

MILESTONES



Life-saving and Life-altering Care Inspire Generous Gift

Daphne Arnason and Leo Bourassa (pictured above) know what it's like to have their normal routines turned upside down without warning because of a sudden medical crises.

Over the years, the couple and other family members have benefited from the care provided by Royal University Hospital's dedicated and talented individuals and teams and the services they provide 365 days a year.

One of their sons was born with a congenital heart condition that laid dormant and did not present symptoms until he was 10. For the next several years, many unplanned trips were made to RUH, usually during the late night and early morning hours so their son could receive emergency treatment to restore his natural heart rhythm. As he got older, the need for surgery became more evident and, fortunately by this time, a procedure was available at RUH eliminating out-of-province travel.

Recently, it was Leo who unexpectedly found himself at RUH in need of emergency care.

Six years ago, at age 61, following a golf game, Leo was experiencing the signs commonly associated with a heart attack. He was directed to RUH where he was promptly stabilized. Following an angiogram x-ray procedure examining blood flow in his heart, Leo underwent successful open heart surgery days later.

Cont'd next page

A Family's Unselfish Acts of Gratitude

Debi Dubé-Dean just knew it was the right thing to do—the sharing of her lunch with classmates who regularly came without food to the west-end school in Saskatoon she attended many decades ago. Her unselfish acts of generosity in grade school would be followed by so many others on her journey to becoming a dedicated philanthropist.

The 68-year-old retired businesswoman's early acts of kindness were greatly influenced by her parents Leslie and Irene Dubé, founders of Concorde Group, and their willingness to help others even when their means were limited as they built the company during its early years.

"If someone needed a place to stay or food, my parents would always do the most they could to help that person out. Seeing them do this was a great influence and has shaped me into the person that I am today."

"Giving a gift, no matter the amount, that benefits people in the future that you don't even know is the most wonderful, loving, and selfless act one can do."

~Debi Dubé-Dean



Debi and her husband Bill Dean have given generously to numerous organizations in our community. Both have been long-time supporters of Royal University Hospital Foundation and recently included the Foundation as a beneficiary in their Wills.

Read Debi's full story at ruh.org/debi-dube-dean or scan this QR code with your cell phone:



Cont'd from cover

"Leo's care was life-saving and our son's was life-altering," says wife and mother Daphne Arnason. "Even though the circumstances and nature of the heart issues were very different and at different stages in life, we are forever indebted to RUH for the care, comfort and outcomes we experienced at the hospital."

In recognition of the exceptional care their family has received over the years at RUH, Daphne and Leo recently donated \$150,000 to RUH Foundation. Their gift will help advance surgical care innovation and excellence at the hospital, where many of the most critically ill and injured patients from across the province come to receive many of the most complex and specialized surgical procedures available in Saskatchewan.

Daphne and Leo's decision to donate to RUH was also influenced by another key factor. One of their four sons is a registered nurse who worked in RUH's operating rooms

for many years and still takes the occasional shift there.

"He was particularly excited to hear about our donation knowing the impact it will have on him from a professional perspective," says Daphne. "We know that the ability of our health-care workers to perform at their best is impacted by their work environment and we know that the Foundation will invest our donation in ways that will benefit both those requiring and delivering care at RUH."

The couple's long and generous philanthropic journey has been influenced by the acts of kindness of so many others.

Daphne and Leo were born and raised in rural communities in southern Saskatchewan. Daphne fondly recalls being involved in high school canvassing door to door from farm to farm for Donors Choice and the Canadian Cancer Society.

"I remember how friendly and generous our rural neighbours were and I don't recall ever being turned away without some monetary donation. It felt rewarding to participate in community-based giving then, as it does now!"

Choosing a nonprofit organization to support is a thoughtful process with reasons for giving unique to each individual and their life circumstances and priorities, says the couple.

