

THANK YOU FOR HELPING US
RESPOND TO THE PANDEMIC.
JUST ONE OF THE REASONS WHY

YOUR DONATION MATTERS HERE.



ST JOSEPH'S
HEALTH CARE
LONDON

2020-2021
Community Impact Report



ST JOSEPH'S
HEALTH CARE
FOUNDATION

In response to COVID-19, care providers across St. Joseph's quickly and expertly pivoted to meet challenges during the pandemic. Seen here, team members from the Urgent Care Centre at St. Joseph's Hospital. Learn how donors made all the difference on pg. 3.

UNEXPECTED SILVER LININGS

A giving community has always been key to St. Joseph's ability to provide the very best in care, teaching and research – this past year, it mattered more than ever.

The past year can only be described in the words of Charles Dickens: "It was the best of times... it was the worst of times." It was a year filled with challenge and sadness; but, it was also filled with unexpected silver linings, as our community drew alongside our work at St. Joseph's Health Care London.

Despite shifting activities due to gathering restrictions, such as our Breakfast of Champions™ and Tribute Dinner events, the generosity of our donors reminded us of the power our community has when it comes together.

To support the work of the hospital, our Foundation launched *The St. Joseph's Health Crisis Fund* – and you responded. Donor gifts provided critical technology to enable virtual visits, recreational programming and even care and comfort for staff, who heroically rose to the challenge of sustaining care during this tumultuous time. We are immensely grateful to our community for its support of this fund, one that is still helping in the ongoing fight against COVID-19.

Remarkably, through generous bequests, and with the exceptional results of both the spring and winter Dream lotteries, we were able to provide close to \$8M in grants to patient care, teaching and research. That support funded thousands of needs, such as basic care and comfort items, state-of-the-art imaging equipment and research to improve clinical care.

For the first time in our history, and like many other organizations, the Foundation was forced to reduce its workforce and operating costs due to the impacts of the pandemic. But, with the support of our donors, we were able to help the hospital wherever we could in the fight against COVID-19.

If the past year can be described as 'the best of times', it's because of you. We cannot thank you enough for your continued support – now, more than ever.

Michelle M. Campbell, *President and CEO*
Keith Trussler, *Chair, Board of Directors*
St. Joseph's Health Care Foundation



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

My Personal Thanks

Thank you for the support you've given to the work of St. Joseph's over the past year, particularly during this time of pandemic.

As I retire from the hospital as President and CEO this summer 2021, I remain humbled by the impact donor giving has across our organization. It has been a privilege to have witnessed your philanthropy firsthand on patient care, teaching and research.

My deepest, most sincere thanks to you. St. Joseph's simply wouldn't be what it is without the generosity of our community.

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

Feature Story

YOUR DONATIONS FUELED OUR FIGHT AGAINST COVID-19

Your support enabled St. Joseph's to quickly respond to the urgent needs of the pandemic. Here's just a few of the ways your donation has helped.



KEEPING PEOPLE CONNECTED

During a time of self-isolation, the world has become much smaller. Your support kept loneliness at bay for residents, inpatients and Veterans through the purchase of iPads and SMARTboards for virtual calls with loved ones, which also provided fun and educational programming.

You also helped keep patients in the community connected to care providers with Fitbits to track people's activity in the Primary Care Diabetes Support Program, and pocket talkers for patients who are hearing impaired during virtual appointments in the Rehabilitation Program.

Hilda Libal, a 93-year-old resident at Mount Hope, was still able to dress up and enjoy her grandson's wedding virtually on an iPad, thanks to donor support.



Dean Pierce, left, and Long Thai, residents at the Steele Street Residential Rehabilitation and Treatment Program, are able to enjoy nature and safely socialize using newly purchased outdoor seating thanks to donor support.

SUPPORTING THE BODY, MIND AND SPIRIT

St. Joseph's cares for the whole person—in and out of a pandemic. Your support ensured patients' bodies and minds were kept active in the Dual Diagnosis Program at Parkwood Institute with indoor and outdoor sensory and exercise activities, including a yoga ball, wrist and ankle weights and outdoor games. You also supported much-needed safely-distanced socialization opportunities with new patio furniture at the Steele Street Residential Rehabilitation and Treatment Program.

CARING FOR THE CAREGIVERS

Our community came together, not just to support patient care, but also to express gratitude for St. Joseph's staff. Your support provided nourishment for our care teams with thousands of treats throughout the year. Local businesses and organizations also stepped up to donate gift cards for gas, food and even insoles for shoes to keep our frontline heroes feeling supported on their feet.



