

**About the Health Care Foundation:**

The Health Care Foundation is committed to advancing and enhancing patient comfort and care, medical equipment, research and education within adult hospitals and facilities serving the St. John's region. Through its fundraising initiatives, the Health Care Foundation assists Eastern Health in providing health care for the St. John's region and specialized tertiary health services for the entire province.



# 2016-17 ANNUAL REPORT

Health Care Foundation  
71 Goldstone Street  
Suite 103  
St. John's, NL  
A1B 5C3  
709. 777.5901  
[www.healthcarefoundation.ca](http://www.healthcarefoundation.ca)

Charitable Registration No.  
85699 2334 RR0001





# Letter from the CEO and Chair

Dear friends and donors,

The Health Care Foundation is very pleased to share with you its 2016-17 Annual Report.

As always, our donors and friends came together to ensure another year of success, innovation and enhanced health care services for the people we serve. We are delighted to share that a total of \$2,141,021 was transferred to Eastern Health in 2016-17 to enhance the care of patients and families living in Newfoundland and Labrador.

This year has marked a time of growth and change for the Health Care Foundation. Since our last annual meeting, we have welcomed two long-term care facilities into our fundraising mandate – Pleasant View Towers and the Caribou Memorial Veterans Pavilion. With this change, we are literally caring for people throughout their lifespan – from the delivery room to our loving long-term care homes.

We have also continued to grow relationships with our donors. We are very pleased to report that we have renewed our partnership with Vale to strengthen cardiac care in our province. Through a three year commitment, Vale will donate \$2.5 million towards the creation of a state-of-the-art hybrid operating room.

Additionally, the Peaceful Ports project, which revitalizes hospital waiting areas and quiet rooms, continued to expand this past year. We are pleased to report that nine spaces have now been transformed into an oasis for patients and families. Some of these spaces include the main clinic areas at the Health Sciences Centre and St. Clare's Mercy Hospital, which were funded thanks to the General Hospital Auxiliary, St. Clare's Mercy Hospital Auxiliary and the Gary Rowe Memorial Fund.

We have also experienced significant growth to our volunteer program at the Foundation. We have built relationships with a number of high schools within the city to connect students requiring volunteer hours with a number of tasks and programs within the Foundation. This has translated into hundreds of volunteer hours, which has helped us drive forth events and initiatives.

With so much change and growth, we felt it only appropriate to evolve the overall brand of the Foundation. As you browse this report, you will notice we have updated our corporate identity. We hope our friends and donors will share the same pride we do in our new brand.

The impact our donors have on health care in this province is undeniable and their generosity will be felt for years to come.

We invite you to review this annual report and reflect on the difference we have made collectively in the lives of thousands. The need for quality health care will always be there, and we all must remain advocates for such an important cause. You deserve nothing less than the best, and together, we can make it happen.

From the bottom of our hearts, thank you.

Sincerely,



Debbie Patten  
Board Chair



Paul Snow  
President and CEO





\$2,141,021

invested into better health care during the 2015-16 fiscal year:



VITAL EQUIPMENT & TECHNOLOGY



EDUCATION & RESEARCH

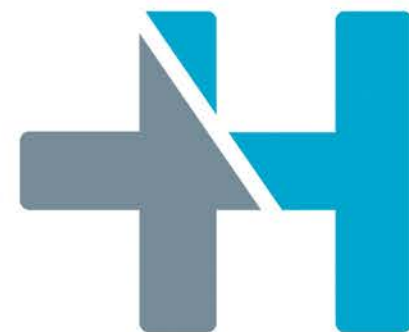


COMFORT ITEMS & REVITALIZED HOSPITAL SPACES



We're  
*Evolving*

Our organization continues to grow and change to meet the health care needs of the people of Newfoundland and Labrador, particularly our aging population. With change, comes opportunity. This is why we are evolving the Health Care Foundation's identity to be more in tune with our cause and our growing donor community.



