

YOU MAKE HEALTH CARE
INNOVATION POSSIBLE.
JUST ONE OF THE
REASONS WHY

YOUR DONATION MATTERS HERE.

YOU HELPED
ENHANCE OUR
OPERATING ROOMS

2019-2020
Community Impact Report



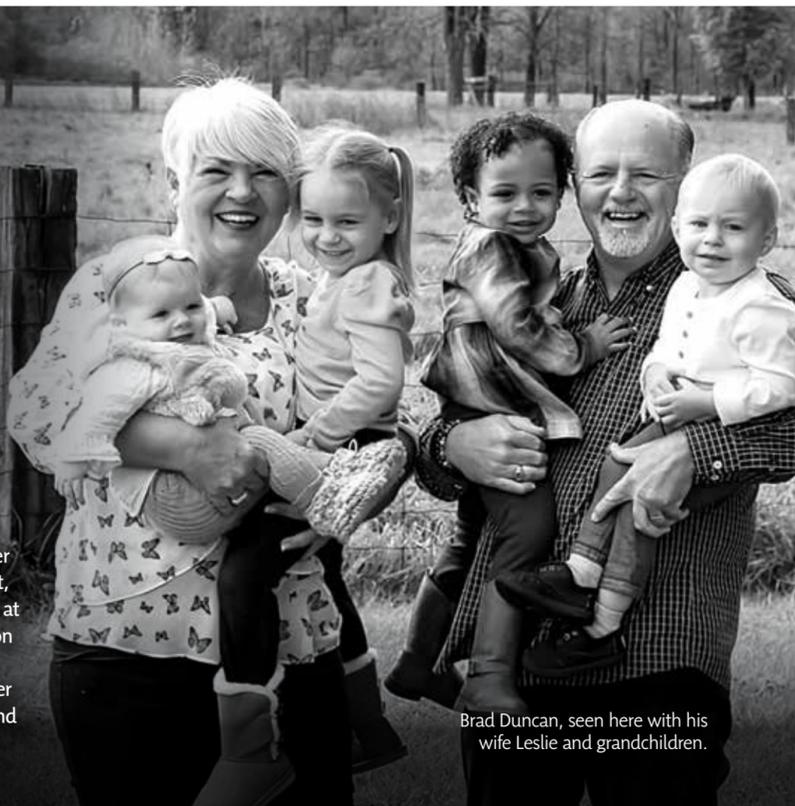
Back row left:
Holly Bridge,
Diane Davis-Miller,
Barb Simmonds
Front row left:
Dr. Jennifer Bjazevic,
Roger Blum,
Leanne Summers,
Dr. Hassan Razvi,
Surgical Services

YOUR DONATION MATTERS HERE

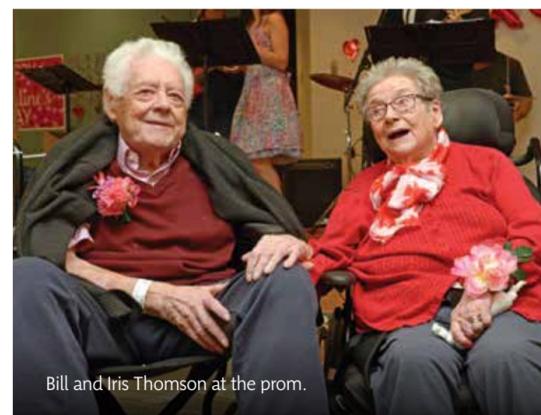
These are just some of the reasons why...

YOU HELPED US SEE THE BIGGER PICTURE

MRI is a powerful tool. It allows medical teams to identify injury, deterioration and disease so that patients get the right treatment. With your help, we will be able to upgrade our on-site technology to a 3T MRI, which is the best, most reliable imaging technology available. It will be a game-changer for patients receiving care in breast, orthopedic and prostate programs at St. Joseph's Hospital. Your donation will help people like Brad – who was diagnosed with prostate cancer – have access to early detection and life-saving care.



