

*In*Touch

VHF NEWSLETTER | FALL 2023

Imaging is **POWER**

**New \$11 Million
Imaging is Power
Campaign has
Launched!**



**Plus: Hear From
Dr. Bos—How a
Caregiver Became
a Patient**

**\$3 Million Pledge
Supports New
Scholarship for
Caregivers**

*—Dr. Vamshi Kotha, Interventional Radiologist, Medical
Imaging, Victoria General and Royal Jubilee Hospitals*

Imaging is POWER

A campaign to raise \$11 million for medical imaging at Royal Jubilee (RJH) and Victoria General (VGH) hospitals.

Your Giving Supports:



3 MRIs

Upgrades at RJH (1) and VGH (2)



1 CT

at VGH



1 SPECT/CT

at RJH



1 C-ARM

at RJH

\$1M

\$2M

\$3M

\$4M

\$5M

\$6M

\$7M

\$8M

\$9M

\$10M

\$11M

Campaign progress as of November 3, 2023.

Our journey to \$11 million is gaining momentum. **Will you join us?**

→ Donate now: victoriahf.ca/donate

Continuing a Powerful Journey Together With You

As a Foundation, we believe it takes all of us to support, uplift, and advance local healthcare.

On October 4, 2023, we officially launched an \$11 million campaign, *Imaging is Power*. A powerful campaign indeed in that its donors—people like you—will help fund monumental upgrades to three MRIs, one CT Scanner, one SPECT/CT Scanner, and one C-Arm. On this page and the next, I invite you to dive into the campaign, and meet Dr. Hayley Bos who shares her own journey as both a patient and a caregiver.

This newsletter also acknowledges that our work goes beyond that of equipment—our healthcare system needs advancement in many streams. On page 4, we introduce you to Lindsey Smith, a CT Technologist, and a volunteer for the Self Care Café. The latter is an initiative led by caregivers to support caregivers, and one that we are proud to help fund. Above all, healthcare depends on our care teams.

The Heather Simpson Scholarship highlighted on page 6 shares that notion. As a Foundation, we are humbled to steward a \$3 million pledge that supports our caregivers in growing and advancing their skill set. It is by investing in our care teams that we can retain, grow, and attract the people we all rely on.

It's how we can advance care for all. On page 7, we share how the Neil & Susan Manning Cognitive Health Initiative is transforming dementia care. Through caregiver education and research, we are addressing the needs of the present, and the future. We just couldn't do it without our donors.

I take this time to thank you—our giving community—for supporting our cause. Whether you are giving us the gift of time, generosity, or public support; attending our upcoming *Visions* gala; sharing your story as a spokesperson; or reading this newsletter—thank you.

Know that you are making a great difference for local healthcare.



Avery Brohman
CEO, Victoria Hospitals Foundation



kidney. Surgery was promptly set to remove my kidney at Royal Jubilee Hospital. Thankfully, the tumour was benign, and **I now rely upon MRI to monitor both my aneurysm and my kidney.**

Through these health challenges, I have been overwhelmed with gratitude for the access to powerful imaging tools right here on the Island. This technology has guided my doctors in crafting care plans for me so I can return to my family and the work I love. **As a care provider and a patient, I believe imaging is as close to a crystal ball as we'll ever have in medicine.**

Dr. Hayley Bos: From Doctor to Patient, How Imaging Plays a Role

To be frank, I'm a bit of a walking disaster when it comes to my health. I didn't go into medicine knowing I would fall apart physically, though my experience having children—all three being high-risk pregnancies—led me to focus on maternal-fetal medicine.

I've delivered about 20,000 babies, many of them over the last 12 years in Victoria. It brings me great joy to support bringing life into the world, and provide comfort and answers to families going through difficult pregnancies. I use imaging tools every day to help mothers and babies—and am grateful for the clarity it provides.

Medical imaging is the gateway to the human body, and in my own healthcare journey it has empowered my care teams to do the right things for the right reasons.

