

Believe

You are creating a healthier society

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You Made a Bad Day at the Office Better

Colleagues rushed staff member to Emergency Department



Darlene Sorin (right) is the Executive Assistant to St. Boniface Hospital President & CEO Nicole Aminot (left). Sorin had a heart attack at work in April of 2023.

Darlene Sorin, of Lockport, has a saying. “It’s never good to have a heart attack. But if you do have one, St. Boniface Hospital is the best place to be.”

Her saying comes from experience, after she had a STEMI heart attack, the most serious kind, at work in the spring of 2023. She was 61 years old. Sorin had started her job as Executive Assistant to St. Boniface Hospital President and CEO Nicole Aminot less than a year earlier.

It was April 26 to be exact; Sorin remembers it was Administrative Professionals’ Day. Aminot had given her a bouquet of flowers that morning.

Her friend, Karen, came into the office. She noticed Sorin was looking pale and leaning to one side in her chair. “I told her I just didn’t feel right,” remembered Sorin.

Concerned, Karen called in Dr. Scott Brudney, whose office was just down the hall, to see Sorin. He told her she had to go straight to the Emergency Department.

Once there, the triage nurses moved quickly to assess Sorin’s condition as they would any patient presenting with heart attack symptoms. An electrocardiogram test confirmed Sorin was having a heart attack. She needed treatment immediately to save her life.

Sorin learned that her right coronary artery was completely blocked. Her cardiologist, Dr. Ashish Shah, put in three stents to unblock her artery, threading each from one wrist and up her arm to her heart.

Looking back on her experience, Sorin says she feels more connected to your kindness. “I work at St. B, and I was also a patient. I’m in awe that I had a heart attack. Sometimes I still don’t believe it,” she reflected. It just goes to show, Hospital staff are also part of the community the Hospital serves.”

Darlene says, “I’m alive today because you supported the care I received, rooted in women’s heart health research at St. Boniface Hospital.” Thank you.



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Karen's Corner

A lot has been going on lately around the McEwen Building at St. Boniface Hospital, where mental health services are offered. The Hospital's Mental Health Program provides multidisciplinary psychological and psychiatric services to adults of all ages.

A mural, titled *Outside Light*, was painted in December in the tunnel leading from the Hospital's main building to the McEwen Building. You can read more about it on page 7 of this issue of *Believe*.

Before that, the interior of the McEwen Building underwent extensive renovations in 2021 to provide an optimal environment for healing. You made these improvements possible. Updates to the physical space created a calmer and more home-like setting for inpatients.

Now, we are asking for your help to expand that environment. Your support this year will make it possible to create a brand-new therapeutic garden on the grounds of the McEwen Building.

The therapeutic garden will provide a safe, inviting environment for McEwen Building inpatients and outpatients in the Mental Health Program attending appointments or group sessions.

Within the space of the garden, health-care teams will still be able to supervise patients appropriately, as they do inside the building.

Would you like to know how your support can help create the garden? Call 204-237-2067 or email info@stbhf.org and we will fill you in.

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

PS: Have you considered joining our Monthly Giving program? For you, making a monthly gift is easy and convenient because it's automatic. From our perspective, your monthly gift provides ongoing, reliable, stable funding for Hospital priorities.

Think about signing up or increasing your monthly gift amount. Call us at 204-237-2067 or visit bealifeline.ca and click *DONATE* to give.

In Brief: Foundation News



You finished the year 3x as strong!

Our friends at Canada Life and Maple Leaf Construction Ltd. matched all gifts to our new Emergency Department redevelopment and expansion project in the month of December 2023.

Your gifts to the project worked 3x harder thanks to the generosity of our matching donors. The Foundation raised more than half a million dollars for St. B's Emergency Department directly through the year-end campaign. Thank you! See page 4 for photos and details.

Needful Stones by Jonathan S. Green



Winnipeg-based printmaker Jonathan S. Green examines the sometimes-cold relationship we have with rock and stone in his new exhibition, *Needful Stones*. The show opened on February 9 at the Hospital's on-site Galerie Buhler Gallery, whose operation is supported in part by Foundation donors.

"Green's powerful prints and sculptures treat stones as beings capable of influencing us. This opens the possibilities rock holds, including that they might want to work with an artist to make a drawing," said hannah_g, Curator of the Galerie Buhler Gallery.

