Foundations

BUILDING EXCELLENCE IN HEALTH CARE



KGHFOUNDATION

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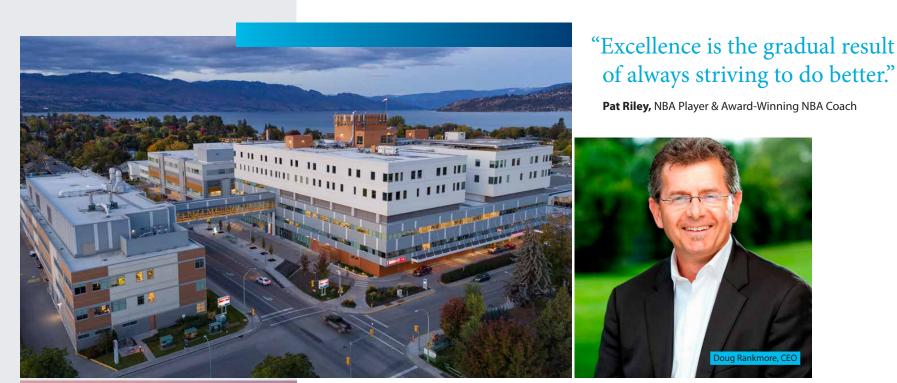
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MESSAGE FROM THE CEO

FROM THE FOUNDATION UP

A new year usually signals the opportunity for grand resolutions and promises for change. As we've witnessed these past few months though, both here in Canada and B.C., and south of the border, just because the calendar changes doesn't mean things change magically overnight. If we have learned anything in the past year, it's that change – true change – happens over time. A 'new year' can happen at any moment and has very little to do with a calendar.

So here we are in early 2021, ushering in a 'new year'. Maybe you've noticed, we've redesigned our newsletter. We've renamed it Foundations, because in essence, that's what we aspire to do. While fundraising for better health care is the desired outcome of our work together, it is our mission to lay the ground work for partnerships that

become the foundations for change – the foundations for better care for all who call the beautiful southern interior home.

of always striving to do better."

Pat Riley, NBA Player & Award-Winning NBA Coach

Advancing the health and wellness of patients and families across the southern interior is made possible by the foundations we are building together.

In this issue of Foundations, you will learn about the foundations we are building together in orthopedics - it's 'hip' to have a hip replacement at KGH; or how one local family is developing foundations to support youth mental health, today, and for generations to come. You will read about how the foundations that supported the build and opening of JoeAnna's House are literally holding hundreds of families in need. And, you will learn about the

foundations needed to radically advance stroke care in our region to rival the best in the world.

All of these foundations are made possible because you give.

Together, brick by brick, we are building excellence in health care. From the foundation up.

We are grateful for your continued generosity, your trust and your partnership.

Giving changes everything.

Doug Rankmore CEO, KGH Foundation

FOUNDATIONS | KGH FOUNDATION | WINTER 2021

JOEANNA'S HOUSE | TROY AND DANIELLE'S STORY

THANKSGIVING MIRACLES

"They're just over here," the nurse whispered softly as she showed us into the neonatal intensive care unit (NICU) nursery where Kelowna General Hospital's tiniest patients rested. As we turned the corner, we could hear them before we could see them, softly singing; sweetly, soulfully. It sounded like a hymn, sacred blessings of love sung to their dear, newborn baby boy. It was a beautiful moment one doesn't soon forget.

There, behind the curtain, a new little family– Troy and Danielle Corbin and their son, Zander, their first child together. We'd met Troy and Danielle only a few hours earlier at JoeAnna's House when they'd agreed to share how they came to be JoeAnna's House guests for a film we were creating. To witness them, peacefully snuggling in the dimly lit NICU, was to witness a little miracle. Well, a few actually.

