



MILESTONES

GREAT PAST GREATER FUTURE

Campaign for Royal
University Hospital



PATIENT STORY PG. 2

STAFF PROFILE PG. 5

ENDOWMENT IMPACT PG. 6



Campaign Targets \$1.8 Million for Chronic Care Initiatives

In "The Gambler," country music singer Kenny Rogers croons that "The best you can hope for is to die in your sleep"—presumably suggesting that dying unexpectedly and without enduring long-term suffering is the best way to die. However, most of us won't be so fortunate.

Unarguably, we are living longer thanks to advances in modern medicine. One large

area of injury is "sudden onset," resulting for example from accidents, heart attacks and infections. Treatment is immediate and recovery usually follows within a predictable time. But a significant other patient population, often comprising our steadily increasing elderly population, struggles to cope with a variety of chronic conditions such as heart disease, diabetes and asthma (to name only three) that involve

long-term suffering, frequent hospital visits and sometimes premature death.

"Chronic diseases are the leading cause of death in Canada and approximately 89% of us will ultimately pass away because of a chronic illness," says cardiologist Dr. Haissam Haddad (pictured above), Provincial Head of Medicine for the Saskatchewan Health Authority and

Cont'd on page 4



LEGACY OF GIVING

A Planned Gift Will Make a Lasting Impact at RUH

The RUH Foundation balances donor commitments for priority capital, equipment, research and education grants for Royal University Hospital against long-term funding goals. Health-care funding is unique because it suffers high inflation, requires highly qualified practitioners, is fundamentally necessary and affects each one of us and those we love.

While annual donations and estate endowments are helpful and critical for immediate priorities, a planned gift permits longer-term budgeting for both the donor and the Foundation. Customized planned giving covers both while incorporating healthy tax incentives and can make a meaningful and lasting impact in our community.

Many donors choose to fund planned giving from their income by:

- ✚ Making direct contributions to the RUH Foundation's annual fundraising campaigns; or
- ✚ Funding a life insurance policy that pays a much larger benefit to the charity



Article by: (l-r) James Chiwara and Gerard Gardiner, Life Insurance Advisors with Chevron Wealth Preservation Inc.

on death (e.g., \$10/month pays for a \$250,000 death benefit on a 45-year-old male, non-smoker; \$15/month pays for a \$100,000 death benefit on a 55-year-old female, non-smoker).

Other donors prefer integrating a planned gift with their lifestyle by:

- ✚ Receiving a higher income with a Charitable Gift Annuity due to no taxation;
- ✚ Donating a life insurance policy with a cash value for a generous tax receipt;

- ✚ Donating real property like stocks tax-free on capital gains and getting a donation receipt;
- ✚ Creating a Charitable Remainder Trust; or
- ✚ Bequeathing a gift from their estate.

The key to optimizing your donation comes with careful planning. This opens many doors by preserving assets, funding the charity, receiving tax benefits and supporting the community – while supporting and protecting your family.

Teamwork, Integrated Care, Communication Get Top Marks



PATIENT STORY

The Bray Family: (l-r) Tim Hlady, Robyn Bray, Carolyn Bray, Scott Bray, Shannon Bray, Aditya Mennon

Scott Bray pauses while discussing “the summer of his heart’s discontent.”

“I didn’t want to die; there was still too much to live for,” says Scott while recalling the three separate life-threatening cardiac-related events he had in August 2018.

Within a span of three weeks, Scott required two emergency minimally invasive procedures in Royal University Hospital’s Cardiac Catheterization Lab that included the insertion of three stents in his heart. The third event involved irregular heart rhythm that was managed with medication.

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PAST CAMPAIGN OUTCOMES

Foundation-funded Fellowship Training Champions Home Dialysis

For patients suffering from chronic kidney disease, in-hospital dialysis treatment can often seem as unsettling as the illness.

One in ten Canadians lives with damaged or failed kidneys. As a result, they aren't able to properly remove waste and unwanted water from their blood. Dialysis is an artificial way of carrying out this process when a person has typically lost 85 to 90 per cent of kidney function. Unless one receives a kidney transplant, a person must continue to have dialysis for the rest of their life.

