

# YOUR SUPPORT IMPACTED CARE, RESEARCH AND EDUCATION ACROSS ST. JOSEPH'S

 **1,300**  
TEDDY BEARS

brought comfort to those served in the Sexual Assault and Domestic Violence Centre and to patients and residents across our caregiving sites

 **1,050**  
TISSUE SAMPLES

supplied by patients over the past year to the donor-supported London Tumour Biobank for future breast cancer research

 **8 RAISED**  
PLANTER BOXES

for elderly patients in the Geriatric Psychiatry Program at Parkwood Institute to experience the joy of gardening therapy

 **IN THE**  
SPIRIT  
OF THE SISTERS

Donors to the Spirit of St. Joseph's Fund supported upgrading the Lawson Imaging Research Program's prototyping lab where scientists build trials of medical devices; and supported the replacement of lights, video systems and infrastructure in the operating rooms at St. Joseph's Hospital



**MORE THAN**  
**300**  
SPECIAL MEALS

brightened the lives of Canada's war veterans who make their home at Parkwood Institute



**MORE THAN**  
**100**  
ORGANIZATIONS  
ACROSS ONTARIO

are now using the Zero Suicide toolkit made possible through donor support to implement this approach for suicide prevention



Doug Coleman Trucking helped deliver the teddy bears donated by the Calendar Club to patients and residents across the city.



# 2021-2022 COMMUNITY IMPACT REPORT

Specialized retina care at the Ivey Eye Institute is expanding! Pictured here: Dr. Tony Lin; Dr. Lulu Bursztyn; Dr. Michael Motolko; Dr. Tom Sheidow; Dr. Mohan Merchea; Sue Wilson, RN; Mary-Anne La Mantia, RN. Learn more about the work happening behind the scenes on page 3.

## ST. JOSEPH'S IS

St. Joseph's  
Hospital

Parkwood  
Institute

Mount Hope  
Centre for  
Long Term Care

Southwest Centre  
for Forensic  
Mental Health Care

Teams, clinics and  
programs in our  
community and beyond



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**YOUR  
DONATION  
MATTERS  
HERE.**



# WITH GRATITUDE FOR YOUR CONTINUED SUPPORT

Once again, the community drew alongside St. Joseph's during challenging times, demonstrating that supporting local healthcare matters.

The global pandemic has redefined many aspects of our lives – the way we live and work, how we feel, and how we think. It has also caused us to reflect on what matters most.

Despite another challenging year, St. Joseph's continued to feel the community's support for its work, and to receive its generosity. That strong show of support inspired us to innovate in creative ways, and to respond to the urgent healthcare needs of those who needed us most.

Ongoing healthcare protocols required to keep people safe in turn restricted, reduced– and even cancelled–much of the Foundation's usual activity and community engagement. Marquee events for which the Foundation is known were again moved to a virtual format, including the **2021 Breakfast of Champions** for mental health care with **David Sheff**. The Foundation marked the 100th anniversary of the discovery of insulin in London and raised funds for diabetes research at St. Joseph's through the virtual **Coming Together for Diabetes** event, featuring former Humboldt Broncos hockey player **Kaleb Dahlgren**.

Research received a tremendous boost of donor support with generous **multi-year**



Michelle Campbell, President & CEO, St. Joseph's Health Care Foundation  
Theresa Mikula, Board Chair, St. Joseph's Health Care Foundation

**commitments** for programs like the *MacDonald Franklin OSI Research Centre* at Parkwood Institute, and **new endowed research chairs** in transformational medical imaging and medical biophysics. The Foundation also continued its commitment to supporting capital needs, providing \$\_\_\_\_\_ to the hospital for the purchase of medical equipment for frontline patient care.

The Board of Directors developed a **new strategic plan**, a roadmap for how we will meet the needs of the hospital's clinical and research priorities *post-pandemic*. The approval of the new plan by the Board early in 2022-23 will help guide the Foundation's strategy for anticipating and supporting the ever-

evolving needs of St. Joseph's.

While the road ahead remains uncertain, the future will build on what we learned in the last two years. These challenges have clearly shown that giving to healthcare continues to matter to Canadians. We are so very grateful for your continued support of our work at St. Joseph's.