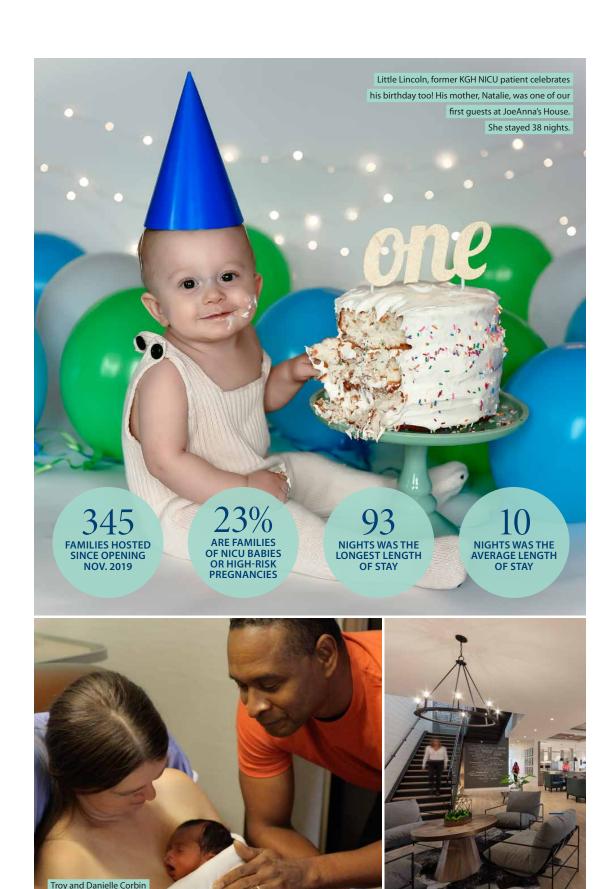
Several days earlier, just before
Thanksgiving in their hometown of
Nelson, B.C., Danielle had gone into early
labour with Zander when her water
broke. He was not due to be born for
another 5 ½ weeks. Troy and Danielle
were alarmed and unsettled to learn
their baby would be born pre-term, and
even more so when they learned that he
could not be born in Nelson. Danielle was
immediately transported to Castlegar
airport, then Trail airport and finally,
air-ambulanced to Kelowna General
Hospital. Troy followed on his own. They
were separated for hours while in transit.

Like so many families facing a pre-term birth, the Corbins were not ready. The hospital bags were not packed and they were still counting on several weeks to finish final arrangements before welcoming their new baby into the world. But he was coming regardless. "To watch the love of your life and your unborn child being whisked away to an unfamiliar place, being separated amidst so much uncertainty, it was so hard," recalls Troy emotionally. "But then, we had a little boy... and it changed everything. He wanted to show us the true meaning of Thanksgiving. And the moment he was born, we knew a love like no other."

Two days after Zander was born, Danielle was discharged, and again, the Corbins faced uncertainty. "But then they told us there was a place for us at JoeAnna's House," says Danielle. "At first all I knew was that we would be able to stay close to Zander. But then we arrived and it was beyond anything we could have imagined."

"The first thing the woman who welcomed us said was 'we've been expecting you'. It's hard to put into words how that feels," adds Troy. "Amidst so much chaos over the previous few days, there was peace. We knew we were in a safe place and there were people that cared about us. It felt like home."

Troy and Danielle stayed at JoeAnna's House for 22 days, and celebrated a Thanksgiving they will never forget. "We are grateful for our perfect son, for the incredible care he received, for JoeAnna's House and its caring staff. To all who gave, and continue to give, there are no words to represent the depth of our gratitude. So many miracles – we feel so blessed."



CELEBRATING MILESTONES

HAPPY FIRST B-DAY JOEANNA'S HOUSE

On November 25, 2020, the staff and guests of JoeAnna's House quietly celebrated a milestone in what could be considered one of the strangest and most challenging years in recent history. A birthday. The home that became a temporary home for hundreds of families last year, turned one. Though a gathering of community, donors and friends of JoeAnna's House wouldn't be possible, there is much to celebrate.

From the beginning, the need for JoeAnna's House has never been in question. As the population in the southern interior of British Columbia continues to grow and age, so too does the need for advanced medical care for the people who call it home. Over the past several decades, Kelowna General Hospital, the region's lead referral hospital, has continued to expand its capacity to provide specialized surgeries, care and treatment for an increasing range of medical specialties. This allows regional patients to receive care closer to home without the burden of travelling to Vancouver, Victoria or Calgary.