"The tri-weekly, half-day dialysis treatments in a hospital clinic, not including time spent traveling to and from the facility, are extremely disruptive for patients, often impacting negatively on one's family, social and work relationships," says nephrologist Dr. Sachin Shah.

There are 546 patients from Saskatoon and central and northern Saskatchewan requiring dialysis treatment. Fortunately, Saskatoon nephrologists have always been strong supporters of a "home dialysis first" approach, and this continues to be championed by Dr. Shah and his colleagues. Today, there are 173 patients doing dialysis in their homes via either hemodialysis in which blood is passed through a machine

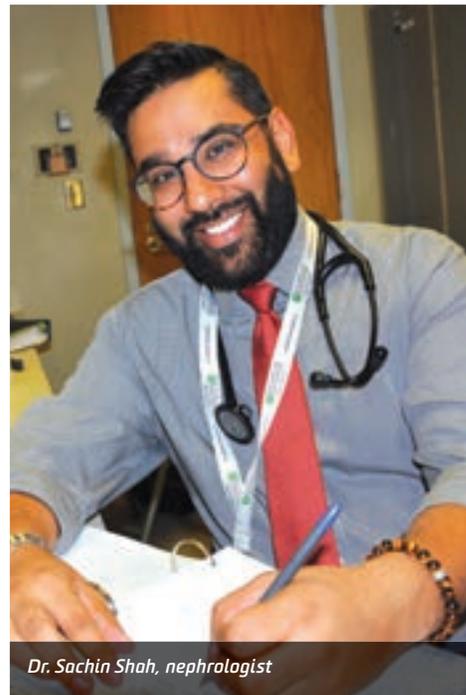
to clean it or peritoneal in which blood is cleaned inside one's body rather than in a machine.

"Dialysis done at home gives patients control of their treatment schedule, fitting it into their lives rather than the other way around, resulting in a more normal family, work and social life while on this life-sustaining therapy," says Dr. Shah.

Dr. Shah's interest in home dialysis innovation was piqued during his nephrology fellowship done in London, Ontario in 2014. Training was made possible through a \$72,000 fellowship awarded to Dr. Shah through RUH Foundation's Fellowship Grants Program.

"The support from RUH Foundation and its donors allowed me to focus on learning as much as I could about home dialysis innovation. Without it, my fellowship experience would have been much less robust than what it was during the year."

To date, the Foundation has raised and invested \$1.35 million through the Saskatchewan Health Authority's Practitioner and Staff Affairs to fund fellowships for 37 specialists to pursue sub-specialty training in a variety of areas



Dr. Sachin Shah, nephrologist

including trauma surgery; interventional cardiology; geriatric, child and youth psychiatry and critical care neurology, to name a few.

To learn more about how you can support our RUH Foundation Fellowship Grants Program, please contact Lisa Sands, Chief Development Officer, at 306.655.6477, or email lisa.sands@ruh.org.

KUDOS Don and Janet Neufeld and Family

Thank you to Don and Janet Neufeld and family for your ongoing generosity in transforming trauma care at RUH. The Neufelds' recent donation of \$50,000 toward the creation of a Trauma Observation Unit will enhance care and vital monitoring for close to 400 trauma patients a year, who will benefit from an extended observation period before transitioning to an in-patient unit. RUH Foundation is raising \$500,000 for the unit, which will open later this year. Three years ago, the Neufelds generously donated \$300,000 toward the hospital's pilot Trauma Program that evolved into a dedicated full-time program instrumental in the lifesaving care provided following the April 2018 Humboldt Broncos tragic bus crash.



(l-r) Don Neufeld, RUH Foundation's Volunteer Board Chair, with Dr. Nirashan Sathilingam, Medical Director of RUH's Trauma Program

Cont'd from cover

the College of Medicine, University of Saskatchewan.

In our province, about 257,000 residents or 23% of the population are living with at least one of five major chronic diseases, namely asthma, chronic obstructive pulmonary disease, diabetes, ischemic heart disease and heart failure. Roughly one-quarter of these individuals are living with two or more of the chronic conditions, and almost 1,000 are living with all five at the same time.

