

YOU GIVE PEOPLE HOPE.
JUST ONE OF THE
REASONS WHY

YOUR DONATION MATTERS HERE.

2018–2019
Community Impact Report



Stephanie Wilds
Patient, Breast Care Program

**“WHEN I WAS
DIAGNOSED WITH
INVASIVE BREAST
CANCER I DIDN'T
HAVE HOPE THAT I
WOULD BE HERE
IN FIVE YEARS.”**

Stephanie Wilds

Flip the page to see what
you've made possible for
people like Stephanie. ➔

YOUR DONATION MATTERS TO STEPHANIE

When Stephanie Wilds was 45 she was diagnosed with invasive breast cancer in both breasts. A mom to two young girls, she feared the worst: that she wouldn't make it past five years.

Stephanie underwent a lumpectomy performed by Dr. Muriel Brackstone at St. Joseph's Breast Care Program, along with 15 months of chemotherapy, immunotherapy and six weeks of radiation therapy. Three years later Stephanie is still cancer-free.

During a lumpectomy, surgeons remove the tumour and a small amount of normal tissue around it to ensure the cancer doesn't return. Determining the exact spot where the cancer ends and healthy tissue begins is challenging using standard imaging equipment. For patients, this means they may have to return for additional surgery to catch it all.

Because of your support, Dr. Jeffrey Carson, a medical researcher at Lawson Health Research Institute, is perfecting intraoperative photoacoustic tomography to advance lumpectomies. This imaging tool uses light absorption to show the difference between healthy and cancerous tissue.

Dr. Carson, together with Dr. Brackstone and radiologist Dr. Anat Kornecki, are able to scan surgically removed samples to determine more accurately and almost immediately whether all of the cancer has been removed. This means people like Stephanie have peace of mind when returning home to her family.

DID YOU KNOW?

- Donors contributed more than \$95,000 in 2018-2019 towards care, education and research initiatives in breast care at St. Joseph's.
- Breast cancer is the most common cancer diagnosis in Canadian women and the 2nd leading cause of cancer deaths.

"WHEN I WAS DIAGNOSED WITH INVASIVE BREAST CANCER I DIDN'T HAVE HOPE THAT I WOULD BE HERE IN FIVE YEARS."

Stephanie Wilds
Patient, Breast Care Program



MILESTONES MADE POSSIBLE THROUGH DONOR SUPPORT...

1903

Modern Operating Rooms Open

Special attention was made to planning and designing the finest suites for surgeons and medical students to use at St. Joseph's Hospital.

1959

Campaign Raises \$2.3M for New West Wing

St. Joseph's Hospital Building Fund Campaign raises enough money to build the Wellington Wing, which included emergency, intensive care, out-patient, and radiology departments needed for a growing population in London.

1983

New Research Institute Opens

The St. Joseph's research institute, now Lawson Health Research Institute, was a major step forward for medical research in London and region.

YOUR DONATION MATTERS TO OUR MISSION

It took a community to build St. Joseph's, and it takes a community to sustain it. Without you, so many of the programs and medical services we rely on would not be possible.

In 1868, the Sisters of St. Joseph arrived in London with a mission to heal the wounded, care for the sick and minister to the poor.

This year, we celebrate the 150th anniversary since the founding of our oldest site and the decades since of providing excellent health care inspired by the Sisters. They instilled in all of us the mission to care for the *body, mind and spirit*.

As we look back from our modern vantage-point you might think "it's just history". But the Sisters were innovators in their time, always looking for ways to better serve the needs of our community. Their dedication, together with support from donors like you, has sparked a century and a half of "firsts" for St. Joseph's, positioning us as a centre of excellence in health care.

In this report, you'll read stories of what you have made possible... just some of the reasons why YOUR DONATION MATTERS HERE.

With gratitude,

Dr. Gillian Kernaghan
President and CEO
St. Joseph's Health Care London



MORE REASONS WHY YOUR DONATION MATTERS HERE...

St. Joseph's clinicians, researchers and staff are dedicated to advancing care, finding cures and easing the burden of disease for our community. Your generosity supports programs, services, research and equipment that directly benefit patient care.

YOUR DONATION HELPS BOB PURSUE HIS PASSION



Ninety-two-year-old Bob Armstrong was thrilled to pick up a paint brush again and continue his passion for art when he moved to the Veterans Care Program at Parkwood Institute. Through Season of Celebration, you made possible care and comfort items like blanket warmers and pressure-reducing mattresses, as well as recreational activities and therapy programs that make the hospital feel like home for residents like Bob.

