

YOUR CONTRIBUTION
CHANGES LIVES. JUST ONE
OF THE REASONS WHY

YOUR DONATION MATTERS HERE.

2017-2018
Community Impact Report



Shane Kloetstra
Living with diabetes



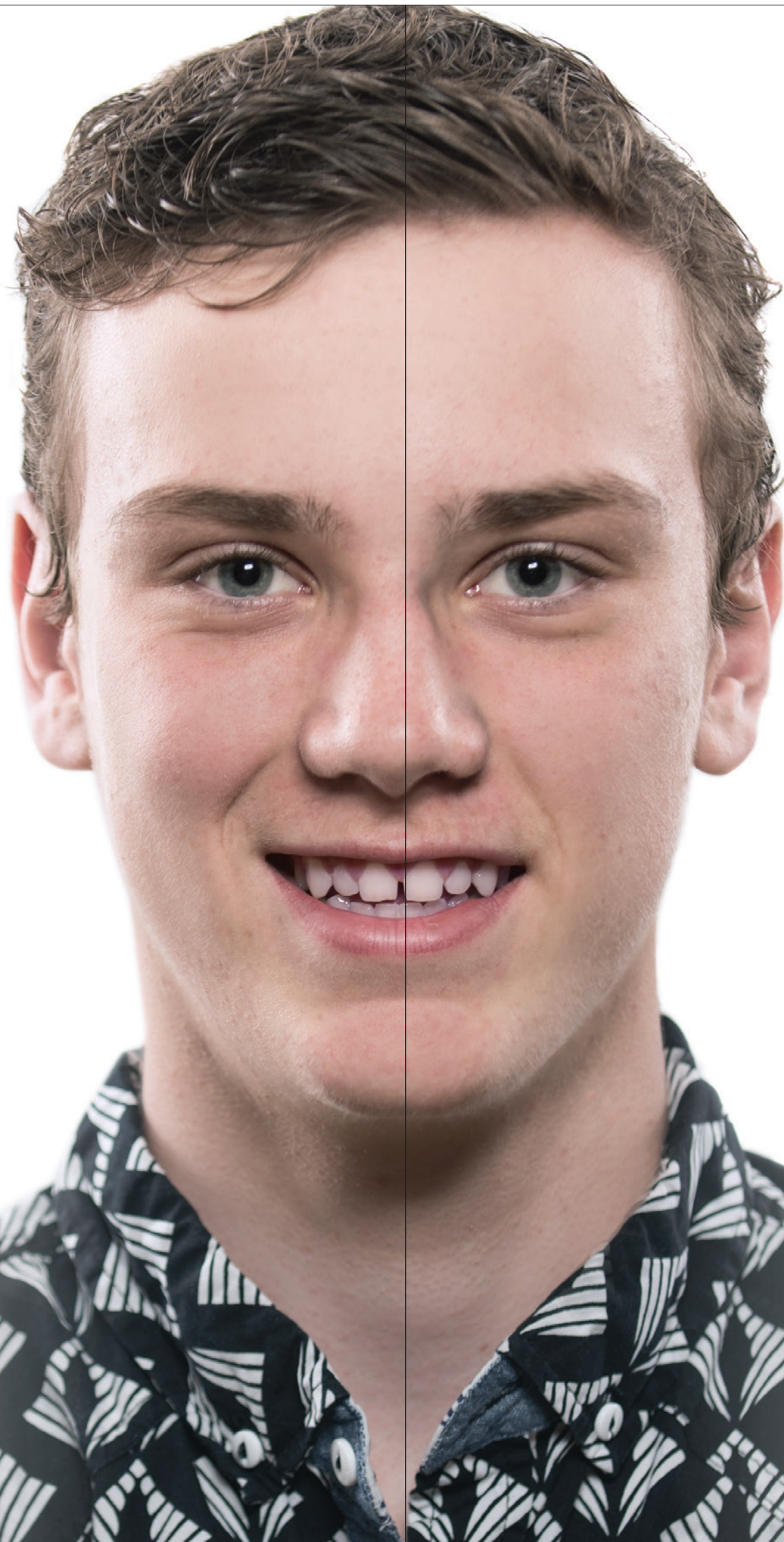
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Shane Kloetstra was diagnosed with type 1 diabetes three years ago, making him one of 1.6 million Ontarians with diabetes. For his family, that number hits especially close to home, because Shane is not alone: his father Dave and grandfather Chuck also live with the disease.

