

# Community Stewardship Report

2014  
2015



# Donors make possibilities a reality

An average day at St. Joseph's is filled with possibilities, whether it's through innovative approaches to treatment or the potential offered by new medical technologies. Each day, these seemingly endless possibilities can be measured in the way people recovering from an accident are inspired to walk again; staff are inspired to gain knowledge to provide better patient care; and scientists are inspired to find new treatments to change cancer outcomes.

For St. Joseph's, it is the generosity of our donors that makes these possibilities a reality. In this, our **2014-15 Community Stewardship Report**, we celebrate what has been achieved as a result of our giving community.

We thank you for your generous support of our work, investing in healthcare innovation and discovery that would otherwise not be possible.

*"Great healthcare is homegrown by communities who want the best for their families, friends and themselves. We are grateful for the generous support of our donors who help make this possible."*

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

*"Donors can feel confident in knowing that their philanthropic gifts are improving the lives of thousands touched by St. Joseph's care."*

**Peter Mastorakos**  
Chair, Board of Directors  
St. Joseph's Health Care Foundation



## Looking back at the year

For a full listing of grants made to patient care, education and research, please visit the St. Joseph's Health Care Foundation website at [sjhcfoundation.org](http://sjhcfoundation.org)



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**1. An event that eclipsed all others**

St. Joseph's Tribute Dinner was out of this world thanks to featured speaker Col. Chris Hadfield. The event showcased St. Joseph's role in rehabilitation and highlighted the cutting-edge equipment in the Locomotor Training program, made possible through donor support.

**2. In tune for mental health**

Through words and song, Chantal Kreviazuk moved a sold-out crowd at Breakfast of Champions, helping to raise awareness and support for patients experiencing mental illness in London and region.

**3. Legacy that lives beyond the fun**

The third and final Bust a Move went out on a high note, having raised \$476,421 through participant, sponsor and donor support. Proceeds benefitted the Breast Care Clinical Research and Tumour Biobank in Lawson Health Research Institute at St. Joseph's Hospital.

**4. The time for mental health care**

Great-West Life, London Life and Canada Life announced a gift to London's hospitals to support mental health care environments and transitions in care for people of all ages in the region.

**5. Scoring big for veterans' care**

The 2014 Memorial Cup paid tribute to Canada's veterans while supporting care programs that promote the health and well-being of veterans living at Parkwood Institute, as well as outpatient services for actively-serving soldiers and veterans.

**6. Running to support that someONE**

Theresa Carriere's 100 km fundraising ONERUN raised more than \$150,000 for breast care thanks to her indomitable spirit and community support. Part of the proceeds went to the Breast Care Clinical Research and Tumour Biobank.

**7. Celebrating Season of Celebration**

Season of Celebration celebrated 25 years of funding frontline care and comfort items to people in hospital during Christmas and year-round. Donations helped to purchase items like pressure-reducing mattresses, blanket warmers, ultrasound machines and rehabilitative equipment.

**8. Super trooper**

Trooper Mark Wilson Ride, hosted by 1st Canadian Army Veterans Ortona Unit, raised more than \$13,000 in support of the Veterans at Parkwood Institute. The event commemorates the life and sacrifice of Londoner Mark Wilson, who died while serving in Afghanistan.

**9. In the swing**

Parkwood Hospital Charity Golf Classic, presented in partnership with Leners LLP, celebrated 20 years of enriching the lives of people in our region who are recovering from an illness or injury.

**10. Philanthropic family**

After receiving care for his acquired brain injury, Rob Staffen and his family hosted a golf tournament in St. Marys to raise community awareness and donations for traumatic brain injuries and mental health care, with proceeds supporting programs at Parkwood Institute.



*“I want people to be just as happy as I am. I want people to have hope.”*

Lee Thibeault

To view a full listing of **grants made to patient care**, please visit the St. Joseph’s Health Care Foundation website at [sjhcfoundation.org](http://sjhcfoundation.org)

# Donors make *better care* possible

## Giving hope one step at a time

Eighteen months ago, Lee Thibeault (left) – a fit and outgoing 26-year-old aircraft engineer – had a fateful encounter that almost took his life.