Even still, those hailing from rural and remote locations across the region requiring specialized care or suffering a medical emergency, will most often find themselves travelling to Kelowna. In some cases, they are in the area on vacation, never expecting to be in a serious accident or suffering a cardiac emergency. Regardless, when they arrive, JoeAnna's House stands, thanks to the generosity of what has become a big, happy, extended family of donors who continue to give to keep the doors open.

In its first year of operation, even in the year of COVID-19, the staff at JoeAnna's House welcomed 345 families. "Even amidst so much uncertainty with the pandemic and shifting requirements to protect the health and safety of our guests, we were committed to staying open," says JoeAnna's House Manager, Darlene Haslock. "There is never a doubt that JoeAnna's House fulfills a great need for families to stay close to their loved ones. But I really feel like there was a whole level of anxiety and stress brought on by the pandemic that we were able to provide some relief to our families from."

And so it is that JoeAnna's House enters its second year of operation. While uncertainty still prevails, one fact remains – we are always, no matter what, better together.



CELEBRATING YOUR OWN BIRTHDAY?

Encourage friends and family to make a gift to JoeAnna's House in your honour. Create your virtual fundraising page with a custom message and photos and easily track your support.

Learn more at **kghfoundation.com/ways-to-give**

with their son Zande



ADVANCING STATE-OF-THE-ART CARE

HIP AND HAPPENING

In September 2018, two orthopedic surgeons at Kelowna General Hospital, Dr. Steven Sylvester and Dr. Ross Demcoe, began performing Direct Anterior Approach (DAA) total hip replacements. Dr. Adrian Kurz, also a DAA surgeon, joined the ortho surgical team at KGH in 2019.

The DAA approach can have a significant benefit for patients as it avoids cutting major muscles. A special table, the Hana table, is needed to make this delicate procedure possible by controlling the leg, allowing for rotation and elevation of the femur (thigh bone) during surgery. The unique patient positioning capabilities of the Hana table enable the surgeon to replace the hip through a single anterior incision and the surgeon works between the muscle fibres. As a result, patients

experience less post-operative pain and experience faster recovery immediately after surgery. In addition, patients can be discharged home on the same day as surgery.

Initially KGH had only one orthopedic surgical table. Facing wait lists and patient demand, the ortho team worked with an anonymous donor through the KGH Foundation to acquire additional equipment needed to increase the number of DAA procedures they could perform. The new Hana table and surgical equipment would allow an additional operating room to run simultaneously and increase the number of DAA procedures performed at KGH. The annual donor – whose giving path began in 2016 with a gift to support the KGH Foundation's Foundry campaign

 had a specific interest in advancing healthcare in the form of hip replacement surgery to help reduce waitlists and patient recovery time.

Thanks to this donor, the table was purchased and has been in use since fall 2020. The acquisition has helped reduce waitlists caused in part by the COVID-19 pandemic elective surgery pause in the spring of 2020.

Says KGH head of orthopedic department, Dr. Steven Krywulak, "These advancements are helping us to build an orthopedic service in Kelowna that will be in many ways the envy of the province. Comprehensive state-of-the-art care is our goal and this is another great step forward in that pursuit."



HONOUR A CAREGIVER

Experiencing a life-altering medical crisis can often spark the desire to give back. Honour your caregiver with your gift and we will ensure your gratitude is shared with that physician, nurse or department.

Learn more at kghfoundation.com/ways-to-give

THE FUTURE OF STROKE CARE IN THE SOUTHERN INTERIOR

EVERY MOMENT MATTERS

Chances are you know someone. Nearly everyone does. A parent, neighbour, spouse, family member or friend. Someone who was just living their life. Then suddenly, everything changed. Maybe you always thought that not surviving a stroke was the worst outcome. Until you learned first-hand, how stroke can devastate the lives of all in it's wake.





The Impact of Stroke

A stroke is an abrupt loss of brain function caused by a sudden brain blood vessel blockage or rupture. Although prevalence rises sharply after age 55, it can happen at any age.