As he prepares to meet a new chronic-condition patient, Dr. Haddad is keenly interested in learning whether the patient may also be coping with other chronic illness. Not surprisingly, he immediately learns she is being treated and taking medication for one or more other chronic conditions.

"Unfortunately, it is not uncommon to see patients living life with multiple chronic diseases at the same time," Dr. Haddad adds. "In these situations we need to be very mindful of the interactions among the various medical conditions and interactions among the various treatments and medications."

To this end, one of the exciting new

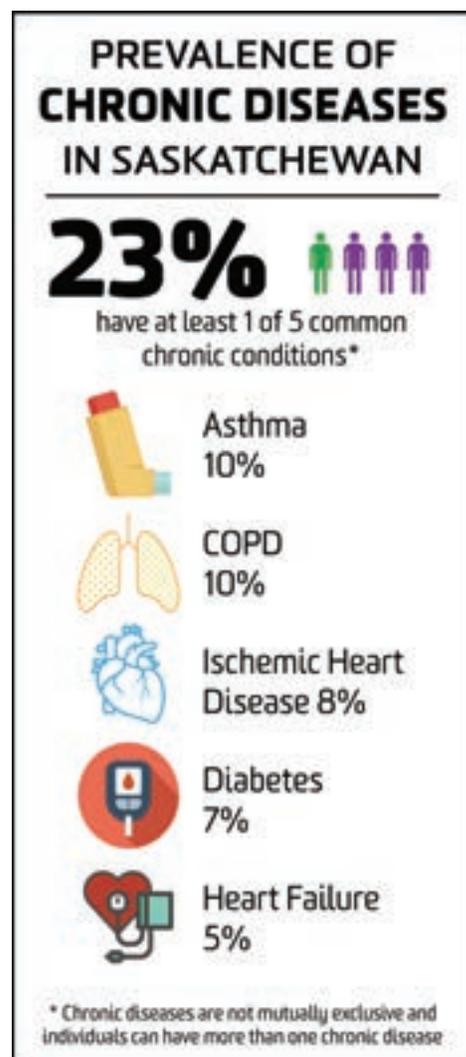
initiatives that Dr. Haddad is proposing is a pilot "Cardio-Oncology Clinic" at Royal University Hospital that will take a multi-disciplinary team approach in navigating the often complicated interplay between cancer and illnesses of the heart.

"Having cancer and successfully being treated for it doesn't mean the risks related to other conditions go away," explains Dr. Haddad.

Development of a new Cardio-Oncology Clinic is one of 12 chronic care initiatives for which RUH Foundation is raising \$1.8 million, aiming to enhance the quality of care and programming available at Royal University Hospital and in the community for those living with chronic conditions. Your donation will also support other initiatives related to diabetes, cardiac, stroke, cancer, cystic fibrosis, epilepsy and more as proposed by RUH clinicians and researchers.

"With the support of the Foundation and its donors, we will be able to move forward with innovative research, new comprehensive assessment and lifestyle programs, and equipment that will have a positive impact on so many in our community and province living with chronic diseases," says Dr. Haddad.

To make a donation, visit ruh.f.org, or call Lisa Sands, Chief Development Officer, at 306.655.6477.



Government of Saskatchewan, July 2016

Cont'd from page 2

The Bray Family

Scott, who was a month shy of his 60th birthday at the time, describes the care he received as the best ever throughout his history of living with chronic diseases.

"My wife, two daughters and I are so grateful. I'm alive today thanks to the lifesaving skills and superb care and attention of so many at Royal University Hospital including the emergency, interventional cardiology and Cardiac Care

Unit team members, as well as my West Winds Primary Health Centre care providers and the Coronary Artery Rehabilitation group at the Field House."

Scott was so impressed with the care that he's given it an acronym!

"I call it *ICE*. The care was extremely *integrated*, with plenty of *communication*, and just overall *excellent*. As a result, I have been given another chance to eat better, exercise more, live life in the moment and

walk my eldest daughter down the wedding aisle this summer."

