

# Heart Beat



Vernon Jubilee Hospital Foundation Newsletter 2101 - 32nd Street, Vernon, BC V1T 5L2  
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FALL 2015



## Light A Bulb for Hips and Knees



Every year, community members eagerly anticipate the lighting of the tree atop the Hospital to mark the VJH Foundation's annual Light a Bulb campaign. Since 1988, Light a Bulb has raised more than \$4 million to purchase life-saving equipment for Vernon Jubilee Hospital.

This year's launch will take place Thursday, November 12<sup>th</sup> from 9:00 a.m. to 1:00 p.m. at Vernon Jubilee Hospital, with KISS FM broadcasting on location.

"Donations will be designated to purchasing surgical equipment for the orthopaedic team at VJH. This additional equipment will enable surgeons to perform more hip and knee surgeries, reducing wait times for patients," said 2015 Light a Bulb Campaign Chair, Marg Bailey.

Aging joints (hips and knees) and fractures are some of the greatest challenges we all face as we age. As Canadians grow older, so does the demand for orthopaedic care. This results in hospitals experiencing greater access pressures and increased wait times for surgeries.

The Vernon Jubilee Hospital Orthopaedic team is ready to increase the number of hip and knee surgeries but needs additional equipment to do this. Imagine helping to reduce surgical wait times for your friends, neighbours and loved ones.

Last year, 285 hip surgeries and 255 knee surgeries were performed at VJH. Currently there are 171 individuals waiting for hip surgery and 432 waiting for knee surgery.

"The North Okanagan has experienced a significant increase in requirement of this life improving surgical service over the past number of years. This has resulted in

extremely long wait times for the provision of these procedures, negatively impacting the quality of life of individuals on these wait lists.

"One such reason is the relatively insufficient quantity of specialized surgical instrumentation required to provide quality care at a volume that would help decrease these long wait times. An increased inventory of such instrumentation would provide

us the opportunity to complete more joint replacement procedures on a daily basis and as such help bring wait times more in line with provincial and nationally recognized standards," said Dr. Paul Dooley, Orthopaedic Surgeon at VJH.

With the opening of Polson Tower and the increased number of surgical suites, VJH has the facility and staff to reduce the wait times for hip and knee surgeries. But we now need the funds to purchase more surgical tools to perform these surgeries.

Additional surgical sets will help surgeons significantly reduce the wait times for these critical procedures. Anyone who has experienced bone and joint pain realizes how reduced wait times for surgery will decrease pain and increase mobility, allowing patients to get back to normal activity quicker. Your donation will dramatically increase the quality of life for those waiting for orthopaedic surgeries.

Look for the 2015 Light a Bulb donation brochure in your mailbox the 2<sup>nd</sup> week of November or use the donation form on Page 3 of Heart Beat. You can also donate online at [www.vjhfoundation.org](http://www.vjhfoundation.org). Thirty-five dollars lights a bulb and \$500 lights a whole string and every donation brings us closer to our goal! The Light a Bulb Campaign runs until December 31.



## VJH Foundation Completes \$2.5 Million Building A Tower of Care Campaign A Year Early

On September 23<sup>rd</sup>, the Vernon Jubilee Hospital Foundation hosted a celebration at VJH to announce the completion of the Building a Tower of Care Campaign, Phase II.

"Due to the generosity of the North Okanagan community and beyond, Tower of Care, Phase II has been a great success, surpassing its goal of \$2.5 million in less than two years," said Elise Allan, VJH Foundation President.

Any additional funds raised from this campaign will be directed to refurbishing the vacated space on 2<sup>nd</sup> and 3<sup>rd</sup> floors of the Jubilee Building at VJH.

The Campaign was launched in November 2013, to raise funds to equip and furnish the top two floors of Polson Tower addressing capacity issues at VJH.

"We anticipated this to be a three-year fundraising initiative," said Campaign Co-Chair Richard Finn. "Finishing a year early is a testament to the generosity and determination of North Okanagan residents, businesses and organizations. These past two years have been an incredible experience, seeing our community joining together and making positive advancements for our families, our friends and our neighbours."

The campaign was bolstered by major gifts from the Kiwanis Club of Vernon - Four Seasons, whose \$250,000 donation resulted in an opportunity to name the 6<sup>th</sup> Floor of the Tower. The Armstrong/Spallumcheen Health Care Auxiliary donated \$110,000 from proceeds of sales at the Bargain Bin thrift store in Armstrong. The 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> annual VJH Foundation Charity Classic Golf Tournament sponsored by TELUS and Predator Ridge Resort raised \$528,780.62 net for the Campaign, while the Foundation's Light a Bulb 2013 and 2014 campaigns raised a combined \$504,108.

