



Summer 2016

Voice



VICTORIA GENERAL HOSPITAL FOUNDATION

*Together, we're making it happen.
Extraordinary People. Healthier Futures.*

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Message from the Executive Director



At the core of The Vic Foundation is the health and well-being of our community. More than 140,000 people living and working in our growing Winnipeg South community expect to receive quality health care when and where they need it. We are dedicated to raising much-needed private funds to help meet these expectations, supporting the delivery of advanced health care in our hospital and our community, today and in the future.

Our ability to succeed starts with you and me - people who live and work in our community - coming together to discuss, support and fund the innovations that make better health care delivery and prevention possible.

The generous contributions of donors and volunteers committed to our mission over the last 40 years have made our hospital a leading healthcare centre for our community. In this issue, we are excited to highlight how a few of these extraordinary people have advanced healthcare delivery in our hospital and in our community, contributing to a healthier future for us all:

- **For Her Heart's Sake** is an innovative and specialized cardiac care, research and prevention program designed specifically to combat the greatest health threat facing our community – women's heart disease (page 3).
- Renovations to the **Buhler Cancer Centre Solarium** will provide a permanent home for the renowned Look Good Feel Better® program so that women in our community can face cancer with confidence (page 5).
- Our investment in **advanced health care** communication technology enables our medical professionals to provide better and more compassionate care to our Critical Care patients (page 6).

Victoria General Hospital Foundation Board of Directors

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On behalf of The Vic Foundation, I want to thank you for your unwavering support. This is only the beginning of what we can do together. With your help, we can continue to enhance the health care and services that matter most to the patients and families in our community through investments in next generation technologies, improved facilities, ground-breaking research, community health projects, and so much more.

Sincerely,

Charlene Rocke



For Her Heart's Sake Making Women's Heart Disease prevention and care a priority for our community.

Shocking to most, heart disease is the #1 killer of women over 35, claiming more lives than all cancers combined. Decades of inattention to gender-specific medical research has masked the signs, symptoms and prevalence of heart disease in women, resulting in the misdiagnosis and mistreatment of the disease by health care professionals, and leaving women and their loved ones powerless to act.

Women are a vital part of our community, and The Vic Foundation has taken this serious public health threat to heart. As a critical first step in our fight against women's heart disease, we've invested in For Her Heart's Sake. This innovative and specialized cardiac care, intervention and prevention program for women has one goal - to stop heart disease from killing the women we love, right here, right now in our community.

As Manitoba's representatives at the first ever National Women's Health Summit in April, The Vic Foundation joined this national initiative that will conduct and share research and best practices for ongoing diagnosis, treatment and prevention of women's heart disease across Canada.

Together, we can make women's heart disease prevention and care a priority. To find out more about how women's heart disease affects you and your loved ones, please visit – ForHerHeart.ca



Margaret & Peggy Alto

*Survivor & daughter empower others
to fight women's heart disease*

"When our mom first began feeling tired, we were not immediately concerned" said Peggy Alto. "Walking up and down stairs and performing daily activities had become more difficult for her, but she was 76 and we just thought she was slowing down".

Then on May 11, 2006, Margaret Alto woke up feeling a bit off. She was applying her make-up, and suddenly lost her vision. She gripped the counter for support and became aware that her body was drenched in sweat.

"I was terrified," says Margaret. "I didn't know what was happening. I took two aspirins. My vision returned a minute later, but my husband called 911." A Victoria General Hospital cardiologist reviewed Margaret's test results and confirmed she was having a heart attack.

Her family was shocked by the diagnosis. "Mom has always been healthy and active" said Peggy. "We didn't know about the dangers of heart disease or that women experience early warning signs of a heart attack that are different from men."

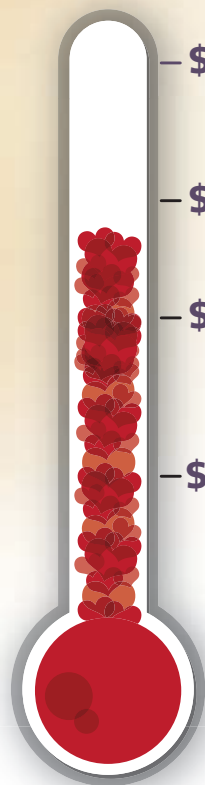
Margaret, now 86, had three stents put in, and has been under the care of Dr. Włodzimierz Czarnecki, now the Consulting Cardiologist of Victoria General Hospital's Cardiology Clinic for the last 10 years. "I cannot thank him enough for the exceptional care he has given me," says Margaret. "I am so grateful for his kindness and compassion."