- **Our community has raised more than \$5.7 million for patient and resident care needs through Season of Celebration over the last 28 years!**

“I FEEL VERY PROUD TO BE A VETERAN HERE AT PARKWOOD. THIS IS MY NEW HOME.”

Bob Armstrong, Veteran, Parkwood Institute

YOUR DONATION GIVES YOUTH A VOICE IN THEIR CARE



Youth mental health care was a priority at the 2018 Breakfast of Champions hosted by St. Joseph's in partnership with CMHA Middlesex. Proceeds from the event supported the MINDS of London-Middlesex Social Innovation Lab, a radical and collaborative approach to transforming youth mental health. Former NHL player Clint Malarchuk shared his extraordinary life story and experience with mental illness and addiction.

- **1 in 5 children and youth in Ontario have a mental health challenge.**
- **7 of the 17 members of the MINDS team are youth from the demographics the project will serve.**
- **The MINDS collective includes 24 local health care and community organizations.**

YOUR DONATION IMPROVES EARLY DETECTION



Lawson medical researchers like Dr. Savita Dhanvantari are studying diseases like Alzheimer's disease and cancer at the earliest stage to help clinicians detect, treat and – in some cases – seek a cure. By combining the imaging capabilities of PET and the autoradiographic system, made possible through donor support, Dr. Dhanvantari can help patients get the personalized care they need.

- **The autoradiographic system is the only one in London, and one of just two in Southwestern Ontario.**

“ST. JOSEPH'S IS AT THE FOREFRONT OF IMAGING, PUSHING THE BOUNDARIES OF WHAT THIS RESEARCH CAN DO TO HELP PATIENT CARE.”

Dr. Savita Dhanvantari, Scientist, Lawson Health Research Institute

YOUR DONATION GIVES BOBBY THE FREEDOM TO EXPLORE



Bobby was born deaf, but it never slowed him down in life. When he was cruising on his bike, nothing else mattered. When Bobby moved into an assisted living apartment he gave up bike riding. But now at Mount Hope Centre for Long Term Care, he's back in the saddle! Donor support made possible an accessible motorized bicycle that brings a new level of freedom for residents – and a new way to bond with family and staff.

- **Next door to Mount Hope are the riverside bike paths in Gibbons Park. The bike enables residents with limited mobility to enjoy the outdoors!**

SEE THE BIKE IN ACTION BY VISITING SJHCFoundation.org

1994

Largest Grant to Cardiac and General Medicine

Through donor support, the Foundation is able to allocate the biggest grant to date of \$574,000 to cardiac and general medicine units at St. Joseph's Hospital.

2001

The First Canadian Research Chair of Its Kind

Parkwood Hospital establishes The Beryl & Richard Ivey Research Chair in Rehabilitation and Geriatric Care as a result of donor gifts.

2002

Canada's First PET/CT Scan

The first PET/CT scan is performed at St. Joseph's Hospital made possible through generous donors.

2004

New Wellness Centre

Thanks to donor support, residents at Mount Hope cut the ribbon on their new wellness centre, offering programs to enhance independence and personal wellness.



Barbara Del Net and her son Tim MacNaught

DONOR LEAVES HIS LEGACY BEHIND

When Doug Del Net was nearing the end of his life in December 2017, he and his wife Barbara decided that he would spend his last days at Parkwood Institute.

One year after Doug's death, his family cut the ribbon on the newly-renovated Palliative Care Unit (PCU). The new unit is a warm and bright place that offers people a home away from home during their final days.

It's designed to support families, like the Del Nets, during an emotional time. There is a media room where they can video-chat with relatives or children can watch movies during visits, as well as a comfortable lounge with a fireplace. In *The Douglas Del Net Family Room* – named in recognition of a generous donation from the family prior to Doug's death – loved ones can gather together and share their experiences with others.

When Barbara saw the new PCU she got goose bumps.

"I REALLY WISH DOUG COULD SEE THIS... HE'D BE SO PROUD."

Barbara Del Net



YOUR DONATION MATTERS TO CASANDRA

Casandra Haas' mom Diane lived her life fully. She was driven at work and passionate about her hobbies, taking up scuba diving despite a fear of water. When she was diagnosed with an aggressive form of brain cancer Diane was determined to be "fine". And for five years she was.

