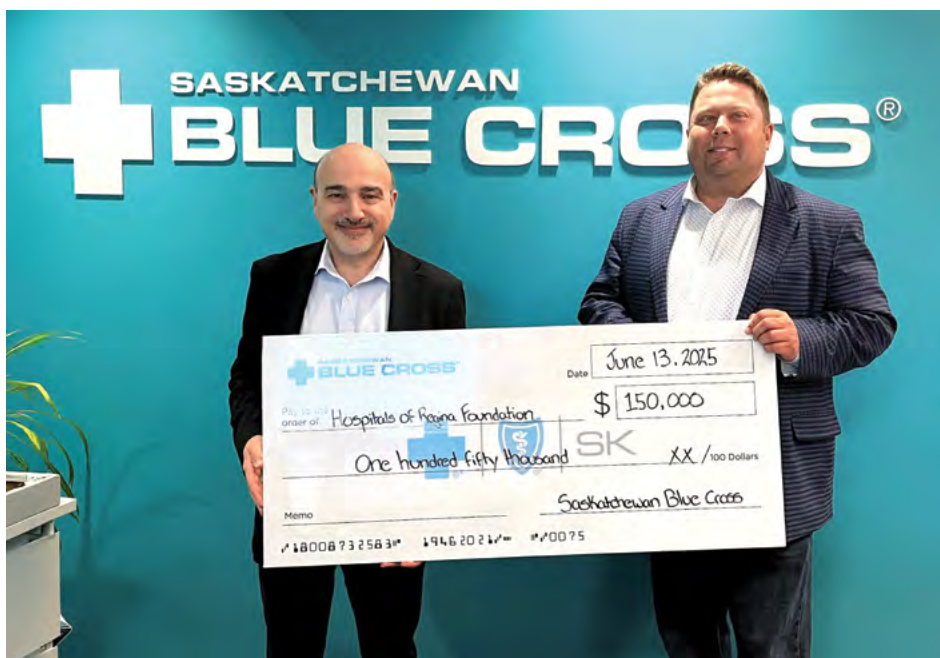
An X-ray room inside Regina's Urgent Care Centre



A smudge room inside Regina's Urgent Care Centre

Saskatchewan Blue Cross

invests in Regina's urgent care and pediatrics



Hospitals of Regina Foundation President and CEO Dino Sophocleous (left) with Saskatchewan Blue Cross Senior Vice President, Chief Financial & Risk Officer Kelly Sanheim

Blue Cross has been a supporter of Hospitals of Regina Foundation for many years, supporting many of the programs in our hospitals and medical facilities. Their latest \$150,000 gift speaks to their commitment to the health care of our southern Saskatchewan community.

Each year, approximately 500 newborns receive specialized treatment in our NICU at Regina's General Hospital. As part of Saskatchewan Blue Cross' most recent \$150,000 gift, \$75,000 will be matched through the Z99 Radiothon, doubling the investment in life-saving technology that will help

countless babies from across southern Saskatchewan and the province.

The remaining \$75,000 from this contribution supported Saskatchewan's first urgent care centre, which opened in Regina in July 2024. In the first 11 months the centre has been open, over 37,700 people needing same-day care have visited Regina's Urgent Care Centre for treatment. This investment supported the Foundation's \$2.42 million commitment to the Urgent Care Centre.

"We are committed to investing in our communities through initiatives and projects that support the health and

wellness of the people of Saskatchewan," says Kelly Wilson, president and CEO of Saskatchewan Blue Cross. "As a not-for-profit organization, we're proud to continue to support Hospitals of Regina Foundation and, most importantly, the patients and families who depend on their hospitals during some of life's most critical moments."

Since making their first contribution to the Foundation in 1998, Saskatchewan Blue Cross has generously donated more than \$257,000 to priority initiatives in our health care facilities. From contributing essential equipment and supplies during the COVID-19 pandemic to supporting events like the Z99 Radiothon and the Foundation's Four Seasons Ball, Saskatchewan Blue Cross has been a valued partner in enhancing local health care.