Returning home from a motorcycle ride, Lee was thrown from his bike trying to avoid a driver going the wrong way down a one-way street. The hit and run left Lee paralyzed from the chest down. For the vibrant and gregarious young man, life suddenly appeared hopeless.

After several weeks of intensive care, Lee was sent to Parkwood Institute for further recovery and rehabilitation that would prepare him for life as a paraplegic. Working with a physiotherapist in the ground-breaking Locomotor Training (LT) program, Lee became inspired by the belief that he could walk again.

The LT program helps people with a spinal cord or acquired brain injury regain lower body strength and, in some cases, walk again. It uses a body weight support treadmill which has a harness that holds the patient upright. Parkwood Institute is the first hospital in Canada to have purchased the equipment, which now includes the Lokomat – a robotic system that automatically moves the patient's legs while he or she is on the treadmill.

**Donor support makes it possible for people like Lee to have access to innovative technologies like the Lokomat.**

## Quicker recovery with non-invasive kidney stone treatment

One in ten Canadians will experience a kidney stone in their lifetime, a condition that causes excruciating pain often compared to childbirth.

The lithotripter, a non-invasive way to break up kidney stones, is helping patients heal and recover much sooner than they would with conventional surgery.

**Donor support makes it possible for people to receive lithotripsy at St. Joseph's Hospital, which treats more than 1,300 people annually in Southwestern Ontario.**



## Creating wellness through art therapy

For residents at Mount Hope Centre for Long Term Care, the Wellness Program offers individualized art therapy that provides physical, emotional and cognitive stimulation, especially for those who have experienced difficult life-changes.

**Donor support makes it possible for residents to explore new areas of interest through arts and crafts, reduce their loneliness through socialization and provide diversion from chronic pain.**