Brad Duncan, seen here with his wife Leslie and grandchildren.



Bill and Iris Thomson at the prom.

YOU MADE VETERANS FEEL YOUNG AT HEART

On Valentine's Day, Veterans at Parkwood Institute shined up their dancing shoes for a seniors prom. The special event was complete with corsages for the ladies, a photo booth, live band, ballroom dancing demonstrations and the gift of feeling young at heart. With your support, 100-year-old Veteran Bill Thomson was able to ask Iris (his wife of 76 years) – who also bravely served in WWII – to attend their first prom.



WE REMEMBERED RICHARD IVEY'S MARK ON LONDON

Richard M. Ivey (1925-2019) was known for many things, but it was his compassion and strong community values that left the greatest mark on London. Because of the Ivey family, St. Joseph's has been able to advance health care across numerous programs over many years. They changed the face of medicine in Canada by establishing The Beryl and Richard Ivey Research Chair in Aging, Mental Health, Rehabilitation and Recovery (the largest and only endowed chair of its kind) and supported the Beryl and Richard Ivey Rheumatology Day Program. Mr. Ivey was the first chairman of the St. Joseph's Hospital Board of Directors from 1969-1971. His legacy, and that of his beloved wife, Beryl, will long be remembered at St. Joseph's and across many other organizations, for generations to come.

Richard and Beryl Ivey at the 2001 launch of their named research chair at Parkwood Institute.



Back row left: Holly Bridge, Diane Davis-Miller, Barb Simmonds. Front row left: Dr. Jennifer Bjazevic, Roger Blum, Leanne Summers, Dr. Hassan Razvi, Surgical Services

YOU HELPED ENHANCE OUR OPERATING ROOMS AT ST. JOSEPH'S HOSPITAL

Each year, thousands of people rely on St. Joseph's for same-day and short-stay surgeries. After 13 years of continual use, it was time to upgrade our operating rooms. The equipment – lighting (to light the surgical field), video systems (to help with teaching) and other improvements were needed to ensure the best surgical experience and outcomes for patients. With your support, the operating rooms will continue to be leading-edge in order to provide the highest standard of surgical services in London while teaching the next generation of surgeons.

DID YOU KNOW?

- St. Joseph's has 11 operating rooms that provide nearly 25,000 short stay surgical treatments for breast, urology, lithotripsy (disintegrating kidney stones), ophthalmology, orthopedic, otolaryngology (head and neck), plastic and gynecology.



Emily Dodds with her special donation to diabetes research.

YOU REMINDED US THAT AGE DOES NOT MATTER

No matter your age or ability to give, your support makes a difference to patient care and research. Take 7-year-old Emily Dodds, who saved her weekly allowance to donate to diabetes research at St. Joseph's Hospital. Her gift was inspired by her Nana who lives with Type 2 diabetes. Because of Emily's gift, medical researchers are on their way to improving care.

YOU ALLOWED US TO DREAM BIG – AT THE BEDSIDE AND IN THE LAB

Some of the brightest minds from around the world work at Lawson Health Research Institute, St. Joseph's research arm. To be able to do what they do – uncover the origin of disease, create innovative therapies and develop new medical technology – needs support from donors.

For example, at St. Joseph's Hospital, the Cyclotron & PET Radiochemistry Facility produces radioisotopes that are used in research and clinical care. These "tracers" tell the care team a lot about the disease they're dealing with when viewed by powerful diagnostic tools. Whether it's an early-stage diagnosis of breast cancer or providing the right treatment for heart disease, the Cyclotron/PET technology is improving the future of health care. With your support, the facility is able to increase production and expand life-saving care across our region.

At Parkwood Institute, clinical researchers are exploring internet-based cognitive behavioral therapy (iCBT). This form of therapy empowers people to manage their mental health. With your support, Dr. Swati Mehta is able to pilot a website that connects patients experiencing psychological symptoms related to their traumatic injury or chronic pain to iCBT.