"This generous gift from Saskatchewan Blue Cross is a critical investment in both pediatric and urgent care for our southern Saskatchewan community. We are grateful to have a partner like Saskatchewan Blue Cross support our investments in local health care."

Dino Sophocleous, president & CEO,
Hospitals of Regina Foundation

Celebrating big: Our 2025 Spring Home Lottery winners

Thanks to the support of our southern Saskatchewan community, the 2025 Spring Home Lottery sold out, and our 50/50 Add-On exceeded \$1.1 million. This highlights our community's commitment to the best possible health care, right here at home, and underscores the generosity and giving spirit that always shines bright in our province.

Proceeds from our spring lottery will support key investments in the areas of greatest need at Regina's hospitals, which serve all of southern Saskatchewan.

We are pleased to congratulate the winners of the 2025 Spring Home Lottery. Brandie Bouvier of Regina was the big winner, taking the keys to the \$1.6 million Ripplinger-built Grand Prize Showhome, plus \$50,000 cash. Also winning big were Jill and Don McDougall from Regina, who claimed our 50/50 Add-On prize, winning an incredible \$560,900. The Early Bird winner was Joanna Chisholm from Regina, who had a choice between a 2025 Corvette Stingray or \$100,000 cash.

The Membership Loyalty Prize went to Brad Heidt of Kerrobert, Sask. who won \$10,000 cash. Our Bonus Prize winners were Cindy and Dennis Mainil of Weyburn, who had to choose between a Lexus car and Bahamas trip or \$75,000 cash.

Congratulations to all winners of the 2025 Spring Home Lottery. The continued support of our southern Saskatchewan community allows us to support the best health care possible so the people of Regina and southern Saskatchewan can live better lives.



Brandie Bouvier, winner of the Grand Prize Showhome and \$50,000 cash, with Dino Sophocleous, president and CEO, Hospitals of Regina Foundation.



Joanna Chisholm, winner of \$100,000 cash from the Early Bird prize, with Dino Sophocleous.



Jill and Don McDougall, the winners of \$560,900 cash from the 50/50 Add-On, with Dino Sophocleous.

From Heartbreak to Homecoming: The Lane Twins' NICU Journey



John and Arthur Lane

Ellen Glaze Lane felt prepared for a less-than-routine birth for her boys, which is not uncommon when having twins. But nothing could have prepared her and her husband, Will, for their experience in our neonatal intensive care unit (NICU) at Regina's General Hospital.

Ellen's pregnancy had been uneventful until July 2022, during her 27th week, when she began to experience extreme discomfort, and wondered whether she was in labour. Will and Ellen went to the hospital where their worst fears were confirmed; the twins were going to be born 13 weeks early.

John's birth was fairly straightforward but doctors could see Arthur was in trouble, so they performed an emergency C-section. The twins were very small – three pounds and two pounds, 12 ounces respectively. Upon their delivery, they were immediately intubated, then rushed to the NICU for specialized care.

Ellen and Will knew the boys would need special care and attention. John suffered a brain bleed and needed a peripherally

inserted central catheter (PICC) line to deliver critical medication he required for his condition, while Arthur required blood transfusions to treat low hemoglobin. At the same time, they both suffered from various infections throughout their stay in the NICU.

Thanks to a consultation with pediatrician Dr. Naeem Parvez, both Will and Ellen remained calm through it all. "We knew the sky wasn't falling," Ellen recalls. "We already knew these conditions could happen to our boys, and that it would likely be okay, which saved us so much stress."

What did cause stress, however, was severe apnea episodes both John and Arthur experienced after feedings. They were unable to keep their food down, causing complications with their breathing, heartbeat and growth. This reflux caused the babies to have a longer stay, since they had to last five days without having what was considered 'an episode.' Sometimes, just as the boys appeared they were ready to go home, they would have another

episode. Sadly, Arthur experienced 16 of them in a 24-hour period, which prolonged his stay.

Having spent 81 days in our NICU, John was finally discharged, but Arthur still required more care before he could join his family. Twenty days later, after 101 days in the NICU, it was Arthur's turn to come home.

