# You are creating a healthier society

Summer 2025

**SPECIAL ISSUE 14.2** 

A publication of St. Boniface Hospital Foundation

# How you made it possible for surgeons to See the Heart from Within

Dr. Clarence Khoo, Director of Arrhythmia Services in Cardiac Sciences at St. Boniface Hospital, with the Abbott ViewMate Ultrasound System that lets him see inside the chambers of the heart.

Your 2024 Annual Impact



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Writers: Jenna Dyck, Jess Gabla, Nigel Moore, Lisa Thomson Stifora, Kate Yacula-Fiorentino

**Design:** Bounce Design

Printing: Esdale Printing

**Photography:** Karen Asher, Jason Benias, Jess Gabla, Nigel Moore, Kelly Morton, Tony Nardella, Michael Talastas, Charles Romero Venzon

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### Do you practice being so wonderful? Thank you.

Almost **10,100 gifts supporting patient care and medical research at St. Boniface Hospital** were made to the Foundation in 2024. Thank you!

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# You Make Amazing Things Happen

# Time and again, year after year, you never fail to step forward.

Your kindness powers world-class patient care and medical research at St. Boniface Hospital. You show us you have trust in our Foundation and believe strongly in what we're doing with your funding.

You answer the calls from our emails and letters, and the grateful patients whose stories they tell.

You loyally buy your St. Boniface Mega Million Choices and Tri-Hospital Dream Lottery tickets. (*Next time it will go your way. I can feel it!*)

Let us tell you, it is humbling. Your commitment inspires Jonathan and me.

What's more, our statistics back it up. Of our first-time donors in 2023, more than 35 per cent of you gave again in 2024.

To put that in context, the comparable figure for most other non-profit organizations like ours is only about 18 to 20 per cent who give again. This means you are helping to strengthen our base for support, and our sustainability of funding for St. B over time.

Thank you for being with us on the Foundation's journey from better to best at St. Boniface Hospital. With you on our team, amazing things happen.



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.

### Your Impact 2024 was your year to make a difference

St. Boniface Hospital Foundation has raised more than **\$318 million** since 1971.

Your gifts have had a profound impact on the tens of thousands of patients and their families who depend on St. Boniface Hospital each year. Thank you.



You and thousands of like-minded donors gave a total of **\$13,146,367** in 2024.

**Funds Granted** 



Thank you...

TO OUR

1,344 NEW DONORS

in 2024

Thanks to you, the Foundation granted a total of **\$10,151,711** in 2024.

# Your Gifts in Action

#### You made a \$10.1 million impact on St. B in 2024

#### You fueled St. B's spirit of compassion

**\$202,215** granted to patient-centred events, activities, and supports.

From pet therapy and complimentary colouring and crossword books, to bannock and tea in our Indigenous Health family room, and the Galerie Buhler Gallery (at right) to the Patient Compassionate fund your generosity was the heart of St. B's powerful spirit of compassion.



# A Team Effort

### Eggshells, coffee grounds, veggie peels and more composted

Thanks to our friends at Réseau Compassion Network for sharing this story with us.

After a decade of dreaming, and with the support of a \$64,000 grant from St. Boniface Hospital Foundation, staff at the health care facility got a composting program up and running that diverted 16,216 kilograms of food waste from September to December in 2024.

Katie North, a nurse manager and the head of the environmental committee, explained that it took a team effort to get composting activities off the ground. "Once Hospital executive had added environmental sustainability as a strategic priority, we knew the timing was right," she said. "We were able to form the committee in mid-2024 and by September, the program was underway."

Naturally, the Kitchen was the first area to get involved. Carla Williams, Manager of Food Services, shared that the learning curve wasn't too steep. "Other healthcare food service sites in Winnipeg were already composting," she explained. "We work closely together with them, so we were able to learn from their journeys. We also reached out to the *Café Marché*, the cafeteria food vendor, and they were very excited to join."

Williams' team is responsible for planning and preparing 400 to 450 patient meals per day.

You are powering sustainable and green initiatives at St. B. Thank you.



From left: Della Ross, Cook, Neil Pryce, Food Services Attendant, and Sheldon Kilcullen, Sanitation Warewash Attendant, in St. Boniface Hospital's Kitchen.

# You put leading-edge equipment to work for patients

**More than \$409,000** granted towards much needed equipment upgrades.

From the NICU, to Cardiac Sciences, and our surgical units, vital new medical equipment was funded thanks to you.

Read about one of the new pieces of equipment you made possible last year on the next page.

# You funded discoveries that will be tomorrow's cures

**\$2.8 million** in grants powered courageous innovation at the Albrechtsen Research Centre and Asper Clinical Research Institute.