Needful Stones will remain open at the Galerie Buhler Gallery until April 28. Admission is free. Learn more at galeriebuhlergallery.ca.

Access Credit Union Gives Big

The Emergency Department redevelopment campaign received a generous boost of \$100,000 in December of 2023, thanks to Access Credit Union. The generous gift will revitalize critical care when Manitobans need it most.

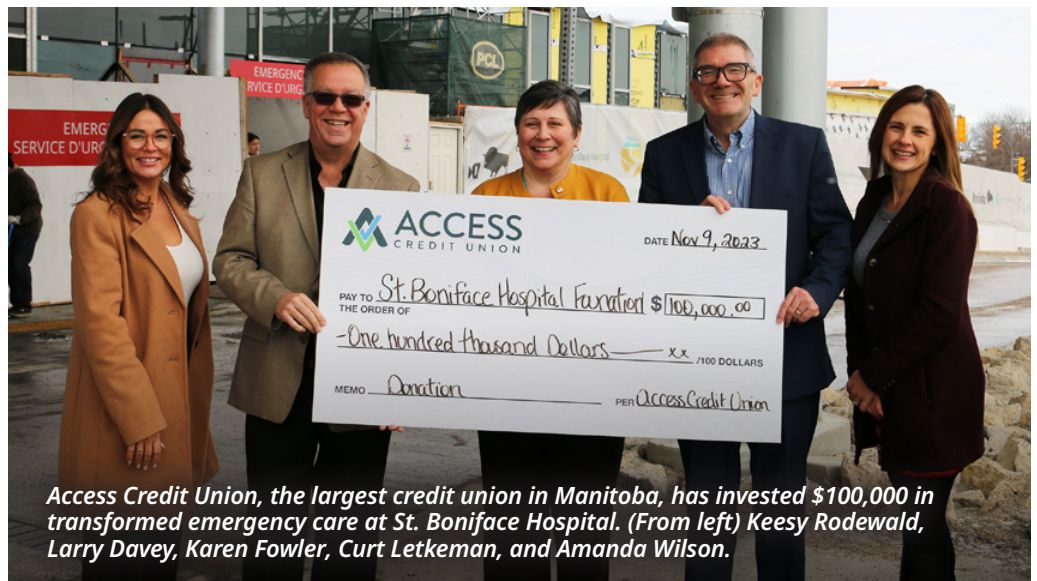
Access Credit Union's CEO Larry Davey shared, "The magnitude and care put into the aspects of this project are incredible. This is not only an Emergency Department redevelopment to serve more patients, but also provides a space for loved ones to be together, and an improved work environment for the doctors and nurses."

"We're trying to help St. Boniface Hospital get from better to best. Support from generous organizations like Access Credit Union is what will get us there," remarked Foundation President and CEO Karen Fowler. "Gifts like this truly have the largest impact on patient care."

Nearly 42,000 patients are seen annually at St. B's Emergency Department. Built in 1955, the current ED space has served a rapidly growing population with minimal upgrades for almost seven decades. Our community deserves a space with timely, compassionate, and equitable care for all.

Access Credit Union Board Chair Curt Letkeman added, "I have two friends who are alive today because of your Hospital's work. St. B does so much to save lives here, and we're happy to help you continue that," added Letkeman.

Thank you for supporting Manitobans when their needs are critical.



Access Credit Union, the largest credit union in Manitoba, has invested \$100,000 in transformed emergency care at St. Boniface Hospital. (From left) Keesy Rodewald, Larry Davey, Karen Fowler, Curt Letkeman, and Amanda Wilson.

From Heart Attack Recovery to Marathon Runner



While on a trek to Mount Everest base camp in 2006, Paul Bernardin, of Winnipeg, felt a sudden soreness in his jaw, arms, and chest. At an elevation of 15,000 feet, he unknowingly experienced his first heart attack. He was 49 years old.

After he returned home, Bernardin experienced a second heart attack. He survived, thanks to the compassionate care and quick intervention at St. Boniface Hospital, Manitoba's Cardiac Centre of Excellence.

