

From Us, To You: A Conversation With Our Community

GRATITUDE REPORT,
SUMMER 2020

Jennifer Gillivan,
President & CEO, IWK Foundation

To Our Loyal Supporters,

I've started this message several times. What you have in your hands now would have been our annual update on all of the incredible things that you, as passionate donors, have helped us achieve for the IWK and Maritime patients and their families.

*As you are all aware, these last several months have been unlike anything we have experienced in recent times. **Our world has changed.** Our history has changed. Our community looks and feels very different than it once did.*

During this time the Foundation Team and I have really been listening to you, using your pulse to help guide us through to whatever the

other side of these uncertain times look like. What I hope to share is how you have helped shape the IWK this past year and how together we will continue to be there for IWK patients and their families.

Our shared goal, no matter what obstacles we face, is that when women, children and youth need the IWK, they continue to receive the same exceptional care, both today and in the future. They still need us—this will never change.

By now, we would have celebrated our 36th IWK Telethon for Children on CTV. While that couldn't happen we wanted to celebrate last year's 2019 IWK Telethon's milestone year of giving with you.

—Jen

Celebrating 35 Years of a Maritime Tradition

Through the generous support that comes from every corner of the Maritimes, the **IWK Telethon for Children on CTV** continues to exemplify the spirit of community giving.

As supporters of the IWK, many of our donors fundraise throughout the year and traditionally come together for our annual celebration in the form of the IWK Telethon broadcast. We'll never forget our shared excitement in 2019 as we announced our highest Telethon campaign total ever—**\$6,719,186.35**. An achievement made possible because of you. For those of you who contributed again this year in the absence of our broadcast—thank you. We are humbled by your support during these times and for helping to keep the spirit of Telethon alive.



Our donors are known for their unwavering commitment to the IWK. The security and comfort that this brings patients and their families receiving care is immeasurable. For over three decades, you have been by our side, helping support life-changing care of patients. Patients like Katie Hallett and Joshua Mazerolle who've relied on specialized medical equipment that you helped make possible. –Jen



A Home Away From Home for Katie

Katie Hallett,
Shelburne, NS

It's not uncommon to hear patients say that the IWK is like a home-away-from-

home. For eight-year-old Katie Hallett from Shelburne, NS it was her very first home where she lived for the first 630 days of her life.

Upon her birth, Katie was diagnosed with a condition called laryngeal cleft type 4 that meant the tissue between her larynx and esophagus was not completely fused, creating life-threatening respiratory and feeding issues. Over the years she had dozens of surgeries to help repair and correct her condition and for most of her life Katie has had a tracheostomy tube to help her breath. Last fall she was finally able to have it removed.

Ear, nose and throat surgeons performed the complicated and delicate procedure of reconstructing Katie's whole trachea and esophagus. It required the use of donor-funded equipment such as a surgical telescope that connects to a camera allowing the surgeon to clearly see and perform surgery without large invasive incisions. Surgeons have used these telescopes in at least 43 of Katie's many operations.

"In Katie's short lifetime she has been touched by donors at every turn," said Tami, Katie's mom. "When you see how well she's doing today, it drives home how grateful we are for their support."

Making Life More Comfortable for Joshua

Since birth, eight-year-old francophone Joshua Mazerolle of Beresford, NB has been traveling to the IWK every four to six months for care. He suffers from Cryopyrin-associated periodic syndrome (CAPS)—an extremely rare, hereditary inflammatory disorder. It causes inflammation throughout his body and can leave him with symptoms such as fevers, headaches, vision problems, joint pain and swelling.

At the IWK Joshua is seen by many care teams and his family receives interpretive support through the IWK's Bilingual Services Coordinator Nurse Renette Amirault-Laing. "Joshua's condition is very complex," says Renette. "I help him and his parents, Nancy and Léon, to convey and receive health care information in French while here at the IWK or from home."

During his trips to the IWK Josh always visits the IWK's Outpatient Blood Collection Laboratory for updated blood work. Here, he is often seated in a power chair, that donors like you helped fund, that allows the blood technician to adjust the height and position of the chair to provide a more comfortable experience for patients and staff.

"Joshua's family is grateful for his incredible care team at the IWK, as well as the many donors that have helped him, and will continue to help him, along his journey," says Renette.



Joshua Mazerolle, Beresford, NB

Together Our Future will be Stronger!