Last year in British Columbia, there were over 1,800 cases of stroke in the Interior Health region. The numbers increase by 10% every year. The grim reality is that stroke is still the leading cause of longterm disability in adults and the third leading cause of death in B.C.

The impact of stroke is devastating. For patients and for those who love them.

Every Moment The Time Matters

Advancement in research and treatment in recent years is making it possible for more and more patients to survive and recover from stroke. Rapid access to advanced, life-saving medical techniques within the established therapeutic window of care can measurably and significantly improve outcomes.

Immediate transport to a hospital offering advanced stroke services is critical. The challenge of geography in the southern interior of B.C. is significant. Those living in rural and remote areas of the region are extremely vulnerable.

With every minute that slips away,

nearly 2 million brain cells die.

That's 32,000 cells in a second.

is Right

As the population centre for Interior Health and the leading referral hospital for over 1 million residents living in B.C., KGH is currently the only hospital outside of Victoria and the Lower Mainland to offer an advanced level of stroke care which is so vital to the health of the region.

This spring, the KGH Foundation will publicly announce what many are calling a 'game-changer' campaign - a call to raise \$8 million to support radical advancements in regional stroke care for the southern interior. The ambitious plan aims to transform access, treatment and outcomes for stroke patients even in the most rural and remote locations in the interior of B.C. And, most importantly, save lives.

There has never been a better time. The need for advanced stroke care close to home is growing and Interior Health's Stroke Care Network, with KGH as its hub, has never been stronger.

LEADERSHIP IN STROKE CARE

A comprehensive plan for Interior Health Patients and Families.

Acquiring the most advanced equipment and improving access to specialist care for all patients in Interior Health is paramount to advancing stroke care in the region. Donor support for this comprehensive plan will have impact on ALL stages of the stroke care continuum, from onset to rehabilitation, research and prevention.



Advanced Neuro-Interventional Equipment

Restoring blood flow to the brain is the cornerstone of therapy for patients with a clot blocking blood flow. Funding the equipment and clinical space for the implementation of Endovascular Thrombectomy Neuro-interventional service (EVT), the new standard of care for acute ischemic stroke, at Kelowna General Hospital is fundamental.



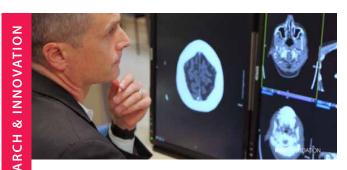
Stroke Telehealth

Interior Health is fast becoming an industry leader in remote telehealth, an exciting field that allows rural patients to access world-class physicians, specialists and diagnostics from their home communities. The stroke campaign aims to fund the expansion of telehealth service throughout the southern interior.



Caregivers & Advanced Rehabilitation

Funding will support the on-site development of skills and protocols relating to stroke management and community reintegration. The proposed KGH Centre of Excellence for Upper Limb Recovery Post Neurologic Injury will improve access to rehabilitation services for stoke patients, as well as other brain injuries and diseases.



KGH Foundation's Stroke Innovation Fund

This fund will support research projects and initiatives and equipment aimed at reducing the impact of stroke for those living in the Interior Health region, in particular, rural, remote and First Nations communities.

The Interior Health Stroke Network



Dr. Aleksander TkachVascular Neurology KGH, Medical Director for the IH Stroke Network and EVT Service

procedure in which neurologists pull a blood clot out of a stroke patient's artery to restore blood flow to the brain. If administered within the ideal therapeutic treatment window (four to six hours), a good outcome results in a near reversal of disability in a stroke patient.



Cory Bendall
Network and EVT Service Director

The Interior Health Stroke Network was established in October 2019 in response to the region's growing need for coordinated diagnostics, urgent and hospital care, rehabilitation and community initiatives for stroke patients across the region, including in the most rural and remote locations.

In 2017, Interior Health recruited two leading stroke neurologists, Dr. Aleksander Tkach and Dr. Elsadig Elamin, who have lead the standardization of protocols and documentation for acute care, which has since expanded to include assessment, neurology rounds, quality improvement, and service planning.

In 2019, tertiary stroke units were established across the Interior Health region and although the equipment must still be funded, **Endovascular Thrombectomy (EVT)** service began at Kelowna General Hosptial.



