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Summer 2022

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A publication of St. Boniface Hospital Foundation

Work underway on new St. B Emergency Department

Project to improve patient care, reduce wait times



St. Boniface Hospital's Emergency Department is undergoing a donor-supported renewal that will, by 2025, more than triple its current size.

St. Boniface Hospital is getting a new Emergency Department and is looking to Foundation donors to invest in the future of our community.

The redevelopment and expansion project, which kicked off with a provincial government announcement and groundbreaking ceremony in April, marks the first significant improvements to the department in almost 70 years. Once finished, the new Emergency Department will improve patient and staff experiences, and help minimize both wait times and lengths of stays in the department.

The planned changes will provide better alignment of diagnostic services, with equitable and timely access for all, said Karen Fowler, President and CEO of the Foundation.

"This is the next chapter in St. Boniface's 150-year history," she added. "Our donors have the opportunity to write history in real time before our eyes. This is an exciting time to be a part of our community of caring."

"Our government remains fundamentally committed to providing safe, high-quality health care for Manitobans," Health Minister Audrey Gordon said when the announcement was made in April. "The redevelopment plans, tripling the size of the current emergency department, were formulated in consultation with stakeholders after a comprehensive review of operational data, patient demographics, volume projections and current processes and resources."

Space for acute or critical patients will be expanded. Front-line staff will have a much-improved new floor plan, with dramatically more space in which to help more patients, more quickly.

Annual patient volumes are expected to increase in the Emergency Department from nearly 47,000 currently, to 60,000 by 2029 and 75,000 by 2039.

Read Karen's message on the next page for more details, and to find out how you can contribute to the future of emergency care for Manitobans!



It's not every day you get the chance to dramatically change the health-care landscape in Manitoba. But with your help, we are about to do just that.

Built in 1955, St. Boniface's current Emergency Department space has served an ever-growing number of Manitobans

with minimal updates for almost seven decades. It is well known in our community today that the Emergency Department needs to be expanded to address projected increases in patient volumes.

As you may have read in the news (or on the front page of this newsletter), St. Boniface Hospital's Emergency Department is undergoing a major redevelopment and expansion into a care setting where design and location maximize efficiency, leading to more timely care.

Demolition and construction work on the Taché Avenue site is currently in progress. The redeveloped and expanded department will open in 2025. By then it will be more than three times its current size!

As a community, we have the chance to elevate the standard of care offered at St. Boniface Hospital with a \$10 million investment. Your contribution will help set a new standard in emergency care that promotes health and well-being, with compassion at the heart of every interaction.

St. Boniface Hospital Foundation donors like you will be at the heart of our transformed Emergency Department. Consider supporting the project today at stbhf.ca/donate or by calling 204-237-2067.

An opportunity like this may be once in a lifetime. Let's build the Emergency Department our community deserves!

Karen Fowler
President & CEO
St. Boniface Hospital Foundation

PS: Rosé Soirée is back! Join us September 7 at the historic St. Boniface Cathedral Ruins, for an enchanting evening in support of cardiac care at St. Boniface Hospital's Emergency Department. Buy your tickets today, at stbhf.ca/rosesoiree or call 204-237-2067.

New President and CEO named

Foundation is pleased to welcome Nicole Aminot



Credit: La Liberté

St. Boniface Hospital's Board of Directors announced in July that Nicole Aminot has been chosen as the organization's new President and CEO.

Aminot, who had been acting as Interim President and CEO since October 2021, was selected as the successful candidate following a competitive national recruiting process. She brings a wealth of experience at St. Boniface Hospital to the position, having started with the Hospital in 2008 as an account manager.

Aminot rose through the ranks to become Director of Finance, then Chief Financial Officer and Executive Director of Support Services, before becoming the Interim President and CEO last fall. Prior to joining St. Boniface Hospital, she enjoyed a nearly decade-long career as an accountant in the local furniture manufacturing industry.

Aminot is a Chartered Management Accountant and holds a Business Administration diploma from Université de Saint-Boniface. She is also a current board member with HealthCareCAN, representing Manitoba as the province's only director on the organization's national board.