I am always so humbled to learn about donors who have thoughtfully planned the future impact they can have at the IWK. On a personal note, I am honoured to have known past IWK patient Andrea Crowe and her mother Anne. Both ladies have been deeply connected to the IWK and it is heartwarming for me to see Andrea's passion for the IWK live on. –Jen

A legacy is what we leave behind today to help build tomorrow.

One's life is not measured in number of years lived, but by the impact they have had while living. There is no truer statement to describe the life and legacy of Andrea Crowe.

Andrea was a former patient and special friend of the IWK who truly impacted everyone she met. She was vibrant, caring, witty and extremely wise beyond her young years. Her smile lit up the room and she was relentless in her endless strength and determination. Everyone learned a life lesson from Andrea.

When she was not battling her illness in hospital, Andrea was dedicated to her very successful Hi-Calibre Holstein business and to health advocacy with decades of public speaking and volunteering for the IWK. Andrea was selected as the first IWK Telethon Champion Child for the Children's Miracle Network and was later recognized for her tireless humanitarian efforts. There was no one more passionate than Andrea and her mom, Anne, about advocating for the needs of patients, families and the IWK.

Sadly, Andrea passed away in 2013 at age 27 after her courageous battle with a long list of severe auto-immune rheumatologic conditions. To celebrate Andrea's legacy, her family and friends established an endowment fund in her honour to raise funds to support ongoing research in pediatric auto-immune conditions. Anne and other members of her family are leaving a gift in their Will to help create a Research Chair in Translational Rheumatology to improve the understanding of childhood auto-immune and auto-inflammatory conditions.

Andrea's vision was to leave a legacy of discovery and implementation where no child would have to go through what she had gone through. At a very young age, she realized that

her health experiences could positively impact the lives of others. What a remarkable gift to give.



Thank you Andrea for the impact you had and will continue to have. Your passion, spirit and legacy will forever live on at the IWK—never before have we been more grateful.

Take a moment to reflect on what it would be like for Maritime patients, like Andrea, if the IWK was not here. A gift in your Will helps to secure their future.

To find out how you can leave the IWK Foundation a gift in your Will, please visit iwkfoundation.org/plannedgiving or contact:



Mary Theresa Ross
902-470-8240
mary.ross@iwk.nshealth.ca or



Nichole Garnett
902-470-7338
nichole.garnett@iwk.nshealth.ca

A Dream Come True

Thanks to your support, in the summer of 2019, donors helped open the doors of the IWK's Neonatal Intensive Care Unit—NICU South. This milestone was 100 per cent donor funded and means that all NICU babies and their families now have their own private space to thrive.

An incredible dream realized for those who helped make it possible and a place where dreams come true for families like the Zarkechvari Miller Family. –Jen

When you look at the joy that radiates from the Zarkechvari Miller family you, as an IWK donor, should know the role you played in their happiness. After a seven-year, heartbreaking journey of trying to expand their family, Shannon and her partner Kian learned they were pregnant—with triplets! “To say we were shocked would be an understatement,” said Kian. “But we were over the moon to finally give our daughter Myla the siblings we dreamt of.”

Everything was going well with Shannon's pregnancy until this past January when she found herself in labour—two months early. Lilliana entered the world first, coming in small and mighty, and was soon followed by her sister Tahlia and then their brother Alexander.

Premature babies are at risk for a condition called Respiratory Distress Syndrome and this was true for all three Zarkechvari babies. They were experiencing a lack of oxygen at birth and having difficulty breathing and were immediately transferred to one of the new private rooms in the IWK's Neonatal Intensive Care Unit (NICU) for care.

“Having the triplets born so early was frightening,” said Shannon. “But we were



Shannon Miller & Kian Zarkechvari with Tahlia, Lilliana and Alexander.

comforted by being together in the same room with access to the life-saving equipment our babies needed to survive.”

Under constant care in NICU the babies started to thrive. However, Alexander suffered a set-back as he developed an air leak. Here, air escapes from the lungs and puts pressure on the lungs from the outside. He needed acute emergency care to save his life.

“It's a moment I will never forget,” said Kian. “We waited so long and to lose my son would have been so devastatingly heartbreaking.”

Thankfully Alexander survived and in March, the triplets were healthy enough to go home one by one. Since being discharged, they continue to visit the IWK for perinatal follow-up appointments. Lilliana was diagnosed with a small heart murmur so she continues to be monitored by the team at the IWK Children's Heart Centre.

“Having the critical care we needed provided by the team in NICU was vital for our babies to survive,” said Kian. “We are eternally thankful to everyone who invested in the unit, because by doing so, you invested in our babies.”