"Everyone in our community likely has or will benefit at some point in their life from the specialized care provided at RUH. We hope our gift will inspire others to give whatever they can knowing it will make a big difference every day in the lives of so many at RUH."

Thanks to Daphne and Leo, combined with your ongoing generosity, we are helping ensure the most complex care is available at RUH to patients from throughout Saskatchewan now and for years to come.

Hockey Player Grateful for Life-saving Care at RUH

Devin Gerun wastes no time getting to the heart of the matter.

"I'm pretty lucky to be alive," says Devin, 27, while reflecting on the cause of his abrupt departure from the ice during a hockey playoff game in Leroy on February 19.

Devin, a forward with the Edam/Hafford combined provincial hockey team, began experiencing a burning sensation in his chest during the first period, a feeling he had never before felt during a game or while working out. It got worse as the game went on. Then in overtime, Devin felt like he was going to pass out. He got off the ice and told his coach he was having chest pain and couldn't breathe. The coach phoned 911 for assistance.

Fortunately, local emergency medical technicians were present and decided to take Devin to the hospital in Humboldt for further assessment. It was there that his condition worsened, and he suffered a heart attack. Devin received clot-busting medication, was stabilized and transferred to Royal University Hospital.

At RUH, Devin received life-saving treatment in the cardiac catheterization lab (cath lab) that included insertion of a stent delivered through a catheter and



permanently embedded in his heart by a team led by cardiologist Dr. Jason Orvold.

"That evening could have ended so much differently were it not for the actions of so many people in Leroy, Humboldt and at Royal University Hospital," says Devin. "I am so grateful to everyone who assisted in saving my life."

Devin was discharged from RUH on March 2. During a follow-up medical appointment in June, the Saskatoon-based civil engineering technologist was told that his rehab was going well and that he could return to work full-time in the office and could be back doing on-site inspections and other fieldwork by late September pending any setbacks. He was also incredibly pleased to have permission to be able to golf and play slow-pitch during the summer.

However, a return to competitive hockey is still on the back burner and, for now, the goal is to ease back into recreational hockey later this winter.

"I'm just so extremely grateful to be alive today and able to see the smiles on my family's faces when I walk through the door knowing that I am getting back to my normal self."

His message to others: Heart attacks can happen to anyone at any age. If you aren't feeling right, listen to your body and if you think you need medical help, please visit your doctor or hospital.

RUH Foundation is grateful for our donors who have given so generously to support cardiac care and patients like Devin. This year, the Foundation is committed to this specialized area of care. Funds raised will support the purchase of a new and much-needed cath lab where doctors perform minimally invasive tests and advanced cardiac procedures during a heart attack or to prevent one from happening. If you are interested in learning more, please contact Tricia Haugen at 306.655.6456 or tricia.haugen@ruh.org.

Indigenous Health and Wellness Research Chair Re-appointed

Cameco's leadership and forward-looking endowment donation in 2006 has enabled the Royal University Hospital Foundation to commit \$1.25 million to help fund a second five-year term for Dr. Alexandra King, the Cameco Chair in Indigenous Health and Wellness at the University of Saskatchewan who was named the inaugural chair in 2017.

Since the chair's inception, Dr. King (Nipissing First Nation) has served as the

principal investigator, co-investigator or collaborator on funded research projects covering a wide array of areas, including urban Indigenous Women and their families, national strategies for patient-oriented research education, Indigenous women and Two-spirit people who have been involved with the justice system, and filling the training and support gaps for HCV and HIV peer support workers in Saskatchewan.



Photo credit: University of Saskatchewan

RBC Gift Enhancing Rural Trauma Care



A valuable partnership can achieve wonderful things. Thanks to RBC and its generous donation of \$250,000 to Royal University Hospital Foundation, the daunting tasks of assessing, resuscitating and stabilizing rural and remote trauma patients prior to transferring them to RUH is going to be less formidable.

RBC's gift will help grow and train trauma care teams in rural and remote health-care facilities in central and northern Saskatchewan.