RUH Foundation is raising \$600,000 to provide the newest technology and upgrades for the hospital's Cardiac Catheterization and Electrophysiology labs, to address the growing complexity of care required for men and women with heart disease. To donate, please visit ruh.f.org or contact Laura Herman, Senior Development Officer at 306.655.6530 or laura.herman@ruh.f.org.

CEO's MESSAGE

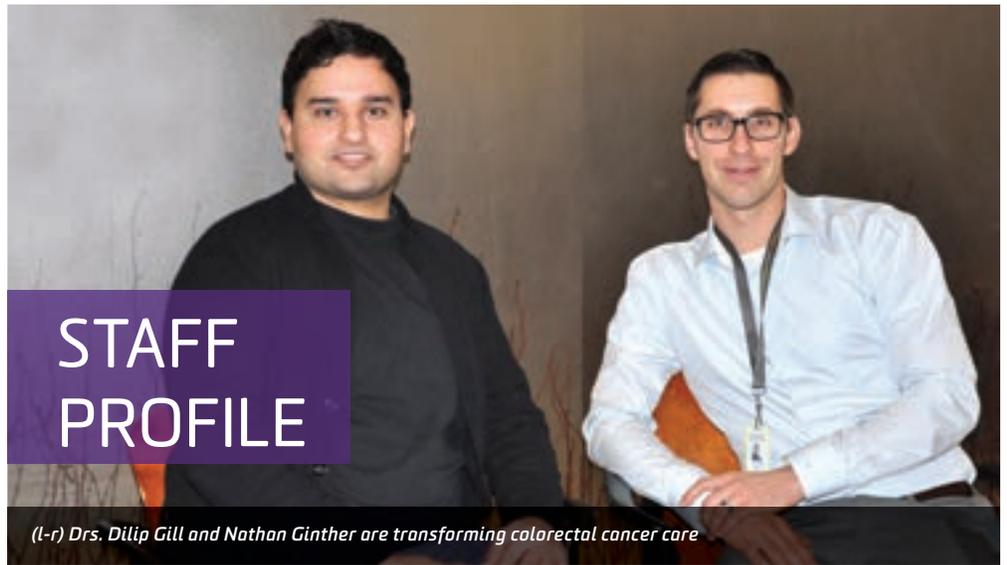
1955 and 1978: what do these two years have in common? These are the years when the two Royal University Hospital lecture theatres, now 64 and 41 years old, opened. The world has undergone significant change since then including the digital technology that can now connect our medical teams with others in Saskatchewan and around the world. Through donor support, RUH Foundation's goal is to raise \$1.8 million to upgrade RUH's two lecture theatres and equip them with the most advanced technology, equipment and seating.

Dr. Gary Hunter, on behalf of the Saskatoon and provincial neurosciences group, is excited about the proposed improvements. "We hold grand rounds twice a week, often with invited speakers sharing expertise from around the world. The rounds are the highlights of training for medical students and residents. The impact of the improved space and technology will be immediate, allowing us to showcase our programs and facilitate increased web-based education with other centers. The lecture theatres also serve as meeting places before and after rounds. Residents and staff informally discuss challenges and successes and the refreshed theatres will increase morale and communication between colleagues – thus ultimately improving health-care outcomes for patients and their families."

Proceeds from the Spring Hospital Home Lottery will help to support the upgrades to the lecture theatres. To all who have bought a ticket, I thank you.



CEO ARLA GUSTAFSON



(l-r) Drs. Dilip Gill and Nathan Ginther are transforming colorectal cancer care

Transforming Colorectal Cancer Care

Drs. Dilip Gill and Nathan Ginther are revolutionizing colorectal cancer care for patients in Saskatchewan thanks in part to the generosity of donors to Royal University Hospital Foundation.

The two surgeons, who graduated from the University of Saskatchewan's College of Medicine in 2010 and 2011 respectively, have introduced a new procedure at Royal University Hospital that is at the forefront worldwide of minimally invasive rectal cancer surgery.

Since July 2017, Drs. Gill and Ginther have performed 44 Transanal Endoscopic Microsurgery (TEM) procedures to remove pre-cancerous polyps and small early-stage cancers located in the lower section of the digestive tract. The procedure involves a "down-to-up" approach performed through the rectum using specially designed microsurgical instruments, thus eliminating the need for an abdominal incision.

