

Believe

You are creating a healthier society

Fall 2022

ISSUE 11.3

A publication of St. Boniface Hospital Foundation

Donors Fund New Research Role for Women's Heart Health

First-ever Wyrzykowski Family Professorship named



The majority of Canadian women have at least one risk factor for cardiovascular disease. A new St. Boniface Hospital Research program is focusing on what makes women's heart health different from men's.

The warm community at St. Boniface Hospital more than offsets Winnipeg's well-known cold weather for Dr. Inna Rabinovich-Nikitin.

"Six winters and not so bad," joked Rabinovich-Nikitin, who officially assumed the responsibilities of the first-ever Evelyn Wyrzykowski Family Professorship in Cardiovascular Sciences this past September.

Born in Moldova in Eastern Europe, Rabinovich-Nikitin grew up in Israel from the age of five. A graduate of Tel Aviv University with a PhD in biotechnology, she came to Canada six years ago, joining the lab of Dr. Lorrie Kirshenbaum at the Institute of Cardiovascular Sciences (ICS) in the Hospital's Albrechtsen Research Centre.

"I love this city. It's always been my dream to pursue an academic career and I was able to accomplish that in Winnipeg," said Rabinovich-Nikitin, who took postdoctoral training at the University of Manitoba. While there she also

received a fellowship from the Canadian Institute of Health Research (CIHR).

Now, in a new role building on her gene-biology experience in Dr. Kirshenbaum's lab, she's excited to grow a robust program dedicated to the field of women's heart health.

"We don't yet fully understand the reasons for sex-specific differences in cardiovascular disease," said Rabinovich-Nikitin.

"But they're rooted in differences in biology, in the differential recognition and diagnosis of cardiovascular diseases, and in treatments that don't fully account for differences between women and men."

The program will address the needs of Indigenous and under-represented women with limited access to health care and who experience even more adverse cardiovascular health-care outcomes than non-Indigenous women.

(Continued on page 4)



I love talking to people. In my career as a professional fundraiser, I've always enjoyed meeting our donors and finding out which priorities are important to them.

I'm not alone in that sentiment. I recently had a chance to talk to hannah_g, who was

named Curator of our on-site Galerie Buhler Gallery in April. She was responsible for putting together the Gallery's 15th Anniversary Exhibition, which opened in September and about which you can read in this issue of *Believe*.

"For the exhibition, I talked to absolutely everybody I met in the hallways," hannah told me. "I was walking around for at least an hour most days, talking to people, inviting them, reminding them to submit images. It was a lovely way to get to know the Hospital a bit more and get to meet people," she said.

St. Boniface Hospital represents many different things to many different people, including those who work here and those who generously support the Hospital.

For some, the project that captures their imagination is the Emergency Department redevelopment and expansion, which will transform the footprint of the Hospital when it opens in 2025. We have a story on the next page for you, about the Thomas Sill Foundation's generous support of the project.

Others are motivated to give by breakthroughs in medical research made at the St. Boniface Hospital Albrechtsen Research Centre. On the front page of this newsletter, we told you about a new research project looking into women's heart health and heart disease in women.

What motivates you to support St. Boniface Hospital? Let us know by emailing info@stbhf.org or calling us at 204-237-2067.

We're listening.

Karen Fowler, CFRE
President & CEO
St. Boniface Hospital Foundation

PS: We are fast approaching the end of the year! Give before December 31 to get your 2022 tax receipt. Make your impact last even longer by joining our Monthly Giving program. Sign up at bealifeline.ca to ensure the Hospital can always provide the best possible care.

In Brief: Foundation News



We love keeping in touch with our donors!

New York City resident Andrew T Carter dropped by the Foundation offices for an unplanned visit this past September. "I wanted to see if I could find the same spot where my friends and I had our picture taken so long before," he explained. 47 years earlier, to be exact.

