



Your HealthMatters

ROYAL COLUMBIAN HOSPITAL FOUNDATION • rchcares.com • SPRING 2014

The thin line between life and death

RCH CARE PULLS MOTORCYCLIST THROUGH

For as long as he can remember, 29-year-old Imran Valli has had a passion for being on two wheels. As a boy, he loved riding bicycles, on the road and sometimes down mountain trails. Last year, Valli took lessons and began riding a motorcycle, which quickly became one of his favorite pastimes. But on November 10, 2013, after sustaining a serious injury while motor bike riding, he was fighting for his life at Royal Columbian Hospital (RCH).

The accident happened when an oncoming car suddenly moved into Valli's lane. "I hit my brakes to try and avoid impact but there just wasn't enough room to stop. I knew I was going to make contact and there was nothing I could do to prevent it."

Though Valli wasn't going fast and was wearing full protective gear, when he arrived at RCH his injuries proved to be very serious and he was sedated for three days after the accident. He required a tube to assist his breathing, as well as a tube in his chest to drain blood due to a torn lung. He also had broken ribs and had chipped several bones. But the most severe injury was the damage to his liver. If RCH doctors hadn't been able to get the bleeding in his liver under control, his injuries could have been fatal. "Looking back, I was straddling the line between life and death," says Valli.

Three days after the accident, Valli regained consciousness and began working towards his recovery with the hospital's staff. He recalls how moved he was



"I hit my brakes to try and avoid impact but there just wasn't enough room to stop"

*- Imran Valli,
RCH patient*

A close brush with death has left Imran Valli deeply grateful for family and friends as well as for a healthy body.

by the skill, patience and compassion of the nurses at RCH.

"I mentioned to one of the nurses in passing that I liked to sleep with my socks half off when I was at home. One day at the hospital, I fell asleep with my

socks fully on my feet and woke up with them half off because the nurse had remembered our conversation. For them to know my comfort level in that much detail shows how truly committed they are to the well-being of their patients," he says. ■

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RCHF stronger than ever

CHAIR BELLE PURI SAYS GOODBYE

After nine years on the RCH Foundation Board of Directors, five of them as Chair, I look back with pride and excitement about what we have accomplished as a team. One of our main goals was to have British Columbians understand that Royal Columbian Hospital is more than New Westminster's hospital.

RCH is a provincially designated referral centre, one of only two Level 1 Trauma Centres in the province. It serves one in three British Columbians. At a recent RCH fundraiser held in his city, the mayor of Abbotsford said, "We have a great community hospital, but we know if something really bad happens we will need to go to Royal Columbian."

Over the past few years we have succeeded in evolving our Board to include a vibrant mix of corporate and industry representatives and young professionals from many of the municipalities served by RCH. All of them care very much about the hospital and are excited to



be a part of the RCH Redevelopment Project. When complete, the redevelopment will be the biggest health-care infrastructure project ever achieved in BC and one of the largest in Canada.

RCH is a hospital that provides the highest level of care to the most critically ill from across the province, trains UBC medical students and has one of the busiest heliports in Canada.

I leave the Board this June with some sadness, but also with the knowledge that the hospital that generations of my family have counted on for over 100 years, along with so many other BC families, has a great future ahead. That future will be built by outstanding medical practitioners and staff, and dedicated donors who continually and generously give their support.

It has been a privilege to serve.

Belle

Belle Puri,
Chair, Board of Directors

Adrienne Bakker moves on

PRESIDENT & CEO LEAVES A STRONG LEGACY



After 10 years of visionary and outstanding leadership, Adrienne Bakker left her position as President and CEO of Royal Columbian Hospital Foundation (RCHF) in mid-March. She has accepted a position with a national health foundation.

Adrienne's years at the helm of RCHF were characterized by a tenacious and savvy approach to raising funds for the hospital, which now serves more than one-third of BC's population and is poised for major redevelopment and expansion.

During Adrienne's tenure, the Foundation raised more than \$33 million, which benefited such critical areas as ICU and cardiac surgery.

Laurie Tetarenko, previously Vice President of the Foundation, is Interim President and CEO until the RCHF Board of Directors recruits a new CEO.

"The Foundation is strong and we have the capacity and the commitment to work towards reaching our fundraising goals," says Laurie. ■

FOUNDATION'S CREDIT CARD LOTTERY

Help support RCH and WIN BIG!