When Diane entered the Palliative Care Unit (PCU) at Parkwood Institute her daughter Casandra knew she was ready. She spent one peaceful week in the newly refurbished PCU – a bright and warm family space made possible by donors – before passing away.

With new features like private rooms, soft floor lighting and comfortable visitor lounges, the upgraded unit is a refuge for families. For Casandra, the space enabled her to enjoy quality,

private time with her mom – even sharing experiences like watching the hawks soar above the hospital's grounds outside their window.

Casandra thinks of her mom every day. She misses her mother's passion for life, but she's at peace knowing that her mom spent her final days in comfort and without pain. It provides Casandra with a sense of closure, one of the most important gifts for someone who has experienced such loss.



"IN THE HARDEST TIME IN MY LIFE, WATCHING MY MOTHER PASS AWAY, I WAS ABLE TO BE SOMEWHERE THAT WAS PLEASANT TO BE."

Casandra Haas
Daughter of Diane, patient
Palliative Care Unit

DID YOU KNOW?

- Donor support helped launch the PCU decades ago. This year, donors contributed \$1.1M to creating the new home-like unit.
- The PCU is designed for patient and family comfort – thanks to the input of family members who have experienced palliative care first-hand.

2005

Number of Firsts Using da Vinci Surgical System

Using a minimally invasive surgical robot purchased through donor gifts, St. Joseph's urologists perform many firsts, such as bladder reduction and stone removal surgeries.

2006

State-of-the-Art Operating Rooms

St. Joseph's opens the G.A. Huot Surgical Centre thanks to donor support, with 11 new surgical operating rooms, deemed at the time to be the most modern of their kind in North America.

2013

Milestone Moment for Breast Care Centre

St. Joseph's officially names The Norton and Lucille Wolf Breast Care Centre after the generosity of the Wolf family, serving more than 20,000 women and men per year.

2013

Parkwood Institute Leaders in Rehabilitation

Parkwood Institute becomes the first clinical centre in Canada to enhance spinal cord injury rehabilitation with new Lokomat and Ekso Bionic Robot technology funded through donor support.

YOUR DONATION MATTERS TO LOIS AND PAUL

There are certain times in our lives that stand out for us. For Paul Martin it was the day he learned about Transcranial Magnetic Stimulation (TMS).

His wife Lois has battled bipolar depression most of her life. Over the years, the depression had grown into additional ailments, such as anxiety and fibromyalgia. Lois tried several medications to little effect and nothing seemed to alleviate her physical and emotional pain. Today, clinicians would diagnose her with “treatment resistant depression”, which can’t be resolved using medication alone.

Paul’s family has a very strong faith. Every day they prayed and waited for an answer – until the day Paul learned about TMS. Instead of searching far and wide for care, Paul discovered that TMS treatments were available close to

home at Parkwood Institute – made possible by generous donors.

TMS is a non-invasive treatment that uses short electromagnetic pulses to cause the neurons in the brain to fire and connect. This change in brain activity alleviates negative thoughts and emotions for those experiencing depression. After the first 20 treatments, Lois showed significant improvement.

In less than a year, Lois’ depression is now in remission. Paul says his wife’s beautiful smile has returned, her memory has improved and most importantly, he’s got his wife back.

“THERE’S NOT A DAY THAT I DON’T THANK MY ‘HEAVENLY FATHER’ FOR HIS ANSWER TO OUR PRAYERS. I HAVE MY WIFE BACK.”

Paul Martin
Husband of Lois, patient
Parkwood Institute

DID YOU KNOW?

- Donors have contributed more than \$200,000 to expand TMS services with two machines over the years.
- Reductions in treatment time have allowed the clinic to increase patients seen each day by over 40%.

YOUR DONATION ALSO MATTERS TO...

5,000 patients and loved ones who can enjoy a soothing cup of coffee each year while they wait for their appointment in the surgical waiting room of St. Joseph’s Breast Care Program.

30 patients in the Primary Care Diabetes Support Program at St. Joseph’s Family Medical and Dental Centre who have benefitted from total contact casting, the gold standard for healing diabetic foot ulcers and preventing amputation.

396 residents at Mount Hope who now have access to virtual reality equipment that allows them to take a gondola ride through Venice from the comfort of their own room.