The Hospital's Board of Directors has come to know Aminot as a collaborative, results-oriented leader, who has a strong sense of ethics and isn't afraid to challenge the status quo. "We need to stop talking and start doing," is something Nicole says often," noted Debbie Brown, Chair of the Board.

Hospital staff have come to know Aminot as someone who has demonstrated compassion towards both her colleagues at St. Boniface as well as the patients they serve, and who truly wants the Hospital to be the best it can be.



St. Boniface Hospital nurses Sheli Rubinchik (left) and Lauren MacPherson.



Nurse Sidrah Khawaja.

Three Times Lucky

Rookie nurses rewarded with family endowment fund prizes

In a demanding profession where they selflessly give a lot of themselves, three newly-hired St. Boniface Hospital nurses say it's been a pleasant surprise to get something back.

Registered nurses Sidrah Khawaja, Lauren MacPherson, and Sheli Rubinchik are this year's lucky recipients of the Wyrzykowski Family Graduate Nurse Endowment Fund. All are recent graduates of the University of Manitoba's Bachelor of Nursing program and started their jobs at St. Boniface Hospital in the fall of 2021.

The Wyrzykowski family – longtime and generous supporters of the Hospital – established the endowment fund to reward graduates employed in their first nursing jobs. A random draw of the 64 eligible graduates hired in 2021 was held during National Nursing Week in May of this year.

Khawaja (2B Surgery) came off a night shift and realized the next day she had missed a call from Rhonda Cairns, former Executive Director, Health Services and Chief Nursing Officer, St. Boniface Hospital. "I checked my voice mail, and she said I had won this award. I thought it was a mistake," said Khawaja. "I called her back to explain that I hadn't entered in any draw, and she said all nursing graduates hired at the Hospital were automatically entered each year. It was a great surprise!"

MacPherson (Women and Child Resource Team, 4B Gynecology) and Rubinchik (Specialty Resource Team, CR4 Cardiac Surgery) also received calls from Cairns with the good news. "It was a nice surprise," said Rubinchik.

"It was a huge surprise," agreed MacPherson. "I had to think, was this legitimate, or a random phone call? After Rhonda explained on the phone, it was very exciting. I felt fortunate to be one of the recipients."

Working an opportunity for learning

For Khawaja, the career choice of health care came from a family experience. "I went into health care because of my younger brother. He has been in and out of hospitals most of his life, so I grew up in a hospital setting," she said. "When I was little, there was one nurse who always took extra time to come and check on him, and she often checked in with our family. I wanted to be able to bring even a fraction of that compassion and care to someone else one day."

MacPherson was into science in high school and university. "I always loved biology classes, learning about the human body – anatomy, physiology, I loved all of that," she said.

Keep going! Read the rest of this story at stbhf.ca > Your Impact.

Thank you for supporting St. Boniface Hospital nurses on the front lines like Sidrah Khawaja, Lauren MacPherson, and Sheli Rubinchik.

“A Kind of Magic”

Foundation Board member grateful for donor-supported, life-saving emergency protocols



St. Boniface Hospital Foundation Board member Tom De Nardi had a heart attack after working out.

Heading up his family’s thriving specialty food and wine business, Tom De Nardi strives to deliver the best-possible experience for customers.

He’s just as committed when it comes to his own health and that of St. Boniface Hospital patients.

One afternoon last November, De Nardi, a St. Boniface Hospital Foundation Board member, finished running on a treadmill at home. It was a typical workout for the physically active De Nardi.

Except this time, he felt a burning in his chest afterward. And his hands were numb. He was alone in the house at the time.

While he had no underlying medical conditions, De Nardi knew to promptly call 911.

“First responders got there in about ten minutes,” De Nardi recalls. “I had the door unlocked and was lying on the floor to make it easier for them.”

“Still, it felt like an eternity. My thoughts were, ‘Please stop the pain; let’s get to the hospital.’”

Within minutes, paramedics had him in an ambulance and chewing aspirin on the way to St. Boniface Hospital.

De Nardi was experiencing an ST-elevation myocardial infarction or “STEMI,” a heart attack in which a clot is blocking an artery in the heart, reducing the flow of blood and oxygen.