Credit card lottery winner Doug Hart from the carpentry shop pictured with Feroza Jamal, RCH Foundation Administrative Assistant. Entries for the weekly 50/50 draw can be purchased with a credit card for \$5 bi-weekly. Call 604-520-4438 to learn more. *Photo: Rob Kruyt.*

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RCH teen volunteers from left to right: Jyoti Deol, Harmit Kainth, Cindy Wong, Harnek Bhupal and Lee Treanor. Absent from photo: Sadie Farina, Eileen Ong, Desiree Rosales and Vivian Sam. *Photo: Rob Kruyt.*

Teen volunteers bring positive energy to RCH

STUDENTS VALUE EXPOSURE TO PATIENTS AND STAFF

Any hospital can benefit from an infusion of youthful energy and enthusiasm, and at Royal Columbian Hospital that's provided by a group of committed teen volunteers.

The best thing about teen volunteers at Royal Columbian Hospital is their ability to bring enthusiasm to the position, according to Karen Crosby, who coordinates the work experience program at New Westminster Secondary School. Karen has been able to watch the eight-year-old program grow and allow more students to benefit from being "volunteens" at the hospital in recent years. "When the program started, there were only two or three volunteers helping out on a single floor of the hospital. All of the students were having such a great time volunteering that we've increased the number of students to nine," says Crosby.

Harmit Kainth, a grade 12 student involved in the volunteer program, is thankful for his work experience in the hospital as he plans to pursue a career in medicine after high school. "I was initially interested in volunteering because I have several family members who have lost a lot to cancer, so I know how tough the hospital experience can be," he says.

Jyoti Deol, another volunteer, knows that the work experience gained from the program will be invaluable in the future. "We do things like talking to patients and making sure they're comfortable. I really love working with the patients and feeling like you've made someone's day better just by talking to them," she says.

Lee Treanor, another volunteer who has been helping out at the hospital since October 2013, believes that the teens bring a lot of enthusiasm and energy to the job. "Being able to help patients is wonderful, and I enjoy every moment of volunteering at RCH," he says. ■

RCH AUXILIARY:

A tradition of giving for 111 years

Since 1903, the Royal Columbian Hospital Auxiliary has been the strongest and most long-term supporter of the hospital, raising more than \$4 million to date. Last year, the Auxiliary committed to an impressive \$160,000 for equipment for the hospital, and over the year Auxiliary volunteers put in an astounding 39,021 volunteer hours.

"The volunteers do it because they love it," says Marlene Braidwood, Auxiliary president. "They don't look for recognition."

The Auxiliary raises funds through four retail/donation outlets: the New to You second hand store (off site) and the gift shop, lottery booth and book cart, all located in the hospital.



Auxiliary volunteers in the gift shop: back from left Patti Walters and Joan Larke and in front Lorraine Black. *Photo: Rob Kruyt.*

As well as fundraising, the Auxiliary has a support program that offers coffee, tea and comfort for patients and their families in critical and ambulatory care. The Auxiliary also runs patient comfort programs, which provide clothing, renal belts, head scarves for chemo patients, heart pillows for cardiac patients, cakes for newborns and an array of craft items sold in the gift shop. ■

Plan to give. Plan to touch lives over generations.

PLANNED GIFTS ALLOW RCH TO FUND MEDICAL INNOVATIONS THAT HAVE A MAJOR IMPACT ON PATIENT CARE

One of the most powerful and enduring ways that a donor can give to RCH is through a planned gift – an intentional act of deep generosity that will change and save lives over generations.

The life-changing effect of planned gifts – whether through a will or other estate planning – cannot be overestimated, says Laurie Tetarenko, Interim President and CEO of the Royal Columbian Hospital Foundation. “Planned gifts are a very important part of our fund-raising efforts,” she says. “Through these gifts we can fund state-of-the-art equipment and important medical innovations, as well as training and educational opportunities for medical staff.”

Since RCH now serves a third of BC’s population and is about to embark on a major redevelopment to meet patient needs for the coming decades, planned gifts are more important than ever.

For individuals considering making a planned gift, the option of having their gift benefit areas that have meaning for them is of primary importance. RCH Foundation staff are available to spend time with individuals considering a planned gift to explore what is meaningful for them. They may select a specific program or area of care, or they may choose to let the hospital decide where their gift can be used best.

“We recognize that many people can’t necessarily make a gift to the hospital in their lifetime. But planned gifts are a way for them to be assured that they are making a critical difference in the lives of many people well into the future,” says Tetarenko. ■

LEAVING A LEGACY OF CARE | THE BASICS OF PLANNED GIVING OPTIONS

details at rchcares.com

A GIFT IN YOUR WILL

A GIFT THROUGH LIFE
INSURANCE

A GIFT OF PUBLICLY
TRADED SECURITIES

A GIFT THROUGH
RETIREMENT FUNDS

A CHARITABLE
REMAINDER TRUST



AND THANKS IN PART TO PLANNED GIVING...

← Being in a hospital is often not easy for patients and their families. Their time at RCH is made

a little easier by the Patient Resource Centre. The Centre provides three computers for patients and their families to use. They can check their emails

and also look up resource information, such as local accommodations and medical information related to their health issues. WIFI is also available. The walls are lined with pamphlets, booklets and brochures covering health information, hospital services and community health services.