"I cried a lot that day," Ellen says. "A special chapter in our lives was coming to a close. We were leaving behind the people that we came to know very well, who cared for our kids and walked us through some of the scariest days of our lives. As much as I wanted my babies home, I appreciated everything that the NICU gave us during that time."

After their eventful stay in our NICU, the Lane twins still needed care from Regina's hospitals. They successfully completed the neonatal follow-up program at Wascana Rehabilitation Centre, which monitors and supports toddlers who needed the NICU as newborns. Today, they continue to hit all of their growth milestones, while also seeing pediatrician Dr. Shauna Flavelle for on-going medical care.

"Our pediatric medical teams at Regina's General Hospital and the Wascana Rehabilitation Centre are second to none. They were there for John and Arthur again and again in their greatest time of need," says Lisa Green, senior vice president, Hospitals of Regina Foundation. "Their story is an example of how better lives are made possible through our community's generous support for local pediatric services, for kids like John and Arthur."

THANK YOU



Four Seasons Ball
A HOSPITALS OF REGINA FOUNDATION FUNDRAISER

It was an elegant, magnificent evening. Thank you to Hornoi Group of Companies, our presenting sponsor, and all our sponsors, who helped make the 2025 Four Seasons Ball a tremendous success. Through the dedication of our sponsors, donors, supporters and volunteers – our community – the 2025 Four Seasons Ball raised \$459,205. This will help the Foundation fund pediatric programs in Regina's hospitals so that children in southern Saskatchewan receive the care they need as close to home as possible.

THANK YOU TO OUR SPONSORS

PRESENTING SPONSOR



ENTERTAINMENT SPONSOR



DINNER SPONSOR



WINE SPONSOR



CHAMPAGNE SPONSOR



RADIO SPONSOR



TELEVISION SPONSOR



WINTER SPONSORS



GIFT SPONSORS



DESIGN SPONSOR



SIGNAGE & PRINT SPONSORS



TABLE SPONSORS:

Alliance Energy Ltd.	K-Bro Linen Inc.	Saskatchewan Blue Cross
Deloitte	Logixx Security Inc.	SaskPower
FCC	McDougall Gauley LLP	SGI Canada
George Gordon Developments Ltd.	McKercher LLP	TD Asset Management
GMS	MLT Aikins LLP	Viterra
Harvard Developments/ Harvard Western Insurance	The Mosaic Company	Wheaton Chevrolet Ltd.
Innovation Federal Credit Union	PCL Construction Management Inc.	Young's Equipment
	Provincial Department of Surgery, College of Medicine	



Celebrating *our community's giving spirit*



Bigfoot 50 Trail Run



Cardiac Care 5km Walk/Run



BAPS Charities Walk/Run

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 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, our community steps up to 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 some of the fundraising activities that took place between May 2025 and June 2025 in support of Hospitals of Regina Foundation:

- Cardiac Care Unit 5KM Walk/Run – \$9,165
- RCMP Annual Community Fundraiser – \$20,000
- BAPS Charities "Spirit of Service" Walk/Run – \$500
- Bigfoot 50 Trail Run – \$3,612

It is going to be a busy fall! 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.

- RPS Swat Superhero Rappel – September 10, 2025
- Uncover the Cure Cocktail Party – September 18, 2025
- Gift of Giving Gala – September 20, 2025
- McDonald's in Yorkton and Melville donation at the till and 10 cents from cold and hot coffee based beverages – September 2025
- McDonald's in Yorkton and Melville donation at the till and partial proceeds from hot beverages – September 2025
- Long & McQuade Regina donation at the till – December 2025

CONNECT

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

f facebook.com/hrfdn
in linkedin.com/company/hrfdn
@ [@hospitalsreginafoundation](https://twitter.com/hospitalsreginafoundation)
YouTube youtube.com/user/HRFoundation



HOSPITALS OF REGINA®
FOUNDATION

Better lives. Made possible by you.

#225-1874 Scarth Street, Regina, SK S4P 4B3

Tel: 306-781-7500 Email: hrf@hrf.sk.ca

www.hrf.sk.ca Charitable Registration Number: 119114056RR0001