Katherine Plested, Therapeutic Recreation Specialist, left, and Bernice Haasen, (retired) Coordinator, Therapeutic Programs, receive a pick-me-up for Mount Hope staff.



Lawson scientist Dr. Ruud Veldhuizen, left, and respirologist Dr. Jim Lewis, are studying whether a London-made drug can treat lung complications from COVID-19.

MOBILIZING HOSPITAL RESEARCH

When COVID-19 cases began emerging in London, Lawson Health Research Institute's (Lawson) health scientists quickly responded by launching studies to explore diagnosis, prevention and treatment of the disease, as well as long-term and mental health impacts. Lawson is the research arm of St. Joseph's and London Health Sciences Centre.

Your support kick-started a promising project by Lawson scientist Dr. Ruud Veldhuizen and respirologist Dr. Jim Lewis. Hoping to improve outcomes and reduce the time patients with severe cases spend on ventilators, the researchers are studying a treatment most commonly used to improve lung function in premature babies. Bovine lipid extract surfactant suspension (BLES®) may help adults who develop lung disease and acute respiratory distress syndrome recover their lung function from the effects of COVID-19.

Your support was instrumental in helping staff, patients, residents and family members through an unprecedented year. View the impact you had in "COVID by the Numbers" by visiting annualreport.sjhc.london.on.ca

YOUR DONATIONS CHANGED LIVES

Whether facing disease, illness or injury, our community can be counted on to support local health care. These are just a few of the ways you've helped make a difference this past year.

RECOVERY OUT IN THE COMMUNITY

It's been nearly nine years since Rob Staffen was cycling down a mountain in California when his road bike malfunctioned, catapulting him head-first into the desert. And it was a few years ago when Jill Wright, during a hectic evening at home, accidentally hit her head on a granite counter. Both suffered traumatic brain injuries that changed their lives.

In the Acquired Brain Injury Rehabilitation Program at Parkwood Institute, patients learn skills to get their lives back on track. *Because of donors*, people can now tap into that knowledge and training at home with St. Joseph's free, online educational toolkit. Designed to empower patients to pace and plan their recovery, the toolkit includes: the MyBrainPacer™ app, which helps patients track their daily activity and symptoms; a concussion care video series—the brainchild of Jill; and, a Mindfulness podcast series.

For Rob and Jill, the care and expertise at Parkwood Institute made recovery possible and now others can access the same tools and support.



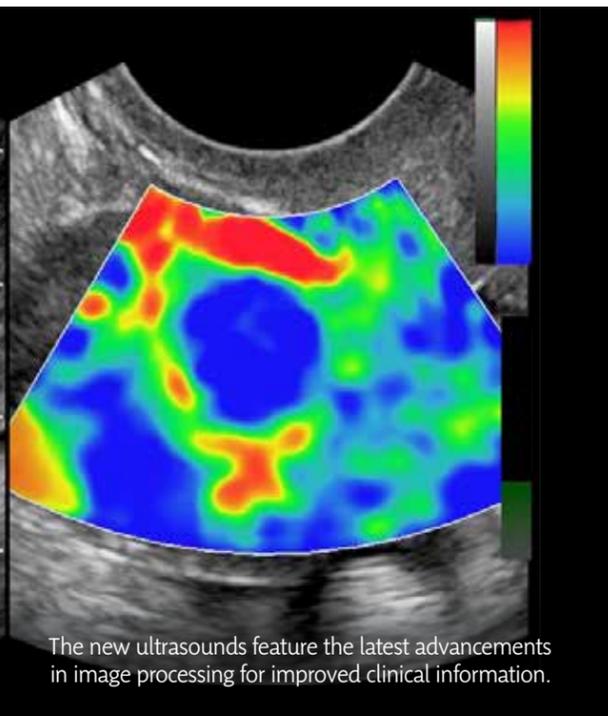
Jill Wright was able to learn the skills she needs to get her life back on track and help others, thanks to a giving community.



Rob Staffen has been able to carry on his passion for road biking, thanks to the excellent care team in Parkwood Institute's ABI Rehabilitation Program.

THE POWER OF DETECTION

Whether you're coming into the hospital with a sports injury, or a serious health concern, ultrasound technology is one of the key diagnostic tools a radiologist uses at the beginning of your care journey. Every five years there's a quantum leap in technology, but St. Joseph's units have been in use for almost 10 years. *Because of donors*, 11 new ultrasounds were purchased, enabling radiologists to see in greater detail and clarity for more accurate and faster diagnosis.



The new ultrasounds feature the latest advancements in image processing for improved clinical information.