In 2014, I was diagnosed with a rare condition called “Ehlers-Danlos,” following a hysterectomy. Essentially, my tissues don't heal properly and my joints are really loose. It's likely the reason I developed an infection six weeks after surgery; I was very sick and couldn't bear any weight on my hip.

A CT scan revealed no issues with the joint, but my care teams warned the condition could spark future issues. And they were right.

Several years later, severe back pain prompted the need for more imaging. **Through MRI, a scary sight emerged: an “aortic aneurysm,”** which is a large bulge in the wall of my body's main artery. I was admitted to the ICU at Royal Jubilee Hospital. Using a precise scan of my heart and arteries, my care teams opted to monitor the aneurysm through ultrasound every two years, rather than operate.

Ahead of one of those regularly scheduled appointments in April of 2020, I began experiencing pain on the right side of my stomach. To my care team's greatest surprise, a CT scan with IV contrast revealed a mass on my right



Thank you for considering championing *Imaging is Power*, and supporting Vancouver Island patients and caregivers just like me.

—Dr. Hayley Bos

Grateful patient and Medical Director of Maternity for Island Health

→ Read Hayley's full story: victoriahf.ca/dr-hayley-bos



Imaging is **POWER**

→ Learn more:

victoriahf.ca/imagingispower

#humansfirst

Lindsey's Story

CT Technologist
Victoria General Hospital



Originally, I wanted to become a physiotherapist. After a year at the University of Alberta in Edmonton, I decided it wasn't for me and it was my dad who suggested looking into the Medical Radiologic Technology program at NAIT, also in Edmonton. I did some research, a job shadow, and discovered it was along the similar lines of interest—biology, human body, helping people—and that was it. I've been a CT Technologist for 15 years.

Since moving to Victoria five years ago from Calgary, I've worked at both the Royal Jubilee and Victoria General (VGH) hospitals, though my permanent role is at VGH.

When I get feedback from patients, thanking me for being kind and helping them feel more comfortable with the CT scanner, it's really impactful. So many patients are under stress, struggling with feelings of anxiety as they're awaiting a diagnosis, or have been in a traumatic incident. I try to make their experience at Victoria General the best it can be; it really makes a difference.

Movement is important to me; so too is stillness. I started practicing meditation about seven years ago. I was looking for something to help ease work related stress. I love being outside and how accessible nature is on Vancouver Island, from hiking to camping on Sombrio Beach; being in nature is soothing. When I can't get outside, yoga is an incredible outlet, and it was through yoga that I naturally shifted into meditation. I noticed the impact and the benefits pretty quickly, and it has become a daily practice.



Through the Self Care Café, I started leading group

meditation. I took my teacher training several years ago and it's wonderful to help people find a few moments to pause and relax. **As healthcare workers, so much of what we do is patient-related. It's energy output, it's a lot more focused on others' needs, and we forget sometimes that we as staff need the same care.** I took a break from leading sessions over the summer and am looking forward to getting back to it.

In addition to drop-in events, like workshops, crafts, and even massages, the Self Care Café has also become mobile. To be able to actually go to units where care teams might not be able to step away is powerful. In September, a little coffee cart toured around Royal Jubilee Hospital with some snacks, flowers, and draw prizes for staff. To be able to provide little moments of relaxation or joy

can make such a big difference in somebody's workday, especially in the healthcare setting.



Lindsey Smith

CT Technologist, Victoria General Hospital; yogi, meditator, Self-Care Café volunteer, outdoor enthusiast, human

→ Read more of Lindsey's story:
victoriahf.ca/lindsey-hf

The **Self Care Café** was created by Island Health staff, for Island Health staff in 2019. RJH nurses, Laura Hiltz and Diane Nadeau, started offering sessions at RJH and VGH once a month for care members to pause, reflect, and relax during breaks. In-person sessions have included guest speakers, yoga, meditation, animal therapy, and an art exercise. **VHF is proud to support the Self Care Café and the caregiver recognition it provides.**

Follow us on Facebook and Instagram for more #HumansFirst stories:

@VictoriaHF

@ourvichospitals



GIVING TUESDAY



Mark your calendar: November 28!