"Patients spend less time in the OR, face fewer complications, have a shorter hospital stay, return much earlier to normal activity and don't have to deal with the stress of going out-of-province for the procedure," says Dr. Ginther.

Adds Dr. Gill, "Patients now have access to a new procedure that has some of them walking out of the hospital literally within hours of its being done."

Colorectal cancer is the second leading cause of cancer death (following lung cancer) in Saskatchewan.

Support from RUH Foundation was instrumental in both specialists being in Saskatoon. Donor funds were invested in physician fellowship training in Winnipeg for Dr. Ginther and for the recruitment of Dr. Gill through funding of the province's first TEM equipment.

"The fellowship funding took away a lot of the stress associated with acquiring my subspecialty training," says Dr. Ginther. "It was a big factor in my committing to return here to Saskatoon."

Adds Dr. Gill, "We've accomplished a lot in these early years of our practice thanks to the support of RUH Foundation and your donors. There is so much promise for the future here... one that includes a vision for the creation of a multidisciplinary Colorectal Health Centre that will enhance health outcomes and patient satisfaction."

KUDOS Valerie and Ken Lypka

No matter the size of your gift, each donation received by Royal University Hospital Foundation significantly impacts patients receiving care at RUH. Valerie and Ken Lypka recently made a \$3,800 donation for the purchase of a seven-day Holter Monitor, a small wearable device used by the Stroke Prevention Clinic to track heart rhythm disturbances. Previously, although the need for monitoring was high and the patient wait time long, the Clinic had only one monitor. The Lypkas, inspired to make their generous gift after a family member told them about the wait time for the monitor, also considered how many others would benefit as well. Thank you to the Lypkas for making a world of difference!



A second Holter Monitor is now available in the Stroke Prevention Clinic thanks to a generous donation



ENDOWMENT IMPACT

(l-r) Rob Skorlatowski of Industrial Truck Service and Bert Gogal, volunteer Royal Express driver

New Royal Express Carries on Tradition

There's a "new kid on the block" doing its rounds and enhancing the patient experience at Royal University Hospital.

The next-generation "Royal Express," an electric cart driven by volunteers that assists patients and families in getting around the Hospital's main floor, made its debut in March. It replaces the original Royal Express that provided much-needed transportation to more than 131,000 individuals since its start in April, 2011.

At 77, Bert Gogal is one of five original volunteer drivers who provided 6,845 rides

back in 2011. Last year, they and 12 other volunteers provided rides to 24,455 people (that's 125 each day) during their weekday shifts travelling the main floor of our Hospital.

"The Royal Express provides an important service and having the new state-of-the-art vehicle is a big boost for both the patients and drivers," says Bert.

The new cart, which can seat four passengers, is equipped with more comfortable seatbelts and has a better system for attachment of walking aids.

Drivers appreciate that it is equipped with better-placed rearview mirrors and has a geared steering wheel rather than a manual tiller steering system.

"The old steering system gave you a pretty good upper body workout, one that most of us drivers won't miss," says Bert, who has logged more than 2,100 hours driving the Royal Express since 2011.

Why has Bert given so generously of his time in helping to enhance the patient experience at RUH?

"I am fortunate to still have good health and want to give back while I still can to those who are not as fortunate . . . I'd rather be helping and making it easier for people to get around the hospital than to be at home doing puzzles or watching TV."

The Royal Express cart was purchased through RUH Foundation's HUG Fund Granting Program supported in part from Orano's (formerly Areva) Wish Fund Endowment created in 2006 through a donation of \$400,000 to the Foundation's Royal Care Campaign. The Orano Endowment has funded over 65 priorities – including blanket warmers, wheelchairs, and blood pressure monitors, to name just three – that enhance patient care and the RUH patient experience. The carts were procured and modified with the generous help of Industrial Truck Service of Saskatoon.

SPECIAL INTEREST

Cherishing a Special 20-Year Partnership with Manos Restaurant

A great partnership is a rare and cherished thing. For 20 years, Bill, Manoli and Louis Barlas, along with their families and staff at Manos Restaurant and Lounge, have gone above and beyond in enriching patient care at Royal University Hospital and improving the quality of life for so many in our community.