*Michelle Campbell*

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

*Theresa Mikula*

Theresa Mikula, Board Chair  
St. Joseph's Health Care Foundation

## My Personal Thanks

Having stepped into the role of President and CEO of St. Joseph's during the turbulence of an ever-evolving pandemic, and as a leader at St. Joseph's for more than two decades, I am continually inspired by the enduring dedication of our St. Joseph's family – and by your generosity. These challenges have affected all aspects of our lives, yet you have been there for our organization and for our community at every turn. The difference you make does much more than shape the care we are able to provide. It bolsters the resilience of our staff and physicians. Thank you for your steadfast support of St. Joseph's and all who rely on London's health care system at this critical time - and always.

Roy Butler, President and CEO  
St. Joseph's Health Care London



## CARE

# YOUR DONATION MEANS BETTER SIGHT FOR THOUSANDS OF PEOPLE

Move over, surgical instruments – hammers and saws are bringing big changes to St. Joseph's Ivey Eye Institute. Construction is now underway to expand the Retina Care Program to serve even more people; work only possible because of your support.



Dr. Tom Sheidow

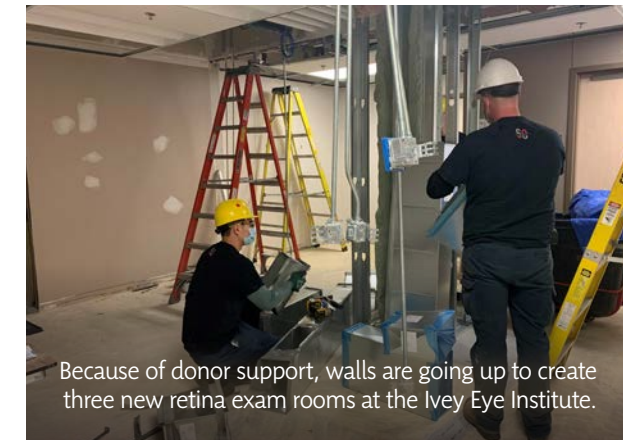
## EXTREME MAKEOVER: IVEY EYE INSTITUTE EDITION

We can't see the retina with our naked eye, *but without it there is simply no sight*. The cells lining the back of the eye constantly detect light and transmit signals to our brain to make sense of the world around us.

But the retina is also extremely delicate. If it's damaged by aging or disease, vision loss becomes a real and scary possibility. Retina issues like age-related macular degeneration (AMD) are a leading cause of blindness in Canada. Fortunately, early detection and specialized care can often repair damage and prevent further problems. Over the last decade, the number of patients needing retina care at the Ivey Eye Institute increased 50 per cent – a number that will only grow as the population ages.

**Thanks to donor support, the Ivey Eye Institute is ready to meet the changing needs of this community.**

By helping to expand the Retina Care Program, you are improving the ability of our skilled care teams to meet rising demand for eye care. We are adding new diagnostic equipment and breaking down walls to create three additional retina exam rooms and a new dedicated patient waiting area.



Because of donor support, walls are going up to create three new retina exam rooms at the Ivey Eye Institute.

## SEEING THE POTENTIAL OF RESEARCH

The "dry" form of AMD is the most common, making up 90% of all cases. This condition occurs when the central part of the retina thins or deteriorates with age. Over time, it can progress into "wet" AMD where blood vessels grow and leak, requiring treatments to save vision.

*But there is currently no effective way to treat dry AMD and stop the progression.* This expansion will create capacity for the future of clinical research in ophthalmology at St. Joseph's, including more than 10 new clinical trials focused on finding the world's first treatment for dry AMD.

Early diagnosis and quick access to treatment can stop the progression of retina conditions like wet AMD.

## SCOTT'S STORY

Life is busy for Scott Walker. The active 62-year old from Cambridge works as an Elite Athlete Manager for True Hockey, selling equipment to NHL teams and top leagues – a dream job with lots of driving – and spends his free time with his wife Donna and their two adult children.

But one morning in April 2022, Scott woke up and realized he couldn't see. His doctor immediately referred him to the Ivey Eye Institute. His daughter Carly rushed him down the 401 to London, where the care team diagnosed retinal detachment. The retina had pulled away from the back of his eye and he needed emergency surgery to repair the damage.

Fortunately, Dr. Tom Sheidow was able to perform his surgery that very night. In the span of just one day, Scott lost his vision and got it back again. Today, Scott is back at work and on the road again after a short recovery. He's immensely grateful for the relaxed, personable and friendly care he received from everyone at the Ivey Eye Institute.