When Shane's grandfather Chuck Kloetstra was diagnosed with type 2 diabetes in his 60s, he already knew what to expect from years of supporting his son's care.

Through his family's journey, and now his own, Chuck has experienced firsthand how advanced treatments for diabetes have become. He is optimistic that there are more breakthroughs ahead – and maybe one day a cure.

That's what inspired Chuck and his wife Barb to join many others in the community and make a gift to the Clinical Research and Chronic Disease Centre at St. Joseph's. They know that research makes better care a reality, and that their investment matters to their grandson Shane... and generations to come.

[CHECK OUT CHUCK'S FULL STORY ON OUR WEBSITE](#)



Chuck, Shane, and Dave Kloetstra enjoying family time together

Flip the page to see what you've made possible for families like Shane's.

YOUR DONATION MEANS A BETTER FUTURE FOR PEOPLE LIKE SHANE

Fully funded through more than \$2M in donor support, the opening of the Clinical Research and Chronic Disease Centre (CRCDC) is making the impossible possible. This one-of-a-kind facility, established in partnership between St. Joseph's Health Care London and Lawson Health Research Institute, is our region's first dedicated clinical research space for chronic disease.

Like Shane Kloetstra (pictured on cover), more than 50% of Canadians live with a chronic disease, and Southwestern Ontario has some of the highest rates in the province. An increasing number of people who seek care also live with more than one chronic disease.

The CRCDC brings together researchers from across Lawson (the research institute for St. Joseph's) to focus on the management of chronic diseases such as diabetes, cardiovascular disease, and cancer of the breast and prostate.

By providing shared space at St. Joseph's Hospital and equipment for clinical trials, the CRCDC is already creating opportunities for interdisciplinary collaboration among researchers with a common focus – enabling patients to live more fully with lifelong illness.



“SO MANY OF OUR PATIENTS HAVE LIVED THE DRAMATIC CHANGES IN CARE AND TECHNOLOGY, HAVE PERSEVERED, GIVEN OF THEMSELVES TO SCIENCE AND AS A RESULT HAVE CONTRIBUTED TO NEW STANDARDS THAT HAVE REVOLUTIONIZED TREATMENT.”

Dr. Irene Hramiak
Chair/Chief, Centre for Diabetes
Endocrinology and Metabolism



Pictured L-R: Dr. Gillian Kernaghan, Dr. David Hill, Michelle Campbell and Sue Allan

Highlights

\$3,019,884 supported innovative research initiatives, including:



The new 6,000 sq. ft. research space at the CRCDC to tackle the urgent need for solutions to chronic disease, which currently represents 67% of health care costs nationwide



Research into the health benefits of gut microorganisms through the Endowed Chair in Human Microbiology & Probiotics



A study exploring which types of breast cancer surgeries are most effective for younger patients



The purchase of autoradiographic equipment that will dramatically improve molecular imaging procedures for early detection of disease

THANK YOU FOR ENABLING HEALTHCARE EXCELLENCE

We are humbled by the generosity of donors like you, and inspired by your impact on patient and resident care. In this year's Community Impact Report, we celebrate some of the many ways that donations allow St. Joseph's to push boundaries that change lives.

This year, St. Joseph's Health Care Foundation unveiled a bold new brand to reinforce our commitment to improving the lives of those we serve. We are proud to stand by our promise that **your donation matters here.**

Your donation matters to patients, who rely on St. Joseph's reputation for compassionate care on their journey of recovery; to residents, who continue to live fully and engage with the community through St. Joseph's; and to the next generation, who look to St. Joseph's to continue to redefine the future of highly specialized care.

As we reflect on our success, we never waver from our Foundation's commitment to support health care innovation and discovery. Every breakthrough improves a life, and every gift makes a true difference. Thank you.