**HEALTH CARE**  
FOUNDATION

for hospitals & health centres here at home



# Comfort in Care™ for Long-Term Care

In 2016-17, the Health Care Foundation celebrated its 12<sup>th</sup> year of Comfort in Care™, awarding \$50,000 in grants to 42 recipients thanks to funding from Johnson Insurance and the Gary Rowe Comfort and Care Fund. But this year marked a major change for the program – for the first time the grants were available to staff working in long-term care! We were pleased to support staff in enhancing comfort at Pleasant View Towers and the Caribou Memorial Veterans Pavilion. Social Worker Debbie Hodder was amongst this year's recipients:

"When I saw the call come out for Comfort in Care™ grant applications, I knew that I had a great opportunity to set a precedent that would enhance the quality of life and overall health-care experience for residents and patients. So I applied for a grant to purchase weighted blankets for residents suffering with dementia, anxiety, agitation, behavior and/or sleep related disorders at the Caribou Memorial Veterans Pavilion.

Weighted blankets are filled with specialized pellets, sewn into compartments to keep them secure and evenly distributed. These blankets have been clinically and therapeutically implemented in various long-term care, acute care and mental health facilities to aid sleep and relaxation through deep pressure touch – and the results have been undeniable!

Health care professionals have found that the weighted blankets alleviate anxiety and agitation while promoting and facilitating increased sleep patterns, a sense of security, comfort, self-control, self-nurturance and reality orientation. So you see, in essence, weighted blankets resemble a comforting hug, but with an added bonus of having a powerful and positive impact on improving quality of life for our residents!

I am sincerely grateful to be amongst this year's award recipients, and want to say thank you to the Foundation for recognizing the importance and possibilities these weighted blankets will have on the comfort of residents for years to come!"

- Debbie Hodder, Social Worker III, Eastern Health







## Life<sup>after</sup> LOSS

### New Bereavement Initiative Helping Parents Heal After Pregnancy Loss

"My husband and I have three children: a son, Caleb, and two daughters, Winter and Mya. Caleb was born on January 19, 2010. We didn't get to know our son or create memories like we have done with our daughters. He existed for only a short time, but it was long enough to leave a lasting impact on our lives, and in our hearts.

January 4, 2010, was going to be an exciting day – we were going to see our baby for the very first time at our 19 week ultrasound! I was a healthy, 26 year old who didn't smoke, took my vitamins, followed a healthy diet and exercised regularly. I was doing everything right so we expected a good report that day. I couldn't have been more wrong.

Our ultrasound scan showed that our baby had Bilateral Renal Agenesis, which meant he didn't have kidneys. It was explained to us that unfortunately, our baby's condition was not compatible with life. My husband and I were stunned. I felt like I had been run over by a truck.

The specialist explained that we had a decision to make. We could terminate the pregnancy or see it through until the end. Either way, the outcome was going to be the same. Our baby would not live longer than a few hours at the most. I decided that I couldn't handle continuing on with the pregnancy knowing the entire time that our baby would die, so I chose termination. Although my husband supported the decision, I felt awful. This was a baby who had a heartbeat and was very actively moving and kicking. It didn't feel natural.

The labor process itself was long and difficult. The labor had lasted for 27 hours and my body felt an immediate sense of relief when it was over. But while I was feeling a sense of relief, my husband sobbed to our parents over the phone that it was over, and it was a boy. I felt a sense of guilt in that moment.

Throughout our journey I noticed there were gaps in support and resources that were available, and knowing the struggles I experienced, I knew I wanted to do something to help others.

Caleb's existence has encouraged me to advocate for increased supports for, and public awareness of pregnancy loss. We have since developed, and continue to develop, new patient resources to ensure patients have access to reliable information on services available and their treatment options."

- Crystal Northcott, Regional Program Consultant with Children's and Women's Health and Eastern Health

You can read Crystal's entire story on Eastern Health's blog, [StoryLine](#).

The Health Care Foundation's Brunch with the Bags™ event, held before Mother's day each year, has allowed some amazing advancements in women's health. Attendees get the opportunity to purchase and win a range of designer purses, accessories and other beautiful items through a silent auction, secret auction and themed games. But most importantly, they come together to raise funding for the advancement of women's health programs at Eastern Health. In 2016-17, the event raised \$112,275!

Funding from this event supports a number of innovations. Most recently, part of the funding was allocated to an initiative to develop grief and bereavement supports for individuals who have experienced pregnancy and/or infant loss.