Seen here with his family, Scott's vision was saved by the Ivey Eye team.



Check out a behind-the-scenes tour of the Retina Care Program expansion with Dr. Tom Sheidow.

# YOUR GIFTS FUNDED NEW EQUIPMENT FOR EVEN BETTER HEALTH CARE OUTCOMES

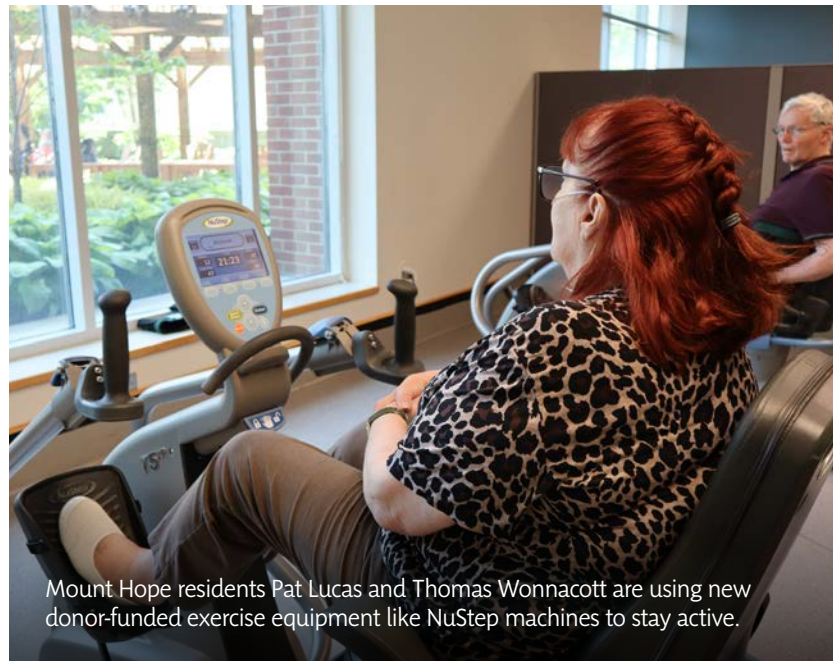
*Medical equipment and technology play a critical role in enabling our teams to provide exceptional care. These are just some of the ways you impacted patients and residents across St. Joseph's.*

## ENHANCING BREAST CANCER SCREENING FOR EARLY DIAGNOSIS

When patients come to St. Joseph's Norton and Lucille Wolf Breast Care Centre for suspected breast cancer, their first step is screening to confirm and pinpoint the presence of tumours. *Your support helped purchase a new automated breast ultrasound that uses high frequency sound waves to produce crystal-clear 3D images. Combined with mammography screening, this provides a comprehensive evaluation of dense breast tissue – helping to catch cancer at its earliest stage.*



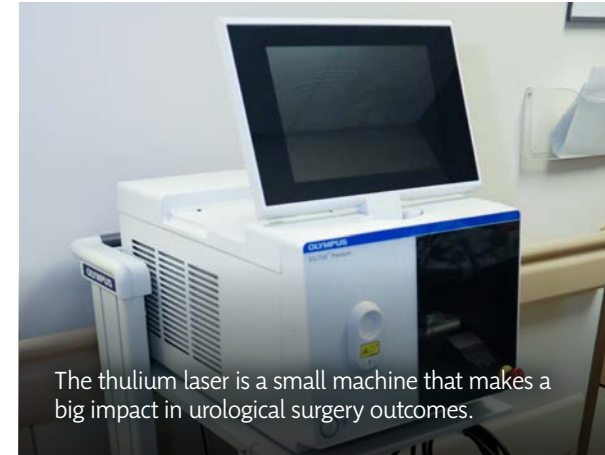
Used together with mammography, the automated breast ultrasound can help pinpoint the presence of tumours in dense breast tissue.



Mount Hope residents Pat Lucas and Thomas Wonnacott are using new donor-funded exercise equipment like NuStep machines to stay active.