"RBC's gift enables us to partner with our rural and remote health-care colleagues, provide training in their local facilities and enhance the confidence they have when responding to the high-stress situations associated with providing trauma care," says RUH trauma surgeon Dr. Niroshan Sothilingam, Medical Director of the

province's largest Level 1 Trauma Centre located at RUH.

During the donation announcement on May 30 in the Vivian K. Asher Theatre at RUH, Dr. Sothilingam added that 60 percent of trauma patients who arrive at the hospital were injured in communities more than an hour from Saskatoon.

"The best chance a patient has after a traumatic episode is to get critical care in that first hour, and that is why RBC's gift is so important in helping to enhance trauma care in rural and remote areas."

In announcing the donation, RBC's Aaron Martyniw, Regional Vice-President Central Saskatchewan commended health-care providers at RUH and across the province for the work they do each day. Earlier in the day, RBC hosted a gratitude pancake breakfast attended by more than 1,000 health-care workers from RUH.

Thank you to RBC for your leadership, innovative thinking and forward-looking support for trauma care in Saskatchewan. Your support of our dedicated health-care professionals at RUH and those in rural and remote communities is helping create a healthier tomorrow for residents from across the province requiring care during their greatest time of need.

CEO MESSAGE

This year marks the 40th Anniversary of Royal University Hospital Foundation. Over the last four decades and through the dedicated support of donors like you, the Foundation has contributed over \$163 million to support patients, education and research at RUH. Thank you for your support of health care in our province.

RUH was created with the vision of being the tertiary care center for the sickest and most injured in Saskatoon, surrounding areas and across the province. We have been a part of many firsts in the province: the first PET-CT, MRI and stand-alone mental health hospital—the Irene and Leslie Dubé Centre for Mental Health.

For this and more—thank you.

RUH is being called upon today to provide more complex and specialized care to more patients than ever before. Working together, we can help ensure RUH continues delivering the standards of care excellence demanded by modern medicine and that you, your loved ones and the hospital's highly dedicated and skilled individuals and teams deserve—close to home at RUH, now and for years to come.

The Foundation is working collaboratively with the Saskatchewan Health Authority in identifying key priorities in our specialized care pillars at RUH which include cardiology, neurology, and mental health and addiction services. There are urgent needs that we are eager to address.

Together with you, we are transforming the future of health care.



JMolloy
CEO JENNIFER MOLLOY, CFRE

YOU'RE INVITED!

November 28, 2023
Giving Tuesday

December 31, 2023
Year-End Donation Deadline

March 20, 2024
Greek Gourmet Feast

Visit ruh.org for details.

Saskatchewan's First-of-its-kind Seizure Investigation Unit at RUH



Royal University Hospital is now the home of Canada's newest 4-bed Seizure Investigation Unit

Thanks to donors like you, Saskatchewan patients living with seizure disorders or epilepsy now have a dedicated Seizure Investigation Unit (SIU) to access enhanced monitoring and diagnostic services, located at Royal University Hospital.

A total of \$2.2 million was invested to renovate and furnish the four-bed unit. Royal University Hospital Foundation contributed \$1.2 million to help cover the capital and equipment costs, with the provincial government providing the remaining

\$1 million. The provincial government is also investing \$1.35 million in annual operating funding for the SIU.

The unit provides patients with the appropriate monitoring and neurosurgical interventions here in Saskatchewan rather than having them go out-of-province for this specialized care.

Many patients living with seizure disorders or epilepsy can control seizures with medication. However, in some cases seizures are resistant to medication and surgery can be an option, which is determined through in-depth monitoring and diagnostic treatments.

Our Foundation is extremely grateful for the generosity of donors like you and the dedication of all those involved in making the SIU a reality here at RUH. Working together, we are enhancing the care available and the quality of life for those living with seizure disorders and epilepsy in Saskatchewan.

Because of YOU...