“As funding is limited, Volunteer Resources would not be able to expand their patient services without the help of planned gifts. The Patient Resource Centre allows the patients to stay connected with their family and community during their stay at RCH.” ~ Kathy Corbeil, Manager, Volunteer Resources. ■



Andrea Langevin (right) and Hindy Binning are grateful that a planned gift furthered their professional development as psychiatric nurses. Photo: Rob Kruyt.



↑ The Multi-Purpose Interventional Suite (MPIS), made possible in part by planned gifts, is a shared space between Cardiac Electro Physiology and Neuro Interventional Radiology. This suite has provided a state-of-the-art environment to treat stroke patients and brain aneurysms with mini-

mally invasive catheter techniques rather than the patients being treated by open surgery. Cardiac patients are treated for irregular heart rhythm and blockages. The specialized equipment in the MPIS allows the cardiologist to test various trigger points within the heart and pinpoint the area causing the misfiring of the heart and treat it. Prior to this Fraser Health patients had to travel to Vancouver to have these procedures.

“Our Foundation and the donors who contribute to it are the lifeline of our hospital. I have been to many conferences throughout the U.S. and always come home to RCH with a sense of pride and confidence knowing that we are providing state-of-the art, evidence-based diagnostics and treatment to our patients.” ~ Karen Bevan-Pritchard, Site Coordinator, Medical Imaging. ■



A retired teacher, Hazel Emerson’s passion for learning inspired her to set up an educational fund.

Hazel Emerson

A TEACHER’S LEGACY

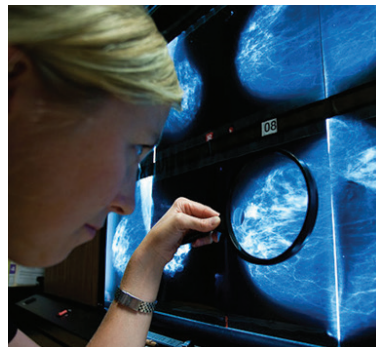
← Hazel Emerson’s long life – when she died in 2008 she was 97 – was marked by giving and helping others. While she had no children of her own, Hazel gave all her energy and heart to decades of teaching primary and secondary students in Lower Mainland schools.

Hindy Binning and Andrea Langevin never had the opportunity to meet Hazel Emerson – but they are keenly aware that they are benefitting from her decision to leave a legacy to the Royal Columbian Hospital. The two registered psychiatric nurses love their work and have built a career at RCH. Hindy has worked at

the hospital for 18 years and Andrea for 15 years.

Thanks to support from the Hazel Emerson Education Fund, the two nurses were able to attend the 2013 World Congress for Psychiatric Nurses in Winnipeg. “Psychiatry is an ever-changing field and professional development is imperative,” says Hindy. “Funding for professional development has allowed me to feel camaraderie in a field that has faced significant stigmatization.”

“It gave us an invaluable opportunity to connect with mental health nurses from around the world to share strengths and ideas about the unique work that we do,” says Andrea. ■



← Thanks in part to planned gifts, RCH was able to purchase two digital diagnostic mammography machines with stereotactic biopsy capability. Prior to their arrival, the hospital had one aging analog (film-based) machine that often required servicing, resulting in suspension of service to patients. The new machines have increased the daily number of patients that can be screened and the latest technology has many benefits, including higher quality images. ■



Having experienced RCH as a patient and a nurse, Irene Lowe knows what a difference gifts make to the hospital.

Irene Lowe

FORMER NURSE GIVES A GIFT FOR FUTURE PATIENTS

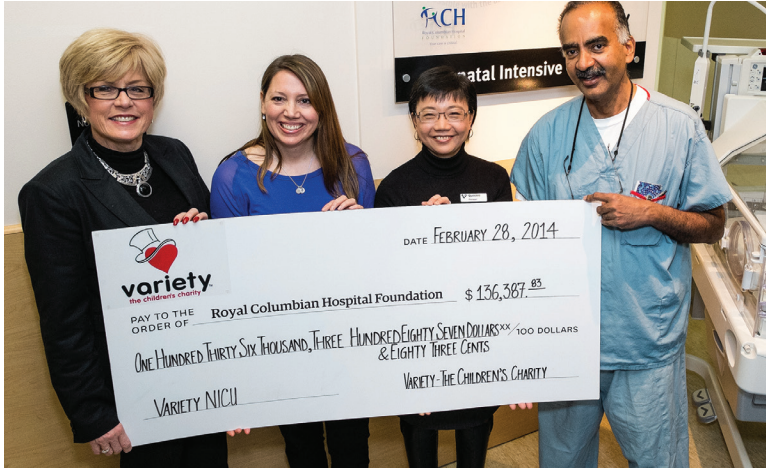
↑ Inspired by a 50-year association with RCH – both as a nurse caring for patients and a patient herself – Irene Lowe decided to leave a legacy for future generations.