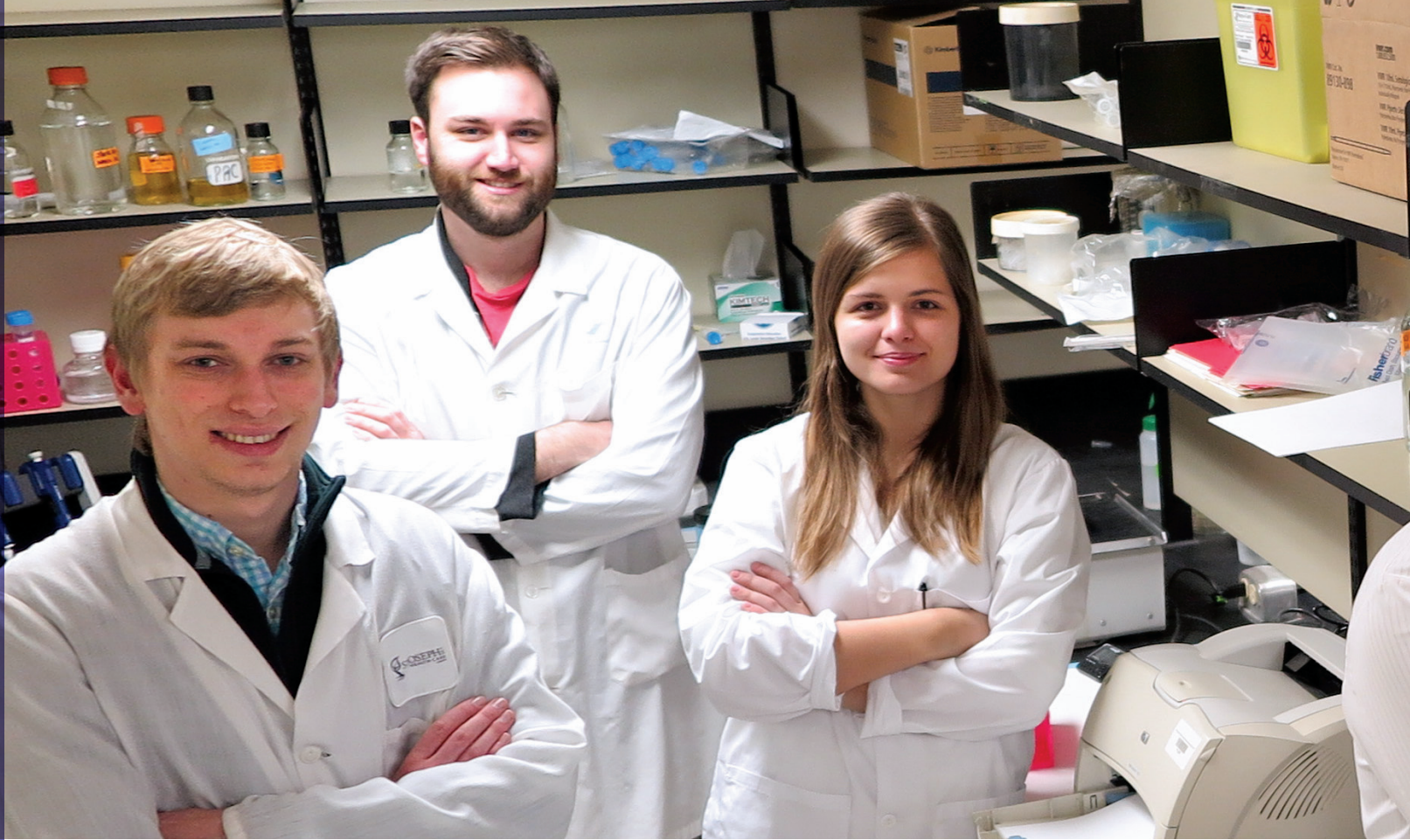


## Helping seniors and veterans maintain mobility

Routine activities such as standing up and sitting down are crucial functions for an elderly person's independence and self-esteem. The NeuroGym Sit-to-Stand Trainer helps veterans who live at Parkwood Institute strengthen their weight-bearing muscles involved in the act of sitting and standing.

**Donor support makes it possible for Canadian veterans to improve their mobility and balance, and be more independent.**





# Donors make *research* possible

## Microbiology/Probiotics Research

The human body is host to an entire ecosystem of bacteria called the “microbiome.” Until very recently, scientists only considered bacteria in the context of disease. Now, research is showing the microbiome plays a key role in promoting health.

Lawson Health Research Institute is home to some of the top microbiome scientists in the world, including Dr. Jeremy Burton (centre, above) who holds the Miriam Burnett Chair in Urological Sciences.

Dr. Burton and his team have established a link between the microbiome and urology, exploring treatments and preventions for kidney stones, urinary tract infections and bladder cancer.