To learn more about the Zarkechvari triplets visit iwkfoundation.org



Tahlia



Alexander



Lilliana

Revolutionizing Pediatric Intensive Care

A few years ago we asked the Maritime community to help us transform critical care at the IWK.

Thanks to your generosity a new Pediatric Intensive Care Unit (PICU) is set to open its doors this fall.

The timing of this couldn't be more critical. In these recent months the IWK has learned how essential private patient rooms are, not only for care and healing, but for infection control.

For Dr. Chris Soder, the redevelopment of the IWK's new 10 patient room PICU was a dream he envisioned for many years. – Jen

Dear Donor,

When I joined the IWK team as new doctor in 1981, I was part of the team that designed the first pediatric intensive care unit. At the time, it was a state-of-the-art unit with an open-bay concept that allowed care teams clear visibility to all patients.

But changes in how care is delivered and improvements to technology and life-saving equipment meant that our current space no longer met our needs.

The physical space is often crowded and noisy with only a curtain separating patients. The lack of privacy is an additional stress for families during what is already a difficult time. Our new PICU is going to change this.

The unprecedented challenges we've recently faced with this global pandemic have highlighted how important our health care system is to all our communities with an essential focus on critical care.

Together, we are creating a healing and safe space that our critically-ill patients and their families deserve, right here in the Maritimes.

Sincerely,

Dr. Chris Soder



More Than Just a Bed

For patients at the IWK a bed is a life-saving piece of equipment. At greater than 14 years old, 95 of the IWK's beds are obsolete and replacement parts are no longer available.

We need \$1.425 million to purchase a new fleet of wireless smart beds. Be it through our direct mail campaign, responding to a personal ask, corporate gift or through donations at fundraising events, donors have helped fund half of the beds to date.

Thank you to those who helped us get this far. – Jen

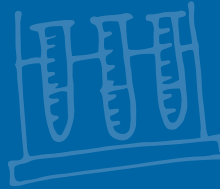
AN INVESTMENT HITS HOME

For Lindsey and Roger King of Dartmouth, NS purchasing a new wireless smart bed, hit close to home this past spring. Following a procedure, their eldest daughter Ivy recovered in one of these new beds at the IWK. It reinforces how critical community support is to help us purchase the remaining beds for IWK patients like Ivy.



"We became IWK Foundation donors because we believe Maritime children deserve the best. Little did we know that our daughter would need the very same piece of equipment we helped buy. Seeing her recover in the same bed was extremely impactful both as a parent and a donor."

– Roger King, Ivy's father



In It Together

In 2020 the world has faced unprecedented events and the effects of the COVID-19 pandemic have been felt by each and every one of us. At the Foundation, like so many of you, we immediately adapted our working lives to new spaces (our homes) and have listened more deeply to what is happening to the community around us. My team has done this by reaching out to many of you to see how you are managing and let you know we are thinking of you.

Many of you, have been impacted personally either through illness or loss—loss or change of employment status, loss or temporary closure of businesses, and sadly the loss of loved ones. But, what I have also seen is a tremendous strength, resilience and determination from the community to not let these uncertain times get the best of us.

What I know for certain is that patients and families are still receiving vital care at the IWK and are thankful, now more than ever, for donor support. And, that despite challenging times, donors like you, continue to be there for our women and children who need them.

This willingness to give has allowed us to create new opportunities to support the IWK during these uncertain times. -Jen

SHOWING YOU CARE IN EXTRAORDINARY TIMES

Through the support of you our donors, we've been able to create two funds and support a new virtual mental health program at the IWK.

- The **COVID-19 Response Funds** allows donations to be directed to the IWK's highest priority needs at that time.
- The **COVID-19 Research Fund** is directed to the work of the Nova Scotia COVID-19 Health Research Coalition. Together with eight other organizations in the Nova Scotia research community, the IWK Foundation is a proud member of this innovative partnership. The coalition has come together to respond to the COVID-19 global pandemic with a \$1.5 million collective investment in COVID-19 focused research.
- One in five children and youth have a current mental health problem warranting intervention. Through donor generosity, a **Virtual Mental Health Program** has been developed to allow the IWK Mental Health and Addictions team to deliver many of their services virtually to support patients and families during and after this pandemic.



The Battle of Her Life

Faster and quicker. This was how Jaime Spicer aspired to be on the ice during her ringette games and what led her to be in, what her mom, Lori, calls, "the battle of her life."

