

Believe

Spring 2017

ISSUE 6.1

A publication of St. Boniface Hospital and
St. Boniface Hospital Foundation

**Enhancing the lives
of dementia patients**

**Battling
depression
with
technology**

**Grateful cardiac patient
endows his gift**



Hôpital St-Boniface Hospital

Believe

Believe is published twice annually and is a bilingual, joint publication of St. Boniface Hospital and St. Boniface Hospital Foundation. It is intended to inform you about improvements to patient care, innovations in research, and fundraising initiatives. This publication is also available online at saintboniface.ca. All materials are the copyright of St. Boniface Hospital.

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Printing: Premier Printing

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PM 40064250
Return undeliverable
Canadian addresses to:
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On the cover

Thanks to donors like you, St. Boniface Hospital has acquired a second rTMS machine to treat depression and conduct clinical research. Wait times have been reduced and, thanks to advances in the technology, treatments are shorter than ever. Dr. Mandana Modirrousta continues to change lives at St. Boniface Hospital, the only facility in Manitoba offering rTMS treatment. See story on p. 10.



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In the ever-evolving world of health care, we must continually challenge our methods and our approaches to meet the needs of patients.

The way we care for patients and the technology we use have come a long way since the Hospital's early days. What has not changed is the importance and impact of providing care with compassion, empathy, and understanding, adjusting our methods and approaches to the needs of our patients.

We know admission to hospital can be stressful for patients and their families, so we ask ourselves how we can make patients feel cared for, safe, and welcomed. Over the years, we have learned better patient care can be achieved by listening to patients, their families, and caregivers. What we are learning is leading to improvements in processes, innovative changes to care, and new avenues of research.

As you read through this edition of *Believe*, you will learn about how we are customizing our approach to meet the needs of our patients. You will also read about research programs underway to improve the health of our community and the important role our donors and our Foundation play in supporting innovations in patient care and research.

Together, through our pursuit of excellence, we are improving our ability to meet the health needs of the people who come to St. Boniface Hospital in need of care. [👉](#)

Bruce Roe, MD
President and CEO
St. Boniface Hospital



“Character is like a tree and reputation like a shadow,” wrote Abraham Lincoln. “The shadow is what we think of it; the tree is the real thing.”

Since St. Boniface Hospital's earliest days, this has been an institution steeped in character. When the Hospital was founded in 1871, the Grey Nuns served patients with grace and compassion. Since 1986, the Albrechtsen Research Centre has been advancing international medical research in rigorous and remarkable ways. And from 1971 onwards, the Foundation has been raising funds with integrity and purpose.

All three branches of our organization have always sought to excel and perform with character – to earn a positive and authentic reputation through successful work, effective relationships, and principled performance. A good reputation, Lincoln would agree, is a reward for good character.

That being the case, we are proud to enjoy an excellent reputation at home and abroad. On page nine you will read how we have entered into a significant research and fundraising partnership with Ben-Gurion University of the Negev in Beer-Sheva, Israel, itself an institution of great character. And on page 12, you can learn more about our accreditation through Imagine Canada's Standards Program – an honour that recognizes our ability as a charity to achieve and sustain high ethical and performance standards.

International partnerships and national recognition speak to our reputation. And they inspire us to do ever better – to be an institution of even greater character; to earn the ongoing trust and respect of donors, partners, patients, families, and all other stakeholders; to never stop earning our reputation. [👉](#)

Charles (Chuck) LaFlèche, BA, B.COMM., FCPA, FCMA
President and CEO
St. Boniface Hospital Foundation





Health Care Aide, Daniel Massicotte, listens to a patient.

Patient care and how environment matters

Forty-three per cent of Manitobans have a family member or close friend currently living with dementia.* According to the World Health Organization, the number of people living with dementia is expected to double worldwide by 2030.

Dementia is associated with a decline in a person's ability to perform everyday tasks. It is progressive and can lead to severe memory loss, loss of mobility, and unusual behaviour such as aggression. In some situations, individuals can pose a threat to themselves and those around them. As the disease evolves and their health declines, they may be admitted to hospital and some may eventually require a long-term care facility.