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

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



Pictured L-R: Tania Testa and Michelle Campbell

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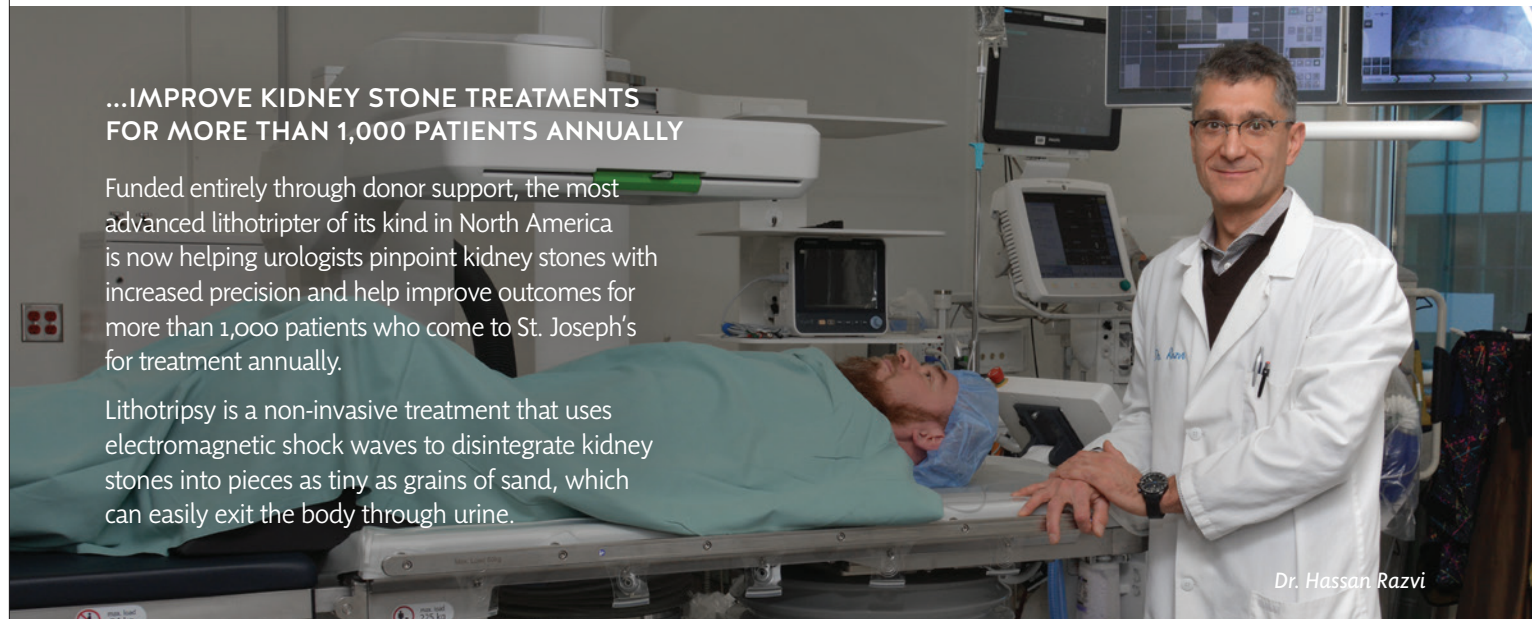
Bill Tucker
Lisa Walters
Paul Way
—
Michelle Campbell,
President and CEO (non-voting)

YOUR DONATION ALLOWS ST. JOSEPH'S TO...

...IMPROVE KIDNEY STONE TREATMENTS FOR MORE THAN 1,000 PATIENTS ANNUALLY

Funded entirely through donor support, the most advanced lithotripter of its kind in North America is now helping urologists pinpoint kidney stones with increased precision and help improve outcomes for more than 1,000 patients who come to St. Joseph's for treatment annually.

Lithotripsy is a non-invasive treatment that uses electromagnetic shock waves to disintegrate kidney stones into pieces as tiny as grains of sand, which can easily exit the body through urine.