“I know the level of care that patients receive at RCH. Both my children were born there, I underwent a surgery and was cared for in the Cardiac Care Unit after I had a heart attack,” says the retired nurse, mother, grandmother and visionary.

Irene is keenly aware that RCH cares for 1.6 million people in British Columbia, and is responsible for treating the most critically ill and injured patients in the province in the areas of trauma, cardiac and stroke care, high-risk maternity and premature babies. “From experience, I know that the hospital always needs extra funding. People are living longer these days and need to know that they can rely on their hospital to provide them with the care they need,” she says. ■

DONOR NEWS

Variety - the Children's Charity helps RCH care for its youngest preemies and families



Linda Flack, Manager, Heart Fund & BC Family Residence Program, Variety—the Children's Charity (second from left) presents Barbara Becker, Director, Campaign, Royal Columbian Hospital (RCH) Foundation (far left), Queenie Lai, Health Services Manager, RCH Variety Neonatal Intensive Care Unit (NICU) (second from right) and Dr. Vinod Kesavan, Department Head, Pediatrics, RCH, (far right) with a cheque for \$136,387.83. These funds purchased two Giraffe incubators for RCH's Variety NICU. These incubators are used for the

youngest babies cared for at RCH, those between 23-25 weeks gestation. They are special because they allow care teams to keep the baby inside the incubator for difficult intubation and minor surgical procedures. And because no heat is lost when doors and portholes are opened, parents are able to have skin to skin contact with their baby without fear of compromising the baby's carefully maintained microenvironment. This gift also supported RCH's Maternal, Infant, Child, Youth Emergency Response Fund, which provides essentials for low-income families who have children in the Variety NICU or Pediatric Unit. ■

RBC Foundation helps Royal Columbian Hospital launch new electrocardiogram technology

Prabhjot Wong, RBC Branch Manager, (third from left), Keith Richmond, Vice-President, Commercial Financial Services, RBC, (third from right) and RBC Branch Manager Peter Zivanovic (second from right) present Dr. Amin Aminbakhsh, Head of Non-Invasive Cardiology and Echo Cardiology, Royal Columbian Hospital (RCH) (far left), Robyn Brinkac, Supervisor, Diagnostic Cardiology, RCH, (second from left) and Barbara Becker, Director, Campaign, Royal Columbian Hospital Foundation with a cheque for \$20,000 for a new electrocardiogram cart. This new cart is one of eight needed for RCH to become fully compatible with the new MUSE Cardiology Information System currently being implemented across Fraser Health, which will enable Fraser Health sites to securely share patient ECG information. This will mean faster diagnosis and treatment, and testing closer to home. RCH performs 54,000 electrocardiograms per year. ■



Care comes full circle

SENIOR TRAUMA PHYSICIAN SEES THE OTHER SIDE OF PATIENT CARE AT RCH

Few are the times that an individual has the experience of being both a doctor and a patient at a hospital - but Dr. Idan Khan, a Royal Columbian Hospital trauma physician, has been both. In January 2013, Dr. Khan suffered an arrhythmia (irregular heartbeat) after playing squash and had to be taken immediately to RCH, where doctors and staff performed life-saving medical care. "I have experienced the cardiac system and been through cardiac care at RCH. I got to see the doctor-patient experience from the other side," says Dr. Khan, who had an implantable defibrillator inserted after his surgery to help support his heart.

A highly respected and senior ER physician at the hospital, Dr. Khan had a new appreciation for the staff at RCH following his recovery. "It was great care, everyone was top-notch. There are multiple doctors and medical students, as well as residents managing your care. I like to think we still have that



When an arrhythmia (irregular heartbeat) landed Dr. Idan Khan in his own hospital, he realized more than ever that cardiac care at RCH is second to none.

'small' feeling of a community hospital, but with the resources of a tertiary care centre," says Dr. Khan. RCH, which is home to the busiest cardiac intervention unit in British Columbia, is also one of the three busiest hospitals in Canada, providing 5,100 heart catheterizations annually. Thankful for his treatment at RCH, Dr. Khan knows that because of the exceptional care at the hospital, he will be able to work alongside the highly dedicated and expert staff who saved his life for many more years to come. ■



Royal Columbian Hospital
FOUNDATION

**Yes, I want to support
critical care at RCH**

Here is my gift of:

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☐ Other \$ _____ (please specify)
Enclosed is my cheque made payable to:
Royal Columbian Hospital Foundation
Or charge my credit card:
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Expiry Date _____

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