## BRINGING THE POWER OF MOVEMENT TO RESIDENTS IN LONG TERM CARE

Exercise benefits people at every age, from the young to the young at heart. For residents at Mount Hope, regular exercise plays an important role in maintaining their physical health and mental wellbeing. *You helped fund specialized exercise equipment including wheelchair-accessible cycle trainers, NuStep machines and sit-to-stand trainers that are easily moved between care units so they can be shared by multiple residents every day.*



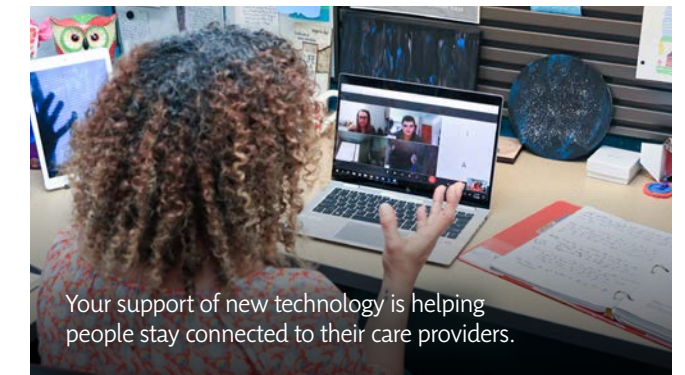
The thulium laser is a small machine that makes a big impact in urological surgery outcomes.

## ADVANCING UROLOGY SURGERY FOR REDUCED PAIN AND RECOVERY TIME

The right tools in the right hands makes all the difference in surgery outcomes. *Your support enabled the purchase of a thulium laser – leading edge technology that enables surgeons to perform precise incisions using fiber optic wavelengths. Used in non-invasive lithotripsy surgery to disintegrate kidney stones, as well as in the removal of bladder and kidney tumours, this game-changing equipment is leading to less pain and shorter recovery times for patients.*

## BREAKING DOWN BARRIERS TO CARE

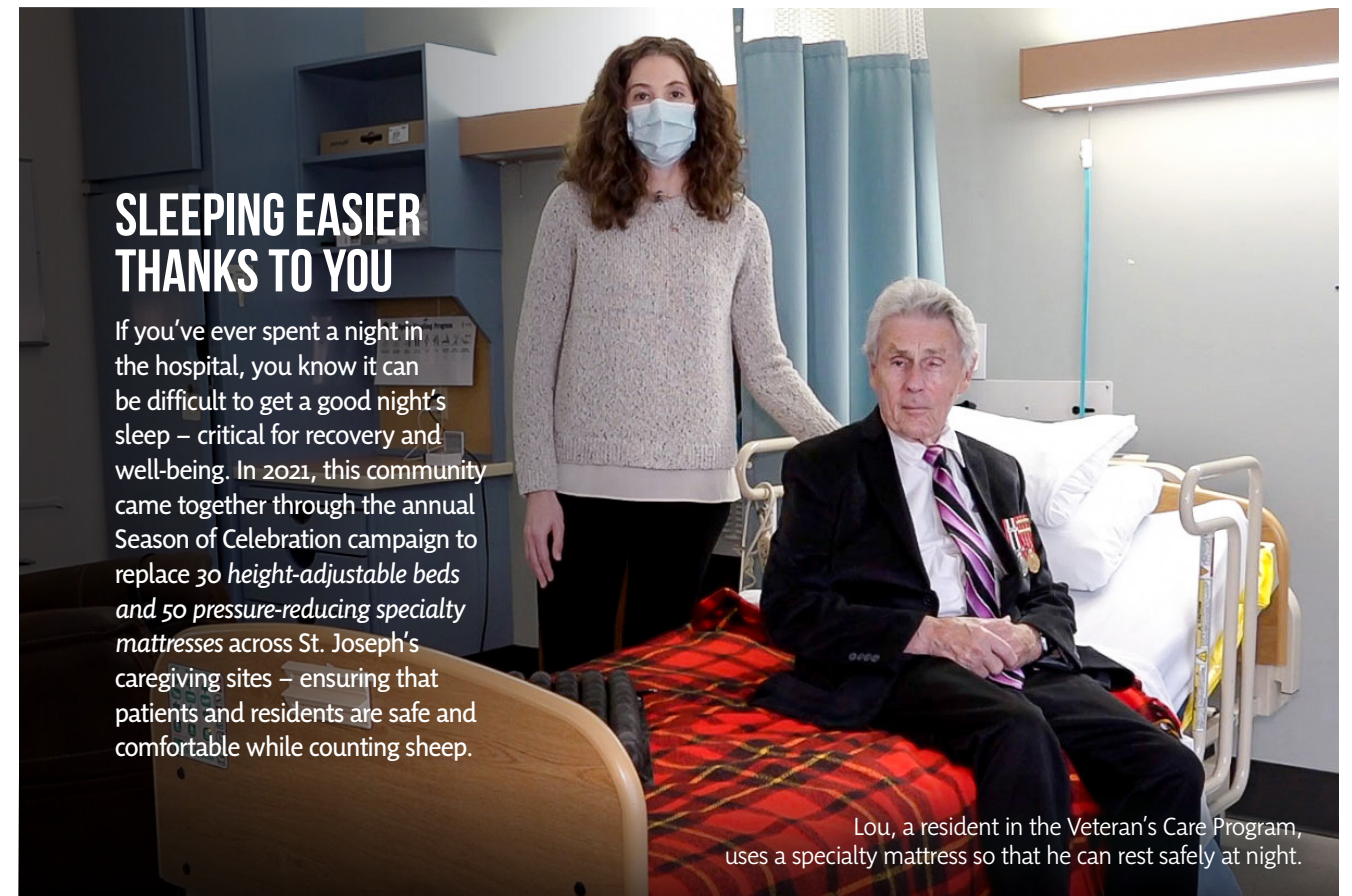
It can be difficult for some people with mental illness to access care at the hospital due to distance, mobility and cost of transportation. *Your kindness helped us purchase new tablets with video conferencing apps for St. Joseph's Assertive Community Treatment (ACT) teams who provide community-based mental health care to people across Southwestern Ontario. The new technology is used every day to connect patients with care providers to ensure they get the care they need from where they are.*