“For a patient with dementia, admission to hospital and the sudden move to a new environment can trigger further changes in behaviour,” says Jason Hillier, Program Director, Family Medicine, Rehab Geriatrics, and Palliative Care. “They can unintentionally harm themselves and others.”

To help care for these patients, the health care team may assign staff to provide constant care, one-on-one monitoring, and close observation. “Constant care allows us, initially, to observe the patients in their new environment; however, as a team we do not believe it helps patients adjust to their surroundings,” says Hillier. To address this concern, a team of health care providers started a process to better understand patients and their needs.

With declining cognitive skills, the environment can play a critical role in affecting behaviour and it is, therefore, important to understand and individualize the care provided to patients living with dementia during their stay in hospital.

The Family Medicine team began a trial called “Getting to Know You”. They started by meeting the family of one patient, and through a series of questions identified the patient's likes, dislikes, what makes them happy, what makes them angry or sad, and what they liked to do. This then helped the team design a personal plan to stimulate the patient's mind and curb unusual behaviour.



Recreation Therapist Jennifer Klos and a patient listen to an individualized playlist created specifically for the patient.

“We started with a simple idea, to engage patients through activities like playing cards, or listening to music, or taking a stroll. It was whatever they enjoyed doing. We wanted our staff to get to know the patient as a person to gain insight into who they are and what might trigger different behaviours. At the end of the day, we want our patients and care team to feel comfortable reducing anxiety and fear in a new environment without needing to revert back to medications. We simply want our knowledge of our patients to guide the way to their care,” says Hillier. 🇺🇸

*Source: www.alzheimer.mb.ca

Music and Memory

“When we first started the *Music and Memory* program, we immediately noticed that our patients were engaged with the music. One patient, who had recently suffered a stroke, was beaming and trying to move her fingers. She was even tapping her feet. The program has been received very positively,” says Jennifer Klos, a Recreation Therapist at St. Boniface Hospital.

The pilot *Music and Memory* initiative was launched in October 2016. Its aim is to help patients with dementia, delirium, or depression benefit from music. The hope is that patients will be calmer and happier, and their quality of life will increase. This is achieved by providing patients with an individualized playlist of songs that are meaningful to them and that can connect them with past memories. Although the *Music and Memory* program is not unique to St. Boniface, it is unique to acute care.

According to Clinical Nurse Specialist Lynda Mandzuk, “the key to the *Music and Memory* program involves customizing the playlists so that they provide meaningful music to the patients.”

Because the program allows staff to observe the patient’s behaviour closely, we can identify when a patient is uncomfortable with the music. Then a change can easily be made to the playlist.

With just under 3,000 songs in its library, the program team is seeking the public’s support to collect enough CDs, iTunes gift cards, gently used iPods, and other Apple devices to help create individualized playlists for patients. The program accepts music in all genres and languages. 🇺🇸

To donate gently used iPods and other Apple devices, please contact Volunteer Services at 204-237-2442 or sbghvolunteer@sbgh.mb.ca. You may also make a financial contribution to the program by contacting St. Boniface Hospital Foundation at 204-237-2067 or info@stbhf.org and directing your donation to the Music and Memory program.

Special thanks to the Catholic Health Corporation of Manitoba, the Sister Jacqueline St. Yves Fund, and the Official Languages Fund for their assistance.



A volunteer at St. Boniface Hospital hands out art supplies to a patient.

Caring with a dash of colour

St. Boniface Hospital's volunteer-based Art at the Bedside program has proven to be effective in enhancing the lives of patients with dementia while in hospital.

The program gives patients a creative outlet by encouraging them to get involved in an art project with the assistance of a volunteer who brings an art cart with various projects to the unit. Activities are tailored to the needs, interests, and capabilities of the patient.

Hannah Grabowecky has been a volunteer with the Art at the Bedside program at St. Boniface Hospital for over a year. According to Grabowecky, "the Art at the Bedside program allows us to have meaningful conversations with patients and sometimes, that's all they need. We often receive thank you cards from patients because they're simply appreciative of the company."