"It is also important to acknowledge that a significant number of campaign

contributions were less than \$500," said Campaign Co-Chair Chris Cunningham. "Every donation made an impact in helping us achieve our mission to support health care in the North Okanagan."

Allan thanked the Campaign Leadership volunteers including Co-Chairs Dr. Chris Cunningham and Richard Finn, Myrika Godard, Peter Hill, Gurjit Jhaji, Darryl O'Brian, On Ouchs and Rob Tedham.

Construction is anticipated to be completed by October 31, 2015. From November to January, equipment will be installed, staff will receive training on new procedures and equipment usage, and terminal sanitizing cleaning will take place. Inpatients on the 2<sup>nd</sup> and 3<sup>rd</sup> floors will be moved onto the new floors in the New Year, with direct admissions to the 6<sup>th</sup> and 7<sup>th</sup> floors scheduled to take place shortly thereafter.

Four semi-private and 22 single-bed rooms per floor will promote improved patient experience with access to natural light and views, decreased noise levels, a family and nursing zone in every room, and improved infection control features. Every bed will include a patient lift to decrease incidents of falls and staff injuries.

Each floor will feature a Quiet Room, Nourishment Centre, Tub & Shower Room, Rehabilitation room, as well as an Airborne Isolation Room designed to reduce infections.



On Ouchs, Myrika Godard, Rob Tedham, Richard Rolke and Peter Hill helped celebrate the announcement of the completion of the Tower of Care Campaign, Phase II

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**Your Legacy —  
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Planned Charitable Giving can help your own financial picture while helping others you care about. If done properly, it can benefit the Charity and you, the donor.



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## Donors Deserve Recognition ... Thank you for your support!

A heartfelt thank you to all of our donors.

Due to space limitations, the following list includes donations of \$500 or more from March 1, 2015 to September 30, 2015.

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Knights of Columbus (BC) Charity Foundation  
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# Heart Beat



## Helping Hands and Giving Hearts

Life's journey can take us all over the map, but if you're grounded, your roots stay strong along the way.

James and Alberta Bird travelled down many roads, through wheat fields to oilfields, up the mountains and to the valley. And wherever they went, helping others has been an enduring part of their lives.

James was born in the heart of Canada's breadbasket, Rouleau, Saskatchewan, which also has a distinction as the setting of fictional town of Dog River in the popular TV series, *Corner Gas*.

"Things with charity were different then," he said. "Growing up, we never heard of charities, but if people needed anything, your neighbours were there for you. If someone's house burned down, you helped them build another one."

Due to his severe hay fever, farming life was not to be for James. Instead his path took him to Regina where he joined the RCMP, which led to a 35-year career in the force. During this time he met and married Alberta and the two raised a family of two daughters and son. The couple celebrated their 53rd wedding anniversary in September.

Alberta spent her early years on a farm south of Leduc, later moving to the city when her father began working in the oil industry. These close-knit communities instilled in her a life-long concern and caring for others.

Her 28-year career at Scotiabank led to involvement in a variety of charitable activities. "We received many requests from a lot of different organizations and gave to some great causes," she said.

The RCMP transferred James every three years on average, resulting in nearly a dozen moves. The Birds settled in Vernon in 1994. "We liked the central location, the weather, and being able to spend time skiing and golfing," said Alberta.

The Birds began donating to Vernon Jubilee Hospital Foundation in 2004, contributing nearly \$8,000 towards urgently-needed medical equipment, staff training and community health programs.

"With so many causes out there asking for donations, we made a decision to pick one," said Alberta.

"We chose Vernon Jubilee Hospital Foundation because we know where the money goes, and how it is being used," she said. "It doesn't matter what medical problem you have, you need the resources of the hospital."

The Birds know first-hand about local health care. James has had to use Vernon Jubilee Hospital a number of times over the past eight years.



James and Alberta Bird

"I have lots of experience at the hospital," he chuckled. James' first surgery was more eventful than anticipated. Unaccustomed to the flurry of preparatory procedures, he passed out when the IV was administered.

"I just wanted to test the emergency equipment," he joked. "It lengthened my stay a bit, but then I got better and went home."

His subsequent experiences at the hospital were much better. In November 2008, James had surgery on the other knee, and over the past several years has had two carpal tunnel surgeries and a surgery on his shoulder.

"Between Dr. O'Brian and my physiotherapy, they did a fabulous job getting my arm working again."

James has also received two cataract surgeries at the Lions Vision Centre in Armstrong. VJH Foundation also provides funding for equipment and staff training at the Centre.