The initiative is spearheaded by Crystal Northcott, Regional Program Consultant with Children's and Women's Health at Eastern Health. Crystal's passion for the program comes from her personal experience with pregnancy loss. Here is Crystal's, and her son Caleb's, story.



# St. Clare's Mercy Hospital Auxiliary *Celebrate 50 years* of Service

This year, the St. Clare's Mercy Hospital Auxiliary celebrates its 50<sup>th</sup> anniversary. This group of dedicated volunteers has a large impact on patients and families visiting the hospital. They are a committed group of volunteers who double as incredible fundraisers through their own activities and the gift shop. In fact, over the last 50 years they have donated \$2,421,296 to St. Clare's Mercy Hospital! In the last fiscal year, the auxiliary continued to award staff grants which make a major difference in frontline care! They also completed a nearly \$109,000 commitment to our Peaceful Ports project, which allowed the revitalization of a main waiting area at the hospital.

These volunteers come from all walks of life which ultimately led them to the health care industry. For them, health care was not just a career choice, it was a way of life, and one they would not easily leave behind after retirement. This is certainly the case for retired nurse Mary Keiley!



"When I was just a young nurse, only 23 years old, I landed my dream job as head nurse at St. Clare's Mercy Hospital operating room! While scrubbing for an orthopedic case one morning, I was called back for a repeat chest X-ray. I was diagnosed with pulmonary tuberculosis (TB) and admitted to the sanatorium in St. John's for treatment.

At that time, TB treatment meant total bed rest with bathroom privileges only. It was also believed that raising your arms over your head would interfere with the healing process — meaning I could not wash my hair.

After three weeks, I could not stand it anymore. I needed to wash my hair. So one night, I snuck into the bathroom and washed my hair in the sink!

That night I vowed that if I ever made it back to my nursing life and eventually retirement, I would volunteer to do shampoos for patients who could not do their own.

I kept that vow, and 40 years later, I contacted the hospital's volunteer resources coordinator to discuss my hair washing idea. The coordinator at the time was very supportive! And so began my post-retirement career of washing hair each Saturday morning.

After launching the program, the volunteer coordinator asked me to serve on the St. Clare's Mercy Hospital Auxiliary's executive. I knew it was a perfect fit as I could contribute to the ongoing work of the auxiliary and help make decisions that would improve the lives of patients.

I have been part of the auxiliary for over 17 years now! I think that the reason I've stayed for so long is the very positive feedback from staff and patients. I also take deep pride in the hair washing program and the fact that volunteers can make a real difference in the comfort and well-being of patients.

Our small group of volunteers has also accomplished a lot from a fundraising perspective. When I look back at what our most impactful gift has been, there is no one big item that stands out, rather it is a collection of smaller things. Items like a blanket warmer, a vein finder and a comfortable sleeper chair for a loved one to nap in while staying with a very sick patient at night — I want all of our units to have access to these basic, but essential things.

While I take great joy in my work, the time is coming close to my second retirement! Our members are eager to get new volunteers involved with both volunteering and the auxiliary executive. Our team has made a massive difference in the lives of patients, and we would like to continue this tradition for 50 more years!"

- Mary Keiley, member of the St. Clare's Mercy Hospital Auxiliary

Would you like to volunteer with the St. Clare's Mercy Hospital Auxiliary? Contact Volunteer Coordinator Michelle Hunt at 709.777.5539 or [michelle.hunt@easternhealth.ca](mailto:michelle.hunt@easternhealth.ca).



# Gardening for Mental Health

The Health Care Foundation's fundraising efforts would not be possible without the buy in and support of our partners and donors. Often times, our health care professionals take it on themselves to fundraise for items and projects that will improve the lives of those they serve – and the Foundation has a matching program to complement their efforts! When staff raise money for their Comfort in Care™ fund, the Foundation will match up to \$2,500 a year for comfort items or education! Through the matching program, Eastern Health staff have the opportunity to make some amazing changes in their own units!

Last year, the staff on E2A at the Waterford Hospital, the psychiatric assessment unit for the province's geriatric population, raised funds to redevelop a balcony into a gardening haven for its clients. Patients are assessed and treated for a range of mental health issues on the unit, including depression, bi-polar disorder, psychosis, schizophrenia, Alzheimer's disease and dementia. Alice Penney, an Occupational Therapy Assistant on the unit, has become the 'gardener' of the new flowers and plants on the balcony. Alice's passion and love for plants has led her to pursue further education in the field of horticultural therapy. She currently attends the Master Gardener program at Dalhousie and plans to receive a designation of Horticultural Therapist Technician through the Canadian Horticultural Therapy Association.