Peggy and Margaret are now ardent supporters of The Vic Foundation's For Her Heart's Sake cardiac care and prevention program for women. They recently hosted a community awareness event to educate others about the real dangers of women's heart disease and empower them to prevent it.

"Mom's heart attack was a wake-up call for me and my siblings" said Peggy. "It is so important that all families know the risks and symptoms of women's heart disease so we can protect and support the women we love."

Thank You For Your Support!

Together, we have raised \$733,535 toward our \$1 million goal.



— \$1 Million

— \$750,000

— \$500,000

— \$250,000

COMMUNITY FUNDRAISING CAMPAIGN COMMITTEE

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Donate

BECOME A LIFE-SAVER.

Only \$267,000 needed to reach
our goal. Every dollar counts.

Donate now at:

ForHerHeart.ca



**For Her
Heart's Sake**
Give • Invest • Save Lives

SHE'S NOT OK.

Heart disease is the #1 killer of women over 35, and not enough is being done to stop it. 5 ways you can help right now:

1. Encourage the women you know to #getHeartChecked.
2. Download our FREE survival guide, monitor your own risks and live heart healthy.
3. Like, follow us and share our messages on social media.
4. Host or attend a community event.
5. Donate Now at:



YouTube



ForHerHeart.ca @fightHERkiller

New Buhler Cancer Centre Solarium

Helping Women Face Cancer with Confidence.

Women living with cancer suffer the effects of the disease and the treatment. Surgeries and treatment cause many physical, appearance-related changes such as hair loss, bruising and skin conditions. Emotional fallout follows as women cope with the pity of friends, anxiety of loved ones, and the shock of passers-by. Research shows that understanding and effectively dealing with these changes helps women better cope with their disease.

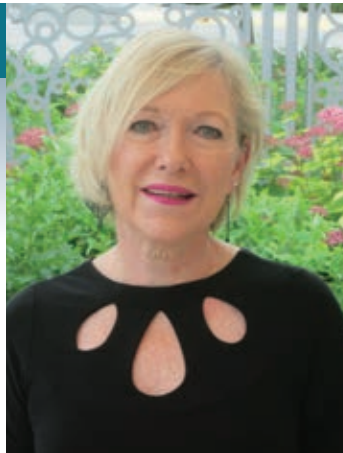
Hope is beautiful!

The Look Good Feel Better® program is a national initiative dedicated to boosting the confidence of women battling cancer. Cosmetologists and wig specialists provide free hands-on workshops on skin-care, makeup and head covering techniques to help manage the appearance-related side effects of their treatment. Free make-up and skin care products are also provided by the Canadian Cosmetic, Toiletry and Fragrance Association Foundation.

"We know that the ability to retain dignity, confidence, and a sense of self is critical to healing and recovery," says Connie Gray, Program Volunteer. "Providing the Look Good Feel Better® program at The Vic will give women battling cancer in our community the opportunity to do just that."

Construction of the new Solarium overlooking our Miracle Garden will provide a permanent, functional and restorative space for the delivery of the Look Good Feel Better® program to women in our community. A warm and cozy sitting area, fireplace and artwork with bright landscapes will visually connect patients to the renewing power of nature, and provide a backdrop for private reflection, intimate conversations and social gatherings. A separate studio area for workshop delivery and private consultations will house eight workstations and display cabinets for wigs and supplies. Construction is underway and expected to be completed this summer.

Ted Foreman, longtime supporter of The Vic Foundation, founded the Women's Oncology Wigs (WOW) program and has raised over \$100,000 to ensure that a wide variety of quality wigs and head coverings are available for workshop participants to choose from for the next five years. Thank you Ted!



Connie Gray, Program Volunteer



Ted Foreman, Donor & Volunteer Fundraiser



Donate

YOU CAN MAKE A REAL DIFFERENCE.

The Vic Foundation will be investing an additional \$200,000 to ensure community access to this invaluable program. We appreciate all contributions. To make a gift in support of the new Look Good Feel Better® program and Solarium, please visit **TheVicFoundation.ca**.

Foundation Endowments:

How Donors Impact Patient Care At The Vic

Victoria General Hospital's Critical Care team is currently trialing two apps on a specialized tablet that allow patients to communicate more easily with their health care providers. At the touch of a button, patients can indicate whether they are in pain, need water or identify other common needs. Multi-language capabilities allow for the translation of patient needs when no family members are present.