After recovery, Bernardin took up running. As of this year, he's completed 19 full marathons, 70 half marathons, and he's still running. When the pandemic hit, Bernardin signed up for virtual runs. Wanting to make a difference while pursuing his passion, he decided to transform his runs into a fundraiser for the cardiac care team that saved his life. Bernardin is making it his mission to run all the streets in Winnipeg, totalling 5,000 km. That's the same as running coast to coast, from Vancouver to Quebec City. He hopes to raise \$50,000 in support of St. Boniface Hospital.

Lives like Bernardin's are saved every day at St. Boniface Hospital because of donors like you. You made it possible for him to be a beacon of hope and inspiration for others in our community.

By saving his life, you have saved countless others. Read more at bealifeline.ca > *Your Impact* > *Patient Stories*.

Interested in doing a St. Boniface Hospital fundraiser of your own? Email Kate at kyacula@stbhf.org or call 204-299-1348 for more information.

A Community Triumph, Tripled

You made triple the difference

Because of our incredible donor community, the future is brighter at St. Boniface Hospital.

Your kindness inspired us last year. Overwhelming support for the Foundation's Emergency Department campaign was tripled, thanks to matching gifts from Canada Life and Maple Leaf Construction Ltd. Together, your impact totaled more than half a million dollars for a larger waiting area, a dedicated mental health space, more private patient rooms, easier access to expert cardiac care, private bereavement and palliative rooms, and so much more.

St. Boniface Hospital is grateful for your steadfast generosity and unwavering support. Nicole Aminot, Hospital President and CEO, emphasized the revitalized Emergency Department will have a significantly positive impact on both patient care and the staff experience.

"Being one of only three emergency departments in the city, this project is long overdue," remarked Aminot. "We're so grateful for the generosity of our donors. Without them, this wouldn't be possible."

You paved the way for a better future at St. B. One with compassionate care, with equitable and timely access for all. In 2024, we are thrilled to celebrate the incredible difference you have made for our Emergency Department redevelopment and expansion campaign.

You are helping St. Boniface Hospital build the Emergency Department our community deserves. Thank you.



REGISTRATION NOW OPEN

Space is limited

SAVE THE DATE

AUGUST 12, 2024



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To register, email Kate at
kyacula@stbhf.org.

You Gave Surgeons the Equipment of Tomorrow

Superman isn't the only one with x-ray vision these days.

You have made it possible for St. Boniface Hospital surgeons like Dr. Randy Guzman to get some of their clearest views yet inside the human body, using state of the art diagnostic imaging equipment.



Vascular surgeon Dr. Randy Guzman in Operating Room 4 at St. B, with the new mobile C-arm that gives him and other surgeons high-quality imaging of blood vessels during procedures.

The newest addition is a mobile fluoroscopic C-arm, funded by Foundation donors and Hospital lottery ticket buyers. The Hospital put it into use starting in January of 2024.

"This is for wire procedures, where you want to see the blood vessel so you can balloon it, you can stent it," explained Dr. Guzman, who is Regional Lead, Section of Vascular Surgery, WRHA and Service Chief, Section of Vascular Surgery at St. Boniface Hospital.

The mobile C-arm uses x-rays to give Dr. Guzman live, high-definition pictures of blood vessels during minimally invasive procedures. "Basically, you need an x-ray picture to see inside the body to thread and manipulate the wires," he said.

The new three-piece set, manufactured by GE HealthCare, includes the C-arm unit, double touch-screen monitors, and a smaller, portable monitor with controls to move and rotate the C-arm. All the equipment is on caster wheels.

"There are older mobile C-arms in the Hospital, but this one is the most advanced in terms of the imaging quality and capabilities," he said. "We are very grateful to Foundation donors for their support."

You make sure St. Boniface Hospital stays at the leading edge of medical technology. Thank you.



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When your need is *ongoing*



Your steadfast support was a key factor in saving Paul Conrad's life when his heart stopped in 2022.

St. Boniface Hospital Foundation has more than 330 donors who choose to give monthly. Joining them is among the smartest – and easiest – ways you can ensure St. B continues to provide the best care for patients like Paul. Now, and into the future.



MONTHLY
giving

SCAN HERE to sign up



Your Gift was a Silver Lining

Heart attack patient experiences compassionate care

Former St. Boniface Hospital patient Alex Fedorchuk learned that heart attacks don't always look and feel like they do in movies.