In The MacDonald/Franklin Operational Stress Injury Research Centre, Dr. Don Richardson is able to investigate the use of iCBT for members of the Canadian Armed Forces experiencing post-traumatic stress disorder.

With your support, researchers are able to tackle the health challenges of today and tomorrow – unlocking new knowledge to improve care and help people live life to the fullest.

Dr. Michael Kovacs in the Cyclotron & PET Radiochemistry Facility





Michelle Campbell and Keith Trussler

YOUR DONATION MATTERS HERE

We use that phrase often because it's true. Over the past year, your donations have meant that thousands of patients, residents and their families benefited from significant investments in care, teaching and research at St. Joseph's. Allocations made to patient care and medical research this year increased by 65% - an impact on care that would not have been possible without your support, and included investments such as:

- imaging equipment like the **3T MRI** that will make diagnosing disease faster and more accurate.
- new equipment in the **operating rooms** at St. Joseph's Hospital that has helped to maintain our exceptional surgical services.
- new ways of providing patient care virtually, such as **internet-based mental health services**, allowing for easier and more timely access for patients.
- **iPad technology** at the bedside at Parkwood Institute to allow patients and residents to communicate with loved ones, particularly during these challenging times.

It is remarkable to look back at years of grants to patient care to see what donor gifts have enabled in St. Joseph's ever-changing high-tech medical environment. In fact, this year we mark the 15th anniversary of the merger of our legacy foundations at St. Joseph's. Since 2005, donor support has enabled the Foundation to invest more than \$70M in patient care, teaching and research innovation across the organization, initiatives for which there is no other funding. In that time, your support has helped us to fuel technical innovation at the bedside, build new clinical spaces, launch specialized care centres, and kick-start medical innovations – some of which are recognized as Canadian firsts.

Because of you, St. Joseph's is able to offer exceptional medical care right here in our own community.

Your donations really matter here. Thank you.

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

Keith Trussler
Chair – Board of Directors
St. Joseph's Health Care Foundation

Thank you for responding to our call for help in the fight against COVID-19. Through your generous donations, the new St. Joseph's Health Crisis Fund has already been put to use for our health care workers, researchers and vulnerable patients during this difficult time.

YOUR DONATION ENABLES UNIQUE DEMENTIA CARE AT MOUNT HOPE

"What kind of pie should we bake?" It's a question that might seem out of place to some health care providers. But not to Therapeutic Recreation Assistant Lisa Roselli.

In the Memory Care Unit at Mount Hope Centre for Long Term Care, Lisa helps 36 residents living with dementia remain active and engaged in a safe environment.

When residents feel restless, says Lisa, they might wander, or become agitated and confused when they can't leave the unit for their own safety.

As a way to calm residents, the care team took inspiration from *Hogeweyk* in the Netherlands, a secure community setting where people living with dementia can revisit familiar things from their past.

The Memory Care Unit opens to a farmland mural that transitions into the city, complete with street signs and lamps. From there, Mount Hope residents can visit the post office or watch a movie at the cinema.

What's so special about this interactive village is how the simulated activities have real-life impact.

Lisa recalls a day when a resident was crying and feeling confused. The two women walked to the grocery store display and Lisa asked, "What kind of pie should we bake?" Together they picked out some apples.

"Soon she was happy and smiling, and we were reminiscing about a time when she was baking with her grandma in her kitchen," says Lisa.

 TAKE A TOUR THROUGH THE "VILLAGE" IN MOUNT HOPE'S MEMORY CARE UNIT AT SJHC.LONDON.ON.CA/FOUNDATION

Joyce May picks grapes with friend Gloria Coffey while enjoying the interactive village at Mount Hope.



YOUR DONATION HELPS US TACKLE THE HEALTH ISSUES FACING OUR COMMUNITY

A farmer. A hard worker. An independent man. This would describe Chris MacGregor, even after he experienced a stroke at age 50.