NO ORDINARY ROCKING CHAIR

For Bill, a resident at Mount Hope Centre for Long Term Care, his Parkinson's disease and cognitive decline (similar to dementia) cause him to experience bouts of restlessness, anxiety and agitation—making it hard for him to relax.

Because of donors, residents in both the Memory Care Unit and Marian Villa at Mount Hope are able to enjoy the benefits of two Wellness Nordic Relax Chairs—specialized rocking chairs with music and tactile stimulation for calming therapy. This technique is now considered best practice in long-term care.

The rocking chair therapy has helped Bill experience hours of peace where his body and mind can rest—improving his overall health and wellbeing.



Bill, a resident at Mount Hope, says his worries melt away when he spends time in the Wellness Nordic Relax Chair made possible by donor support.

HOMETOWN HEROES

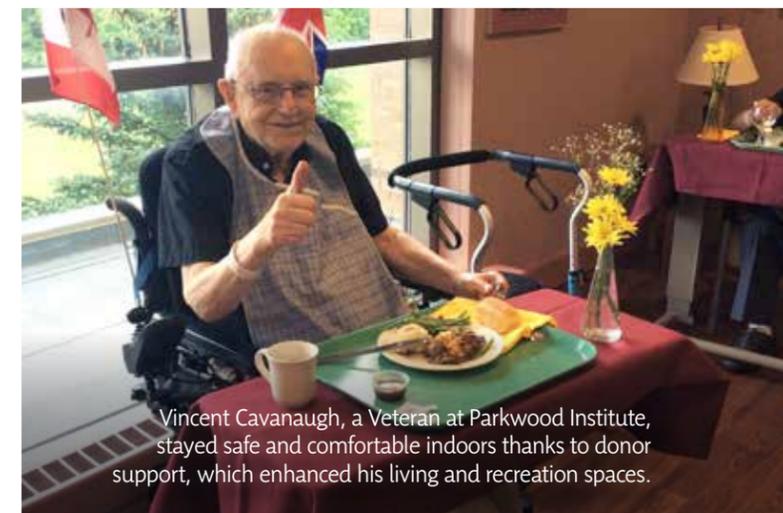
In the midst of COVID-19, the London Knights and the London Knights Alumni Foundation were true champions, kick-starting their own fundraising for *The St. Joseph's Health Crisis Fund*. After the Ontario Hockey League canceled their season, they rebroadcasted their 2016 Memorial Cup playoff win and ran a 50/50 draw throughout the campaign. They also hosted a charity golf tournament. In total they raised \$50,000 for crucial pandemic resources to support patients, residents and staff.



Dr. Gillian Kernaghan donned a London Knights jersey with pride to celebrate the team, alumni and fan support for *The St. Joseph's Health Crisis Fund*.

MAKING OVER THE WESTERN COUNTIES WING

In a year when staying in was essential, Veterans in the Western Counties Wing at Parkwood Institute enjoyed all the comforts of home with much-needed updates. *Because of donors*, Veterans' dining rooms were transformed into "Country Diners" with new chairs, scenic wall murals and nutrition stations. The Veterans' living spaces were also updated with the latest accessible furniture, overbed tables, power recliners and new sofas and lounge chairs.



Vincent Cavanaugh, a Veteran at Parkwood Institute, stayed safe and comfortable indoors thanks to donor support, which enhanced his living and recreation spaces.

YOUR DONATIONS ADVANCED MENTAL HEALTH CARE

Here are just a few of the ways your support improved access and treatment to enhance mental health care for all.



“BY THE TIME I WAS DONE, I WAS SO MUCH BETTER. I FELT AS GOOD AS I DID WHEN I WAS YOUNGER.”

Lori Linton
Patient, St. Joseph’s Mental Health Care Program

Lori, a lover of travel and adventure, has found hope again thanks to TMS, a specialized treatment funded by donor support.

THE RIGHT KIND OF TREATMENT

Two years ago, Lori Linton felt she was running out of options. Struggling with a series of heartbreaking family and health challenges, her burdens were crippling—mentally and emotionally.

Lori was prescribed various medications for her mental health, but little changed. She was dealing with treatment resistant depression (TRD)—when patients don’t respond to any kind of treatment, even after trying multiple medications and therapies.

Referred to Parkwood Institute’s Mental Health Care Building, Lori benefitted from a new way to assess TRD and physicians determined she was an ideal candidate for transcranial magnetic stimulation (TMS)—a non-invasive procedure that uses electric stimulation to regulate neural activity in the brain. Within weeks, the cloud of depression she had been living with lifted.