For volunteers like Grabowecky, an aspiring art therapist, our volunteer programs can open them up to new possibilities. "Volunteering at St. Boniface has opened me up to the idea of working with people of all ages. I feel like I'm paying it forward in the best way possible." 🐾

To volunteer with the Art at the Bedside program or other volunteer programs, please contact Volunteer Services at 204-237-2442 or sbghvolunteer@sbgh.mb.ca.



Pet visitor, Sofie, bringing comfort and joy to a patient.

Paws for a visit

The Pet Visiting program at St. Boniface Hospital is another great volunteer initiative in support of patients with dementia. Through visits with patients, pet volunteers and their animals help reduce boredom and feelings of loneliness, and can open a line of communication between the pet handler/owner and the patient.

"Most patients with dementia react very positively to pet visits because they allow patients to engage with the animals. This can include talking to them, feeding them treats, petting them, or just observing from afar," says Jennifer Klos, a Recreation Therapist at the Hospital.

Suzanne Ullyot and her 10-year-old golden retriever, Sofie, are volunteers with the Pet Visiting program where they visit patients with dementia at their bedside. Ullyot enjoys our volunteer programs because they allow her to have conversations and build real connections with the patients.

"I love that I get to talk to all of these wonderful people. Some patients even recognize us by our names and eagerly await our weekly visits. Sofie enjoys her visits with older patients because she gets a lot of love and attention. Sometimes, even treats. So, Thursday is probably her favourite day of the week," says Ullyot. 🐾

A thousand hours of care

St. Boniface Hospital takes quality to heart



Ken and his wife, Bonnie, with their grandsons, Hunter and Bentley.

Ken Dayment's heart doesn't work so well. But when it comes to keeping a positive outlook and living the highest possible quality of life, he has the heart of a lion – and the backing of a team of skilled and dedicated professionals at St. Boniface Hospital.

"We have relied on so many people there," says Dayment, a former service station lessee in Winnipeg and volunteer firefighter in Ste. Anne where he lives. "Because of the people at St. Boniface, I've been able to stay at home and enjoy my family."

Dayment's cardiac journey began nearly 30 years ago after he experienced a major heart attack. He was only 40 at the time, but the attack was severe enough to compromise his heart's pumping efficiency – a manageable, but irreversible, condition known as congestive heart failure.

After the initial attack, Dayment left the service station business and took a lower-stress job in Ste. Anne while he focused on managing his health and caring for his family. And even with heart failure, he remained a volunteer firefighter for almost 37 years – over 20 of those years as Chief for the Town of Ste. Anne. He retired in 2015.

"By donating to the Foundation, people ensure that health care professionals have the tools they need to save lives and make lives better."


"I've had a lot of procedures over the years, including bypass surgery, angioplasty, and stents," says Dayment of the management of his disease. "In 2015, they did a complicated 12-hour surgery to repair one valve and insert one new mechanical valve. Before I left the hospital, they inserted a pacemaker and a defibrillator. My family now calls me the Bionic Man! The doctors at St. Boniface Hospital never, ever gave up on me. I've spent at least 1,000 hours at the hospital over the years – maybe more!"

Dayment continues to work with the Hospital's Heart Failure Clinic to manage symptoms, and he gets support from the Hospital's Palliative Care experts to manage pain. "I have the best quality of life possible with my condition," he says.

There is no cure for heart failure – and every day is a challenge for patients like Ken Dayment. "The biggest challenge has always been the decline in my independence," he says.

"People used to depend on me, and now I depend on others. It's remarkable how many doctors, nurses, and health care workers are needed – and how much work is required – to help patients like me as the disease progresses."

Thanks to the professionals at St. Boniface Hospital, and the donors to St. Boniface Hospital Foundation who help create the conditions for excellence, Ken Dayment raised his family, served as a community leader, and continues to inspire his friends, his brotherhood of firefighters, and especially his family.

"I'm grateful," says Dayment. "By donating to the Foundation, people ensure that health care professionals have the tools they need to save lives and make lives better." 