In July 1975, Carter and three of his childhood friends donated \$3.60 – the proceeds of a penny carnival held in the backyard of his family's Elm Street home – to the St. Boniface General Hospital Research Foundation, established only four years earlier.

A photo of the kids appeared in *Intercom*, the Hospital's newsletter at the time, the following September. Their carnival featured "games, white elephant sale, books, and prizes. Lemonade and popcorn were sold," read the caption. "The Research Foundation is proud of these four youngsters and greatly appreciates their efforts and support." (And we still do!)

Nice seeing you again, Andrew!



St. Boniface physician named to Senate of Canada

Congratulations to Dr. Flordeliz (Gigi) Osler, who was selected by the Prime Minister and appointed by the Governor General, on September 26, to serve as an independent Senator for Manitoba.

Dr. Osler is well-known to our donors for her work in the Department of Surgery at St. Boniface and as an assistant professor in the Department of Otolaryngology-Head and Neck Surgery at the University of Manitoba. She is also a prominent public health advocate and thought leader on social media platforms like TikTok.



In his last will, Thomas Sill (1905-1986) established the Foundation which bears his name.

An Emergency Department for all Manitobans

Thomas Sill Foundation grants \$250,000 to redevelopment and expansion

When St. Boniface Hospital's new Emergency Department opens in 2025, one of the first places most patients and their families will see will be the Thomas Sill Foundation Triage Area.

The Foundation provided a generous \$250,000 grant this past July in support of the Emergency Department transformation project. In recognition, the triage space in which nurses will assess patients and prioritize their care will be named in honour of the charitable foundation.

"Our Foundation is one of the few that support charities right across Manitoba," said David Anderson, President and Governor of the Thomas Sill Foundation. "We are like a government, in that a government's job is to use whatever resources are available, which are not limitless, for the best uses possible that will benefit the most people."

"When we are deciding about where to place our limited funds," he explained, "we always look at it from the perspective of, 'How many people are we benefitting, and can we benefit everybody in the province?'" He added that triage is an important first step in providing proper health care.

As the second largest and oldest hospital in the province, and one of only three in Winnipeg to provide emergency care, St. Boniface cares for more than just the city's residents, he noted.

"Predominantly, most of the people in the Emergency Department will be from Winnipeg, but it's really for everybody in the entire province. We know that St. Boniface is the Cardiac Centre of Excellence for the province. Anyone in Manitoba or Northwestern Ontario who experiences a heart issue will likely end up in the Emergency Department at St. Boniface Hospital," he said.

"We looked at the Emergency Department as an important first step in primary health care. The Foundation gave to the Hospital because of the number of people, from across the province, who will benefit over a long period of time."

To illustrate his point, Anderson gave the example of giving a one-year operating grant.

"After that year, it's done. On the other hand, if you give a capital grant it can benefit people for decades," he said. (Constructed in 1955, St. Boniface's current Emergency Department space has served an ever-growing number of Manitobans with minimal updates for almost 70 years.)

The Thomas Sill Foundation was established by Thomas Sill (1905-1986). Sill lived his entire life in Winnipeg and practiced as a chartered accountant for many years. He was an astute investor who built a fortune that became the basis for the Thomas Sill Foundation.

Thank you to the Thomas Sill Foundation for supporting the Emergency Department and Manitoba's Cardiac Centre of Excellence at St. Boniface Hospital.

Donors Fund New Research Role for Women's Heart Health (Continued from page 1)

Donors make the difference

A generous gift from Michael F. B. Nesbitt in honour of his mother will provide salary support for the next three years.

His mother, Geraldine Margaret Barrett-Hamilton Nesbitt, was a pioneering woman in science who in 1931 became the first woman at the University of Manitoba to graduate with honors in both zoology and chemistry.



Dr. Inna Rabinovich-Nikitin will lead a program focusing on research, education, and patient care.