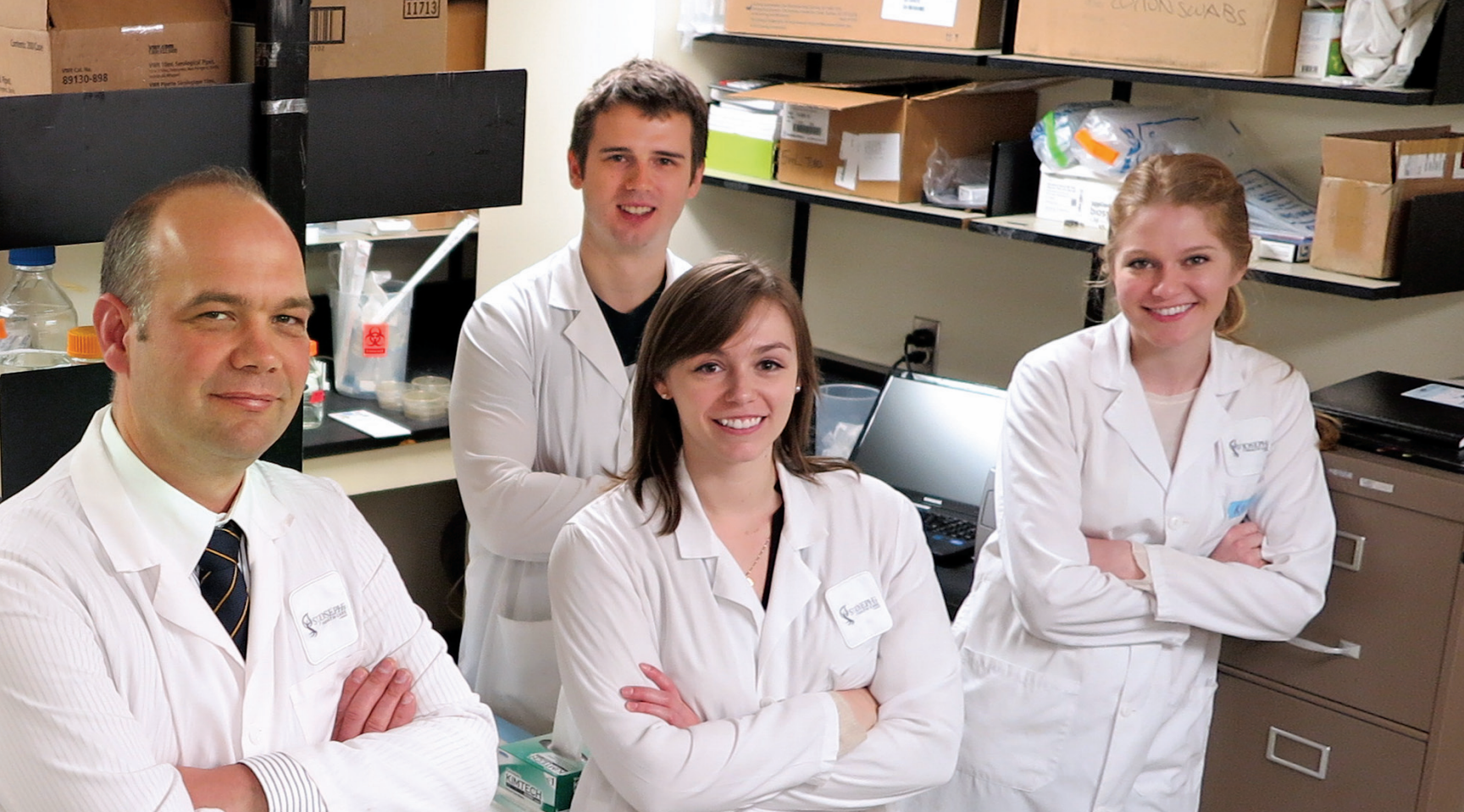
But that’s just one of the areas that the microbiome can have a positive impact. Scientists are also looking into the treatment of arthritis, mental illness and other kinds of cancers.

Working closely with the clinical staff at St. Joseph’s, Dr. Burton is driving discoveries that promise to improve patient care and quality of life.

***Donor support makes it possible for St. Joseph’s to advance care and innovation through bench to bedside research.***

*“Through generous support, I have funding to launch research projects faster than I ever could have hoped. I am incredibly grateful.”*

**Dr. Jeremy Burton**



## Synergies to support research & care

One in four people in Southwestern Ontario live with a chronic disease. At St. Joseph's Hospital, a new clinical research centre will address the management of complex chronic diseases such as diabetes, breast cancer and cardiac rehabilitation.

This centre will create exciting synergies, support exceptional research and advance care.

***Donor support makes it possible for discoveries in the lab to be put to immediate use in hospital care.***

## Fast-tracking breast cancer discoveries

A first for London, the tumour biobank at Lawson Health Research Institute is an important resource to fast-tracking discoveries in breast cancer diagnosis, treatment and prevention.

The cryogenic freezer houses a number of samples collected from newly-diagnosed cancer patients who are willing to take part in pre-operative clinical trials that may some day advance their own care.

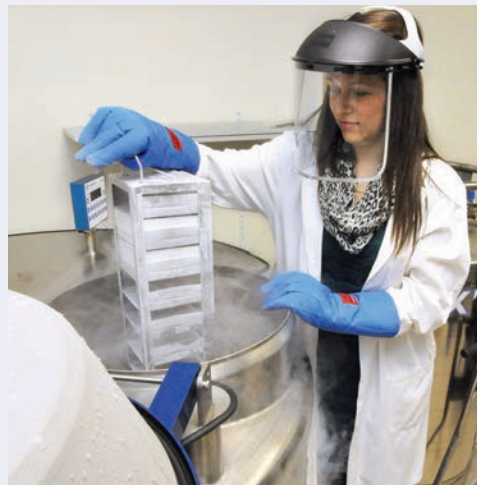
***Donor support makes it possible to advance cancer research and create new care outcomes.***

## New advances in diabetes care

Leading-edge clinical trials and scientific research at Lawson Health Research Institute is advancing care in diabetes through the strong leadership of Dr. David Hill, the Helen and Frances Lawson Chair in Diabetes Research.