Your investment supported brilliant scientists at all career stages, including student award winners.

Learn how your endowments are encouraging future research leaders on page 9.

# ICE is Nice

### New in-heart ultrasound making ablation surgery easier, safer

#### Seeing was believing for Dr. Clarence Khoo in 2024.

"It is an amazing machine. It really has changed the way that I, for one, have been able to do cases. Even just understanding what I'm doing has been phenomenal with it," he said.

It is called an Abbott ViewMate Ultrasound System, and Khoo, the Director of Arrhythmia Services in Cardiac Sciences at St. B, says it's "revolutionary" and "a gamechanger." Support from donors like you allowed the Hospital to put the new, state-of-the-art technology into wide use in 2024.

What sets the ViewMate apart from other ultrasounds is the addition of an Intracardiac Echocardiography (ICE) probe. Clinicians like Khoo use ICE during ablation procedures in St. B's Electrophysiology (EP) Lab to see moving images of a patient's heart chambers from within.

An ablation treats an abnormal heart rhythm surgically by destroying, often by burning, precisely the small area of heart tissue that sends electrical signals from the atria to the ventricles. "During an EP study, we can attach the ICE probe to a thin tube called a catheter. I insert it into a blood vessel, usually in the leg or groin, and guide it all the way up into the heart," explained Khoo, sitting in his office at St. B.

# "It was revolutionary to me...to see the difference it could make."

Before ICE, Khoo's only options were an ultrasound either from outside through the chest wall, or from the esophagus, which involves a probe down the throat, requiring sedation. Alternately, Khoo would use an X-ray that required him and other caregivers to wear heavy lead safety equipment.

"With ICE you can put the probe inside the heart, you can get really up close and personal. You can see things in detail that you wouldn't otherwise be able to with standard ultrasound techniques," said Khoo. "A lot of my generation were used to not having ICE. It was revolutionary for me, once I started to get comfortable with it, to see the difference it could make."



Dr. Clarence Khoo, Director of Arrhythmia Services in Cardiac Sciences, says St. B's new ICE ultrasound probe takes the guesswork out of delicate ablation surgery.

#### ICE revealing what was previously unseen

More than anything, says Khoo, ICE takes the guesswork out of ablation surgery. He can see, in great detail, what was hidden before.

"With ICE there are things I can do now with more confidence than I could before," he said.

"For the longest time, a lot of what we did in cardiology was not really knowing where we were. We ended up then using techniques like X-ray to guesstimate. Having the ability with ICE to really know where we are is exponentially safer and better than what we've done historically."

Khoo describes the inside of a patient's ventricle, in the lower chamber of the heart, as lumpy-bumpy on the inside. "There are lots of little hills and valleys," he explained. "Historically, we would not be able to see those. You would just move your catheter around; let it fall where it would."

ATTALIAN IN

He gives an April 2025 ablation case as an example of ICE changing the game: "The arrhythmia itself was coming from a little strip of muscle that was hanging between two walls of the heart. We found that you had to burn right on that strip of tissue there to control the arrhythmia," he said. "Without the ability to see with ICE, we would have been groping around in the dark. If you were lucky, you'd catch it, but I could not have known it was there without the ICE machine," he continued.

> "ICE benefits patients multifold. Better efficacy, better success rates. With ICE we are more likely now to know where to burn and what to burn; there's less guesswork involved. The chance of having a successful ablation is much higher. Because we have a better understanding as to where we are, it makes for a safer procedure as well."

Thank you for making sure St. Boniface Hospital stays at the leading edge of medical technology.

"Having the ability with ICE to really know where we are is exponentially safer and better than what we've done historically."

Dr. Clarence Khoo, Director of Arrhythmia Services in Cardiac Sciences

Photo courtesy of Abbott.

### Hope in Action A Record Year to Remember

Last year our community showed up in a big way to support meaningful, high-energy events like the National Bank Cardiac Classic, Rosé Soirée and Radiothon of Hope and Healing presented by Vickar Automotive Group.

Together, we raised over \$600,000! These funds supported exceptional patient care, life-changing

cardiac research, and Manitoba's only dedicated women's heart health research program. Amazing things can, and will, happen for our community thanks to you.

Would you like to learn more about event partnership opportunities in 2025? Email our Partnerships and Events Officer, Kate Yacula-Fiorentino, at kyacula@stbhf.org

### Thank you to our 2024 Sponsors

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# Funding the Future

### Grants making student researchers feel seen

#### A pair of students say they are feeling "recognized and supported" after receiving their shares of the Frank & Jeanne Plett Endowed Studentship Grant last year.