By calling 911, De Nardi was benefitting from a co-ordinated protocol – from the telephone dispatcher to the paramedics to the cardiologist and nurses on call – that has helped save the lives of hundreds of Manitobans since its implementation in 2008.

“Everyone at the Hospital was ready and waiting – it’s a kind of magic. I went straight to the cardiac catheter lab on the second floor,” he said.

Less than 90 minutes after the onset of pain at home, De Nardi was undergoing angioplasty, an operation in which an artery can be unblocked and widened with a small balloon, and the insertion of a stent. The relief was immediate.

It was swift intervention in perhaps half the time it would take for a patient driving themselves or being driven to Emergency.

De Nardi has high praise for all who marshalled resources and best practices to create the Code STEMI protocol, including Dr. John Ducas and Dr. Davinder Jassal of St. Boniface Hospital. That praise extends to Foundation donors, whose support made possible the research that spurred this protocol.

St. Boniface Hospital provides excellent cardiac care and pursues groundbreaking cardiac research, all thanks to you.

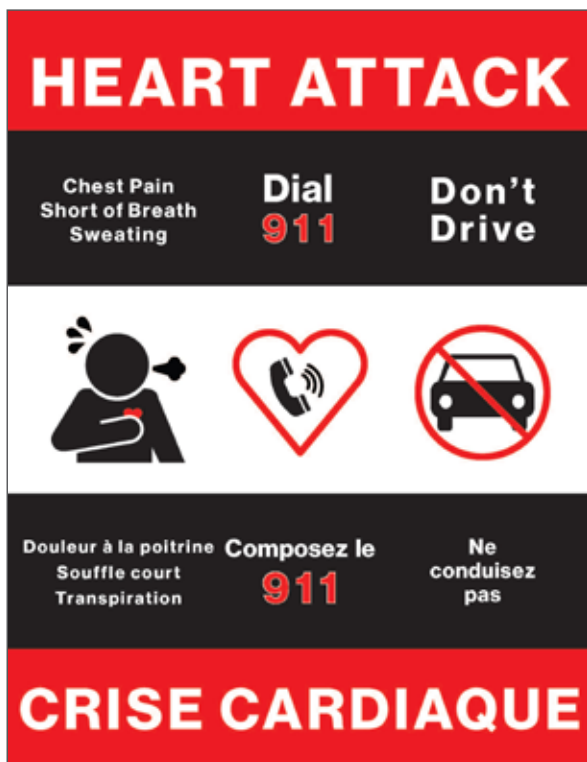
Five Reasons: Dial Don't Drive

The Manitoba Acute Coronary Syndrome Network's *Dial Don't Drive* campaign focuses on educating people on what a heart attack is, the signs and symptoms, and what you should do if you or a loved-one are having one.

1. Heart attacks are common. Each year, more than 3,000 Manitobans have a heart attack.
2. Heart attacks are dangerous. There is significant risk of death, serious heart damage, and poor quality of life.
3. When a heart attack occurs, the artery is completely blocked, leading to muscle death. Therefore, "time is muscle". Every second counts! Half of the people in Manitoba with a serious heart attack wait more than two hours to seek help after a heart attack starts.
4. Calling 911, compared with driving to the hospital, leads to faster diagnosis and treatment. By calling 911, serious heart attacks are diagnosed three times faster.
5. Manitoba has the lowest rate of calling 911 for serious heart attacks compared with other Canadian provinces in provinces.

Learn more at mbacsnetwork.ca and on Facebook, Instagram and Twitter: @MBACSNetwork.

Thank you to our donors for supporting the Dial Don't Drive campaign through the Foundation's Innovation Fund.



Health-Care Leader Honoured

Congratulations to Dr. Miyoung Suh, Principal Investigator in the Division of Neurodegenerative Disorders and Canadian Centre for Agri-Food Research in Health and Medicine at the St. Boniface Hospital Albrechtsen Research Centre for being awarded the 2022 Ronald Duhamel Innovation Fund Award.

Honouring the late St. Boniface Member of Parliament and Senator Ronald Duhamel, this annual award supports leadership in the advancement of health care at St. Boniface Hospital. It includes a cash honorarium, which for 2022 was more than \$12,000.