Your support of new technology is helping people stay connected to their care providers.

## SLEEPING EASIER THANKS TO YOU

If you've ever spent a night in the hospital, you know it can be difficult to get a good night's sleep – critical for recovery and well-being. In 2021, this community came together through the annual Season of Celebration campaign to replace 30 height-adjustable beds and 50 pressure-reducing specialty mattresses across St. Joseph's caregiving sites – ensuring that patients and residents are safe and comfortable while counting sheep.



Lou, a resident in the Veteran's Care Program, uses a specialty mattress so that he can rest safely at night.

# YOUR GENEROSITY WROTE THE NEXT CHAPTERS IN MEDICAL RESEARCH

*Donor support kick-started research studies across St. Joseph's that are improving care and changing lives - here in London, and around the world.*

## CUSTOMIZING A BOLD NEW APPROACH FOR HAND AND WRIST INJURIES

Wearing a hand splint can help patients recover from an injury, surgery or manage pain. In the past, custom splints were molded from plastic – a time-consuming process for therapists – and patients often found them uncomfortable to wear.

Wielding the power of new technology thanks to donor support, Dr. Louis Ferreira of the Roth McFarlane Hand and Upper Limb Centre has transformed the splint-making process. A first of its kind in Canada, he's using an instant scanner, virtual software and one of the world's fastest 3D printers to create comfortable, breathable splints in minutes that people actually want to wear – saving time and promoting faster healing.



3D VIDEO

The breathable and comfortable splints are helping people recover sooner.



## FINDING THE RIGHT TREATMENT FOR HEART FAILURE

Heart Failure happens when the heart is damaged or weakened. It can lead to sodium build-up and life-threatening fluid retention. Diuretic medication rids salt from the body, but there has been no way to predict the right dose – until now.

Donor support made it possible for Dr. Chris McIntyre (pictured above), researcher at Lawson Health Research Institute, to build a specialized nuclear coil for use in the PET/MRI to image sodium in the kidneys and personalize treatments for heart failure. This project is Canada's first.

Dr. McIntyre's team is using the coil to predict a patient's medication response through imaging. This personalized approach to care will increase the success of treatment by helping to calculate the right medication dose – improving outcomes and safety for people living with heart failure worldwide.



## ADVANCING CARE FOR OPERATIONAL STRESS INJURIES

Donor support is helping St. Joseph's researchers like Dr. Don Richardson build a better understanding of operational stress injuries (OSI) – changing the lives of Veterans, members of the Canadian Forces and their loved ones. The research team at the MacDonald Franklin OSI Research Centre are uncovering new and improved ways to diagnose and treat mental health challenges like post-traumatic stress disorder. These are just a few of the studies made possible thanks to the generosity of donors:

- The Veteran Pandemic Study, looking at the impact of the pandemic on Veterans and how they perceive their experiences with health care.
- Studying the benefits of internet-delivered cognitive behavioral therapy for Veterans and military personnel living with post-traumatic stress disorder, to increase access to care.