Because of donors like you, patients like Ken can live longer, better lives.

Don of a new day

Cardiac patient says thank you with an endowment

Don Phillips: "I wouldn't be here if it wasn't for Dr. Smith in emergency, and Dr. Pozeg and the great cardiac team."



It started with pain on the right side of his chest after a workout in November 2015. As it worsened, Don Phillips went to emergency at St. Boniface Hospital. Blood tests, an x-ray, and an electrocardiogram were all normal, but Dr. Erik Smith wasn't satisfied with that.


"You're not leaving here until we figure this out," the emergency room doctor told Phillips, who was 66 at the time.

After more testing, it was determined that Phillips had a five-centimetre ascending aortic aneurysm, a very dangerous condition. "He was very thorough," says Phillips of Dr. Smith. "He wanted to know why I had so much pain. Later, some specialists didn't think my pain was related to the aneurysm, but I saw it as a sign and I had no pain after my surgery."

Phillips, an active Rotarian and a former partner in Winkler Meats and a partner in Preferred Meats, was scheduled for January surgery with Dr. Zlatko Pozeg at St. Boniface. "I was on the table for four-and-a-half hours and they stopped my heart for 90 minutes," Phillips explains. "I knew I was in good hands and in the right place."

After six weeks of recovery, Phillips started to feel great, but complications set in while travelling in Montana. He figured he had exercised a little too hard, but actually fluid was building up in his chest. Not pleasant – and not uncommon. He returned to St. Boniface Hospital for follow-up treatment.

Today, Don's health continues to improve and he is enjoying a new lease on life. The life-long St. Boniface resident feels strong, energetic, and, above all, grateful. As an expression of gratitude, Don and his wife Shirley have endowed \$100,000 to St. Boniface Hospital Foundation to support emergency and cardiac care.

"We donated because of the wonderful care I received," says Phillips. "I wouldn't be here if it wasn't for Dr. Smith in emergency, and Dr. Pozeg and the great cardiac team." 

With their endowment fund, Don and Shirley Phillips will make a difference forever. Call 204-237-2067 today and learn how to establish your own endowment fund.

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Research Without Borders

International partnership promises research benefits

Technology makes international collaboration easier than ever, but it still takes teamwork to make research partnerships truly effective.

“I believe we’re a team,” says Chuck LaFlèche, St. Boniface Hospital Foundation’s President & CEO, of the charity’s emerging relationship with Ben-Gurion University of the Negev (BGU) in Beer-Sheva, Israel. “We have common research interests, similar approaches to fundraising, and – above all – a commitment to making people’s lives better.”

The “Research Without Borders” initiative was officially launched in September 2016 at the St. Boniface Hospital Albrechtsen Research Centre. The guest list included Professor Rivka Carmi, President of BGU, and Mark Mendelson, the Montreal-based National CEO of the Canadian Associates of Ben-Gurion University of the Negev.

“St. Boniface Hospital is a unique and exceptional institution,” says Mendelson. “When our researchers and administration learned more about St. Boniface Hospital and its projects, they immediately wanted to team up.”

The campaign goal is \$10 million. “It’s admittedly an ambitious target,” says LaFlèche, “but we know historically that our donors like international collaborations. There is no question that working closely with another institution accelerates research and opens doors to new discoveries. Our donors understand this.”

The relationship between St. Boniface Hospital and BGU was born in 2014 when Mendelson was in Winnipeg meeting with his local staff and volunteers. He was introduced to LaFlèche at an event and they soon realized there might be a remarkable opportunity for collaboration. By March 2015, LaFlèche and Dr. Grant Pierce, the Hospital’s Executive Director of Research, were visiting the BGU campus in Israel’s Negev Desert, hosted by Tova and Larry Vickar. Larry Vickar is a member of the Hospital Foundation’s Board of Directors and a supporter of both institutions.