"The stroke took everything on his right side. It took his speech. He could do nothing," says Connie, his wife of 23 years.

To regain movement, Chris received therapy in the Stroke Rehabilitation Program at Parkwood Institute. His care team developed a personalized treatment plan, which included therapies tailored specifically to Chris. For instance, he used the physical movements needed to climb into a tractor – something familiar to a farmer like Chris – as part of his rehabilitation program.

With grit and determination, Chris has made great strides since his strokes in 2018. He walks to the end of the laneway three times a day by himself. And while his speech is slow, says Connie, it's coming along. "We have a long journey ahead of us but the care Chris received at Parkwood has set him on the right path."

As the country's population ages and rates of chronic diseases rise, more Canadians will experience mobility challenges like Chris has, and will see their work and family life disrupted. As a result, pressure on the health care system will surge.

St. Joseph's is taking direct aim at these looming challenges with the creation of The Gray Centre for Mobility & Activity at Parkwood Institute – a specialized Canadian centre made possible through donor support.

The Centre will expand and advance the medical, research and community work already happening within patient care at Parkwood says Dr. Tim Doherty, Chair/Chief of Physical Medicine at St. Joseph's.

This has been the dream of clinicians and researchers at Parkwood Institute for decades and was finally realized thanks to a historic gift of \$7.5M from local couple Bill and Lynne Gray.

"This generous donation is very exciting and will have enormous impact," says Dr. Doherty. "It will help us to acquire innovative technologies and bring together teams of researchers, clinicians and educators in a different way to develop new methods of assessing mobility challenges and create new treatments to improve patient outcomes."



Chris and Connie MacGregor (seated) with their family.



Lynne and Bill Gray

GIVING BACK TO THE COMMUNITY

Bill and Lynne Gray know first-hand how vitally important mobility and activity can be, and responded in kind.

"When we saw this project at St. Joseph's, we came to learn how pervasive the problem is across many populations of southwestern Ontario," says Bill. "We were struck at both the scope and the urgency of the situation, and wanted to help."

For more than 80 years, Bill Gray's family enterprise, Gray Ridge Egg Farms, has seen the support of the community. It was only fitting that Bill and his wife, Lynne, give back to the community in a way that was meaningful to them and would make a difference to people's lives. Says Bill, "We really hope to have an impact on the entire region."

ST. JOSEPH'S TRIBUTE DINNER, FEATURING FORMER CBC HOST PETER MANSBRIDGE, CELEBRATED THE \$7.5M GIFT MADE BY BILL AND LYNNE GRAY TO THE COMMUNITY THROUGH THE NEW GRAY CENTRE FOR MOBILITY & ACTIVITY. SEE THE VIDEO OF THE MEDICAL ISSUES THIS NEW CENTRE IS INTENDED TO ADDRESS BY VISITING SJHC.LONDON.ON.CA/FOUNDATION.

YOUR DONATION LETS US EXPLORE NEW WAYS TO PROVIDE MENTAL HEALTH CARE



“IT’S COMFORTING KNOWING THAT MINDS NOW EXISTS TO HELP YOUTH LIKE ME. THANK YOU TO THE DONORS WHO MADE IT POSSIBLE.”

Alec Cook
Youth Researcher, MINDS

Back row: Dr. Arlene MacDougall.
Front row left: Lily Yosieph, Alec Cook
and Melissa Taylor-Gates

A YOUTH FINDS HIS VOICE FOR OTHERS

From a young age, Alec Cook wrestled with social anxiety. At 12 he began seeing a therapist. But when he started high school, his panic attacks were so encompassing that he would miss days of school.

Instead of allowing his anxiety to take control of his life, he took control of the situation and joined a youth mental health and addictions council.

In this council, Alec met Dr. Arlene MacDougall, Director and Principal Investigator of MINDS. Alec says he was instantly inspired by the work she was doing. He learned about a new youth mental health initiative she is leading called the Mental Health Incubator for Disruptive Solutions (MINDS), and quickly signed up for a co-op spot.