An estimated 10% of individuals with depression don’t respond to traditional therapies and medications, and 30% only partially respond, says psychiatrist Dr. Viraj Mehta, Site Chief of St. Joseph’s Mental Health Care Program, which has become a leader in TRD assessment. It’s also crucial to gather a holistic view of each patient’s unique condition using specially-designed questionnaires, as well as physical and cognitive assessments says Dr. Mehta.

Your support helps people like Lori benefit from ongoing research into assessing and treating TRD, as well as life-giving equipment like the TMS machine.

“By the time the treatment was done, I was so much better. I felt as good as I did when I was younger,” says Lori.

THE PATH FORWARD

After a long battle with a disease that left him with a severe spinal cord injury (SCI), Phil Raney remained optimistic, paying close attention to his health and living life to the fullest in his power wheelchair—with his wonderful wife Janna and Rutger the service dog by his side.

But despite his diligence and positive attitude, after going through five major spinal surgeries, Phil was left with constant pain and no clear direction on next steps for his physical and mental wellbeing.

One in three people in Ontario live with at least one major chronic health condition. People with physical symptoms of chronic diseases, chronic pain and the effects of injury are also more likely to develop psychological symptoms—feelings of anxiety, distress and depression.

Searching for resources online, Phil found a link to a research study out of Parkwood Institute, enabling the Brantford native to feel hope again.

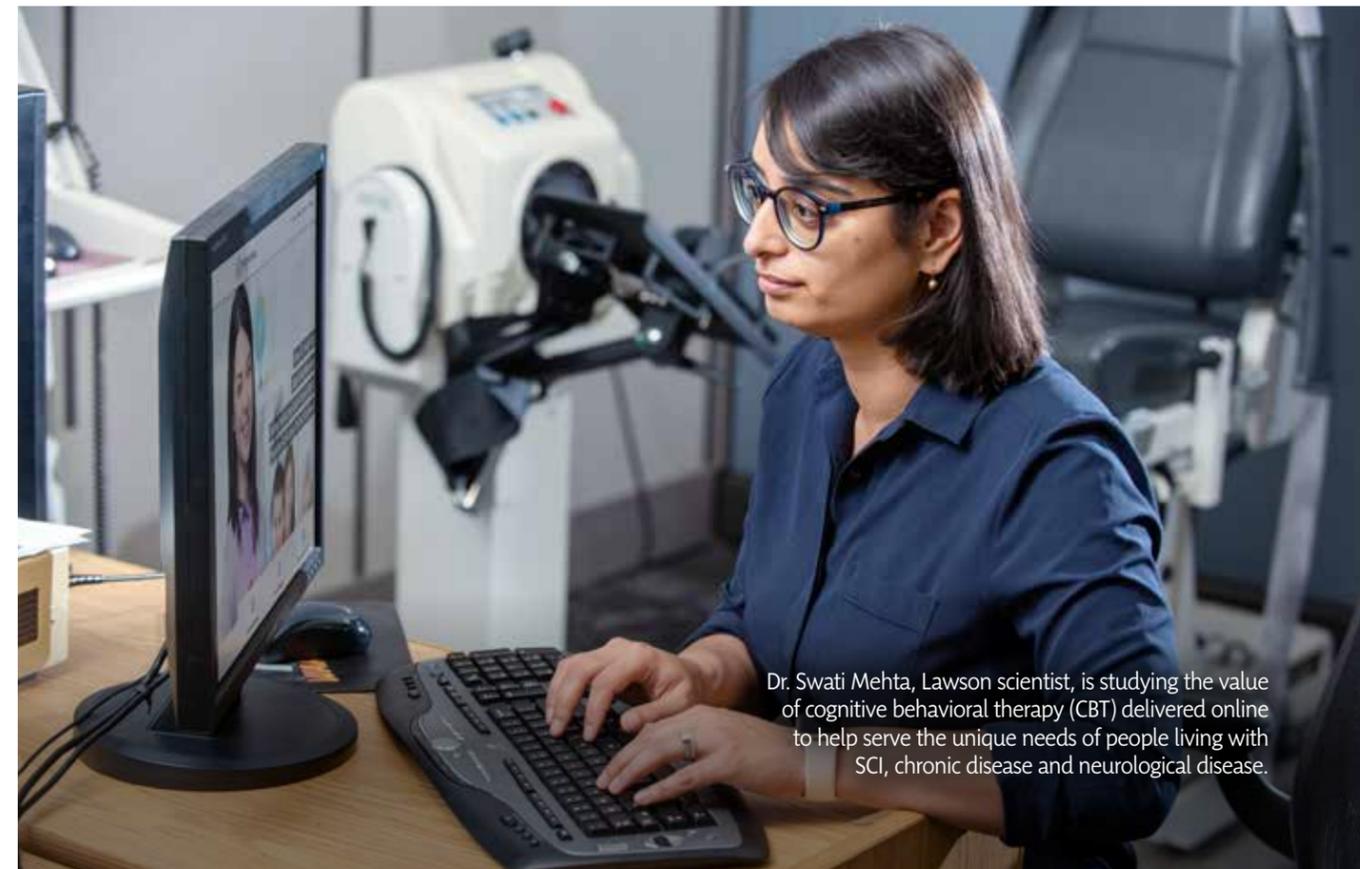
Your support made it possible for Lawson scientist Dr. Swati Mehta to pilot the use of an online cognitive behavioral therapy website to support the mental health of people living with chronic disease, SCI and neurological conditions, such as stroke. The online therapy—which combines mindfulness-based pain management and practical life applications guided by a therapist—helps patients manage their unique mental health needs.