Dr. Hassan Razvi

...CHANGE THE SYSTEM TO BETTER SUPPORT YOUTH MENTAL ILLNESS



Youth mental health took centre stage at the 2017 Breakfast of Champions, where Sue Klebold (mother of Dylan Klebold, one of the two shooters at Columbine High School) discussed her life after Columbine, and how it led her to become a passionate mental health advocate.

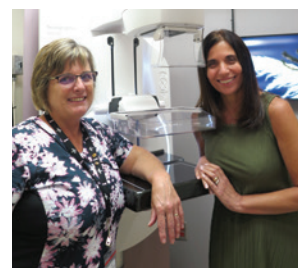
Proceeds from the event benefited St. Joseph's partnership in the Mental Health INcubator for Disruptive Solutions (MINDS), a community collaboration that aims to improve the mental health care system for young people.

...ADVANCE RESEARCH AND SPECIALIZED UROLOGICAL CARE

The 2017 Men's Health Breakfast brought our community together with radio icons Bill Brady and Steve Garrison to hear about the latest trends in men's health and receive expert tips on healthy aging.

Funds raised will advance research and enhance care for people who come to St. Joseph's for specialized urological care, including urinary stone disease, prostate and kidney cancer and many other common diseases of the male and female urinary tract.

...PUT COMFORT IN PATIENTS' HANDS FOR CANCER SCREENING



From innovative technology to environment upgrades, there are several new developments underway in The Norton and Lucille Wolf Breast Care Centre, thanks to the generous support of our community.

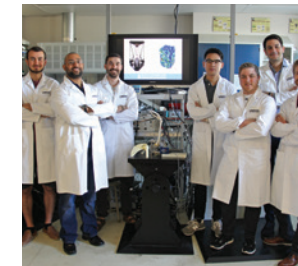
Recognizing that people are more likely to seek care when they feel safe and comfortable, St. Joseph's has become the first Canadian hospital to provide enhanced mammography machines that let patients directly control the degree of compression – and comfort – during their exam.

...BRING NEW HOPE TO THE BREAST CARE JOURNEY

St. Joseph's Breast Care Program once again received proceeds from the Ladies Night for Breast Cancer event at Grand Bend's F.I.N.E. A Restaurant.

Thanks to the dedication of community volunteers and donors, St. Joseph's brings new hope to thousands of women on their journey of care through The Norton and Lucille Wolf Breast Care Centre.

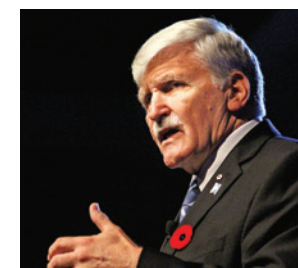
...EXPLORE NEW DIMENSIONS TO PROVIDE TRULY PERSONALIZED ORTHOPEDIC CARE



Working under Dr. Louis Ferreira at St. Joseph's Roth McFarlane Hand & Upper Limb Centre, the surgical mechatronics student research team blends cutting-edge technology with new approaches to clinical care.

Donations to surgical mechatronics enable innovations like virtual reality training systems for surgeons, and 3D printing technology that redefines the idea of personalized care by creating custom-made equipment on a patient-by-patient basis.

...ELIMINATE STIGMA AND HELP TO HEAL INVISIBLE SCARS



Lieutenant General (Ret.) Roméo Dallaire spoke candidly about his mission to eliminate mental health stigma in Canada's military at Tribute 2017. The event honoured Canada's heroes and the invisible scars they often bring home from battle.

St. Joseph's Health Care Foundation was also proud to pay tribute to community leaders Frank and Kathy Longo, whose volunteer leadership and philanthropy have been instrumental in advancing patient care at St. Joseph's.

...BRING VITAL DIALYSIS CARE CLOSER TO PATIENTS



Every day, 15 Canadians are diagnosed with kidney failure, leading to a life-sustaining routine of hemodialysis – and hundreds of annual trips to a dialysis unit for care.

St. Joseph's partnered with London Health Sciences Centre to establish a hemodialysis service in Parkwood Institute's Main Building, with donors supporting renovations to create the purpose-built space required.