Dr. Nevin de KorompayInterventional Radiologist, KGH,
President of the KGH Physicians Society

Working in partnership with donors, the community and the IH Stroke Network, the campaign will fund EVT procedures at KGH and provide the necessary supports for rural and remote patients to better access care. Funding will also catalyze the recruitment of specialists and the expansion of stroke unit care, rehabilitation, and provide enhanced tele-neurology for rural access to specialist care. It will allow the IH Stroke Network to continue its focus on building therapeutic and research connections provincially, nationally, and internationally.

Finally, and most critically, the campaign will change the face of stroke care in the southern interior region, saving lives and building futures that might never have been possible without it.

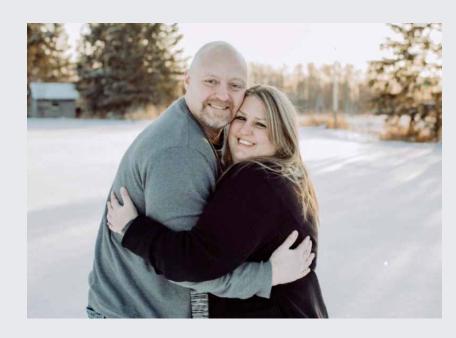


EVERY MOMENT MATTERS

When every moment matters, we can be ready. Every smile. Every step. Every second. Together we can reduce the devastating impact of stroke.

Learn more at kghfoundation.com/ways-to-give

Every Moment Matters Mark & Rachel's Story



"Mark's stroke came out of nowhere. Within seconds he went from being a healthy, active, fun-loving husband and father to literally fighting for his life. Thankfully he survived. But that was just the beginning."

Rachel Skinner

It was a sunny, summer day in August 2020. Mark Skinner, a healthy, 49-year-old husband and father to two children was driving his excavator at work in Sparwood, B.C. when suddenly, he began to feel "off". His face started to droop. His brain was not connecting with his body. Remarkably he recognized that he was having a stroke.

Upon arrival at Sparwood Primary Care, Mark's situation was assessed and he was immediately transported to the East Kootenay Hospital in Cranbrook, where a CT scan confirmed that he had indeed suffered a stroke. Mark was rushed by air ambulance to Kelowna General Hospital where he received an Endovascular Thrombectomy (EVT) – a life-saving neuro-interventional procedure to treat an acute ischemic stroke.

When Mark's wife, Rachel, learned that he had suffered a stroke, she could not comprehend how her husband could be faced with this, "I thought that stroke only happened to elderly people, not someone 49, active and healthy," she recalls. Mark's stroke came with no known warning signs

and threw a curveball at this vibrant family. Mark survived the stroke and the EVT procedure successfully removed the clot from his brain. But it was just the beginning.

Mark would spend the next two months at KGH in recovery and rehabilitation. He worked hard during physical therapy. The emotional fall-out of his stroke took its toll. He wanted to go home, see his kids, his dog, sleep in his own bed. He became increasingly frustrated with the fact that although his mind knew what he wanted to do, his body was having difficulties performing even the most-simple of tasks.

In cases of stroke, the impact on family members can be overwhelming. "This has been the hardest thing we have ever gone through", shares Rachel emotionally. "Our world had been flipped upside down."

Mark's neurologist at KGH, Dr. Aleksander Tkach, is also Interior Health's Medical Director of Stroke Care. While the Skinners are grateful for the outstanding care Mark received during his stroke and in the months following, Dr. Tkach is passionate that more can be done to help improve treatment for patients living in the interior of B.C.

"We have a good standard of care, but our goal is world-class care for patients in the interior," says Dr. Tkach. "Medical advancements are making it possible for more patients to survive and recover from stroke. In addition to acquiring the most advanced equipment to treat stroke, we also need funding to support research and innovation, while improving access for all patients in Interior Health."

Nearly eight weeks after suffering his lifealtering stroke, and with a long road still ahead, Mark was released from KGH and returned home to Sparwood.