"She was a trailblazer," said Nesbitt. "And now Dr. Inna Rabinovich-Nikitin is blazing a trail in an under-researched but vital area of cardiac care. After meeting her, I'm so impressed with her drive to raise our understanding of women's heart health concerns."

A gift from the Wyrzykowski family is funding the start-up costs of Dr. Rabinovich-Nikitin's lab in the Research Centre. Conrad Wyrzykowski Sr., who passed away in 2020, was a generous supporter of patient care and research at St. Boniface Hospital for close to three decades.

Dr. Rabinovich-Nikitin thanked the Wyrzykowski family in person this past September, at a Gala dinner of the International Academy of Cardiovascular Sciences and the International Society for Heart Research (North American sections).

"It was a very warm, if informal, meeting. It was my honour to speak with them and to express my sincere gratitude for their support. They were excited about the potential of my research."

Fascinating rhythm

Dr. Rabinovich-Nikitin is keen on studying circadian rhythm – the natural cycle of physical, mental, and behavior changes the body goes through in a 24-hour cycle. When this cycle is disturbed – for example, through the shiftwork common in health care and many more industries – a person can be at greater risk of cardiac disease. More research and awareness around this connection are needed, she said.

It's one of many investigations she believes will benefit from the collaborative environment at St. Boniface Hospital.

"I was trained very well. I have a very good example in my teachers. I'm looking forward to growing the program and really putting Winnipeg on the map for women's heart health."

Thanks to you, researchers like Dr. Inna Rabinovich-Nikitin are working to understand more about what makes women's heart health different from men's, and how we can save more lives.

The Health Report 2.0

Leaders in medicine ... in conversation with friends of St. B.

DECEMBER 6 | 12:00 PM ON ZOOM

FEATURING

Dr. Miyoung Suh

Nutrition Researcher

and Duhamel Award Recipient

REGISTER AT
BEALIFELINE.CA



TAVI at 10

Celebrating a safer alternative to open-heart surgery for at-risk patients



Dr. Ashish Shah prepares a catheter for entry through a small puncture in the patient's groin.

Cardiac Sciences Manitoba recently marked the 10-year anniversary of conducting the Transcatheter Aortic Valve Implantation (TAVI) procedure at St. Boniface Hospital.

Donor funding through the Foundation helped launch the Hospital's TAVI program in 2012. Since then, nearly 700 patients have undergone TAVI at St. Boniface.

TAVI is a procedure to replace a heart valve when it no longer functions properly due to aortic stenosis (see definition at right). A standard aortic valve replacement is an open-heart surgery that involves removing a faulty or damaged valve and replacing it with a new valve made from synthetic materials or animal tissue.

The TAVI procedure instead makes a small puncture in the blood vessel in the patient's groin, threading a catheter (a small tube) and the new valve into the heart. In 2021, the St. Boniface team completed 140 TAVI procedures.

"For at-risk patients, such as those with kidney or lung disease, or who have undergone previous radiation treatment to their chest, the TAVI is a safer method than open-heart surgery," said Emily Hyde, Clinical Nurse Specialist at St. Boniface.

Hyde has been on the TAVI team at St. Boniface since 2016. Under the direction of Dr. Malek Kass, the function of their group demands multiple medical specialties, including anesthesiology, cardiology, echocardiography, nursing, surgery, and unit-clerk expertise.

"From bed to bed", the TAVI procedure takes approximately two hours, Hyde said. The benefits to the patient are long-lasting. They can include a shorter hospital stay, relief of symptoms, improved heart function, and reduced pain.

"It can be a whole new lease on life for a patient, to no longer be short of breath. Especially for our elderly patients – they're so grateful to get help."

Your support keeps St. Boniface Hospital on the leading edge of medical technology and modern procedures like TAVI. Thank you.



Aortic stenosis

The aortic valve directs blood flow leaving the heart. However, stenosis may narrow this valve, not allowing blood to optimally flow out. This can cause chest pain, shortness of breath, fatigue, and fainting symptoms.