Now, inpatients at Parkwood can receive this vital treatment without having to leave, saving them time and energy so they can focus on rehabilitation and recovery.

...IMPROVE CARE AND COMFORT AT CHRISTMAS AND YEAR-ROUND

Season of Celebration



Season of Celebration supported a variety of patient care and comfort initiatives, including the replacement of wheelchairs at Parkwood Institute's Main Building.

Many people admitted to Parkwood require wheelchair support, but do not have their own, and the hospital's inventory is in need of replacement due to wear and tear.

With the support of donors, Parkwood Institute can replace and upgrade the wheelchair fleet to continue meeting the unique needs of every patient and resident.

...IMPROVE ACCESS TO EDUCATION THAT LEADS TO BETTER HEALTH

To help St. Joseph's earn complete confidence in the care we provide, donor funds supported ongoing training and development of staff and clinicians through educational opportunities such as diabetes workshops, breast imaging seminars and nursing conferences.

This year, St. Joseph's also expanded health care education into the community through the launch of the new DocTalks speaker series.



DOC TALKS
Expert Insights About Your Health

**LEARN FROM THE EXPERTS:
REGISTER FOR DOCTALKS ONLINE**
SJHCFoundation.org/doctalks

YOUR DONATION ENRICHES THE LIVES OF RESIDENTS LIKE MAUD AND VERA

Maud Ransom grew up on a farm, surrounded by greenery and animals. That's what made the trip to Heeman's on Mount Hope's new accessible bus her favourite yet. For Maud, "being here with all the flowers makes me feel like I'm back home."

On a spring visit to Heeman's, residents from Mount Hope Centre for Long Term Care marveled at how the garden centre had grown since they first visited with their own families decades ago.

These are the moments that can make trips so special for residents. A community outing can be a chance to step back in time and revisit cherished places and pastimes from life before long term care. Back at Mount Hope, the memories live on as residents share stories from past visits and plan for their next adventure – another chance to stay active in body, mind and spirit.

Through the purchase of a wheelchair-adapted bus, donors have broken the barrier of mobility for many residents, who are now better able to explore the community beyond their residential centre.



Pictured L-R: Vera Mellott and Maud Ransom

"IT MEANS SO MUCH TO US TO BE ABLE TO GET OUT AND DO THINGS LIKE THIS."

Vera Mellott
Resident
Mount Hope Centre for Long Term Care



Thanks to donor support, residents at Mount Hope Centre for Long Term Care are enjoying dozens of day trips every month on their own accessible bus.

At Mount Hope, freedom matters. Without specialized transportation, residents with limited mobility can feel like a destination just down the street is as inaccessible as one that's hours away.

Now, residents at Mount Hope have a brand new bus to call their own – funded entirely with generous donations from the community.

Aptly named the *Freedom Express* by residents, the bus can accommodate up to sixteen residents (eight in wheelchairs) and a staff member or volunteer, allowing residents to engage with their community and visit the places that matter most to them.

"YOU SEE DIFFERENT SIDES OF RESIDENTS AS SOON AS YOU TAKE THEM OUTSIDE... YOU SEE THEIR TRUE PERSONALITIES."

Cory Ewart
Therapeutic Recreation Specialist
Mount Hope Centre for Long Term Care

[TAKE A RIDE ON THE BUS: VISIT OUR WEBSITE TO GO BEHIND THE SCENES](#)

Highlights

\$1,256,917 supported exceptional patient and resident care, including:



The Mount Hope Wishing Well program, which allows residents to realize their dreams and pursue meaningful opportunities like visiting a museum or going to dinner with a friend



The purchase of an additional fetal Doppler monitor to reduce patient wait times and improve prenatal testing at the Family Medical Centre



Enhanced safety equipment for the Veterans Care Program through the purchase of items such as bathtub lifts and grab bars

YOUR DONATION BRINGS LIGHT TO THE DARKNESS FOR PATIENTS LIKE TIM

With donor support, St. Joseph's is better able to protect those who protect us, by providing care and funding research to renew hope after trauma.