"Every day is a gift", says Rachel. "In a health crisis it really is true... every moment does matter"







DONOR PROFILE: THE BLENK FAMILY

MASTER-PLANNED GIVING

"The decision to direct part of our profits towards the future of the youngest citizens felt very much aligned with our core family values."

Karin Blenk

Delicately integrated into the forested mountain landscape of Kelowna's north-end lies the stunning neighbourhood community of Wilden. It's known as a 'master-planned' community, one that not only considers the mechanics of a neighbourhood, but how people will live there over time. Idyllic and peaceful, Wilden is home to hundreds of families including three generations of the Blenk family, who have a special connection to the community. They built it.

The master-plan for Wilden sees a project spanning four decades. Considering how people and society will change over years has been paramount for this family of developers. Karin Eger-Blenk and her brother, Martin Blenk, are now the second generation to manage the family business. "Once we began reflecting on the important role community plays as a cornerstone of healthy living," says Karin, "the decision to direct parts of our profit towards the future of the youngest citizens felt very much aligned with our core family values."

At the same time, it was a series of personal experiences - young people who'd lost their battle with depression or got stuck in despair and couldn't make sense of the world and their place in it – that motivated the Blenk family to look seriously at the issue of youth mental health and, ultimately, take action. The result took shape as a master-plan for giving that would address the acute needs of youth struggling with their mental health today, while holding space for the more complex, systemic work needed to truly turn the tides on the youth mental health crisis.

In 2019, the Blenk family established two specific funds with the KGH Foundation;

one that supports immediate needs and an endowment - a sizeable gift where the interest will be invested in future initiatives in perpetuity. Endowments provide a sustainable resource to really move the needle on systemic challenges to the health system, and provide opportunity for investment in big picture initiatives like research and innovation.

The Blenk family also organizes fundraisers – the emphasis here is on fun! The largest, the Wild One Run, is an invitation to run or hike through the Wilden back country. "We have a blast," says Karin. "This fall we hosted the run in a virtual format and the participation was overwhelming!" Even

virtually the 2020 Wild One Run raised over \$8,000, which Blenk Development Corp. generously matched.

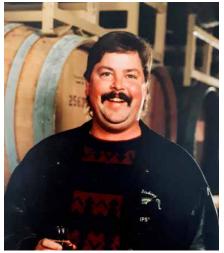
Knowing that that youth and families navigating some of the most difficult times of their lives are being supported in their healing provides a source of hope for the Blenks. "We must make youth mental health a priority," says Karin. "My hope is that by raising awareness around the mental health crisis we will get to a point where we all agree to protect youth best we can. Mindfully, we push ahead."



LEGACY GIVING

Every gift has a story. Create a legacy of care that will support KGH and the health of our region for generations to come. Many choose to give as an expression of family values. Some are grateful patients themselves.

Learn more at kghfoundation.com/ways-to-give/planned-gift/



On July 1, 2019, Gregory Bennett passed away at age 56 in his beloved hometown of Kelowna. With his passing, he left behind a

loving family and an endowment fund that

bears his name; a remarkable legacy that has, and will continue to have, a significant impact on the delivery of cardiac care at Kelowna General Hospital.

The youngest son of Audrey and Bill Bennett, Gregory was born March 12, 1963, joining his three older brothers, Brad, Kevin and Stephen. Greg loved spending time outdoors – he was a fabulous snow and water skier and in the summer months, he played baseball and football and enjoyed REMEMBERING GREGORY BENNETT

ECHOES FROM THE HEART

"You will find, as you look back upon your life, that the moments when you really lived are the moments when you have done things in the spirit of love."

Henry Drummond

boating on Okanagan Lake. He met his wife, Connie while working in Tumbler Ridge and their adventures eventually brought them home to Kelowna in 1988. A year later, in 1989, their son David was born and for Greg, becoming a father only amplified his dedication to family.

True to his giving nature and love for community, Greg provided a significant gift to KGH in his last wishes. The purpose of the Gregory Bennett Endowment Fund is to support all areas of cardiac care from equipment and treatment to patient care and comforts, innovation and quality improvement.