“I’m not perfect yet, but it’s turned my life around,” says Phil. “The program has helped me approach my daily activities with a positive outlook, helped me stay clam in stressful situations, and changed the way I treat others.”

Continued...



Phil, with his trusty service dog Rutger, was able to connect to the mental health care he needed thanks to an online therapy website supported by donors.



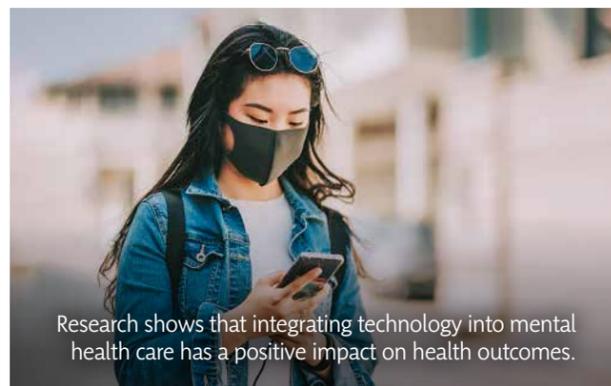
Dr. Swati Mehta, Lawson scientist, is studying the value of cognitive behavioral therapy (CBT) delivered online to help serve the unique needs of people living with SCI, chronic disease and neurological disease.

RESPONDING TO YOUTH MENTAL HEALTH CARE NEEDS

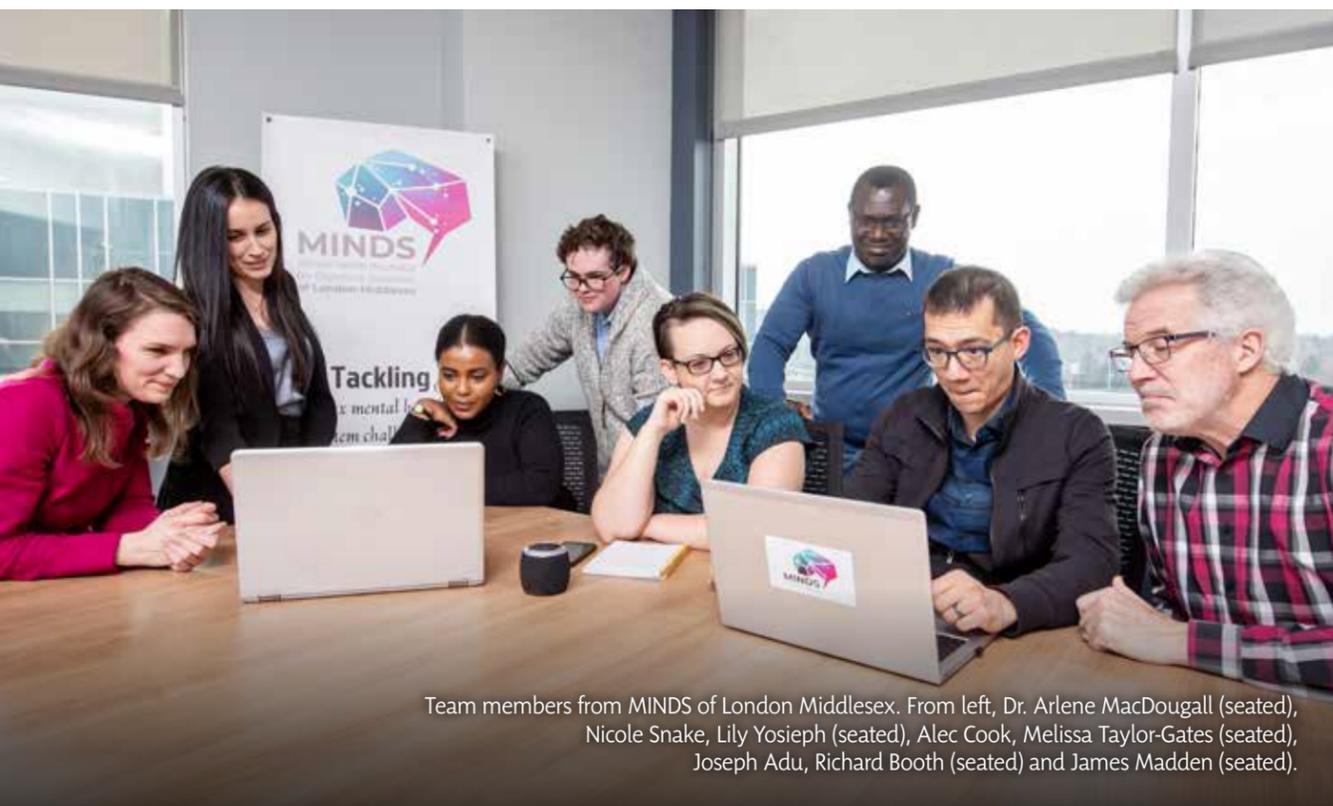
In London and region, *the kids are not alright*. Seventy percent of mental health issues emerge in adolescence (age 14 and up), but only 25 percent of young people get the care they need. Your support initiated two projects at St. Joseph's through Lawson that are looking at innovative ways to improve youth mental health and access to care.