On October 5, 2010, Tim Nightingale's life changed. Stationed in Afghanistan, his unit was clearing an area of explosives when an unexpected blast sent the bodies of his fellow soldiers flying through the air. He ran to help, but the casualties were severe. Tim had to wear his blood-soaked clothes for 3 more days.

Tim thought he had been spared an injury... but after his return home, people noticed a change. He experienced flashbacks, he lashed out, and he lived with extreme survivor's guilt.

Tim knew he wanted – needed – to get better. With the help of St. Joseph's Operational Stress Injury Clinic, he learned to care for his mental health, and realized that talking about it is the first step to recovery.

Today, Tim says he's feeling stronger than ever and is finally able to enjoy his life again.



“RESEARCH FUNDING IS CRUCIAL TO HELP US UNDERSTAND PTSD AND IMPROVE THE LIVES OF VETERANS AND THEIR FAMILIES.”

Dr. Don Richardson
Physician Lead
Parkwood Operational Stress Injury Clinic



provide additional care and comfort support, and fund specialized research to further advance care. St. Joseph's is proud to partner and work with VAC in support of our Veterans.

St. Joseph's Operational Stress Injury Clinic (OSI Clinic) is fully funded by Veterans Affairs Canada (VAC). Donor funds



John Franklin and Kyle MacDonald both grew up in military families. Their fathers were proud to serve Canada – but when they returned home, they didn't speak about their experiences. Few Veterans did.

Kyle and John are noticing a shift in society's recognition of the psychological toll of war. They are excited by the programs and care offered to Veterans and soldiers living with operational stress injuries (OSIs), but they know we can do even better.

Inspired by their fathers, Kyle and John have honoured these decorated men through a transformational gift of \$1M to support OSI research and Veterans' care at St. Joseph's.

Their donation will fund research critical to advancing treatments that matter not only to the Veterans who make their home at Parkwood Institute, but to all Canadian men and women who may experience operational stress injuries as a result of their military service.

“WE SUPPORT RESEARCH SO THAT WE CAN MOVE IT ALONG FASTER AND HAVE MORE OF IT, FOR OUR EXISTING VETERANS, BUT ALSO FOR THE FUTURE.”

Kyle MacDonald
Donor

 **GET TO KNOW TIM: GO ONLINE FOR VIDEO AND AN UPDATE ON TIM'S STORY**

Highlights

\$228,731 supported compassionate mental health care, including:



The completion of phase 1 of Canada's first Zero Suicide Initiative, setting a bold goal of making suicide a never event within our health care system



A “wall of hope” to allow patients at Parkwood Institute's Mental Health Care Building to explore and express their spiritual and religious beliefs



Funding for research and system innovation through the Dr. Joseph Rea Endowed Chair in Mood Disorders

ACCOUNTABILITY MATTERS HERE

Philanthropic investments enable medical discoveries and advancements in frontline clinical care that our publicly funded health care system cannot support alone.



Thanks to the generosity of our donors, St. Joseph's Health Care Foundation realized \$11M in cash donations in 2017-18.

The Foundation's continued focus on performance improvement and lean business practices led to impressive results, with operating expenses reduced by 6.6% over 2016-17. The resulting ratio means that for every \$1 of operating expense, the Foundation realized \$3.29 of benefit for the hospital. Investment returns for 2017-18 were also satisfactory at 3.4% net of manager fees.

St. Joseph's Health Care Foundation continues to manage a total endowment fund of \$58.8M, which provides annual support tied to specific care, teaching and medical research areas. In 2017-18, the Board of Directors made the historic – and visionary – decision to establish a separate operating endowment to provide sustainable support for the Foundation itself. Such a fund builds both current and long-term fundraising capacity to better support St. Joseph's programs.

The remarkable success of 2017-18 enabled St. Joseph's Health Care Foundation to invest \$4.3M **where it matters most**: in care, teaching and research initiatives that improve the health of people across our region. Many more large-scale projects have also been approved for funding, which will result in record disbursements for 2018-19. This report showcases just a few of the many worthy projects made possible through donor support. For a complete list of grants made in 2017-18, please visit our website.