A growing list of advancements, specifically in echocardiography (ECG), are being made possible by the Gregory Bennett Endowment Fund. For patients experiencing cardiac distress, an ECG is an important diagnostic tool to measure the electrical activity of the heart. Access to the equipment, which is where the Bennett Endowment is making the most impact, is essential to improving outcomes for heart patients.

Greg Bennett lived his life all-in and the echoes of his adventurous heart live on through the advances made possible by his thoughtful generosity.



ECG for heart function clinic

When the KGH Central Okanagan Heart Function Clinic relocated to the Dr. Walter Anderson Building, the Gregory Bennett Endowment generously provided for an ECG machine for the clinic. This not only allows the care team to provide diagnostics in a timely fashion but has had a positive impact on the quality of care that heart patients experience while at KGH.



ECGs in Ambulances

The Gregory Bennett Endowment Fund will be a major contributor to the placement of ECGs in Ambulances, thus giving primary care paramedics the tools and training to transmit ECGs directly to emergency room physicians, while en route to KGH. This will allow for faster diagnosis, quicker treatment and better outcomes for heart attack patients.



Sparq Ultrasound for ICU

For ICU patients experiencing shock and respiratory failure, point-of-care echocardiography performed at the bedside was made possible by the Gregory Bennett Endowment Fund. These are some of the sickest patients in the hospital and within the health authority as KGH accepts many such patients for higher level of care.

FOUNDATIONS OF GIVING

VOLUNTEER CLARE MALLOW



Meet Clare Mallow, a dear friend to the foundation whose contagious smile and boundless energy are testaments that age really is just a number. Still, Clare's contributions to the Kelowna General Hospital have spanned more than 50 years. Ever since retiring from her career with Interior Health, Clare has continued to volunteer in various hospital venues to support the staff and patients at KGH and serves as a director on the KGH Foundation Board. This past year, she's led a team of green thumbs who have kept the glorious gardens of JoeAnna's House abundant and thriving. In her own words, Clare shares why volunteering is one of the greatest gifts one can give.

I joined the Kelowna Auxiliary forty five years ago, following in my heart's need to give back.

I was initially inspired to become a volunteer because I had been a patient – as a teenager and young adult, I experienced serious health problems. We were from Kitimat, and my mom and I had to travel to Penticton and Vancouver for my medical care. My Mom was a volunteer with the Kitimat Hospital Auxiliary and I remember the volunteers were so good to both of us during those hard times. Because I had to keep leaving home for the care I needed for Crohn's Disease I realized how important it is to have specialized care close to home.

I am happy to be spending time at JoeAnna's House these days. I know how families feel when they must leave home to be near their child or loved one and wonder where they will stay. I see the relief on their faces when they arrive. I love that I can help them feel comfortable, and I'm proud to be a part of JoeAnna's House. The garden calls out to me every time. The garden is my 'happy place', and has always been great therapy.

As a long-time representative and advocate for the contributions of volunteer and hospital auxiliaries, I was excited to join the KGH Foundation board of directors seven years ago. I have learned so much and know that our work is making a difference in so many people's lives.

It feels right to give back in these ways. This past year, I have been grateful to continue volunteering during the pandemic. It has been a bright spot in my days, kept me sane, gave me purpose and a feeling of accomplishment as the garden flourished.

I am so proud of the hospital that KGH has become over the years. Being part of the Kelowna Hospital Auxiliary and our KGH Foundation is my way of giving back for all the health care that I have received and the tender loving care of hospital volunteers over the years.



BECOME A VOLUNTEER

Join a team of people just as committed as you to giving back and advancing local health care. There are lots of opportunities to get involved from a regular shift at a hospital venue to assisting at a fundraising event.

Learn more at **kghfoundation.com/ways-to-give**



Building Excellence in Regional Stroke Care

Last year, there were over 1,800 cases of stroke in the Interior Health region. Immediate transport to a hospital offering advanced stroke services is critical. The KGH Foundation is raising \$8 Million as part of a revolutionary plan to radically advance stroke care for patients and families in the southern interior. When every moment matters, we can be ready.

Together, we can reduce the devastating impact of stroke. Please visit **www.kghfoundation.com** to learn more.

Giving Changes Everything.

KGHFOUNDATION