Your Gift to Medical Imaging is Matched on the Global Day of Giving

If you or someone you know has ever torn a ligament, had a heart attack, had a tumour removed, or simply needed care to determine next steps in treatment, you know the importance of medical imaging. You know that a scan has the ability to calm nerves, provide more information, and guide decisions in care. You know that a scan is so much more than just a scan.

In the spirit of Giving Tuesday, we are asking for your help to support medical imaging needs at Victoria General and Royal Jubilee hospitals.

Thanks to local couple Tim and Diane Hackett, your gift on November 28 will make twice the impact, as they are matching donations up to a total of \$50,000. We are so grateful for their generosity and passion to inspire others.

→ Donate on November 28 to have your gift matched: victoriahf.ca/givingtuesday



“ We want to continue a domino effect of giving. A few friends of ours recently donated to the Victoria Hospitals Foundation and, coupled with our own personal healthcare experience, we knew

we had to keep the train of giving moving. **We hope our matching gift motivates others and inspires gifts of all sizes.** We want to fuel a movement of passionate giving and unite our community with a singular cause—equipping our hospitals and care teams with the tools they need to care for all of us. ”

— Tim and Diane Hackett, VHF supporters

OUR VICTORIA HOSPITALS'

Wish List

You can give our local care teams what they are wishing for this holiday season.

Help us check items off their wish list with a donation today!

- Priority Equipment
- Research Initiatives
- Caregiver Education
- Caregiver Recognition

→ MAKE A GIFT:

victoriahf.ca/wish-list



An Inspiring \$3 Million Dollar Pledge Recognizes Island Care Teams with the Establishment of a New Scholarship

Through an anonymous pledge of \$3 million, the largest scholarship to date has been created for Island Health staff committed to advancing their careers in healthcare. In its first year, 59 employees across Island Health have been shortlisted for the Heather Simpson Scholarship, covering 50% of their annual tuition.

The Heather Simpson Scholarship was formed as a way for the loved ones of a local patient named Heather to express



their gratitude to healthcare staff—specifically, to every member who provided extraordinary care to Heather during her 14-month stay at Royal Jubilee Hospital.

The donors hope their pledge will inspire others to give back to the care teams that provide so much to the community.

Some of the recipients of the Heather Simpson Scholarship gathered for a

celebration at Royal Jubilee Hospital in September. They each received a special pin of a lighthouse. The lighthouse was chosen by Heather’s loved ones as she was a positive, guiding light in the lives of many. It’s hoped this will inspire the caregivers to continue being a beacon of light as they move forward in their journey of helping the wider community through healthcare.

“This pledge sends the powerful message that our care teams are the pillars of our healthcare system—and that there is a community of people that want to lift them up. We are deeply grateful to the donors for this pledge that is far-reaching and of much impact, especially in the times we are in.”

—Avery Brohman, CEO, Victoria Hospitals Foundation



→ Make a gift to caregiver education: victoriahf.ca/education

A Few Grateful Recipients of the Heather Simpson Scholarship



“Not having to choose between continuing my studies and taking

care of my family has been such a gift.”

—Lindsay Deeble, an X-ray technologist in Ladysmith and Chemainus, who is becoming a doctor, pursuing a Bachelor of Health Science Degree at TRU



“Putting life on hold for school is hard as an adult; I’m grateful I won’t have to

worry about sacrificing my school work in order to make ends meet.”

—Mandie Vossler, Licensed Practical Nurse (LPN) in Comox, who has started North Island College’s LPN Access to Bachelor of Science in Nursing Degree



“I feel honored that I am being recognized by the

donors and encouraged in such a way to continue to follow my dreams in my career.”

—Laila Vincent, a Health Care Aide in Nanaimo, who will be attending Discovery Community College to become an LPN



“The generous recognition of the donors enables me

to reciprocate support to the interwoven parts of and people in our system.”