A very competitive sportswoman, Jaime succumbed to the belief that if she was thinner, she could be better at her game. She started to become very food conscious, counting calories and watching what she ate.

Her family noticed that she was losing weight, cold all the time, and becoming lethargic. Then, came the day that she felt very weak at school and went directly to the IWK. From here, Jaime was admitted as an inpatient at the IWK where she stayed for almost one month. At the time of her admission she was 90 pounds and her heart rate was extremely low. In the weeks ahead Jaime would be transitioned



"I'm thrilled that the new virtual mental health program will be there to help patients who need guidance during, and after, the pandemic."
-Jaime Spicer

to the IWK's eating disorder clinic where the team helped diagnose her with Anorexia nervosa.

"Jaime's psychologist Dr. Amber Johnston and the rest of the Eating

Disorder team, were there to not only help Jaime through her journey, but also us as a family," said Lori. "Jaime was able to develop healthy habits around eating and we were able to support her."

Today Jaime is thriving and living her best possible life. This fall she plans to start her nursing degree at St. Francis Xavier University.

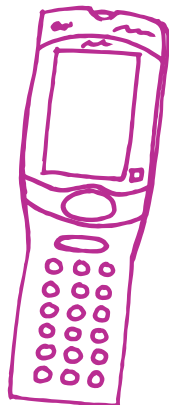
"The team at the IWK was there when I needed them the most," said Jaime. "I'm so grateful to all of them. I now have the tools and mindset I need to live my life healthy and happy,"

You Ensure Patients Have the Best Here at Home

Much like a well-used car that needs to be replaced, the same is true for equipment and technology at the IWK. We are very thankful that throughout the year you are always there to help make sure the IWK has the most updated and advanced equipment, tools and technology to help patients get the very best treatment. Below are just two of the vital pieces of equipment that you've helped make possible - Jen

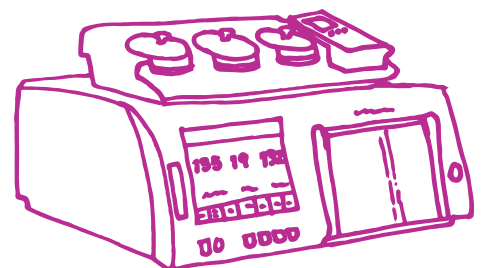
STAT ANALYZER ▷

Portable clinical stat analyzers are designed to be used at a patient's bedside for critical care tests such as blood gases, electrolytes, metabolites and clotting of the blood used for acute or chronic treatment of children who require various types of dialysis. You've helped fund two.



TELEMETRY UNIT ▽

Telemetry units are a cableless fetal monitoring system that allows pregnant moms the freedom to stand, sit, walk, change clothes and take a relaxing shower or bath during labor. All information gathered on mother and baby is then fed into a fetal monitor and transmitted directly to the central monitoring station to allow continuous monitoring of the baby's heartbeat. You've helped the IWK purchase three of these units.



The IWK Still Needs Us



The face of fundraising has changed and it might never return to what it once was. The Foundation team is dedicated to working with each of you to help you navigate how you can continue to fundraise and support the IWK in this new world of virtual contact and social-distancing. We are here to encourage you and to help you get creative and innovative in the ways you can continue to make an impact.

Throughout 2019-2020 you, our donors, have helped us realize countless dreams at the IWK. In the face of this pandemic, those that still can, have continued to show up for IWK patients—for that we are so grateful.

What has still been made evident is that we know that women and children cared for at the IWK will need us today, they'll need us tomorrow, and they'll certainly need us in the future. In this changing landscape we have to

be nimble and willing to do things differently to be able to continue to be there for them.

I want to close by thanking you, for being part of our ongoing journey. Together we will continue to show up and be there to support and champion the health and wellbeing of our region's women, children, and youth. Your gift of generosity continues to give hope to patients and their families who need it—please do not ever lose sight of that.

Forever Grateful,

Jennifer Gillivan
President & CEO, IWK Foundation



The Faces You Help

Below is a snapshot of just some of the IWK patients you've helped support through your investment in the IWK.



YOU MAKE A DIFFERENCE

Through your donations to the IWK you directly help the patients and their families who rely on the IWK for care.

To see the impact of your generosity visit iwkfoundation.org/about-us for our 2019/20 IWK Foundation audited financial statements.

THANK YOU FOR GIVING

Visit iwkfoundation.org for a full list of our 2019-2020 IWK Donors.