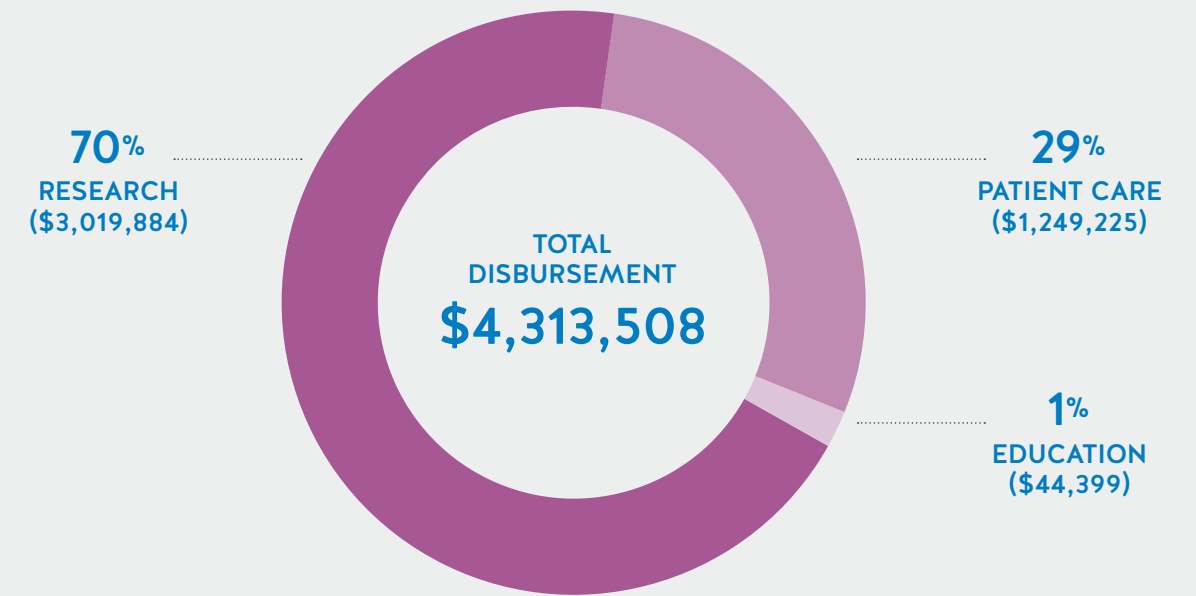
Your support matters here. Thank you for your commitment to the health of our community.

Lesley Cornelius
Treasurer/Director
St. Joseph's Health Care Foundation

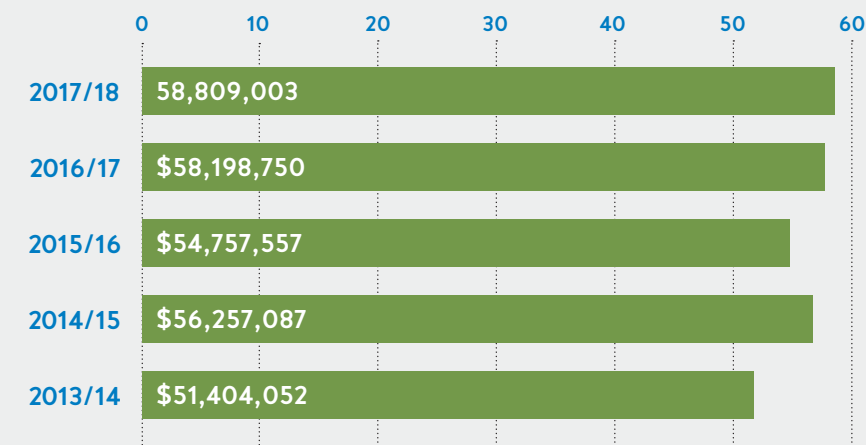


St. Joseph's Health Care Foundation has been accredited by Imagine Canada since 2015 for demonstrating excellence in nonprofit accountability, transparency and governance. The Standards Program Trustmark is a mark of Imagine Canada used under license by St. Joseph's Health Care Foundation.