# YOUR GIFTS ARE OPENING DOORS FOR A NEW GENERATION OF SURGICAL LEADERS

*Surgical fellowships help train the next generation of surgeons while enhancing patient care. These are just some of the ways donor support of future surgeons is impacting care today.*



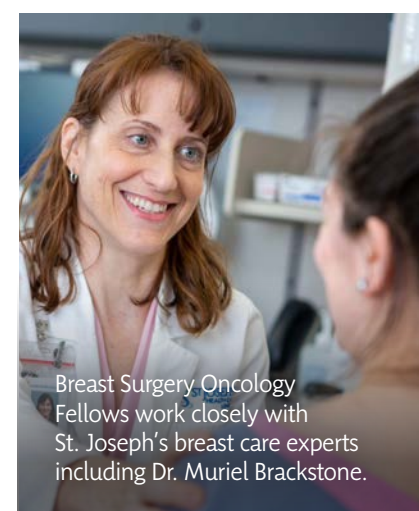
Future surgeons from across the globe come to St. Joseph's for hands-on training in our operating rooms.

Inside the operating rooms at St. Joseph' Hospital, surgeons perform medical miracles everyday. They use their skills during procedures that change and even save lives, like removing cancerous tumours, implanting joint replacements and disintegrating kidney stones.

Many of these same-day or short-stay surgeries are supported by surgical fellows: future surgical specialists who provide a vital helping hand to surgeons and improve patient

outcomes while acquiring real-time hands-on training. Once their training is complete, they return home to share their newfound expertise for the benefit of patients worldwide.

Your support is opening doors and bringing future surgeons to London to train in St. Joseph's world-class surgical programs. You provided sustainable funding for fellowship programs in breast care, ophthalmology, otolaryngology (head and neck surgery), orthopedics and urology.



Breast Surgery Oncology Fellows work closely with St. Joseph's breast care experts including Dr. Muriel Brackstone.

## EXTRA SUPPORT FOR BREAST CARE

Surgeons at St. Joseph's perform thousands of breast procedures for people across Ontario each year, like biopsies to collect tissue and check for cancerous cells or oncoplastic procedures that combine tumour removal with reconstruction.

Donors helped fund three years for the breast surgical oncology fellowship program. The fellows will rotate through specialties while honing their skills and gaining hands-on experience with our talented breast surgeons like Dr. Muriel Brackstone.

Our Breast Care Program is committed to training knowledgeable and collaborative surgeons – because 76 Canadians are diagnosed with breast cancer every day. The surgical fellows will lend a much-needed extra set of hands in pathology, clinical genetics, palliative care, melanoma, radiology and plastic surgery, while also caring for patients in the Norton and Lucille Wolf Breast Care Centre.

## HIGHLIGHTS

# YOUR SUPPORT IS MAKING A HEALTHIER TOMORROW POSSIBLE

*Last year, people reconnected to make a difference in the lives of patients and residents. These are just some of the ways you came together to make our community better.*

## GETTING BACK INTO THE SWING OF EVENTS

Throughout the past two years, many fundraising events were postponed or cancelled due to the pandemic. Yet the community's commitment to helping others never wavered. In 2021, our community took part in several events to support health care including:

- The Pink Dress Society's commitment to enhancing breast care through their **Little Pink Dress** events over the years funded much-needed updates in the *Norton and Lucille Wolf Breast Care Centre* – like a feature wall that creates a welcoming entrance to the clinic and a refreshed waiting room with new paint and wall-mounted TVs. Donor support is already making patients feel more comfortable during their journey of care.
- Donors came together for the Mental Health Incubator for Disruptive Solutions (MINDS) initiative, a social innovation lab creating interventions to address transitional-age youth mental ill-health and addiction. In June, hundreds of people took to the bike paths for the inaugural **Forest City Cycling Challenge** sponsored by **Lerners LLP** to raise funds for MINDS.
- Longtime supporter EllisDon sponsored the putting contest at the **London and District Construction Association Golf Tournament** and hosted their first own **Golf Tournament** – all in support of MINDS. Solving this complex problem isn't easy, but the team at EllisDon are helping create real change for young people who desperately need it.

## ON THE ROAD TO IMPROVING YOUTH MENTAL HEALTH

Donor support helped the MINDS team launch a new Road to Mental Health transportation service to help youth living in rural settings access mental health care.