The Mental Health Incubator for Disruptive Solutions (MINDS), led by MINDS Director Dr. Arlene MacDougall and a team of youth researchers, created new solutions that are being put into action to help young people access mental health supports. These solutions—many of which came from the youth researchers' own experiences—includes a transportation service that safely takes youth in crisis from rural areas into London for mental health care.

SMART Technologies for Youth—a research pilot led by Lawson Assistant Scientific Director Dr. Cheryl Forchuk—equipped young people with smartphones and a unique self-monitoring app to help them stay connected to their care providers and track their health. The study is already seeing positive results, including being able to remind participants of their appointments and prompting them to take their medication.



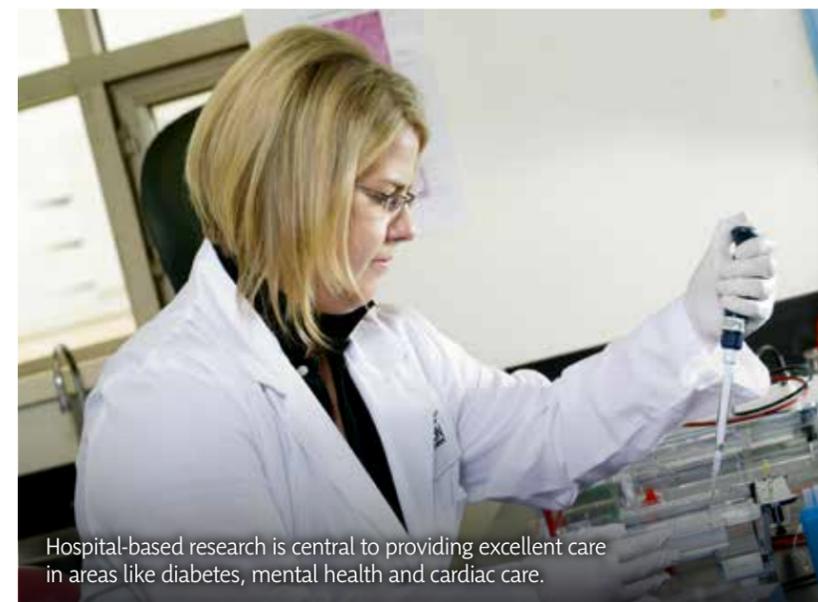
Research shows that integrating technology into mental health care has a positive impact on health outcomes.



Team members from MINDS of London Middlesex. From left, Dr. Arlene MacDougall (seated), Nicole Snake, Lily Yosieph (seated), Alec Cook, Melissa Taylor-Gates (seated), Joseph Adu, Richard Booth (seated) and James Madden (seated).

YOUR DONATIONS UNLEASHED THE POSSIBILITIES OF MEDICAL SCIENCE

Hospital-based research chairs, made possible by donors, improve clinical care



Hospital-based research is central to providing excellent care in areas like diabetes, mental health and cardiac care.