In March of 2022, Fedorchuk felt like he couldn't get a big breath in. Thinking something was wrong with his lungs, his wife, Cheryl, drove him to Boundary Trails Hospital close to their home in Morden. The emergency department staff there did tests on his lungs and couldn't find the problem. They determined it must be cardiac-related. Despite not having the classic chest-clutching pain often portrayed by Hollywood, tests confirmed that Fedorchuk was indeed having a heart attack.

He was transported by ambulance to St. Boniface Hospital, Manitoba's Cardiac Centre of Excellence. Fedorchuk recalled that the whole process was incredibly swift. The paramedics responsible for him made him feel comfortable during the journey. They were attentive, knowledgeable, and even joked around with him during the trip to ease his mind.

"You expect their job to be hard, and it is, but they do it so well. I must make special mention of their attention and care," said Fedorchuk.

Once he arrived at St. B's Cardiac Catheterization Laboratory his care continued to be excellent. Fedorchuk commended the level of kindness he felt, remarking, "We came in so quickly from the ambulance and flew down the hallway. There was no delay. I felt pretty important!"

The cardiac team placed a stent to re-open his blocked artery, and the next thing he knew, he was in his recovery bed. He fondly commented on how upbeat the staff caring for him were. He recalled that the nurses openly expressed their contentment, saying they loved working at St. B.

"Psychologically, the staff made it such a positive experience. Having that level of care really calms a person down. Everyone was so confident, and calm," said Fedorchuk.

He was back at St. Boniface Hospital a few months later, requiring a second stent to be placed. He was treated quickly, improving blood flow to his heart. The repeat experience was as positive as a heart attack story could be, and the compassion in his care still stands out to Fedorchuk. "It really felt like the best treatment. I haven't got one bad thing to say about it."

Your generosity makes a world of difference to patients like Alex at St. Boniface Hospital. Thank you.



Cheryl (left) and Alex Fedorchuk. Alex had a heart attack in 2022 but did not experience the symptoms one would expect.

Art You Supported – Underground!

300-foot mural painted in Hospital tunnel

Local artists have added a colourful new mural to the basement tunnel leading from St. Boniface Hospital to the McEwen Building, where mental health services are provided.

Artists Natalie Baird and Toby Gillies were hired by Artists in Healthcare Manitoba to paint the 300-foot-long mural, titled *Outside Light*, on the concrete tunnel wall in December of 2023. They designed and painted the mural in collaboration with other local artists. It took them about two weeks to complete.

You helped fund the mural project, in part, through the Hospital's Art at the Bedside program which promotes healing through the arts and creativity throughout the facility.

Other funding sources for the project and its collaborative approach included the Manitoba Arts Council, Artists in Healthcare Manitoba, the Jewish Foundation of Manitoba, and The Winnipeg Foundation.

Baird and Gillies enlisted other artists in Winnipeg to collaborate and design the painting in a workshop they held in September of 2023.

The mural uses abstract, organic shapes and bright colours to evoke the trees and foliage that grow in the riverfront forest behind the Hospital.

"We wanted to show the dappled light in the foliage along the Red River," said Baird.

The artists joined the duo for a stroll on the river walkway last fall, to gain inspiration before they sketched out ideas for the mural.

"The mural brings a sense of lightness and colour to the basement tunnel," said Baird.

"We heard positive feedback from passers-by as we were painting the wall. People commented on how it made the tunnel a nicer place to be," she added.

"It's amazing the difference some paint can make," said one Hospital employee as if on cue as she walked past the mural.

You have brightened the days of patients and staff (and the walls!) at St. Boniface Hospital. Thank you.



Artists Natalie Baird (left) and Toby Gillies collaborated with other local artists in December of 2023 to create the mural, titled Outside Light

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 from August 1, 2023 to November 30, 2023.

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Believe

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St. Boniface Hospital Foundation is located on the traditional territories of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the national homeland of the Red River Métis. We acknowledge that our water is sourced from Shoal Lake 40 First Nation. We respect the treaties that were made on these territories, and we acknowledge the harms and mistakes of the past. Recognizing that we are all treaty people, we dedicate our efforts towards a more loving and compassionate world as we all move forward in a spirit of reconciliation and collaboration.



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