Virtual care has become vital during the pandemic, but some people need face-to-face support from a trusted care provider. This free door-to-door taxi service takes youth living in places like Strathroy and Exeter into London for appointments and crisis care. Young people who've used the program find it comfortable, safe and discreet. MINDS looks forward to providing rides to even more youth and expanding the service to Indigenous youth living on reserve.



Joan and her husband Paul hope that their generous gift will bring warmth and comfort to people who need care at Parkwood Institute.

## GIVING BACK, IN MORE WAYS THAN ONE

Joan Hubert knows just how much warmth and compassion matter when you're feeling broken. In 2016, she spent more than five months as an inpatient in the Complex Care program at Parkwood Institute to recover from a traumatic car accident. With the support of St. Joseph's care teams, Joan was able to heal – and now walks independently with the assistance of a cane.

Today, Joan is giving back to the community that cared for her by sharing her invaluable insights as a patient advisor on various hospital projects and committees at St. Joseph's.

Last year, Joan and her husband Paul went one step further to directly improve care by purchasing a new blanket warmer for Parkwood Institute. There is nothing like a warm blanket to offer a soothing touch to patients and residents on their own road to recovery.



The MINDS team proudly celebrated the support of Lerners LLP and the inaugural Forest City Cycling Challenge.

# YOUR SUPPORT IS BUILDING CAPACITY FOR BETTER PATIENT CARE

## DONATION REVENUE & OPERATING EXPENSES

Although the challenges of the pandemic persisted over the last year, donor support continued to enhance care, research and teaching across St. Joseph's. The Foundation was fortunate to be the recipient of cash gifts totaling \$10,126,622. The generous continued support of our donors, the re-emergence of community events, Dream lotteries and our first ever staff lottery all contributed to this impressive total.

Thank you for enabling our Foundation to support the hospital's mission of care and helping to meet the ever-evolving needs of this community. As we look ahead to the future, St. Joseph's is already working to increase capacity, reduce wait times and enhance the delivery of health care in the region. We are so grateful for the visionary support of donors to help make this possible.

In order to continue fulfilling our mandate, the Foundation did apply for and receive \$195,827 in government subsidies in 2021. At the same time, we exercised disciplined expense management throughout this time in order to sustain the work of the Foundation. Our team stepped up to the challenge, tightly managing our limited resources to continue raising vital funds for the hospital.

## ASSET BASE AND ENDOWMENTS

In 2021, the Foundation's total assets under management totaled \$104,120,725, inclusive of unrestricted, restricted and endowed funds. Unrestricted funds provide key funding for any new or emerging hospital need. Restricted funds are earmarked for specific projects across St. Joseph's, and account for one quarter of the Foundation's asset base.

Endowed funds currently comprise 65% of the Foundation's total assets, and experienced strong growth last year. These funds generate investment income that provides critical funding in perpetuity for countless needs across St. Joseph's including critical funding for scientific research positions.

## ALLOCATIONS TO CARE, TEACHING & RESEARCH AT ST. JOSEPH'S

Over the last year, caring donors enabled the Foundation to grant \$6.0M to care, research and teaching needs across the sites of St. Joseph's. Although some disbursements and hospital initiatives have been delayed by the pandemic, there have still been numerous opportunities for Foundation donors to meaningfully support the hospital's mission as partners in care.

More than \$3M was granted to directly enhance patient and resident care, including upgrading seven ultrasound machines across St. Joseph's to top-

of-the-line units, completing the refurbishment of the operating rooms at St. Joseph's Hospital, and fulfilling a variety of approved capital needs like specialty mattresses and therapeutic recreation equipment.