60 inpatients at the Mental Health Care Building who were able to express their feelings through the dramatic arts in a novel therapeutic program.

2,300 patients each year who receive top-notch cataract removal procedures in less than 60 minutes thanks to sophisticated surgical instruments and the skillful hands of surgeons in St. Joseph’s Ivey Eye Institute.

250 patients, residents and Veterans at Parkwood, who are experiencing the benefits and freedom that new wheelchairs can provide during a short or long hospital stay.

2015

St. Joseph’s Ivey Eye Institute launches iSee Program
Children have access to early detection and treatment of amblyopia (lazy eye) to save their precious sight through donor-supported Ivey Special Eye Examination Services research program.

2015

Historic Chapel Restored
The 100-year-old chapel established by the Sisters of St. Joseph re-opens, restored to its original glory on the second floor of St. Joseph’s Hospital thanks to a giving community.

2016

St. Joseph’s Launches Canadian First Zero Suicide
Breakfast of Champions raises critical funds through attendees, sponsors and donors to launch the first phase of Zero Suicide at Parkwood Institute Mental Health Care Building.

2018

First-of-Its-Kind Chronic Disease Research Centre
St. Joseph’s and Lawson Health Research Institute celebrate the opening of the Clinical Research and Chronic Disease Centre, a collaborative research space made possible through donor support.



ACCOUNTABILITY MATTERS HERE

Your donations mean we can invest in the healthcare needs of our community.

Because of your generosity, St. Joseph's Health Care Foundation received \$6.5M in donations in 2018–2019 to put toward care and research initiatives that would otherwise not have been possible.

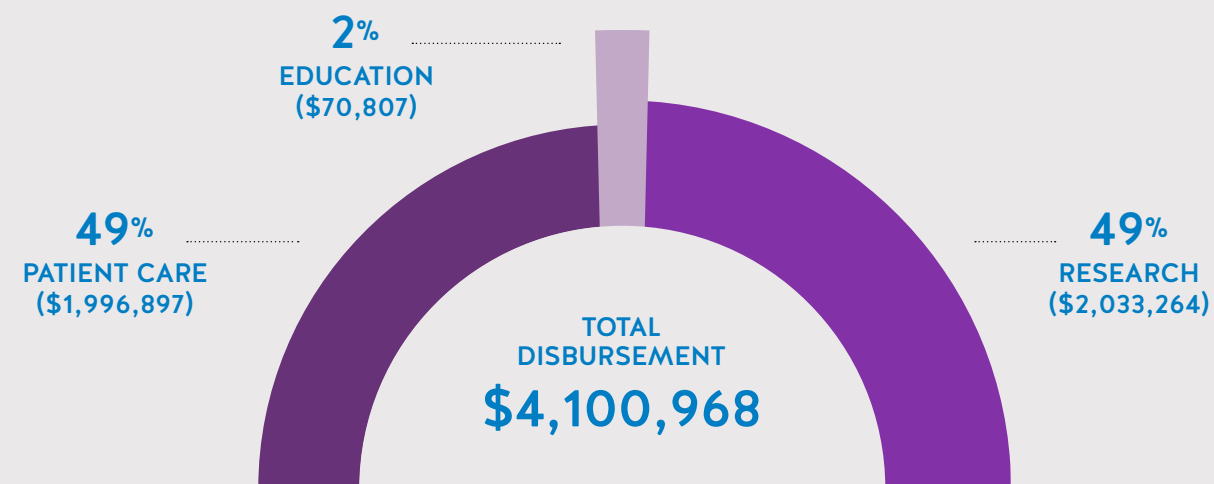
Thanks to your support, the Foundation was able to contribute \$1.1M to the refurbished Palliative Care Unit and \$730,159 to endowed chairs, which provide St. Joseph's with the resources needed to do outstanding work in medical research, patient care and teaching. Donations enabled 112 grants to various projects and \$4.1M allocated across St. Joseph's.

This past year, charities across Canada were impacted by several environmental factors that occurred near year end. This included a volatile investment market that impacted donor giving and a postal strike. And yet, for every \$1 of cost expended by the Foundation, \$1.86 in value was realized for St. Joseph's – a value that would otherwise not have been available to the hospital for its care and research efforts.

