

YOUR DONATIONS AT WORK

TWO new Minimally Invasive Surgery suites are set to open in mid-September.

Earlier this year The Richmond Hospital Foundation wrapped up a \$1.2 million campaign to upgrade two operating rooms to Minimally Invasive Surgery suites. The operating rooms were renovated throughout the summer and the state-of-the-art surgical equipment was purchased.

The foundation would like to extend a special thank you to all of the donors who contributed to this important campaign. Thanks to your generous support, thousands of patients every year will have access to surgery with less pain, shorter recoveries and a faster return to everyday life.



Payton Perkins from Apollo Sheet Metal installs metal ducting. This ducting will help create a sterile environment for surgery by directing clean air down to the surgical table and producing a curtain of air to surround the patient and surgeons.

TEA CELEBRATION

IN June the Buddhist Compassion Relief Tzu Chi Foundation hosted a traditional Taiwanese Tea Ceremony in the cafeteria at Richmond Hospital. The event was in celebration of the Tzu Chi Foundation's \$48,000 donation to help upgrade two operating rooms to Minimally Invasive Surgery suites.



EAT FOR THE HEALTH OF IT!

Martin Vanden Anker, the executive chef at the Hilton Vancouver Airport shares his favourite recipe for a healthy, late summer dinner that's loaded with BC's best.

Grilled Wild BC Salmon and Gazpacho Salad (Serves 4)

INGREDIENTS

Salmon

- 4 5oz (150 g) portions of wild BC salmon, skin on
- 4 tbsp olive oil
- Fresh cracked black pepper to taste
- Coarse salt or kosher salt to taste

Gazpacho Salad

- 2 cups cherry tomatoes, washed and sliced in half
- 1 cup cucumber, seeds removed, sliced thin into half-moon shape
- 1 cup red onion, sliced thin
- 1 cup red pepper, sliced thin
- 1 cup yellow pepper, sliced thin
- 5 leaves fresh basil, chopped
- 1 cup of lettuce leaves, chopped (or use your favourite greens)
- 1 lime, sliced in 1/2
- 2 tablespoons olive oil
- 2 cloves garlic, chopped fine
- Fresh cracked black pepper to taste
- Coarse salt or kosher salt to taste

DIRECTIONS

Salmon

1. Rub both sides of salmon with olive oil
2. Season with salt and pepper and let rest for 5 minutes
3. Heat grill on high for 5 minutes, turn to low
4. Place salmon on grill skin side down and grill for 2 minutes, turn 90 degrees and cook 2 more minutes
5. Turn salmon over and repeat cooking direction as above.
6. Remove from grill and keep warm. (Salmon can be allowed to cool if you want cold grilled salmon on the salad)

Salad

1. Place all ingredients in a mixing bowl
2. Add olive oil and add the juice of the lime, toss and season with salt and pepper

Serve salmon on the side of the salad or on a separate serving dish. Enjoy!

Raising the Bar



THE RICHMOND HOSPITAL FOUNDATION

SUMMER/FALL 2007

\$4 MILLION MRI CAMPAIGN LAUNCHED!

RICHMOND needs an MRI! We hear it again and again at Richmond Hospital. As Dr. Ian Dunn explains, there's a good reason for that.

"It's long overdue," says the Medical Director of Diagnostic Imaging at Richmond Hospital. "Magnetic Resonance Imaging (MRI) is the only major diagnostic imaging modality that isn't available at Richmond Hospital."

"An MRI will equip Richmond Hospital to provide comprehensive, collaborative care for everything from life-threatening conditions to sports injuries"
—Dr. Ian Dunn

But it won't be for long. The Richmond Hospital Foundation has launched a \$4 million campaign to fund this powerful diagnostic tool and the specialized construction to house the state-of-the-art, highly sensitive equipment.

"This campaign is about more than funding vital medical equipment," says Lisa Westermark, Executive Director. "It's about providing the best possible comprehensive care

close to home for residents of Richmond, Delta, and neighbouring communities."

"An MRI will equip Richmond Hospital to provide comprehensive, collaborative care for everything from life-threatening conditions to sports injuries," says Dr. Dunn. "We won't have to refer patients to hospitals in Vancouver for this vital test and our doctors and surgeons will be able to work closely with the

radiologists to determine the best course of action for a patient."

Every year over 1,500 Richmond residents are referred to a Vancouver hospital for an MRI. Most will wait weeks or months. Two out of every five will face waits that are longer than Vancouver Coastal Health's wait time benchmarks. Today, Richmond doctors often avoid sending their patients for this test because of the wait.



\$1 MILLION FOR MRI

THANK YOU!

The Milan and Maureen Ilich Foundation kicked-off the MRI campaign this August with a generous \$1 million donation.

"We are pleased to give back. We wanted to help with this campaign because we need an MRI in Richmond. We are especially interested in this type of MRI, the open model, that is great for claustrophobic and larger people," says Milan Ilich.

"We are thrilled to have such a great start to this critical campaign. We are truly fortunate to have leadership from long time Richmond residents and prominent business leaders Maureen and Milan Ilich who are willing and able to give in such a significant way," says Lisa Westermark, executive director of The Richmond Hospital Foundation.



THE RICHMOND HOSPITAL FOUNDATION

YOUR FOUNDATION

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PLEASE DONATE

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MRI CAMPAIGN LAUNCHED!

continued

Richmond's MRI will greatly improve access to this vital exam. It will scan 4,500 people a year and increase the total number of MRI tests conducted within the Vancouver Coastal Health Region by roughly 25%.