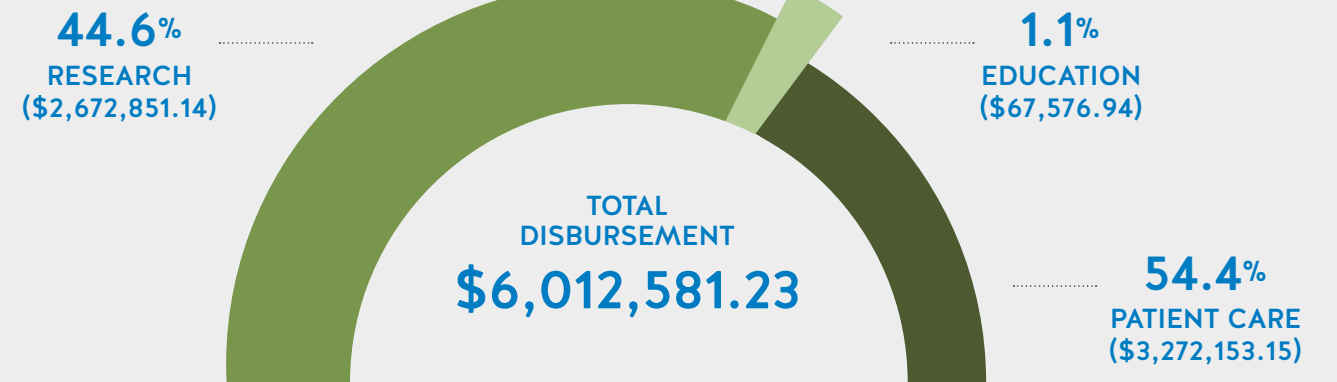
More than \$2.5M was granted to support medical research at St. Joseph's and Lawson Health Research Institute. Some of these transformative projects include customizing the splint-making process for hand and wrist injuries, providing ongoing support for MINDS of London Middlesex, and granting nearly \$1M in sustainable funding for scientific research chairs through endowments.

Foundation donors also invested in vital training and education for the next generation of clinical and research leaders, including funding several surgical fellowships in the areas of breast oncology and sinus surgery for head and neck.

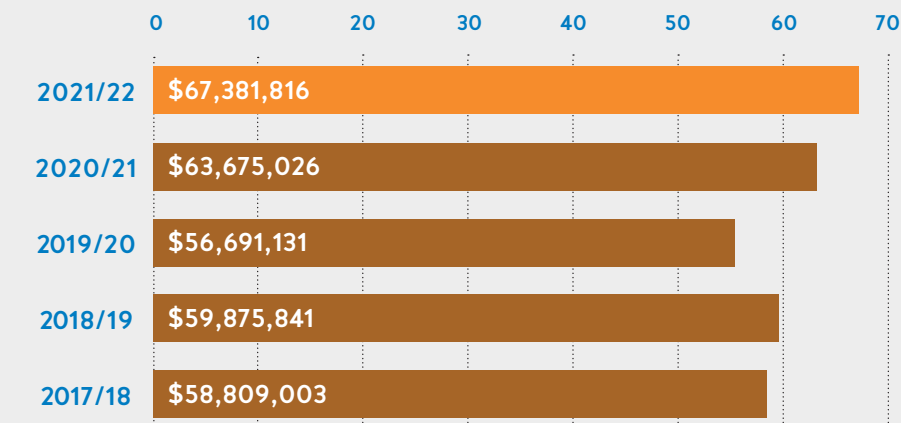
Please feel free to visit us online at [sjhc.london.on.ca/foundation](http://sjhc.london.on.ca/foundation) to read more about the work of the Foundation over the last year. Thank you again for your continued support of our organization and our community.

**Melissa Aveiro**  
Treasurer, Board of Directors  
St. Joseph's Health Care Foundation

## 2021-2022 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.



## 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.

## 2021-2022 CONDENSED STATEMENT OF INCOME (audited)

YEAR ENDED MARCH 31	UNRESTRICTED	RESTRICTED	ENDOWED	2021-2022 TOTAL	2020-2021 TOTAL
DONATION REVENUE	\$ 3,191,535	\$ 5,015,087	\$ 1,920,000	\$ 10,126,622	\$ 12,384,558
FEDERAL GOVERNMENT	\$ 195,827	-	-	\$ 195,827	488,523
EXPENSES	\$ 1,770,924	\$ 631,277	\$ 586,850	\$ 2,989,051	\$ 2,739,966
INVESTMENT INCOME	\$ 1,345,230	-	\$ 3,320,502	\$ 4,665,732	\$ 12,065,665
GRANTS	\$ 347,536	\$ 4,718,183	\$ 946,862	\$ 6,012,581	\$ 7,794,412
NET	\$ 2,614,132	(\$ 334,373)	\$ 3,706,790	\$ 5,986,549	\$ 14,404,368

In addition to the condensed financial information provided in this report, a complete set of financial statements and 2021-2022 listing of grants are available on our website at [sjhc.london.on.ca/foundation](http://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](http://SJHC.LONDON.ON.CA/FOUNDATION)