Royal University Hospital Foundation has a proud story to tell thanks to donors like you. Your continued support of the Foundation and Royal University Hospital resulted in many firsts happening in the hospital, our community and the province last fiscal year.

The Foundation's 2022-2023 Annual Gratitude Report is now available on our website. In the report, you'll find stories and information profiling how the Foundation and our many thousands of donors from across the province are helping transform patient care at RUH.

Please visit the website and take a few minutes to read the impact you are having on the lives of so many.

As we celebrate our 40th anniversary this year, we look forward to championing more new ideas and opportunities such as these.

Because you cared enough to support the Foundation and RUH, our dedicated and talented health-care providers can save and improve more lives of the most critically ill and injured patients from across the province.

Read the complete 2022-2023 Annual Gratitude Report at ruh.org/about-us/annual-reports or scan this QR code with your cell phone:



Five Decades of Nursing Service and Devotion



"I am so fortunate because to this day I absolutely still love doing what I do in the operating room," says Beverly Pavelich

It's been a lifelong journey of nursing service that has surpassed a half-century. And the trek isn't over yet for Beverly Pavelich whose professional home has been Royal University Hospital for all but a couple of those years.

Beverly's first day at RUH was June 1, 1973. She entered the province's largest hospital with less than a year's experience gained at a facility in a smaller urban centre in the province. While on a tour of the observation unit and after seeing the chief resident "barking orders" while inserting a chest tube into a trauma patient, she began to feel nervous, scared and even nauseous wondering what might happen.

"Fortunately, I was able to control my anxiety. I survived that day and the rest is history."

Her history includes short stints in numerous RUH departments including the intensive and critical care units, the emergency department and the children's cancer outpatient clinic. She also served as RUH's nurses' union president and worked for a year in Switzerland and England early in her career.

But Beverly's passion resides in the operating rooms where she's participated in an estimated 12,000 surgeries, including many open heart cases, over a combined period of 30 years.

"I am so fortunate because to this day I absolutely still love doing what I do in the operating room, supporting the rest of the medical team and providing patients with the best care that I can provide them," says Beverly. "If you told me six years ago when I decided to take on only casual shifts that I was going to be 71 and still working in the operating room, I'd have been so surprised!"

Beverly has witnessed a lot of change in the nursing profession over the years. Nurses have more education and training, they are caring for patients with more complex needs, are interacting with more sophisticated equipment and technology in addressing those needs, and are paid much more. And gone are the days of white dresses with caps and stockings, now replaced with "scrubs" that provide more protection, comfort and range of movement for the wearer.

But most importantly, according to Beverly, is the growth of respect for and between each member of care teams throughout RUH. The teams are much more cohesive.

"What keeps me coming back each day is the respect and camaraderie within the whole team that wasn't always there when I first started. Today, everyone is much more respectful and that has a huge impact on team morale and patient care."

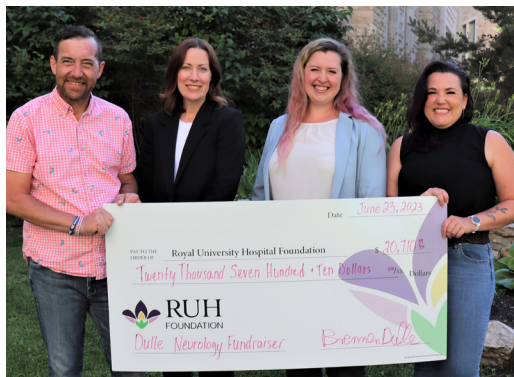
Another factor enhancing the work environment and patient care at RUH over the years has been the support of the Royal University Hospital Foundation and its donors, says Beverly, who has been a supporter of the Foundation since 2003.

"At the end of the day, regardless of the size of one's donation, it all helps make the hospital a better place to work and provide care and comfort to our patients, their families and the staff."