The TAVI team celebrated the program's milestone in September.

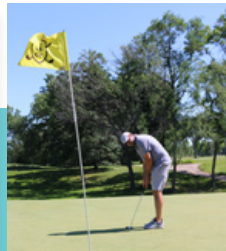
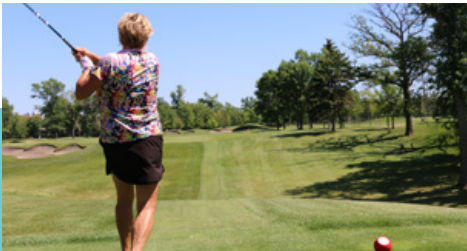
Standing (from left): Dr. Scott MacKenzie (Cardiac Anesthesia); Dr. Ashish Shah (Interventional); Dr. Malek Kass (Interventional, Head of Structural); Dr. Aaron Spooner (Cardiac Surgeon); Dr. Jonathan Hong (Cardiac Surgeon); Dr. Michael Yamashita (Cardiac Surgeon). Seated (from left): Denise Poettcker (TAVI Coordinator); Emily Hyde (Clinical Nurse Specialist).

Donors Broke Records at Community Events



Golfers stepped up in a big way for the tenth anniversary of the National Bank Cardiac Classic.

The sold-out 2022 golf tournament held on August 8 at Niakwa Country Club brought in \$110,000 for cardiac care and research at St. Boniface Hospital. A record-breaking \$20,000 was raised in day-of donations alone! Since its inception, the event has now raised more than \$700,000 for cardiac care and related biomedical research at the Hospital.



Rosé Soirée returned this year, hosting some 300 guests for a picture-perfect evening in the enchanting St. Boniface Cathedral Ruins on September 7.

Generous attendees, donors, and sponsors helped raise \$150,000 in support of critical cardiac care in St. Boniface Hospital's Emergency Department.

The chic mix-and-mingle provided an upscale atmosphere for guests to chat and enjoy creative culinary creations and cocktails from WOW! Hospitality and De Nardi. Lennard Taylor demonstrated a live garment painting, while guests generously supported the Simon Imports-sponsored raffle and "Bid to be a Lifeline" silent auction.



Community Event: Lily Stone Gala

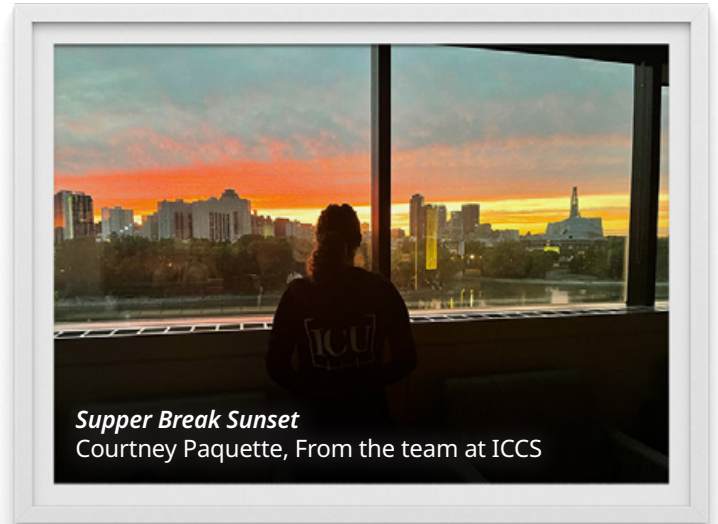
Lily Stone Gardens hosted a gala in Manitoba's hidden gem of Rosenort on August 13.

Kelly Tellier, owner of Lily Stone Gardens, had a dream to create an event space to honor her late father that they both collaborated on before he passed. The first-time community event supported St. Boniface Hospital's Heart Failure Clinic, raising more than \$34,000! Tellier proved dreams can come true with lots of love and support from family, friends, and our community.

