



# Report to Community

SPRING/SUMMER 2018



## Meet Jas Kalar, our newest Foundation Council member

Jas Kalar knows a thing or two about building communities. As the President of Winnipeg's Exemplar Developments, he's passionate about creating beautiful neighborhoods.

And as the newest member of the Seven Oaks General Hospital Foundation Council, he also understands the importance of building community.

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Jas joined the Council in late 2017 because he wanted to give back. “Simply, I want to support the passionate work of the staff and leadership at the Seven Oaks Hospital and Foundation Council,” he explains.

Jas says he is excited about supporting the initiatives that contribute to innovation and excellence at the hospital. “Chronic diseases comprise many of the most debilitating and economically burdening health issues in Canada,” he said. “Type 2 diabetes, for example, currently affects more than 120,000 Manitobans. The Chronic Disease Innovation Centre at Seven Oaks General Hospital conducts leading research to develop and deliver world-class services.”

Originally from Vancouver, Jas began his real estate career by acquiring and managing residential real estate properties before moving to Manitoba in 2003, where his focus became construction and development. He launched Exemplar Developments in 2007 to focus more closely on

real estate development, and the company now specializes in residential subdivisions, multi-family developments, and commercial developments.

When asked about the importance of giving back, Jas explains, “As the saying goes, ‘To whom much is given, much is expected.’ And on a personal note, my faith as a Sikh espouses the great importance of selfless community service – or seva – and to do so without any expectation of return.”

The Foundation is delighted to have Jas contributing his time and energy and championing its efforts in the community. 🌱

## Save the date! This year’s Gala is October 18

Please join us for our biggest fundraiser of the year!

We are already planning our annual Gala evening, which each year raises funds for research, innovation and support for the Hospital. Each year this evening is made possible thanks to the many donors, guests, volunteers, and sponsors who contribute in so many ways.

One such contributor has been Scotiabank, who have generously supported our Gala since 2013. With the engagement of their Team Community Program and the volunteer hands of many Scotiabank employees, they have contributed in excess of \$75,000 in funding over the past five years.

“We are so grateful to Scotiabank, whose matching gift extends the generosity shown by everyone who participates in the prize auctions at the Gala,” said Rupinder Brar, Chair, SOGH Foundation Council. “Their commitment to our community is helping us realize our commitment to improve people’s lives.”

*As a member of our community we want to keep you informed about some of the exciting things that are happening at Seven Oaks General Hospital.*

*Our role as the Foundation is to build awareness about the hospital and raise funds to improve our facility and services to better meet your needs.*

*You’ll see in this report that Seven Oaks has a unique focus on preventing chronic disease, whether that is at Wellness Institute or in the medical research our Foundation supports at the new Seven Oaks Hospital Chronic Disease Innovation Centre, both of which are well integrated with patient care. You should also know that Seven Oaks serves communities well beyond the northwest corner of the city which is now one of the fastest growing areas in Winnipeg.*

*The Foundation and the hospital are grateful for the support you have provided, which has improved health services and the comfort of patients in the hospital. We invite your questions and feedback on this Report to the Community or any of our work by contacting the Foundation at 204-632-3552 or emailing [info@sogh.mb.ca](mailto:info@sogh.mb.ca)*

“Scotiabank prides itself in building strong relationships and giving back to the communities that we serve. When communities thrive, individuals and businesses do, too. Our involvement with the Seven Oaks General Hospital Gala has enabled us to invest back in the community and create opportunity for more people to grow and thrive

through the great work being done at both the Wellness Institute and the Chronic Disease Innovation Centre.”

Don't miss this year's Gala! To reserve your ticket or find out more information please call the Foundation office at 204-632-3552. 📞

## Small donations add up to large-screen TVs

Small donations to All Charities and the Foundation Wine raffle have added up to a big purchase of 17 new televisions for patient and family lounges at Seven Oaks.

The TVs are important for a few reasons: the lounges are a place for patients and their families to gather away from patient rooms, and they're a welcome destination both for recovering patients and for those who can't afford bedside television service.