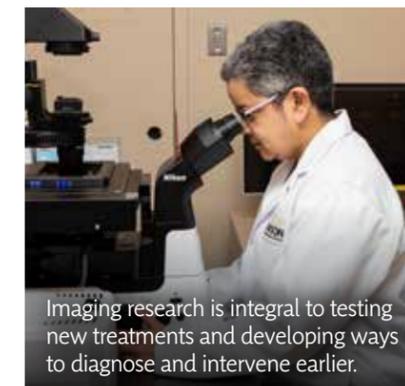
Donors have established endowed funds to support research chairs across many of St. Joseph's medical specialties, including: cardiac care, cognitive vitality, diabetes, rehabilitation, geriatric care, mobility and activity, urology, human microbiology and probiotics, molecular imaging, mood disorders (mental health) and neonatal care.

Although medical research largely takes place behind the scenes, the ability to integrate research directly into our hospitals is a key factor in achieving health care excellence in our community. *Just one of the reasons why your donations matter here.*

Not always visible to patients and visitors are the specialized labs and research centres that exist across the many sites of St. Joseph's, and the dedicated medical scientists who work in them. Hospital-based medical research has always been central to the care mission of St. Joseph's. In fact, many current treatments provided in hospital are a *direct result* of investments in research made by donors.

For decades, a priority of St. Joseph's Health Care Foundation has been the creation of sustainable endowed funds to support research chairs – dedicated scientific positions which provide funding for talented investigators to work alongside clinicians to improve care.

Many research chairs have a dual role at St. Joseph's and at Western University, where teaching is also a critical part of what they do. To sustain this level of research talent, several funds created through donations to the Foundation are endowed. The size of these funds means that a portion of the income they produce provides annual support.



Imaging research is integral to testing new treatments and developing ways to diagnose and intervene earlier.



As Canada's population ages, research in areas like mobility and activity and cognitive vitality are vital to the health of our community.

FULFILLING OUR MISSION OF CARE

DONATION REVENUE & OPERATING EXPENSES

Fundraising was significantly challenged in 2020 with the declaration of COVID-19. Like many other charitable organizations, the work of St. Joseph's Health Care Foundation was negatively impacted as a result. During this tumultuous year, Foundation leadership maintained a strong focus on financial and risk management and strengthening donor relationships, to ensure sustainable operations and support for patient care.

The Foundation received cash gifts totaling \$12,384,558, including several large donor gifts, an outstanding community response to *The St. Joseph's Health Crisis Fund* and two high-performing Dream lotteries. This critical support enabled the Foundation to continue in its mission to provide funds to the hospital, a need made more important by the pandemic.

Foundation operations were also impacted by the pandemic, which included the painful decision to temporarily reduce full time staffing levels by 20 percent. The Foundation was eligible for, and received, funding from the Canadian Emergency Wage Subsidy (CEWS), enabling staff to be recalled in early 2021. Throughout the year, management worked to reduce expenses wherever possible and launched unique initiatives to reach donors in new ways.

FOUNDATION ASSETS

Total assets under management reached \$98,728,954, an increase of 17 percent over 2020, a result driven primarily by the long-term investment portfolio recovery.

Endowed funds comprise 65 percent of total assets, growing by \$6.9M to \$63.6M in the past year. Investment income generated by these funds provide critical funding *in perpetuity* for specific care, teaching and research needs across St. Joseph's.

ALLOCATIONS TO OUR MISSION OF CARE, TEACHING & RESEARCH

Thanks to the generous support of our donor community—and despite the challenges of the pandemic—the Foundation was able to grant almost \$8M to care, teaching and research needs, an increase of 15 percent over 2020.

Over \$3.1M was granted to direct patient care projects, the largest of which provided approximately \$1.6M for the refurbishment of the operating rooms at St. Joseph's Hospital. More than \$250,000 was granted to St. Joseph's Zero Suicide initiative in mental health care. Additionally, the Foundation supported over \$500,000 for hospital equipment, from innovative programs such as rocking chair therapy to essential medical needs such as mattresses and rehabilitation equipment.

Over \$4.6M was granted to research needs with almost \$1M of support from endowments provided for scientific research chairs, who work within the hospital to help clinicians to improve the frontline of care. Funding was also provided for research studies to improve treatments in dementia, post-traumatic stress disorder for Veterans, youth mental health and surgical robotics, to name a few.