Research shows that youth (16-25) are more likely to experience mental illness or addiction than any other group in our community.

But only 20% of them actually get the treatment they need – and most only receive care once they reach a crisis point, such as experiencing suicidal thoughts.

Today, Alec is one of the youth researchers on the MINDS team and is studying psychology at Western University. Along with clinical researchers and community partners, Alec is now looking at ways to redesign the mental health care system to support young people and help them access the care they desperately need.

MINDS is the first social innovation lab focused on mental health care in Canada. This bold new initiative would not have been possible without donor support, which helped to launch and sustain it.

A FATHER’S JOURNEY

By appearances, Doug Harris seems like your average dad. But last year he did something extraordinary to honour his daughter Kate, who tragically died by suicide in 2016.

Through an initiative he called, “For the Love of Kate I Ride”, Doug raised more than \$25,000 for Zero Suicide – a St. Joseph’s mental health care initiative – by riding his bike over 2,000 km from London, Ontario to Halifax, Nova Scotia. The route was a symbolic journey from where his daughter was born to where the 32-year-old had lived and worked as a Canadian Military Reservist.

“I knew from the start that Kate’s story could not end with her death,” writes Doug on his website For the Love of Kate I Ride.

Doug writes: “As her Dad, I was blind to her struggles with mental health. She would occasionally touch on it, but I had no idea what was lurking just below the surface. Outwardly, she was just too strong, happy and generous for me to understand her struggle.”

To honour his daughter and help others, Doug raised vital funds for Zero Suicide. St. Joseph’s became the first health care organization in Canada to adopt this system-wide initiative.

Zero Suicide aims to prevent suicide in the health care system by providing people with the help and protection they need before they reach a crisis point.

Today, the initiative is fully-funded through donor support, which brings the goal of reducing the number of deaths by suicide to zero one step closer.

Writes Doug: “Innovative projects like Zero Suicide aren’t possible without our support.”



Kate Harris



Doug Harris, surrounded by family, friends and St. Joseph’s staff at the launch of For the Love of Kate I Ride, which kicked off at Parkwood Institute’s Mental Health Care Building.

ACCOUNTABILITY MATTERS HERE

REVENUE

2019-20 was a remarkable year for St. Joseph's Health Care Foundation, with \$12,669,211 in cash donations received, an increase of 96% over the previous year. Indeed, the Foundation saw an increase in virtually every line item of fundraising operations. While not represented in the accounting statements, the Board of Directors is also pleased to share that activity and new pledges/commitments resulted in \$16,591,732 in total dollars raised. This level of activity means that, for every \$1 of fundraising cost expended, \$3.65 in value was realized as a result, signaling a very strong return on donor investment in our work.

From donations given from a child's allowance, to transformational gifts committed by visionary donors investing in future health care – all donations, small and large, have made a direct impact on the health and well-being of people in our region.

MANAGEMENT/STEWARDSHIP

The financial performance of the past year was the culmination of the Foundation's four-year commitment to Fundraising Performance Improvement (FPI), an initiative that brought lean, six-sigma thinking into much of the organization's processes and business model. We are the first organization in Canada to adopt this model, and the resulting transformation has not only touched every aspect of the Foundation's operations and governance structures and processes, but has helped us to realize a strong performance and cost ratio to support patient care and research for the long-term.

ASSET BASE/ENDOWMENTS

Total assets under management reached \$83,729,808, a slight reduction from 2019 due to investment volatility that occurred in the last month of the fiscal year, due to the WHO declaration of pandemic.

Of the total assets, endowed funds comprise 68% and are fully aligned to specific patient care and research activities/programs across the organization, providing critical annual support. In the past year, the Foundation also worked collaboratively with Western to create two \$5M endowed research chairs for both imaging and mobility/activity. This transfer did result in a slight reduction in the Foundation's endowment; however the transferred funds were also matched by Western through a unique collaboration that will enable greater critical mass for specialized research as a result.