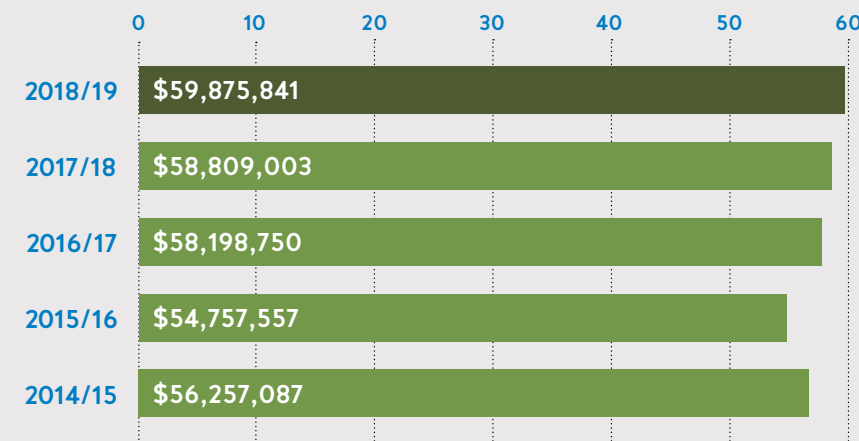
We encourage you to visit us online at sjhcfoundation.org to read more about donor impact and view all the initiatives you helped make possible in the complete 2018–2019 listing of grants.

Paul Dugsin
Treasurer/Director
St. Joseph's Health Care Foundation

2018–2019 GRANT DISBURSEMENT



ENDOWED FUNDS



St. Joseph's Health Care Foundation has been accredited by Imagine Canada since 2015 for demonstrating excellence in nonprofit accountability, transparency and governance. The Standards Program Trustmark is a mark of Imagine Canada used under license by St. Joseph's Health Care Foundation.



2018–2019 CONDENSED STATEMENT OF INCOME (audited)

YEAR ENDED MARCH 31	UNRESTRICTED	RESTRICTED	ENDOWED	2018–2019 TOTAL	2017–2018 TOTAL
DONATION REVENUE	\$2,330,671	\$3,963,041	\$181,959	\$6,475,671	\$11,018,365
EXPENSES	\$2,328,596	\$349,389	\$767,377	\$3,445,362	\$3,353,629
INVESTMENT INCOME	\$1,057,859	–	\$2,754,632	\$3,812,491	\$2,955,426
GRANTS	–	\$2,998,593	\$1,102,376	\$4,100,969	\$4,313,508
NET	\$1,059,934	\$615,059	\$1,066,838	\$2,741,831	\$6,306,654

In addition to the condensed financial information provided in this report, a complete set of financial statements and 2018–2019 listing of grants are available on our website at sjhcfoundation.org or by calling the Foundation at 519 646-6085.

GO ONLINE TO VIEW OUR DETAILED FINANCIAL INFORMATION

YOUR DONATION MATTERS HERE

In this report, we've shared highlights from 2018-19, and also reflected on milestones achieved in St. Joseph's 150 years of providing care to our community. Many of these achievements were made possible by donor support.

For example, in 1982 scientists at Lawson Health Research Institute were the first in Canada to view a human image through Magnetic Resonance Imaging (MRI) to distinguish between healthy and damaged tissue. The MRI catapulted St. Joseph's into the international spotlight as a centre for imaging excellence – a reputation that's furthered by the acquisition of Canada's first PET/MRI and the development of hybrid imaging technologies.

In fact, projects you've helped support this past year, including Dr. Carson's work with the intraoperative photoacoustic tomography and Dr. Dhanvantari's work with the autoradiographic imaging system, are the future of imaging excellence. These technologies are changing the course of care for genetic disorders like breast cancer and Alzheimer's disease (you can read about them on pages 2 and 5).

It's a privilege to witness the power philanthropy has to improve and even save lives. Thank you for your support and for your trust in us as stewards of your charitable gifts. Your donations make excellent health care possible now and into the future.

Tania Testa
Chair, Board of Directors
St. Joseph's Health Care Foundation

Michelle M. Campbell
President and CEO
St. Joseph's Health Care Foundation

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President and CEO
Michelle Campbell

MISSION

With the support of a giving community, we invest in healthcare innovation and discovery at St. Joseph's that would otherwise not be possible.

VISION

Our donors will have a personally fulfilling giving experience, confident they are improving the lives of people touched by St. Joseph's care, teaching and research.

VALUES

Respect. Excellence. Integrity.



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