Master of Science student Sunita Karki is one of them. She is researching under the tutelage of Dr. Thomas Netticadan, Principal Investigator with the Canadian Centre for Agri-food Research in Health and Medicine (CCARM) at St. B.

Karki is working on methods to bake healthier bread by adding a natural compound called resveratrol, which is beneficial for patients with diabetes and obesity. She is also conducting experiments to learn how consuming resveratrol affects blood sugar levels, and how everyday foods can help manage or prevent diabetes and obesity.

"Receiving this award has enabled me to focus more on research and given me the confidence to try new approaches. On a personal level, the award has been quite meaningful. It has significantly improved my motivation," she added.

Meanwhile, Shunshun Jin, a PhD student in Animal Science, was another recipient. He studies in the Hospital's Integrative Biology Laboratory under the supervision of Dr. Karmin O, Principal Investigator with CCARM. Jin's work focuses on the regulation of oxidative stress and inflammation in gut health.

"The Plett Endowed Studentship allowed me to continue my work without financial concerns," he said. "I was able to attend scientific conferences

to present my findings and receive valuable feedback from experts in the field."

PhD student Shunshun Jin.



From left: Researcher Dr. Thomas Netticadan, donors Frank and Jeanne Plett, and MSc student Sunita Karki, with undergraduate student Sandrius Mirochkinov, another Plett Endowed Studentship Grant recipient.

Thank you for supporting the next generation of researchers at St. Boniface Hospital.



"We both have had family members and friends who needed serious medical attention. We appreciate the care they did receive, and it is our pleasure to support St. Boniface Hospital. We believe supporting health care is a meaningful way of helping other Manitobans."

Frank and Jeanne Plett, donors

# Former Nurse Keeps Caring

### Legacy of Hope Society members wanted bequest to be meaningful

#### "What would Dorothy do?"

That was the question Teresa Wareham asked herself throughout her career as a registered nurse of more than 35 years at St. Boniface Hospital and the Minnedosa and District Hospital.



Wareham (at left) followed her older sister, Holly, into the St. Boniface Hospital School of Nursing. She graduated in 1981. Whenever she was faced with a difficult situation on the job, Wareham would remember the kindness of Dorothy Carswell, her head nurse and mentor at St. B from 1981 to 1984.

"Dorothy was the most wonderful head nurse," remembered Wareham, on the phone from her hometown of Minnedosa. "I remember when other staff members of the Hospital approached us in a way that was, shall we say, unkind or insensitive, Dorothy would stand her ground in a disagreement and defend her nurses. It always felt like she valued me," she said. St. Boniface Hospital became a meaningful place for Wareham and her husband, Dean, because of compassionate people like Carswell. Now both retired, they decided to leave a bequest to the Hospital in their estate. The Warehams are also monthly donors to the Foundation.

#### High standard of care important

"When Dean and I were doing our estate planning in 2017, we wanted to leave a percentage of our money where it will do the most good for the most people," said Wareham. "We have confidence in St. Boniface Hospital and its staff, and how they will use our gifts."

"There is a very high standard of patient care at St. B," she continued. "When I worked there as a nurse or have used its services, I felt that everyone has always reached for that standard. At the same time, they have made it compassionate and personal."

Thank you to all Legacy of Hope Society members for your selfless generosity in support of St. Boniface Hospital.



# Legacy of Hope Society

By leaving a gift in your estate, you are joining other kind-hearted people who have shown love and generosity to patients, caregivers, and researchers they may never meet.

**St. Boniface Hospital Foundation warmly welcomed 6 new Legacy of Hope Society members in 2024.** Our thanks to them and to others listed here, as of December 31, 2024.



Photo: Charles Romero Venzon

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New society member
Legacies fulfilled

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### You're ensuring that ...No Parent Is Alone

# Better and stronger support is offered to families during unimaginable challenges, thanks to you.

Becoming a parent is challenging enough. But when your baby arrives prematurely or with health concerns, it's even more overwhelming. Families in St. Boniface Hospital's Neonatal Intensive Care Unit (NICU) can face isolation, emotional overwhelm, and uncertainty. Extra support is crucial for these families.

That's where Delka Roberts, Parent Partner Co-ordinator with St. B's NICU, comes in.

The Parent Partner Program provides a unique peer connection model. In the long-term, Roberts aims to pair current NICU families with 'veteran' families – called parent partners – who have been through the NICU experience before and understand it. Currently, she has parent partners who volunteer at events and support groups.

The Program existed before the COVID-19 pandemic but was paused during restrictions on visitors and volunteering.