By hosting RUH Foundation's annual Greek Gourmet Feast for the past two decades, Manos has helped raise more than \$800,000 (net) for innovative patient care, education and research at RUH.

"Giving back makes our souls, our families and our staff members who donate their time for the Feast, feel better," says Bill. "When I go to RUH, I feel really good about being there and am so happy and grateful that for 20 years we have been able to support the patients and staff there."

Manos' support of RUH is not exclusive to its involvement in the Greek Gourmet Feast. As happens in many vibrant partnerships, sometimes collaborative action is activated in response to adversity.



Manos Restaurant co-owner Bill Barlas says giving back makes our souls feel better

Bill says he and Manoli didn't hesitate one second before making the decision to come to RUH with food for staff who were working extra and extremely long hours including throughout the night in Emergency, Surgery and the Intensive Care Unit following the April 2018 tragic Humboldt Broncos bus accident. No one was willing to leave in the face of such extreme trauma and crisis.

"I will never forget the atmosphere, and the feeling I had, carrying food into the staff rooms that morning," says Bill. "The staff

were so quiet and everyone was hugging and there to support each other. We were grateful that we could help in some way."

RUH Foundation's 35th annual Greek Gourmet Feast, hosted by Manos and presented by Nutrien, was held on March 13, 2019. The event raised more than \$60,000 (net) for 12 innovative chronic care programs designed to enhance the quality of care and programming available at RUH and in the community for those living with chronic illnesses.

KUDOS Midtown

With gratitude we wish to thank Midtown, Saskatchewan's premier shopping destination, for its generous donation of \$50,000 through ticket sales proceeds in support of Royal University Hospital Foundation's Women Leading Philanthropy (WLP) program. Midtown's first-ever "Champagne Shopping Night," held on November 20, 2018, was a truly remarkable holiday shopping experience. More than 2,000 people attended and were wowed by exclusive deals, prizes, fabulous food and great entertainment! Midtown's generosity will be used to foster innovative health-care initiatives led by female physicians, practitioners and researchers at RUH through our WLP program. Thank you, Midtown, for hosting such an amazing event – you really know how to throw a party!



(l-r) Kaylynn Schroeder, RUHF Volunteer Board Member; Dr. Mary Kinloch, WLP Volunteer Program Chair; Janice Sander, Midtown's GM; Saskatoon Mayor Charlie Clark; Mark Robinson, VP Retail Cushman & Wakefield Asset Services ULC

RUH Foundation Board of Directors 2018–2019



Purpose Statement: The RUH Foundation creates excellence in and impacts health care by raising funds to anticipate and respond to needs for innovative research, education and patient care.

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SPECIAL GIFTS

A gift *In Honour* is made to commemorate a loved one or friend, to mark a milestone or to celebrate a special occasion. A gift *In Memory* is a lasting tribute to someone departed who was respected and loved. We thank family members and friends who paid tribute to the following individuals between October 1 and December 31, 2018, by making donations in their names.

IN HONOUR OF

Niki Afseth
Yvonne Blaquiere
Cardiology Staff
Dylan Chipperfield
Dr. Kelly Coverett
Larry Flowers
Cecil and Christine Forsberg
Arla Gustafson
Garry Hamblin
Spencer Hanson
The Humboldt Broncos
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IN MEMORY OF

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Stefan Tran
Galen Wahlmeier
Keith Walters
Joseph Wandzura
Marie Wankel
Bryan Woods
John Wright

If you would like to give a gift in honour of someone special or in memory of a loved one who has passed away, please contact RUH Foundation at 306.655.1984 or make your gift online at ruhf.org.

YOU'RE INVITED!

March 26, 2019

Purple Day for Epilepsy - wear your purple

April 18, 2019

Inaugural Trauma Legacy Lecture

May 8, 2019

Donor Grand Rounds

June 13, 2019

Women Leading Philanthropy
Celebratory Event

October 19, 2019

Royal Middle Earth Ball

Visit ruhf.org for details.

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