Left to right: Mark Mendelson, National CEO of the Canadian Associates of Ben-Gurion University of the Negev; Professor Rivka Carmi, President of Ben-Gurion University; Dr. Grant Pierce, St. Boniface Hospital’s Executive Director of Research; and Chuck LaFlèche, St. Boniface Hospital Foundation’s President & CEO.

“Dr. Pierce and I were very impressed by what we saw. The research at BGU is outstanding and the enthusiasm for new technologies is inspiring,” says LaFlèche. “BGU also has a great deal of experience at bringing discoveries to market. We can learn from them, and I believe they can learn from us.”

Founded in 1969, BGU is widely regarded as a leading educational institute with high marks from the Centre for World University Rankings and the QS World University Rankings. The university is also among the top 100 in the world in receiving U.S. patents on their discoveries, and the only Israeli university invited to join the National Academy of Inventors.

The dollars raised will support three broad areas of research where each institution has demonstrated expertise: cardiovascular sciences; food sciences; and neurodegenerative research. Some possible areas of particular attention, notes Mendelson, include geriatric nutrition and autism. As the partnership blossoms and the work advances, the researchers will bring greater focus to the streams of research.

More than a few St. Boniface investigators will be involved in the work. As far as the fundraising goes, LaFlèche and the St. Boniface Hospital Foundation team will be joined by Mendelson and Zach Ostrove, the Executive Director of the Canadian Associates of Ben-Gurion University of the Negev in Winnipeg.

“This partnership with BGU is not our first international research and fundraising partnership, and it won’t be our last,” says LaFlèche. “This particular initiative is off to a wonderful and very promising start. It could become a model for future international collaborations for St. Boniface.”

To take international medical research to new levels, please support Research Without Borders. Call 204-237-2067 for more information.



“Use my name!”

rTMS treatment restores confidence, well-being

*Dr. Mandana Modirrousta,
Director of Neurostimulation
and Neuropsychiatry,
St. Boniface Hospital.*

“Some days it was excruciating just to get out of bed. Life felt hopeless. . .”

Leanne Anderson was interviewed on radio in 2013. She was happy to talk about how repetitive transcranial magnetic stimulation (rTMS) helped treat her depression, but too timid to use her real name on air.

Thanks to the treatment, her confidence steadily grew. When she agreed to participate in this issue of *Believe*, she insisted: “Use my name!”

For Anderson, a 48-year-old payroll consultant, the journey to confidence and well-being was not an easy one.

“I think I’ve had anxiety since grade school, and depression since junior high,” she says. “In my mid-20s I had an official diagnosis and a prescription for citalopram.”

By the time life dealt her a series of blows starting in 2007, the medication had ceased to be effective. First, her mother died; then her beloved cat; and then her father. Shortly after, her husband was

diagnosed with cancer. It was a lot to handle over a period of just a few years, to say the least.

“Some days it was excruciating just to get out of bed. Life felt hopeless and I lost interest in everything I had a passion for,” says Anderson, who went on long-term disability. “On my worst days, I would bang my head in despair.”


In 2011, she read an article about rTMS. She learned how the cutting-edge technology used targeted, painless, magnetic pulses to tackle depression. She also learned that St. Boniface Hospital was about to get an rTMS machine, thanks to St. Boniface Hospital Foundation donors. By the summer of 2012, the machine was installed and Anderson was one of the first patients to receive rTMS treatment with Dr. Mandana Modirrousta, Director of Neurostimulation and Neuropsychiatry.

The outcomes have been astounding. Within a few months, Anderson was

back at work after two years on disability. Her energy is back and she is enjoying her pastimes again, especially genealogy. She and her now-healthy husband are making travel plans.

“I have some zip now,” she says with a smile. “I am so grateful for Dr. Modirrousta. She is a real go-getter and an advocate for mental health. This isn’t just her job – it’s her passion.”

Through Dr. Modirrousta’s advocacy and the generosity of donors, a second rTMS machine was added in the fall of 2016 which included a “theta burst stimulation” add-on. A conventional rTMS treatment lasts about 30 minutes. With theta burst stimulation, a treatment lasts six minutes. Given that patients need up to 30 treatments and occasional follow-ups, the impact on wait times has been phenomenal.