Here is what she had to say about the difference the balcony is making in the care of her clients:

"Therapeutic gardening is a welcomed activity for seniors where they get to play the role of caregiver instead of being the one cared for. The balcony provides our seniors with a safe place to garden. They help set-up and prepare the planters, plant, water, deadhead, and maintain the plants throughout the growing season.

As we age, we become more vulnerable to physical limitations, poor health and the difficult struggles that accompany life changes. Gardening can help seniors cope with their new reality and is among the many activities we offer to encourage autonomy and sensory stimulation which helps improve their quality of life.

The practice of gardening has helped our clients with the rehabilitation of lost skills, memory improvement, balance and muscle coordination, stress management and social connections. Furthermore, exposure to nature has been associated with reduction in pain, improved attention span and a decrease in stress response.



We have seen firsthand the impact that the balcony and garden has on our clients. One particular story that stands out is of a female patients who had aphasia, meaning she had trouble finding the right words, speaking only in short phrases and with great effort. When she got to the balcony, it was like her aphasia disappeared. She began to tell me she worked in a florist shop, she told me how to get there, how long she had worked there and what her job was. She began naming all the plants, and was able to teach me a few things that I didn't know. She experienced minimal word finding difficulty and her anxieties settled that day. It was amazing to watch!"

- Alice Penney, occupational therapy assistant, Eastern Health.







## Cardiac *Care* Program Gets a *Lift*

During the 2016-17 fiscal year, the Health Care Foundation was pleased to give the Cardiovascular Intensive Care Unit (CVICU) and the Coronary Care Units (CCU) at the Health Sciences Centre a much needed lift – ceiling lifts to be exact! The electric ceiling lifts allow patients to be moved in and out of the bed with ease and have the ability to accommodate individuals up to 600 lbs. They can be operated by a single health care professional using a remote. Thanks to an investment of over \$80,000, 12 lifts were installed on these units, providing staff with essential support for mobilizing and moving patients. The lifts have made a massive difference in both occupational safety for staff, as well as patient outcomes according to Michael Warren, Patient Care Facilitator in the CCU.

“The electric ceiling lifts are adored by all of the nursing staff as they are making a real difference in our own safety, workload and in the health and well-being of our patients. Personally, I have seen a significant improvement with regards to my own physical well-being, as the lifts have greatly reduced the pressure on my back. I can literally now move a patient into a bed with a remote and one hand, whereas before it would take up to four nurses to move a patient. The lifts have translated into a better use of our human resources and make a difference in our workloads, especially during busy times. We also have some nursing staff with work restrictions due to back injuries who are not able to normally assist with a patient move. Thanks to this equipment, these nurses can now resume these duties safely.

The feedback has been overwhelmingly positive from staff, but also with our patients. We had one man who was here for several months who got to experience a move both with and without the lift. This individual was bed ridden, couldn't move and had virtually no strength. After experiencing the new ceiling lifts, he was overjoyed. He said it was the best and most comfortable piece of equipment, allowing him to get out of the bed and into a chair with ease, a near impossible task prior to the installation of the lifts.

Our goal on the critical care units is to get patients out of the bed as soon as possible, as it speeds up their progress with regards to mobility. With these lifts, we can now do that earlier than ever before.

The only complaint we have heard is from our more senior staff who wished they were available years ago! This equipment is life changing, for both the patient and our health care team.”

- Michael Warren, Patient Care Facilitator, CCU, Eastern Health





# 2016/17 *Year* in Review

## Integrated Operating Suites

Thanks to a \$10 million donation from Trades NL, we are enhancing surgical care here at home. Significant progress has been made this past year on the transformation of 17 traditional operating rooms into state-of-the-art integrated operating suites. To date, eight operating suites have been transformed. These suites are making a real difference in the outcomes of patients who require specialized surgery, while also providing staff the means to provide the best possible care as efficiently as possible.