They are also part of a longer-term plan to make the lounges more inviting spaces for visitors and patients.

“Patient and family lounges are an area where we can contribute now,” said Foundation Executive Director

Twylla Krueger. “Whatever our patient population might become in the future, we will still have patients with visitors who need spaces to gather away from their sick bed for a few minutes.”

The TV purchase was made possible thanks to community and staff donations through the All Charities initiative and wine raffle. The Foundation is grateful to everyone who made these enhancements a reality. 📞



# Curling club's legacy includes \$100,000 donation



## The West Kildonan Curling Club was a community institution for nearly one hundred years.

Its closure in 2017 due to declining membership marked the end of an era, but the community spirit that sustained it for so long has left a legacy that reaches far beyond the curling sheet.

In November 2017 the Board members of the club walked into the office of Seven Oaks Foundation Executive Director Twylla Krueger, quietly and without ceremony handing her a cheque for \$100,000.

"They phoned and asked if they could come by with a donation," explained Krueger. "We certainly weren't expecting such a large amount. We can't thank them enough."

The donation came about like this: after the sale of the club's building and equipment, the club's status as a non-profit organization, and an Act of Amendment of the Incorporating Letters, meant it was mandated to donate the Corporation's remaining cash to registered charities or other organizations that support and service the community.

"It was quite a nice problem to have," said the club's secretary-treasurer, Denis Laliberte, a long-time curling club member and former club president. Several members of the Board had been patients at the hospital or had been members of the Wellness Institute. In short, said Denis, "the donation came about because we, as former patients, recognized [the hospital's] outstanding service to the community."

Also selected as beneficiaries were Ronald McDonald House, the Children's Hospital Foundation, CancerCare Manitoba Foundation, St. Boniface Hospital Research, Riverview Health Centre, the Seven Oaks School Division and the Winnipeg Foundation, where a new endowment fund will support health and fitness in Winnipeg's North End.

For 100 years the West Kildonan Curling Club was run by volunteers and served as a beloved gathering place – first on Scotia Street and then at its final location on Enniskillen Avenue. Its legacy now also includes the many community benefits that will come from these donations.

The club may no longer have a home, but its family of curlers aren't letting the 100th anniversary pass without fanfare. A party in September will mark the occasion, and we at Seven Oaks wish them a fantastic final hurrah. 🍷

# Seven Oaks receives \$90,000 from Sons of Italy

The Seven Oaks Hospital Foundation was thrilled to be the charity of choice for the Sons of Italy 2018 Gala, held March 10 at the RBC Convention Centre.

The Foundation was chosen as this year's charity because of our focus on the prevention and management of chronic disease through our integrated model of health and wellness, which includes research and innovation.

For many years Sons of Italy has raised funds for a wide variety of local causes. The annual Gala – a rollicking, well-attended event – is the group's major fundraising effort. It attracts business and community leaders and demonstrates the philanthropic spirit both of the organizers and the Winnipeg community.

Dr. Kevin Saunders was delighted to accept the cheque for \$90,000 and to say a few words on behalf of the hospital. He shared details of the world-class work taking place in "Winnipeg's North End."

The funds donated by the Sons of Italy will support the Chronic Disease Innovation Centre, which conducts the research that informs the work at the Wellness Institute, helping patients from across Manitoba. The donation will also allow the Seven Oaks Hospital Foundation to implement more programs to prevent and manage chronic disease. 🍷



# Thanks to your donations many of our patients can now experience the simple comfort of a hair wash

It might seem like a small thing, but the opportunity to have your hair washed makes a big difference if you are a longer-stay patient of the Seven Oaks Ortho-Trauma Unit.

Two portable hair washing stations purchased by Seven Oaks Hospital Foundation with donations from grateful patients means that patients who are immobilized after surgery can still enjoy the benefits of a hair wash even though they are unable to leave their bed.

Seven Oaks Hospital is home to a busy Ortho-Trauma program, caring for three-quarters of the hip fracture surgery cases in Manitoba. Unlike elective hip and knee replacement surgery, which are well planned and usually for younger, otherwise healthy patients, Ortho-Trauma surgeries are usually the result of a fall or a collision. Patients are often older and frailer and recovery is slower.