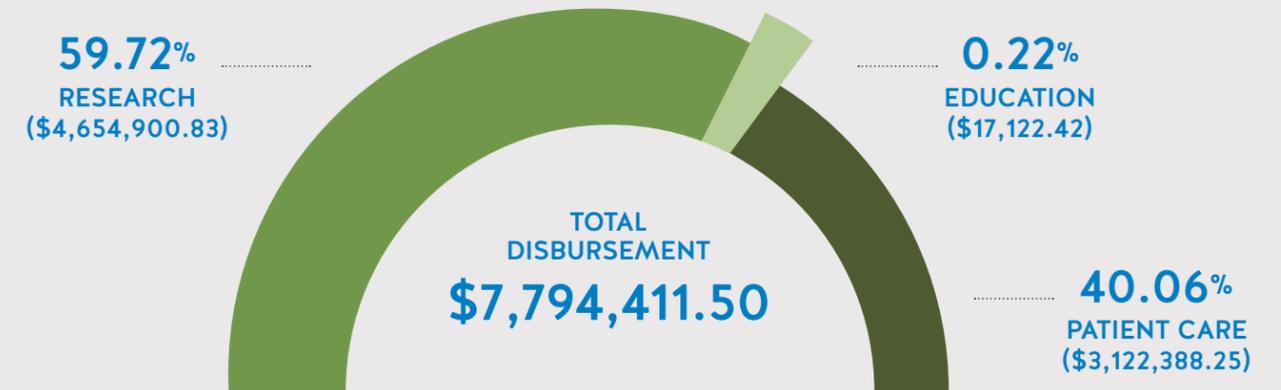
Of that amount, the Foundation transferred \$1.6M to Western University to augment *The Ting-Yim Lee Chair in Cardiac Computerized Tomography Imaging Research*, helping to create a \$5M endowed research chair for imaging research at St. Joseph's. And, a further collaboration with Western University saw the creation of a new \$5M endowment for the *William and Lynne Gray Chair in Mobility and Activity*, the first of its kind in Canada.

Thanks to overwhelming community support to *The St. Joseph's Health Crisis Fund*, over \$350,000 was directed to urgent patient, resident and staff needs associated with pandemic. Crisis funds supported a variety of items, including technology for patients and residents to connect with loved ones, refreshments for staff, new BBQs for Veterans and patio furniture for patients to gather together safely outdoors.

We encourage you to visit us online at sjhc.london.on.ca/foundation to read more about the donations to St. Joseph's in the past year. As always, our deepest thanks for your continued, generous support.

Matt Pepe
Treasurer, Board of Directors
St. Joseph's Health Care Foundation

2020-2021 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.



2020-2021 CONDENSED STATEMENT OF INCOME (audited)

YEAR ENDED MARCH 31	2020-2021			2019-2020	
	UNRESTRICTED	RESTRICTED	ENDOWED	TOTAL	TOTAL
DONATION REVENUE	\$ 4,518,706	\$ 6,490,441	\$ 1,375,411	\$ 12,384,558	\$ 12,669,211
FEDERAL GOVERNMENT	\$ 488,523	-	-	\$ 488,523	-
EXPENSES	\$ 1,667,130	\$ 381,597	\$ 691,239	\$ 2,739,966	\$ 3,469,394
INVESTMENT INCOME	\$ 3,963,455	-	\$ 8,102,210	\$ 12,065,665	(\$ 2,842,531)
GRANTS	\$ 608,275	\$ 4,383,650	\$ 2,802,487	\$ 7,794,412	\$ 6,760,116
NET	\$ 6,695,279	\$ 1,725,194	\$ 5,983,895	\$ 14,404,368	(\$ 402,830)

In addition to the condensed financial information provided in this report, a complete set of financial statements and 2020-2021 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

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.

THE POWER OF YOUR GIFT

Your support mattered to patients, residents and staff during an unprecedented year.



**40+
IPADS**

to help keep patients and residents connected with loved ones.



**50
FITBIT
ACTIVITY TRACKERS**

to monitor patients virtually for the Primary Care Diabetes Support Program.



**6
SMART BOARDS**

for indoor recreational activities for Veterans and long-term care residents.



**NEW
WASHING MACHINE**

to develop independence in people recovering from a stroke.



**1,000+
PAIRS OF RED SOCKS**

to warm the feet and hearts of patients, residents and Veterans at Christmas time.



**2 SPECIALTY
MAMMOGRAPHY CHAIRS**

to support patient comfort and accessibility during exams.



**101
PATIENTS WITH
RHEUMATOID
ARTHRITIS**

participated in a pilot study to identify a biomarker that could predict who will develop cardiovascular disease.



**FIRST OF
ITS KIND
SINUS AND SLEEP
APNEA APP**

to help surgeons and patients with medical tracking.

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Teams, clinics and
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