"We can't underestimate the importance of cutting wait times for MRI," says Dr. Dunn. "Getting an MRI sooner simply means less time in pain and a faster recovery."

Richmond's MRI will be the first publicly available MRI with a patient friendly design. Unlike traditional MRIs that have a long narrow tunnel and leave as little as 10cm between the patient's face and the machine, Richmond's MRI will have a "large bore" design with a "short tunnel". Our unit will be faster and more comfortable. It will also be the only public MRI in the province that can image patients who are claustrophobic, large or obese, or have special needs.



Dr. Ian Dunn

MESSAGE FROM THE EXECUTIVE DIRECTOR



Lisa Westermark
EXECUTIVE DIRECTOR

WELCOME to the first issue of The Richmond Hospital Foundation's newsletter. We've created this newsletter to tell you, our loyal donors, how your donations save lives and improve the quality of lives every day. It's part of our

commitment to ensuring that when we recognize your generous support, saying "thank you" is just the beginning.

It's been a busy summer at the Foundation and we're thrilled to report that our new \$4 million MRI campaign and summer newsletter are just a few of the things we've been working on. Here are some of the other exciting projects:

HEALTH COLUMN:

The foundation's own Stephanie Dunn is writing a column on the latest hospital, health and foundation news. Watch for it; it will be published once a month in the weekend edition of the Richmond Review.

NEW WEBSITE:

We're revamping our website so it offers more: more news, more urgent needs and more ways to support us. It will also offer instant online donations

and ticket sales for the Starlight Gala. Please check it out at www.richmondhospitalfoundation.com

HOSPITAL STAFF 50/50:

In July we launched "Payday Payoff" the new 50/50 lottery held every payday for Richmond Hospital staff and the response has been tremendous. Over 120 staff members signed up within the first couple of weeks. We're well on our way to awarding \$10,000 in cash prizes over the next year and raising \$10,000 to fund vital equipment for our hospital.

Do you have ideas for our health column or feedback on our newsletter or website? We'd love to hear from you. Give us a call at 604-244-5252 or email info@richmondhospitalfoundation.com

On behalf of everyone at Richmond Hospital, thank you for your continued support.

Lisa Westermark



Richmond Hospital's MRI will be the only one publicly available in the province that can image patients who are claustrophobic, large or obese, or have special needs.

NICU: VARIETY DONATION IMPROVES CARE

FROM snapshots of moms holding swaddled newborns to chubby, smiling toddlers, every photo hanging in the Neonatal Intensive Care Unit (NICU) is a testament to a family's gratitude and a success story about a premature, weak or sick newborn who needed care in Richmond's NICU.



Thanks to a generous donation from Variety – The Children's Charity, those success stories are set to multiply.

Variety has committed \$700,000 to fund renovations to the existing unit and state-of-the-art incubators, heart monitors, ventilators and more.

"By helping Richmond Hospital expand and enhance care for special needs infants, we're helping to ensure that these newborns can be cared for in their community, with their families close at hand," says Bob Stewart, Variety's president.

These renovations will double the number of beds and improve the hospital's capacity to care for newborns with special needs. This includes infants who have congenital disabilities (birth defects), infections, are born prematurely, or need to be monitored due to irregular breathing or heart rate.

Richmond Hospital is home to 1,200 births a year. On average, 10% of those infants require the specialized care provided by the NICU.

OUR COMMUNITY PARTNERS

Summer fun for kids with mental illness.

CKNW Orphans' Fund donated \$30,000 to the Child and Adolescent Program (CAP). CAP offers social and recreation groups for children and youth with a variety of mental health disorders. The money will be used to fund everything from soccer balls to craft supplies to admission to pitch and putt.

"These simple activities give kids the opportunity to socialize in a positive, welcoming environment," says Eileen Oxendale, Coordinator, CAP. "This helps to develop social skills and build confidence. It also changes the way kids with mental illness see themselves and the world around them."

New space for baby's best caregivers: Mom & Dad

Ronald McDonald House Charities has committed \$30,000 to fund the construction finishing costs and furnishings for two "care-by-parent" rooms. Located within NICU, these rooms will give parents a place to stay while their baby receives medical care.

"These two new care-by-parent rooms will give parents the space and time they need to really get involved in caring for their newborn and bond as a family," says Lyn Jones, Clinical Resources Nurse for the Maternity and Neonatal Program. "It's a wonderful way to empower, encourage, and engage new families to be the best caregivers for their babies."

THE 9TH ANNUAL STARLIGHT GALA

YOUR RSVP is requested! Sponsor, donate an auction item, volunteer, attend... it doesn't matter what you do; we'd love you to join us!

The Starlight Gala, The Richmond Hospital Foundation's premier fundraiser event, will take place Saturday October 20 from 5:30 p.m. to midnight at the River Rock Casino Resort Show Theatre. This elegant evening will feature gourmet dining, our famous live and silent auctions, fabulous liveentertainment and our celebrity emcee, Global TV news anchor, Steve Darling.

All proceeds from this year's event will help fund an MRI for Richmond Hospital.

To learn more, call or email the Foundation: 604-244-5252 info@richmondhospitalfoundation.com

To buy online tickets: www.richmondhospitalfoundation.com



LIVE

LIVE A LITTLE.
THE 9TH ANNUAL
STARLIGHT GALA.

5:30 TO MIDNIGHT • OCTOBER 20TH 2007
PROCEEDS BENEFIT A CRITICALLY NEEDED MRI FOR RICHMOND HOSPITAL.