Supporting new discoveries and advances in diabetes care, the Chair is also developing the next wave of scientists to support the work of St. Joseph's.

***Donor support makes it possible to translate research into better treatments and offer new hope.***





*“Patience, respect, caring and being understood are gifts that nurses give to those we care for.”*

Wendy Robinson



# Donors make *learning* possible

## Honouring nursing excellence

Each day is different for Wendy Robinson (left) – who works as a nurse in Adult Ambulatory Services, at Parkwood Institute’s Mental Health Care Building – as some days are challenging while others, rewarding.

For example, a patient of Wendy’s who had once been the provider of his family, now lived a life full of anxiety, choosing to only interact with his dogs. It took her a year to gain his trust.

By believing in him and supporting his goals, Wendy’s patient was able to fulfill his own goal: buying a Christmas present for his daughter. The trip to the mall, which was once a terrifying act, was a success and a turning point in his recovery.

With her compassionate outlook on nursing, Wendy has shown excellence in her field and was presented the 2014 Nancy White Memorial Fellowship Award.

Nancy White was a graduate from the School of Nursing at St. Joseph’s Hospital as well as a much respected teacher. The fund, established by her family to honour her memory, provides financial support for continuing education in nursing.

***Donor support makes it possible for nurses like Wendy to continue pursuing education, translating knowledge into care and compassion into leadership.***

## Informing patients to improve care

The Jolliffe Resource Centre at St. Joseph’s Ivey Eye Institute provides patients with educational materials from recognized sources such as the Canadian and American Ophthalmological Societies.

The pamphlets cover a variety of eye conditions, including cataracts, laser surgery and macular degeneration. The addition of these materials augments the expertise of Ivey Eye clinicians to help inform patients and caregivers.

***Donor support makes it possible for patients to access information that enhances their care.***

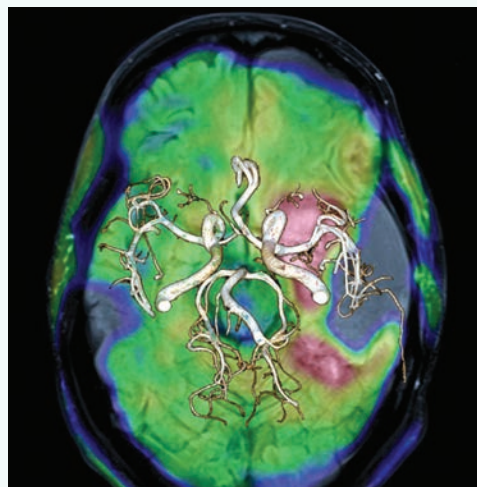


## Enhancing knowledge to enrich care

Tracy Jardin is expanding her background from clinical psychology to forensic psychology in order to better serve clients at the Southwest Centre for Forensic Mental Health Care.

The five-day workshop Tracy attended provides 40 hours of training on subjects, such as clinical judgment, ethical issues, cultural considerations and violence risk assessment in order to provide clients with compassionate and excellent health care.

***Donor support makes it possible for people like Tracy to attend educational workshops to enhance their skill sets, add knowledge to clinical teams and enrich patient care.***



## Advances in learning to remain at the forefront of care

CT Technologists from St. Joseph’s Hospital attended a *Case Tutorial on Neuroradiology and Head and Neck Imaging*, to analyze cases involving the brain, spine, and head and neck led by experts in their field.

The seminar taught cutting-edge practices in diagnostic imaging as well as how to integrate these new imaging techniques into clinical care.

***Donor support makes it possible to provide the most advanced information to clinicians, in order to stay at the forefront of health care.***



# Thanks to donors who entrust us with their gifts, we are able to *invest in critical health care needs* in our community.