Book your team, your sponsorship, or start planning your own community event today! Contact the Foundation's event co-ordinator Kate at kyaacula@stbhf.org.

The Hidden Side of St. Boniface

Galerie Buhler Gallery's 15th Anniversary photo exhibition looks inward



As a rule, there are many places and things in any hospital that are hidden from view. After all, what business do most of us have in an operating room, or someone else's office?

St. Boniface is no exception, but the curtains were pulled back on the campus – just for a peek – with the opening of the *Unseen St. B.* photo exhibition at the Hospital's on-site Galerie Buhler Gallery this past September.

Foundation donors play a big role in the success of such exhibitions. Through the generosity of our donors, the Foundation grants about \$25,000 to the Galerie Buhler Gallery for operating costs each year. Donations of works by Manitoba artists are also occasionally accepted on behalf of the Gallery.

Unseen St. B. presents a communal portrait of St. Boniface by some of the many people who work and volunteer at the Hospital. To celebrate its 15th anniversary this year, the Galerie Buhler Gallery invited staff, physicians, and volunteers to submit one digital photo each of something they wanted to share from a workday. (The photographers were asked to steer clear of restricted areas, and avoided taking pictures of other staff, visitors, or patients to protect confidentiality.)

"I was really happy with the submissions," said hannah_g, Curator of the Galerie Buhler Gallery, who put the show together and used an exhibition design concept by popular local artist Matea Radic.

"So many people took part, including nurses, anesthetists, social workers, kitchen staff, and porters who submitted pictures," said hannah. "Having that range of people was important because I wanted the project to feel inclusive and reflective of the people who work here."

"I was delighted by the diversity of images that came in. Some of them showed a good sense of humour; some were quite poetic. I also appreciated the pride that people feel...there's one of a pacemaker that is the size of a push pin. Just the pride in that department which that image shows," she added.

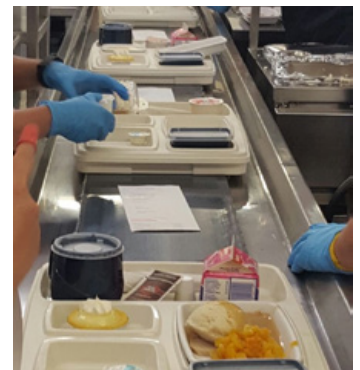
"I found it very moving, but I wasn't surprised by it. I think people have a sense of the importance of their roles and jobs here, and I think being able to share that with the public and with each other is meaningful."

"One of the wonderful things about being a curator or working in a gallery is that you get to spend a lot of time with the artwork that you're exhibiting. I think this exhibition rewards second and third looks."

Unseen St. B: A Portrait of St. Boniface Hospital will remain open at the Galerie Buhler Gallery until January 5. Admission is free. Learn more at galeriebuhlergallery.ca.



Creating Clouds
Rimpy Dhingra
Research Associate



Loading Trays
Maryam Safavi
Food Service Worker

Giving. Remembering. Celebrating.

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 April 1, 2021 to July 31, 2022.

In memory

George Anderson
David Barber
Julika Baricz
Richard Basarowich
Isabelle Berard
Frank Victor Bigourdan
Omar G Bilokury
Frank Binda
Patricia Blobel
Keith Brenneman
Martin Bricker
Lizette Buchan
Ursula Burchuk
William A Burr
Joe Butel
Fraser Cameron
Glen Caryer
Baby Xavier Chand
Ken Frank Ciszewski
Lucien Comeau
Kathleen Condra
John E K Cooper
Al Cope
Quoc Hung Cung
Loretta Dixon
Heinz Doerr
Fernand Alfred Dupasquier
Clif Evans
Victor Bryan Fedorowich
Gary Eugene Dennis Filyk
Alice Freynet
Lawrence Allen Gambin
Steliana Georgescu
Roland Gosselin
Kenneth Gray
Zdzislaw Edward Grzadzka
Betty Guilmette
Donald George Halipchuk
Baby Evelyne Melissa
Susan Harder
Dave S Hardie
Dr Godfrey Harding
Judy Harding
Richard Harper
Baby Ethan John Paul
Harris-George
Cheryl Haughton