"I've used all the equipment. I am going to be bionic soon," he joked.

"The only time I go to the hospital is when he is there," said Alberta. "The nurses were excellent; some were absolutely phenomenal. They work 12-hr shifts and are still helpful and cheerful. How do they do this?"



The Birds recognize that though we readily acknowledge the great care given at VJH, it should never be taken for granted. Our health care staff needs modern medical equipment to continue delivering exceptional care.

"Not enough money goes to health care. To make up the difference, it has to come from somewhere," said Alberta. "We donate because we need to. It's just one of the things we do."

**Yes ... I want to  
Light a Bulb for Vernon  
Jubilee Hospital Foundation**

**A Donation of  
\$35 or more lights a BULB.  
\$500 or more lights a WHOLE  
STRING but ANY DONATION  
is most welcome.**

My cheque / money order is made payable to Vernon Jubilee Hospital Foundation in the amount of:

\$ \_\_\_\_\_  
Please charge my:      
The amount of: \$ \_\_\_\_\_  
Card # \_\_\_\_\_  
Expiry Date: \_\_\_\_\_ 3 Digit Code: \_\_\_\_\_  
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**Or you can donate  
via our secure online site:  
[www.vjhfoundation.org](http://www.vjhfoundation.org)**

Please mail my tax receipt to:  
 Mr.  Mrs.  Ms.  Mr. & Mrs.  Dr.  
Name: \_\_\_\_\_  
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 In memory of \_\_\_\_\_  
 Please tell me more about other giving opportunities.

Charitable Registration  
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## Thank You!

... to the many community groups and local businesses that have generously supported VJH Foundation over the past six months! Donations help fund Residential Care Facilities, Community and Public Health programs in the North Okanagan, as well as Vernon Jubilee Hospital.

The JCI Annual Hospital Gala raised \$22,920 to benefit Phase II of the Tower of Care Campaign to equip and furnish the top two floors of Polson Tower. The sold-out event, "A Night in Paris," took place April 18<sup>th</sup> at the Best Western Vernon Lodge.



The Wine Women Woods annual golf tournament Tee off for the Cure in June raised \$110,000 for a new Ultrasound Machine in the Digital Mammography Unit at VJH. Thank you to all the supporters, sponsors, and donors from the Okanagan community for making this all happen!



Despite stormy weather, the VJH Foundation Charity Classic sponsored by TELUS was a sold-out success, netting \$242,100 for the Tower of Care Campaign to equip and furnish the 6<sup>th</sup> and 7<sup>th</sup> floors of Polson Tower. Thank you to our sponsors, volunteers, supporters and participants.



Thank you to the Prospera Vernon Dragon Boat Festival organizers, participants and supporters who helped raise more than \$8,300 for Digital Mammography at VJH!

Coldstream Ranch was the setting for the annual VJH Do it For Dad Run/Walk presented by Interior Savings. The annual Father's Day event raised \$29,883 to fight prostate cancer in the North Okanagan.



The Sun FM Annual Radiothon held in April raised a record-breaking \$62,000 for Women's & Children's Health at VJH. Thank you to Sun FM and the generous Okanagan community!



Tim Hortons Smile Cookie Campaign raised \$32,106 in cookie sales and a matching donation from owners Dan and Jamie



Currie. Funds will support the Building a Tower of Care Campaign, Phase II.



The Tapestry Women's Choir raised \$5,600 for Digital Mammography at VJH. Funds were raised through the sale of a pin-up calendar featuring members of the Tapestry Ladies Choir in Armstrong.

The Rice Box and Image Studios teamed up with Atlantis Waterslides for July's Slide into Summer event, which raised \$7,149 for Tower of Care.

Interior Savings

Watkin Motors Ford donated \$3,000 from their 100<sup>th</sup> Anniversary Celebration that took place in September. Funds will be designated to the McMurtry-Baerg Cancer Centre Patient Comfort Fund.



Savour the Okanagan raised \$2,415 for Tower of Care, Phase II in July! Thank you to Prestige Hotels & Resorts and Bourbon Street Bar & Grill Vernon, sponsors and guests!

### UPCOMING EVENTS

— 2015 —

- November 12 - Light a Bulb Campaign Launch at VJH
- December 31 - Last day to make donations for 2015 income tax receipting

— 2016 —

- April 16 - JCI Hospital Gala 'Pearls & Spurs' at the Best Western Lodge
- May 29 - VJHF Charity Classic
- Spring - SUN FM Have a Heart Radiothon
- June 19 - 17th Annual Do it For Dad Run/Walk