Delka Roberts, Parent Partner Co-ordinator with St. Boniface Hospital's newest patient support program.

"If nothing else, the pandemic really pointed out how isolating things can be, especially for a new parent

who's struggling," said Roberts. "I'm there to remind them that their baby is here, it's a good day today, and they're going to get through this."

Many NICU families are from northern, rural, or remote areas, separated from their loved ones and often staying in hotels. Having small craft events in the unit or social groups can provide a sense of community and an



Roberts and her daughter, Tabitha, during their NICU stay.

emotional break from isolation.

For Roberts, this role is personal. Fourteen years ago, her daughter, Tabitha, was born at St. B. Weighing only one pound and two ounces at birth, she spent the first few months of her life in the NICU.

Roberts isn't sure how she would have made it through some of the especially hard days without conversations and comfort from staff. When the Parent Partner Program was recruiting for the position, Roberts knew she wanted to give back in a meaningful way.

"Having someone beside you who has been through it makes that extra difference," she recalled.

Thank you for helping NICU parents know they're not alone.

# 2024 Donors

Your kindness has powered compassionate patient care and groundbreaking medical research at St. Boniface Hospital.

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"The reason I still donate is because my husband, John, received excellent and compassionate care several times at St. Boniface Hospital. That's why I would like to pay it forward."

Nadia Hanesiak, 22-year donor

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"For much of my career, I handled the corporate donations for my employer CIBC. Meanwhile, I made personal donations in support of many worthwhile projects annually. After I retired 25 years ago, Mary and I have continued our support of St. Boniface Hospital Foundation."

Don and Mary Hanson, 35-year donors

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# After the Shift

#### An art exhibition showcased the diverse interests of St. Boniface Hospital's community late in 2024, encouraging understanding and compassion.

The *Off the Clock* exhibition at St. B's on-site Galerie Buhler Gallery ran from November to January, highlighting the creativity and hobbies of Hospital physicians, staff, and volunteers. The Gallery had invited participants to submit a hobby or art piece and share its significance to them. The exhibition fostered connections within the Hospital and offered visitors and patients insights into the staff who care for them.

"I'm really interested in what people do when they aren't at work, and lots of people here enjoy creating art," said hannah\_g, Galerie Buhler Gallery's Curator.

The exhibition was supported by St. Boniface Hospital Foundation donors, who allow the Gallery to host various exhibitions throughout the year. With around 50 *Off the Clock* submissions, visitors saw paintings, curling brooms, comic books, crochet work, and more.

Thank you for letting St. B staff and volunteers show their creative sides last year. Learn more at galeriebuhlergallery.ca.







Photos: Karen Asher

# You helped us Share Stories That Matter

# You weren't only a loyal donor in 2024, but a friend we could count on.

It was a big year for St. Boniface Hospital Foundation's social media channels! And thanks to you, we had so much to celebrate.

Together, we shared moments that made history. From new milestones in medical research and patient care, and heartwarming patient stories of lives you've changed, to the glamour of our fundraising events, you were right there with us – liking, commenting, sharing, and cheering us on.

With every interaction, you put St. B in the spotlight.

- You clicked the links we shared over 7,000 times, eager to learn more about the difference your support makes.
- You helped us reach hearts, with our content appearing more than 300,000 times on social media feeds.
- And 1 million of you saw the photos, videos, and messages that told the stories of your generosity at work.

Thank you for helping us grow our community of caring. And thank you for using your clicks and shares to spread even more hope and healing.





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# Your visionary support allowed the Foundation to grant almost **\$2.2 million** in endowment interest to Hospital initiatives in 2024.

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St. Boniface Hospital holds **\$57.2 million** in endowments. Thank you for placing your trust in our organization.

# Statement Summary

### **Statement of Financial Position**

December 31, 2024, with comparative information for 2023

	2024	2023
Assets		
Cash	\$ 12,498,948	\$ 10,994,698
Accounts receivable	54,049	55,337
Prepaid expenses	151,229	106,445
Investments	103,418,180	96,199,666
Cash surrender value of life insurance	395,981	389,820
Capital assets	98,297	183,343
	\$ 116,616,684	\$ 107,929,309
Liabilities and Fund Balances		
Accounts payable and accrued liabilities	\$ 452,032	\$ 521,887
Grants payable	12,790,202	10,801,189
	13,242,234	11,323,076
Fund balances:		
Unrestricted	3,953,314	4,297,885
Endowment	57,220,668	52,522,600
Operating Reserve	6,290,063	5,806,114
Innovation	12,888,910	11,207,637
Capital Reserve	5,876,833	5,213,364
Restricted Designated	17,144,662	17,558,633
	103,374,450	96,606,233
	\$ 116,616,684	\$ 107,929,309

For complete financial statements including notes, contact the Foundation at 204-237-2067 or info@stbhf.org. Online, visit stbhf.ca/en/accountability.