Dr. Suh is a world leader in the field of nutrition and dietetics. One of her areas of specialization is the role of maternal nutrition in reducing the impact of Fetal Alcohol Spectrum Disorder (FASD). This is vitally important because FASD is a preventable developmental disability, resulting from fetal exposure to alcohol during pregnancy, affecting 400,000 Canadians and 3,000 infants annually.

Dr. Suh's research focuses on identifying early nutrition intervention strategies during pregnancy and lactation, which may be key in preventing or mitigating the severity of FASD.

Partnering with First Nations Communities in Manitoba, her research team found more than 85% of pregnant women with alcohol consumption were not meeting recommended omega-3 docosahexaenoic acid (DHA) requirements, a vital structural component of the brain required for optimal fetal brain development and function.

Thank you for supporting groundbreaking, life-changing medical studies at St. Boniface Hospital's Albrechtsen Research Centre.



Dr. Miyoung Suh (left) accepts her honorarium from St. Boniface Hospital Foundation President and CEO Karen Fowler.

Rosé Soirée *is back!*

A NIGHT FOR CARDIAC EXCELLENCE

We're back! Please join us for an enchanting evening under the stars at the historic St. Boniface Cathedral Ruins, as we support critical cardiac care at St. Boniface Hospital's Emergency Department.



**WEDNESDAY,
SEPTEMBER 7, 2022 | 6:30 PM**

St. Boniface Cathedral Ruins
180 Avenue de la Cathedrale
Tickets: \$250

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St. Boniface Hospital / Mayo Clinic Partnership Doubles Up

The Asper Foundation makes second award a reality

A pair of joint cardiovascular research projects were selected this year as St. Boniface Hospital Foundation / Mayo Clinic Partnership Award Recipients, thanks to The Asper Foundation.

In spring of 2022, St. Boniface Hospital and Mayo Clinic recognized there was an opportunity to double the impact of the Partnership Awards program and increase collaboration between the two health-care facilities by funding a second award. (Mayo Clinic has a major campus in Rochester, Minnesota.)

In December 2021, the program put out a call for proposals for cardiovascular research in the areas of women's heart health, cardio-oncology and novel therapeutics.

The Asper Foundation agreed in March 2022 to provide St. Boniface with its portion of funding towards the second award, through a grant of \$78,500.

In making this additional gift to support the work being done between Mayo Clinic and St. Boniface Hospital, Gail Asper, President of The Asper Foundation, noted that these funds will be used to support two groundbreaking research projects in cardiology using the very top research in this field from the two institutions.

"My father and mother, Israel and Babs Asper, would be very proud to see the impact that this partnership has brought to advance heart health and care over the last two decades when this endowment was established. Our Foundation can't wait to see the advancements that are going to evolve to benefit future generations," said Asper.

Leadership from St. Boniface Hospital and Mayo Clinic then selected two research projects last spring to receive funding this year.



St. Boniface Hospital researchers (from left) Dr. Ian Dixon, Dr. Davinder Jassal, and Dr. Pawan Singal are collaborating with colleagues at Mayo Clinic on cardiovascular research projects.

A living valve solution: Xenogenic ECM scaffolds drive pro-regenerative cellular integration is a study that aims to highlight the importance of generation of xenogeneic cardiac valve ECM scaffolds as candidates for the culture of living valve leaflets in valve-replacement surgery. Dr. Ian Dixon, St. Boniface Hospital Research, is involved.

The cardioprotective role of SGLT2 inhibition in the prevention of anthracycline-mediated heart failure aims to continue to improve the overall morbidity and mortality in cancer patients treated with anthracyclines, while at the same time preventing any detrimental side effect of this chemotherapeutic drug on cardiac health. Dr. Davinder Jassal and Dr. Pawan Singal, St. Boniface Hospital Research, are involved.

Thank you to The Asper Foundation for supporting collaborative research projects between St. Boniface Hospital and Mayo Clinic.



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Thank you to our many compassionate donors who have chosen to make gifts to St. Boniface Hospital Foundation in honour of those listed below.

Gifts recognized were made from December 1, 2021 to March 31, 2022.

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