“I feel good,” says Anderson. “I am so grateful for the donors who have stepped forward for mental health.” 



St. Boniface researcher earns patent

Fibrosis research attracts global attention

*Dr. Michael Czubryt, Principal Investigator,
Molecular Pathophysiology, Institute of
Cardiovascular Sciences.*

The average heart beats about 100,000 times a day. When you receive a patent for work you've been developing for over a decade, it can even beat a little faster.

"It was exciting to learn that our application was successful. It's taken a long time to get here," says Dr. Michael Czubryt. "It's a sign that our work at St. Boniface is novel and significant."

What is protected by the patent, issued in January 2016, is a particular way to interfere with scleraxis, a protein related to collagen production. Our bodies need collagen for a variety of purposes, including creating a sort of "soft skeleton" in the heart to give it the strength to handle 100,000 daily beats. If we have too much collagen, it causes a condition called cardiac fibrosis that affects the heart's performance. Controlling the production of collagen by manipulating scleraxis is what Dr. Czubryt and his colleagues are trying to do.


"We found that we can interfere with the function of scleraxis and when we do that, we can shut off the ability of these cells to make collagen, so they stop making it completely. It just goes away," he explains.

Without intervention, collagen production is determined by genetics and stimulated further by stress on the cardiovascular system, like high blood pressure or a heart attack. "If we can perfect how to interfere with the function of scleraxis in a disease situation, we can stop the progression of cardiac fibrosis," says Dr. Czubryt. "By working with international partners, we are aiming to produce a drug that can target scleraxis."

The research is intricate, fascinating, and very promising. The patent is significant because it re-affirms the science behind Dr. Czubryt's discovery, and it will most certainly attract interest from partners, donors, and industry as the research continues.

"Most important, we know that we can continue to work unencumbered," says Dr. Czubryt. "We can work with the confidence of knowing that this is our research. No one else in the world outside our lab can claim ownership of these discoveries. No one else can interfere with our ability to move this work forward."

The patent will also make it easier to eventually attract additional research funding for large-scale trials. Dr. Czubryt is keenly aware of how important such funding is, as well as gifts from the community.

"Medical research like this doesn't happen unless donors are willing to step forward," says Dr. Czubryt. "We are fortunate at St. Boniface that our donors are generous, curious, and understand the importance of research." 

***Donors like you create the
conditions for research excellence.***



St. Boniface Hospital Foundation earns national accreditation

Standards program recognizes
accountability and transparency

When it comes to Canadian charities, St. Boniface Hospital Foundation is officially among the most trusted organizations in the nation. The Foundation recently became accredited by Imagine Canada's highly-regarded Standards Program.

There are about 85,000 registered charities in Canada. Only about 200 of them are accredited by Imagine Canada. St. Boniface Hospital Foundation is the first and only hospital foundation in Manitoba to be accredited.

"The most appropriate analogy would be to say that being accredited is like getting the Good Housekeeping Seal of Approval," says Chuck LaFlèche, St. Boniface Hospital Foundation CEO and President. "It's an expert, external organization validating how we work as a foundation."

To become accredited, organizations need to demonstrate excellence and compliance with 73 standards covering board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement.

Pursuing Imagine Canada accreditation was another way to show donors that the Foundation values their trust, says LaFlèche: "There are so many charities out there and our donors have many giving options. Accreditation provides our donors with a high level of confidence. It tells them that we follow best practices and care about organizational excellence." 🍷



TUNING IN ... to a new Radiothon record!

An unprecedented \$133,640 was raised at the 15th annual Radiothon of Hope and Healing, presented by the Vickar Automotive Group, on November 18, 2016. Both 680 CJOB and 99.1 Fresh Radio interviewed patients, volunteers, and staff alike about the life-changing impact St. Boniface Hospital has on our community.

Throughout the day, Radiothon volunteers – including employees from presenting sponsor Vickar Automotive Group – hand-delivered roses to over 600 patients throughout the Hospital as part of the *Safeway and Sobeys Brighten Their Day Flower Campaign*.

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