The accompanying notes are an integral part of the financial statements. Approved on behalf of the Board of Directors:

mathan Letkemann

Jonathan Letkemann, Chair

Andeau

Joël Rondeau, Finance Chair & Secretary-Treasurer

### **Statement of Operations and Changes in Fund Balances**

Year ended December 31, 2024, with comparative information for 2023

	Unrestricted Fund	Endowment Fund	Operating Reserve Fund	Innovation Fund	Restricted Designated Fund	Capital Reserve Fund	2024 Total	2023 Total
Revenue								
Contributions:								
Major gifts	\$ 222,941	\$ 248,060	\$ -	\$ -	\$ 2,020,626	\$ -	\$ 2,491,627	\$ 3,200,260
Development	1,590,075	16,884	-	-	697,386	-	2,304,345	12,956,294
Investments	1,763,242	83,775	(5,870)	735,767	2,172,584	223,656	4,973,154	3,812,337
Unrealized changes in fair value of							6.5.47.040	6 005 060
investments	319,896	4,352,178	489,819	945,506	-	439,813	6,547,212	6,825,063
	3,896,154	4,700,897	483,949	1,681,273	4,890,596	663,469	16,316,338	26,793,954
Lotteries								
Lottery revenue	14,153,153	-	-	-	-	-	14,153,153	14,423,713
Cost of lotteries	10,775,912	_	-	_	-		10,775,912	10,965,542
	3,377,241	_	_	-	_	-	3,377,241	3,458,171
	7,273,395	-	483,949	1,681,273	4,890,596	663,469	19,693,579	30,252,125
Expenses								
Administration	778,917	-	-	-	-	-	778,917	762,614
Major gifts	979,103	-	-	-	-	-	979,103	1,045,785
Development	1,015,631	-	-	-	-	-	1,015,631	990,736
	2,773,651	-	-	-	-	-	2,773,651	2,799,135
Excess of revenue over expenses before grants	4,499,744	4,700,897	483,949	1,681,273	4,890,596	663,469	16,919,928	27,452,990
Grants	4,844,315	_	-	-	5,307,396	-	10,151,711	9,213,715
Excess of revenue over expenses	(344,571)	4,700,897	483,949	1,681,273	(416,800)	663,469	6,768,217	18,239,275
Fund balances, beginning of year	4,297,885	52,522,600	5,806,114	11,207,637	17,558,633	5,213,364	96,606,233	78,366,958
Inter-fund transfers for designated donations	_	(2,829)	-	-	2,829	_	_	-
Fund balances, end of year	\$ 3,953,314	57,220,668	\$ 6,290,063	\$ 12,888,910	\$ 17,144,662	\$ 5,876,833	\$ 103,374,450	\$ 96,606,233

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The accompanying notes are an integral part of the financial statements.

# Governance and Staff



#### **Board Executive**



Jonathan Letkemann Chair



Joël Rondeau Vice-Chair & Secretary Treasurer



Tom De Nardi Lottery Chair



Margot Meagher



Emeka Nnadi Chair, Fundraising Committee



Matt Sachkiw Chair, Finance Committee

#### **Board Members**



Ex-Officio

Karen Fowler, CFRE

President & CEO

Lorissa Campbell

IT Support &

Tech. Services

Co-ordinator

Paula Lucas

Administrative

Assistant/Receptionist

Staff

Ab Freig



**Rebecca Friesen** 

Sam Guertin

**Rhonda Klippenstein** 

Sam Vickar



Jack Mercredi

### Perry Rose **Executive Staff**





Todd MacNeil Director, Technology & Lottery Operations



Lisa Thomson Stifora Director, Communications & Stewardship

Jess Gabla

Communications

Officer

Kalyn Murdock

Development Officer



Amber Gibbons Accountant



Ethel Mwecha Donor Relations Co-ordinator



Garth Johnson Development Officer



Laura Tarte Lottery Customer Service







bealifeline.ca



Cheryl Tyslau Gift Processing & Data Administrator



Don Barnabé, CPA, CMA

Vice-President, Finance

& Administration

Shona Connelly, MA Major Gifts



Kelly McMullan Major Gifts



Jocelyne Wladyka Relief Receptionist



Executive Administrator



Nigel Moore Senior Communications Officer



Kate Yacula-Fiorentino, BA Comm Partnerships and Events Officer





Hemant M. Shah