These funds will provide rare and sustainable funding for key scientific positions in our community. With the potential to attract international expertise.

Like most portfolios, earned investment income was challenged by the volatility in the marketplace toward the end of the fiscal year, which coincided with the beginning of the COVID-19 pandemic.

ALLOCATIONS TO CARE, TEACHING & RESEARCH

The best story to share is how the strong financial performance enabled a significant increase in grants to our mission at St. Joseph's. Grants to care, teaching and research across St. Joseph's by the Foundation totalled \$6,760,116, an increase of 65% over the previous year. Additionally, the Foundation has committed to many other large-scale hospital projects, funding for which will be transferred in the next fiscal year. One such example was the Foundation's commitment to tripling the production capacity of St. Joseph's Cyclotron Facility, a service critical to supporting clinical cancer care in the region, as well as to advancing imaging research in the diagnosis and treatment of many other chronic diseases. The Foundation committed to funding this project in its entirety to enable the capacity for even more patients from across our community and region to benefit from this remarkable medical technology.

From large scale medical technology such as the refurbishment/upgrades to surgical suites at St. Joseph's Hospital, to the creation of the new The Gray Centre for Mobility & Activity, and even to the purchase of an accessible bicycle for residents of Mount Hope, donor support through the Foundation enabled many substantial initiatives in support of patient care across many sites of St. Joseph's.

I hope you can see that your donation really does matter here. And, so does our accountability to you.

We encourage you to visit us online at sjhc.london.on.ca/foundation to read about the impact of your donations to St. Joseph's in greater detail. And, again, as always, our deepest thanks for your generous support.

Matt Pepe
Treasurer
St. Joseph's Health Care Foundation

2019-2020 GRANT DISBURSEMENT



ENDOWED FUNDS



*Endowments experienced temporary declines in their fair market value in March 2020, the final month of the Foundation's fiscal year, due to the Covid-19 outbreak which significantly impacted financial markets.

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.



2019-2020 CONDENSED STATEMENT OF INCOME (audited)

YEAR ENDED MARCH 31	UNRESTRICTED	RESTRICTED	ENDOWED	2019-2020 TOTAL	2018-2019 TOTAL
DONATION REVENUE	\$ 2,657,936	\$ 9,798,369	\$ 212,906	\$ 12,669,211	\$ 6,475,671
EXPENSES	\$ 2,001,450	\$ 1,143,979	\$ 323,965	\$ 3,469,394	\$ 3,445,362
INVESTMENT INCOME	-\$ 884,059	-	-\$ 1,958,472	-\$ 2,842,531	\$ 3,812,491
GRANTS	-	\$ 5,644,937	\$ 1,115,179	\$ 6,760,116	\$ 4,100,969
NET	-\$ 227,573	\$ 3,009,453	-\$ 3,184,710	-\$ 402,830	\$ 2,741,831

In addition to the condensed financial information provided in this report, a complete set of financial statements and 2019-2020 listing of grants are available on our website at sjhc.london.on.ca/foundation or by calling the Foundation at 519 646-6085.

GO ONLINE TO VIEW OUR DETAILED FINANCIAL INFORMATION AT SJHC.LONDON.ON.CA/FOUNDATION



Dr. Gillian Kernaghan

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President & CEO

THANK YOU

I've witnessed great acts of charity in gifts from grateful patients showing gratitude for their care; in local philanthropists as passionate about finding cures as our researchers; people in our community rallying around a cause dear to their hearts; and family members thankful that their loved ones received the best care possible.

Your gifts to the work of St. Joseph's Health Care Foundation are vital to the care we provide. Your continued support allows us to dream big at the bedside and in the lab, and enables us to deliver great care that would not be possible otherwise.

On behalf of our physicians, staff, researchers, volunteers, and those in our care and their families, thank you for your generous support.

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

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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