Donation revenue for fiscal 2014-15 was \$6.7 million, representing a 3% increase over the prior year. Total expenses were \$3.6 million, representing a small increase of 1.7% over the prior year.

St. Joseph's Health Care Foundation also received a \$5 million grant from the City of London to advance the unique London Medical Innovation & Commercialization Network, a collaboration of local hospitals, research institutes and Western University. Due to conditions of the grant, it cannot be recognized as revenue until the payment flows from the Foundation to the Network later in the new fiscal year.

The Foundation continued to further its work in a multi-year, robust fundraising performance improvement strategy that has positively impacted its operational plan. Rebalancing activities in favour of lower cost/higher return programs and process improvement are already having a beneficial impact on operations. We believe our organization is the first of its kind in Canada to embark on such a process designed to assist the Foundation in building sustainable growth.

Investment returns have been positive, with investments earning 14.4% in annualized returns. This has resulted in total growth in the Foundation's fund balances to \$68 million. Of this amount, \$56.2 million is related to endowments held in trust and in perpetuity by the Foundation.

Over the year, the Foundation granted \$4.9 million to St. Joseph's Health Care London and Lawson Health Research Institute, the research arm of St. Joseph's. These funds supported key research initiatives, patient care and educational needs, some of which are highlighted in this report.

On behalf of the Finance & Audit Committee, I am pleased to extend my thanks to our donors who have made health care innovation and discovery possible through the Foundation.

#### **Tim Brown**

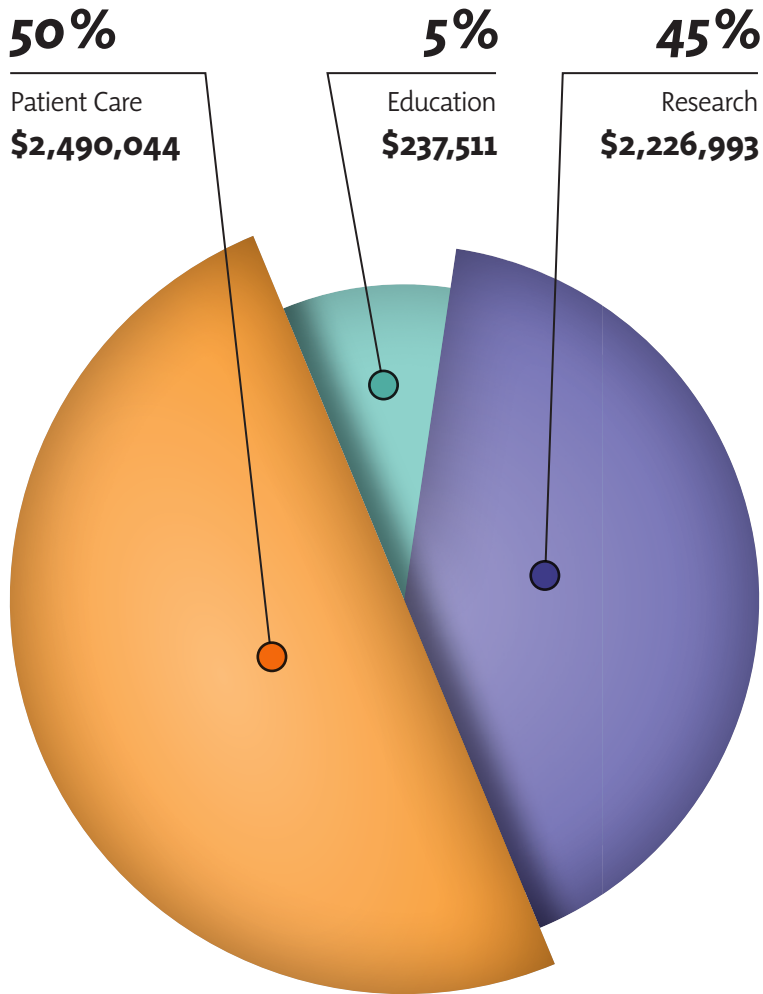
Chair, Finance & Audit Committee  
Member, Board of Directors  
St. Joseph's Health Care Foundation

***"Over the year the Foundation granted \$4.9 million to St. Joseph's Health Care London and Lawson Health Research Institute."***