—Kate Leahy, a Registered Nurse in Victoria who is enrolled in the UVic Masters of Nurse Practitioner program



A Step Forward for Cognitive Health: A Generous \$250,000 Donation from the Henwood Family

In 2017, Neil and Susan Manning, a family impacted by dementia, made a generous \$2.5 million five-year pledge to our Foundation to transform dementia care on the Island, and beyond. Through the establishment of the **Neil and Susan Manning Cognitive Health Initiative (CHI)**, and a collaboration between VHF, Island Health, UVic, and UBC, leading-edge research and care for patients living with cognitive health issues have greatly advanced.

Dementia Guidance System to standardize patient recommendations and care delivery practices, and the opening of a Specialist Memory Clinic at the Seniors Outpatient Clinic at Royal Jubilee Hospital, a first for the region.

Inspired by the Mannings and the visionary work of Medical Director Dr. Alexandre Henri-Bhargava, Jamie and Susan Henwood made a gift of \$250,000 in 2022 to support CHI:

“It is important to us that we enhance the quality of life within our community—may that be through the support of environmental initiatives, the arts, or healthcare. We were inspired by the Neil and Susan Manning Cognitive Health Initiative; the systemic change it is making for patients and their families in accessing care. We were touched, especially, by the fact that this initiative was created out of a personal experience, a drive for advocacy, and genuine philanthropy—and grateful to support a local research project that is helping make cognitive health care more accessible to people on Vancouver Island.”

We are grateful to the Mannings and the Henwoods for championing healthcare research and look forward to advancing CHI. Donor support of \$500,000 a year enables the CHI to exist, and thrive. Please consider helping this Island-first initiative.

→ Learn more and donate: victoriahf.ca/research



Jamie & Susan Henwood with Dr. Alexandre Henri-Bhargava

CHI has illustrated the way in which philanthropy, research, partnership, and innovation play a key role in our hospitals and in our community. At its core, researchers and clinicians strive to improve the patient experience and accelerate innovations in cognitive care. Highlights include the development of a

Gayle’s Story: Honouring a Legacy of Love and Family

After the passing of both her parents, Gayle began to reflect on the care they received at both Royal Jubilee and Gorge Road hospitals. She wanted to honour her parents and recognize local caregivers, and made the decision to leave a gift to the Victoria Hospitals Foundation in her will.

“It makes me feel good to know I’m helping other people, and I think my parents would be really happy to know I’m doing this,” says Gayle. “There are so many different charities out there, but this is one of the best ones to support because it touches so many peoples’ lives. I encourage others to join me in supporting our hospitals.”

→ Learn more: victoriahf.ca/will





We are eagerly awaiting our sold-out *Visions* gala on Saturday, November 25 and would like to take a moment to thank our 2023 *Visions* gala steering committee, chaired by Charlotte Salomon. Thanks to the committee's unwavering dedication, *Visions* promises to be an extraordinary evening.

We are very grateful for the time, talent, and passion of our steering committee:

Charlotte Salomon, KC	Jane Johnston
Dr. Bri Budlovsky	Kristine Lee
Sophia Chadwick	Mary Lou Newbold
Dr. William Cunningham	Elaxis Schloss
Kendall Gross	Cynthia Tremblay-Lorrain
Krystal Hanson	

Recognize Someone Special this Holiday Season With a Gift to Support Our Hospitals

Until December 20, when you make a donation in honour of a loved one, they will receive a handwritten holiday card with your personalized message inside!

Whether your gift celebrates the holiday season or another special occasion, your donation will touch your honouree and support the vital work of our hospitals and care teams. Thank you.

→ Make a gift in honour of a loved one:
victoriahf.ca/honourary-donation

Call for Volunteers

There are many volunteer opportunities with the Victoria Hospitals Foundation. View open postings at victoriahf.ca/volunteer or email VHFvolunteers@islandhealth.ca.

DEC 31 To receive a 2023 tax receipt, please make an online donation at VictoriaHF.ca, over the phone at 250-519-1750, or ensure your mailed envelope is postmarked by Canada Post no later than **December 31, 2023**. Gifts of shares must be made by **December 1, 2023** for tax-receipting by year-end.

VICTORIA HOSPITALS
 FOUNDATION

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Victoria Hospitals Foundation
 @ourvichospitals

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