That means hospital stays of seven to nine days and a longer period in which patients are bedridden.

According to Michael Perrella, Patient Care Team Manager, getting your hair washed after a week in hospital isn't just a convenience; it's part of feeling better and getting better.

Previously, these patients were offered a chemical type of hair wash cap, which cleaned the hair but didn't compare to the comforting experience that shampoo and warm water provide.

Thanks to the new portable units, patients can have their hair washed by staff with soap and water. The "sinks" sit on the bed and feature a comfortable head and neck rest. Water drains into an internal compartment that is dumped into a nearby toilet or bathtub.

Staff report that the system is easy to use, and patients and their families have been quick to voice their appreciation.

It is thanks to donors like you that Seven Oaks can purchase these important items that go a long way to enhancing our patients' feeling of well-being. 🌿



# Innovative group approach to knee rehabilitation after surgery

A change in the way rehabilitation is provided for knee replacement patients has led to innovation and excellence in a new program at the Wellness Institute Clinic.

Last year the Manitoba Government moved outpatient physiotherapy from hospital to private-practice providers. As the operator of a private physiotherapy clinic associated with a hospital, the Wellness Institute took a serious look at what it could do to fill the gaps and realized it had a terrific opportunity to make a difference.

The result is a unique program for individual knee rehabilitation after surgery – in a supportive group setting. Intake is continuous to one of three “classes” on Tuesdays and Thursdays, and patients typically attend twice a week for 8-10 sessions.

Patients need to consciously rehabilitate their knee after surgery because scar tissue will thicken to limit their ability to bend their knee if it is not stretched early on. Fear of opening the wound and pain make patients reluctant to do this. If range of motion is not achieved early it may mean a trip back to the hospital for manipulation under anesthetic.

The program blends the best of the former hospital group with individual treatment under the direction of Senior Physiotherapist Dorotea Cassels, who led some of the first knee classes in Winnipeg at Grace Hospital two decades ago and who has also worked in the Wellness clinic for many years.



“Class’ is a bit of a misnomer because it’s really one-on-one treatment, but within a group. If you had knee rehab with one physiotherapist you’d get the same thing, but you wouldn’t have the other people around and you wouldn’t have the constant supervision with two physiotherapists and a rehab assistant,” Cassels said.

That’s echoed by participant Pat Manson, 64.

“You hear where everyone else is at ... when others are being kept awake at night ... or you hear how people have progressed and the little tricks that helped them,” she said.


Pat recently graduated from the program at Wellness Institute after her second knee replacement. Even though she understands what she is supposed to do to recover mobility in her knee and get stronger, she believes the support she received in the program is critical to her successful recovery.

“I was so grateful for that; they’re with you and they support you. It keeps you honest. You’re forced to do (the exercises) in the class. At home you don’t have the equipment and there isn’t someone to make sure you’re doing it properly. You have to push yourself to get the benefit,” she said.

Wellness started the program after consulting with the regional Surgery Program, visiting existing hospital-based programs at Grace, Seven Oaks and Concordia hospitals, and researching best practices. Cassels and physiotherapist Kerry St. George put together the best of the best. Over 70 patients have successfully completed their rehab since November, and another 35 are in progress now.

Cost is a consideration for some, but many, like Pat Manson, have extended coverage that covers part of the cost. In her case Blue Cross covered 75% of the fees.

Having a group setting helps to keep the costs lower and accessible to more people and gets more patients through their rehab process, but it also does something else very interesting and supportive for healing.

“People love the camaraderie, the social aspect. Most are home alone and here they get to see the same faces and compare notes, validating a normal recovery that might include pain or sleep issues, and when you see you’re not alone it helps you to get through it,” Cassels said. 

## Helping you to connect with your community hospital:



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**Your donation will make a difference.** Your gift to the Foundation will build on public funding by supporting enhancements and patient care that otherwise would not be possible. To donate, call **204-632-3552**, visit **sogh.ca/foundation** or complete the enclosed card. Thank you for your support.

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