Read Beverly's full story at ruh.org/beverly-pavelich or scan this QR code with your cell phone:



It's ALL because of YOU: Moments of Gratitude at RUH



Thanks to Brennan (far left) and Gillian (far right) Dulle for the generous donation of \$20,710 raised during the Dulle's Neurology Fundraiser and to everyone who participated in the event to support the Neurology Unit at RUH. Also pictured: CEO Jennifer Molloy and Dr. Alexandra Carter.



Thanks to RBC for hosting a gratitude pancake and sausage breakfast on May 31 honouring the dedication and hard work of all those providing care and support services each day at RUH—the largest clinical, teaching and research hospital in the province.



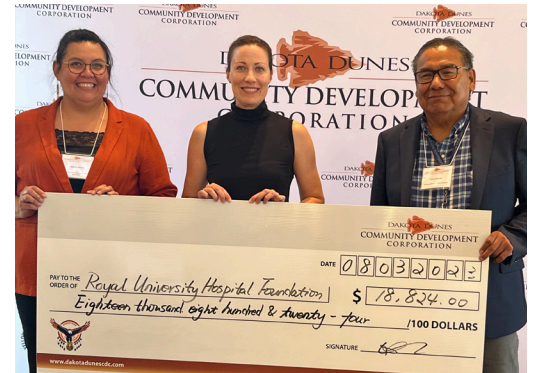
Thank you to the celebrity golfers, sponsors and volunteers for raising \$216,077.69 for RUH during the third annual FFUN Spirit Champions Classic this past June. (l-r) Mark Loeppky, FFUN Motor Group Founder and CEO; RUHF CEO Jennifer Molloy and Volunteer Chair Bob Fawcett.



RUH staff who benefit from your donations are donors too! Thanks to RN Dorothy Wilson, Psychologist Dr. Fern Stockdale, and Manager of Health Records Anna Shule for donating to the Foundation. Your generosity will help save and improve the lives of patients from across the province.



Thanks to the generosity of our donors, the Foundation has awarded a total of \$8,000 in scholarship funding this year to RUH staff members Elise Buschau, Jeff Herbert, Mackenzie Bauer, and Hannah McIntosh to upgrade their skills and help elevate patient care at RUH.



Dakota Dunes Community Development Corporation (DDCDC) is helping to build a better community with a \$18,824 donation to support a Sensory Learning Centre (Sensory Room) at Children's Mental Health Services through the Irene and Leslie Dubé Centre for Mental Health.

Giving Tuesday — Tuesday, November 28, 2023

Tuesday, November 28, 2023 is Giving Tuesday in Canada—a global movement for giving and volunteering, taking place each year after Black Friday. In the same way that retailers take part in Black Friday, the giving community comes together for Giving Tuesday.

Join us this Giving Tuesday by making a \$40 donation at ruh.org/donate in celebration of RUH Foundation 40th Anniversary! For 40 years, RUH Foundation has, through generous donor support, invested in new and innovative ways of providing care, purchased new state-of-the-art equipment, funded advanced medical training, and nurtured groundbreaking research. Together, we are championing better, faster, and safer care for you and your loved ones today and for years to come, close to home at RUH.



Donate Now

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Royal University Hospital Foundation Strategic Plan



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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 February 1 – July 31, 2023, by making donations in their names.

IN HONOUR OF

Dr. Rashpal Basran
Dr. Gregory Dalshaug
Brennon Dulle
Emergency Department
Dorothy Friessen
Humboldt Broncos
Eric Labrecque
Elaine Lummerding
Michelle Morrison
Dr. Elliott Pally

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Connie Roy
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Klaas Boersma
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Royal University Hospital Foundation acknowledges we are on Treaty 6 Territory and the Homeland of the Métis. We pay our respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another.

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Royal University Hospital Foundation
103 Hospital Drive, Saskatoon, SK S7N 0W8
Phone: 306.655.1984 Fax: 306.655.1979
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