2017-2018 GRANT DISBURSEMENT



ENDOWED FUNDS



2017-2018 CONDENSED STATEMENT OF INCOME (audited)

| YEAR ENDED MARCH 31 | UNRESTRICTED | RESTRICTED | ENDOWED | 2017-2018 TOTAL | 2016-2017 TOTAL |
|---------------------|--------------------|--------------------|------------------|--------------------|--------------------|
| DONATION REVENUE | \$2,168,205 | \$8,555,808 | \$294,352 | \$11,018,365 | \$11,899,039 |
| EXPENSES | \$1,754,042 | \$911,711 | \$687,876 | \$3,353,629 | \$3,588,757 |
| INVESTMENT INCOME | \$807,562 | - | \$2,147,864 | \$2,955,426 | \$7,014,553 |
| GRANTS | \$1,221 | \$3,168,201 | \$1,144,087 | \$4,313,508 | \$8,192,621 |
| NET | \$1,220,505 | \$4,475,896 | \$610,253 | \$6,306,654 | \$7,132,214 |

In addition to the condensed financial information provided in this report, a complete set of financial statements and 2017-2018 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

Advancing care, finding treatments and easing the burden of disease is what drives the dedicated clinicians, researchers and staff who work at St. Joseph's.

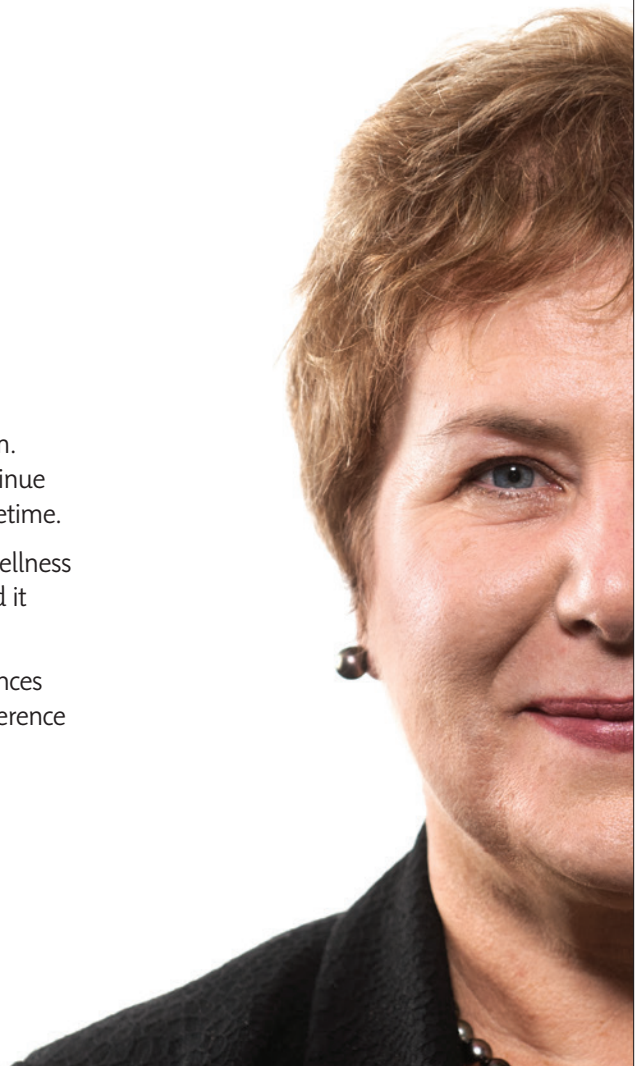
Our aging population presents new challenges to the health care system. Half of Canada's population now lives with a chronic disease, and rates continue to rise. And one in five Canadians will experience a mental illness in their lifetime.

These statistics highlight an urgent need, but we know that the pursuit of wellness is about more than just improving numbers, it's about improving lives – and it wouldn't be possible without the support of a giving community.

Your donation matters here because it enables St. Joseph's to pursue advances in care, education and research that fulfill our promise to make a lasting difference in the quest to live fully.

On behalf of the patients and residents who come to St. Joseph's for care, thank you for your 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.



St. Joseph's Health Care Foundation
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