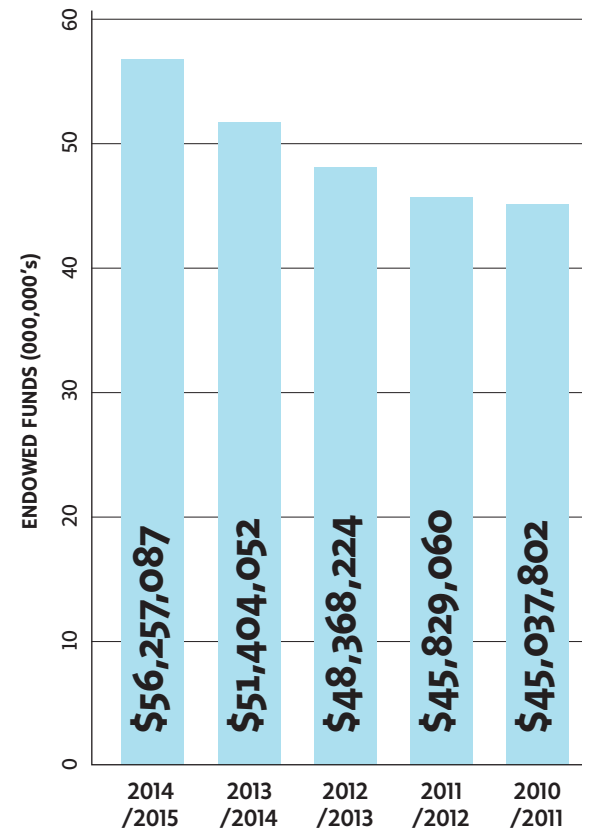
**Tim Brown**

## 2014-2015 Grant Disbursement

Total Grant Disbursement: **\$4,954,548**



## Endowed Funds



## Return on Investment

**\$1.00** investment = **\$1.87** benefit

CONDENSED STATEMENT OF INCOME (UNAUDITED)					
Year Ended March 31	Unrestricted	Restricted	Endowed	2014-2015 Total	2013-2014 Total
Donation Revenue	\$ 1,552,946	\$ 5,131,395	\$ 64,565	\$ 6,748,906	\$ 6,530,592
Expenses	\$ 1,941,680	\$ 1,237,496	\$ 431,845	\$ 3,611,021	\$ 3,552,042
Investment Income	\$ 1,412,960	-	\$ 7,068,995	\$ 8,481,955	\$ 5,487,016
Grants	\$ 511,712	\$ 3,285,585	\$ 1,157,250	\$ 4,954,547	\$ 2,652,179
<b>NET</b>	<b>\$ 512,514</b>	<b>\$ 608,314</b>	<b>\$ 5,544,465</b>	<b>\$ 6,665,293</b>	<b>\$ 5,813,387</b>
<b>Restricted Grant</b>		<b>\$ 5,000,000</b>			

### THE HIGHEST STANDARD OF PERFORMANCE

St. Joseph's Health Care Foundation is committed, both through policy and practice, to ethical fundraising practices and the highest standards of financial accountability. The Foundation is proud to be one of the more than 350 national charities granted the use of Imagine Canada's Ethical Trustmark.





**“Thank you.**

**Through the generosity of our donors, we can continue to bring hope, compassion, innovation and excellence to those we serve.”**

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

St. Joseph's Health Care Foundation  
550 Wellington Road  
London ON N6C 0A7 519 646-6085

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

**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.

**2014-2015 Board of Directors**

Peter Mastorakos, *Chair* Ian Dantzer, *Vice-Chair*

- |                       |                 |
|-----------------------|-----------------|
| Sally Aarssen         | Paul Kiteley    |
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| Dianne Evans          | Tania Testa     |
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| John Haasen           | Brian Waltham   |
| Dr. Gillian Kernaghan | Paul Way        |

Michelle Campbell, *President & CEO*

**ON THE COVER**

Canadian astronaut Col. Chris Hadfield and Mike Munro in the rehabilitation gym at Parkwood Institute, where they exchanged stories of rehabilitation and how new innovations, like the Locomotor Training Program, are advancing rehabilitative care.



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