"When a patient is intubated and unable to speak, it can be difficult for them to communicate their needs," says Tracy Simcoe, Manager of Critical Care. "By using this tablet to communicate with our patients, we are able to provide better and more compassionate care."

Income generated from The Keith & Irene Beard Endowment Fund and The John & Esther Loewen Endowment Fund made the purchase of this specialized communication tablet possible.

"It means so much to me to know that our gifts are making a difference," says Barbara Anderson, daughter of Keith and Irene Beard. "My parents would be so proud to know their investment in The Vic Foundation continues to transform patient care at The Vic."

Congratulations to our 2016 Endowment Award recipients!

Thanks to the generosity of our Endowment Fund Donors, The Vic Foundation also awarded over \$37,000 in scholarships and grants at the 2016 Endowment Reception. These awards provide our medical professionals with advanced educational and conference opportunities, where they are exposed to the latest technologies, new clinical skills and practices that help to transform patient care at The Vic.

Donate 

LEAVE A LEGACY.

Endowment funds are a great way to make a significant and enduring contribution to the future of patient care at The Vic. Funds can be created in your own name or to honour someone special in your life. To explore this opportunity, please contact us at:

(204) 477-3513 or
foundation@vgh.mb.ca



Live safely and independently with our 24/7 medical alert and response service. You can be confident your life is in good hands – **and so can your loved ones.**

SCOTT GRAHAM'S STORY:

I am a nurse currently living in BC. My mother lives in Manitoba and her health is not the best. As a retired RN herself, she has an amazing stubborn quality, and after my dad's passing, there was no way she was leaving her home. On my insistence she got the Lifeline service, and stubbornly declared "I will never use it" but use it she did.

The night before her 75th birthday, I got the call we all dread "Your mother pushed her button, we are sending her an ambulance." If she had been alone, this letter would never have been written. Happily, she recovered, and is now back at home enjoying her life.

With Victoria Lifeline, I have peace of mind. My mom is never really alone; one push of a button and she gets the assistance she needs. **Thank you... you're all amazing guardian angels in my books!**



**THE TIME FOR
VICTORIA
LIFELINE IS
BEFORE YOU
NEED HELP.**

To find out more, please call
(204) 956-6777 or visit us
online at **VictoriaLifeline.ca**

So many ways to support health care delivery in our community.



1 Mark Your Calendars

These upcoming events are a great way to support The Vic Foundation, meet your neighbours and have fun. Why not join us?

Melee at the Met

September 8, 2016

Some of the best boxers in North America will go toe-to-toe at this one-of-a-kind gala evening. Proceeds support For Her Heart's Sake.

Medicine & Miracles Garden Party at The Vic

September 15, 2016

Wander through our Miracle Garden, while enjoying exceptional wine, tapas and music at this Spanish-themed event. Proceeds support For Her Heart's Sake.

For more info and to reserve tickets, please contact us at **(204) 477-3513**, via email at foundation@vgh.mb.ca or visit TheVicFoundation.ca

Blue Bombers Night

October 8, 2016

Watch the game against the BC Lions from the 200 sections. Order your \$35 ticket at bluebombers.com using the VICHOSPITAL promo code. Proceeds support Mental Health programming.

2

Bid to own Unique Artwork

Each week we feature a new piece of eye-catching artwork in our front breezeway. Place your bid by Monday each week for your chance to take it home. 100% of the proceeds directly support the health care and services that our patients, families and neighbours receive today and in the future.

3

Become a Foundation Volunteer

There are so many ways that you can volunteer with The Vic Foundation. Help support advanced health care in our community by raising awareness, attending events or organizing workplace campaigns. For more information on how you can volunteer, please contact our Community Events Team at **(204) 477-3407** or email us at jcranmer@vgh.mb.ca





Donate Now 

*** Donate today and give as generously as possible to support The Vic Foundation and health care in our community.**

Your donations enable us to bridge the gap between publicly funded health care and the services we can deliver to our community. Past contributions were invested in our new Emergency Centre, the Buhler Cancer Centre, the Miracle Garden, the Darlene Williams Comfort Room and so much more.

We are currently raising funds For Her Heart's Sake (page 3) and the new cancer Solarium (page 5). Your gifts can support these great causes, improvements to our hospital or needs of interest to you.

100% of every contribution, whatever size, will make an incredible impact on the health of people in our South Winnipeg community.

Donate Now:



204-477-3513



foundation@vgh.mb.ca

online: TheVicFoundation.ca

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