Shirley Henderson
Kenneth Hewat
Gloria Hewat
Paulette Marie Huggins
Alfonzas Janciuikas
Ona Janciuikas
Mary Agnes Johnson
Nick Kiryluk
Charles George Klein
Sharon LaBine
Baby Jude LaFleche
Thiessen
John Edwin Roy Lambert
Bill Landiak
Arlene Gail Lanyon
Wendy Laurencelle
Kenneth Lazar
Ron LeDoyen
Lionel Leost
Peter Leskiw
Kazimierz Leszczynski
Jack Litvack
Arthur Lupu
Nila MacFarlane
Mark MacKay-Chiddenton
Darryl Manchulenko
Bob Marshall
Ben Marykuca
Cameron McAskill
Ronald H McCasin
Charles William McCormick
Rylan Kade Pantel
McQueen
Doreen M Mendis
Marvin Mirochnick
Wilfred Thomas Moore
Dr David Mymin
Stephie Nachtigall
Robert Stanley
Nykolaishen
Mary Offrowich
John Olive
Elinor Osinski
Patricia Pachal
Alice Palmer
David Perlov
Joseph Henri Ploquin
Tony Proskie
Talina Nahanni Sandra
Rampersad-Husack
Bob Ramsay

Mary Rance
Leonard Rance
Frederick Rankel
Ruddick A Renaud
Kennedy Olivia Reynolds
Alma Ristau
Marie Robinson
Meyer Rypp
Adam Safronetz
Ruth Sampson
Elizabeth Charlotte
Saunders
Abraham Schwartzman
Filippo Sciangula
Allan Shafer
Lena Shewchuk
Michael John Shewchuk
Allan Donald Shumila
Neal Stoesz
Jailall Surujlall
Vince Swerdylak
Jean-Marie Taillefer
Charles Taylor
Rudy Tecza
Baby Rachel Thome
Lucille Tolaini
Kathy Tretiak
Baby Broden Peter Robert
Trithart
Marlene Turrentine
Marie
Margaret Van Raes
Thomas Van Raes
Rita Vine
Kenneth Daniel Ward
Greg Warren
Ted Watson
Phyllis White
Florence Elaine Whitmore
Howard Harry Wolfreys
Yip Chun Wu
Beverley Yaworski
Erika Zieba

In celebration

Dr Kevin R Coates
Michael Conway
Jade Ferley
Cole Ferley
Buella Fowler
Larry Friesen
Dr Michael Helewa
Jameson Kitchur
Diane Labadie
Sharon Matte
James & Effie McMurray
Dr Mike Raabe
David & Eryn Rubenfeld
Raphael Tadashi
Sangalang
Hemant Shah
Blair Shapera
Rick St. Croix
Dr James Tam
Dr Clifford Yaffe
Dr Shelley Zieroth
Cardiac Health Care
Providers
7A South Staff

Believe

Reducing our environmental footprint is a priority for the Foundation. To receive *Believe* in your inbox instead of your mailbox, please email info@stbhf.org.

All materials are the copyright of St. Boniface Hospital Foundation, 2022.

For address changes, distribution questions or to stop receiving *Believe*, please email info@stbhf.org.



C1026 – 409 Taché Avenue
Winnipeg, MB R2H 2A6

Open weekdays:
8:30 a.m. to 4:30 p.m.

Tel: 204-237-2067

Web: bealifeline.ca

Email: info@stbhf.org

Social: @STBHF



PM 40064250

Return undeliverable Canadian addresses to:

St. Boniface Hospital Foundation
C1026 – 409 Taché Avenue
Winnipeg, MB R2H 2A6