## Hospital Home Lottery

The eighth annual Hospital Home Lottery sold out once again before the Early Bird Deadline, netting \$1,151,067 for health care in the province! The home had a number of standout features, including a large sunroom and executive kitchen. Thanks to this funding, major investments have been made into education and research initiatives, as well as cardiac care, mental health and addictions and surgical care.

## Eleganza: Disco Inferno

On October 15, 2016, the Health Care Foundation held its 29th annual Eleganza in support of mental health and addictions services. The event brought in \$392,315 to help create additional therapeutic space to provide individual and group counselling services in the centre city area.

## Annual Charity Golf Tournament

On June 16, 2016, the Health Care Foundation held another successful Charity Golf Tournament and Johnson Hearty Lunch, raising \$103,162. Proceeds from the Annual Charity Golf Tournament were used to purchase two pieces of equipment for the Provincial Cardiac Care Program – additional probes for intraoperative blood flow and graft patency equipment and a temperature management system.



# 2016/17 Year in Review

## Dialysis Dash

Nearly 400 people gathered at Bowring Park for the second annual Dialysis Dash on August 7, 2016 in support of those living with kidney disease. The event was a huge success, raising \$74,337 for local dialysis units.

## Canadian Nursing Association Certification Grants

The Health Care Foundation, in partnership with TD Bank Group, continued its commitment to supporting nursing excellence this year. Thanks to a \$25,000 contribution from TD Bank Group, 45 registered nurses were able to complete a Canadian Nurses Association Certification or Recertification, helping them truly become experts in their designated fields.

## Planned Giving

The Health Care Foundation continued to further develop its Planned Giving program. During the 2016/17 fiscal year \$77,140 in bequests received, allowing organizations and individuals to leave a legacy in health care.

## Moving Lives Forward Grant Program

Through an investment of \$30,000, the foundation helped 74 people move their lives forward through this education grant program for those living with mental illness. This program allows these individuals to complete a post-secondary program or certification that can help them find meaningful employment or gain useful life skills. Moving Lives Forward has played a significant role in the well-being of many individuals living with mental illness, so it is no surprise that the demand for the scholarships and number of applications continue to grow yearly.

## Research Grant Program

This year the foundation donated \$11,839.50 towards research projects that will help advance adult health care. This year's recipients included projects related to multiple sclerosis and sports related concussive injury.



# Health Care Foundation of St. John's Inc.

## Statement of Operations and Changes in Net Assets for 2016-17 Fiscal Year

	Total 2017	Total 2016			
<b>Revenue</b>					
Annual Giving	660,014	691,996	Excess of revenue over expenditures before undernoted item	2,172,010	7,398,624
Major Giving*	1,317,239	6,334,334			
Planned Giving	77,140	106,470	Grants to Eastern Health	2,141,021	2,175,767
Special Events	636,157	784,736			
Hospital Home Lottery	3,609,335	3,570,700	Excess of revenue over expenditures	30,989	5,222,857
Investment Income	137,505	97,917			
	6,437,390	11,586,153			
<b>Expenditures</b>			Net Assets, beginning of year	9,395,546	4,172,689
Salaries and Benefits	741,046	765,657	Excess of revenue over expenditures	30,989	5,222,857
Annual Giving	145,494	195,247	Fund Transfers	-	-
Major Giving	19,630	89,244	Net assets, end of year	9,426,535	9,395,546
Planned Giving	118	611			
Special Events	194,634	169,605			
Hospital Home Lottery	2,817,898	2,648,402			
Administration	189,764	206,996			
Communications	148,674	101,590			
Amortization	8,122	10,177			
	4,265,380	4,187,529			

\* The 2016 major giving revenue is an anomaly for the foundation due to the completion of a large major gift commitment.



Health Care Foundation

# Board of Directors

Chair Debbie Patten

Vice-Chair &  
Treasurer Jocelyn Perry

Secretary David Jones

## Directors

Margaret Butt

Ken Bennett

Dr. Rick Bhatia

Bernard (Tanny) Collins

Collette Smith

Scott Antle

John Allan

Dr. Sean Connors

Eileen Young

Health Care Foundation

# Staff

President and CEO Paul Snow

Allison Noseworthy

Anne Downton

Jackie O'Brien

Leslie Smith

Gennette Martin

Darlene Goodyear

Dana Norman

Carmella Butland

