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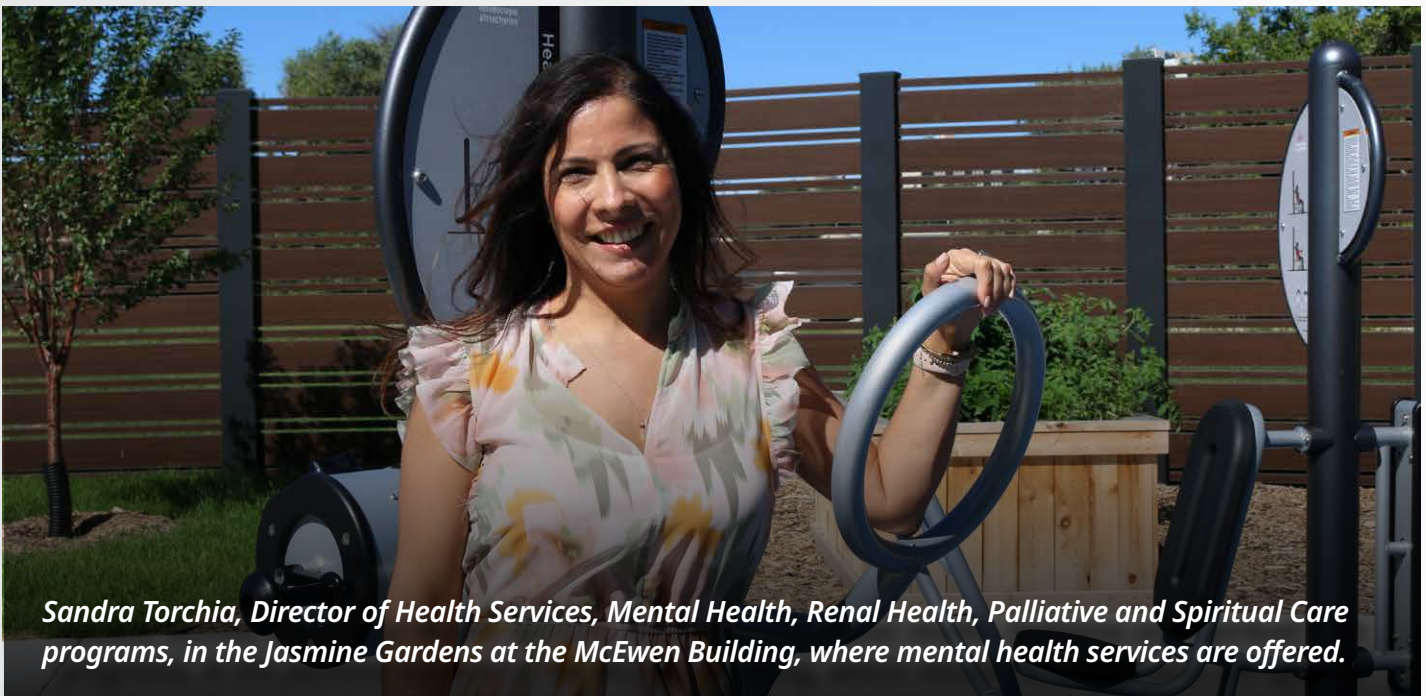
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A Safe Place to Blossom

Jasmine Gardens built for patients at St. B



Sandra Torchia, Director of Health Services, Mental Health, Renal Health, Palliative and Spiritual Care programs, in the Jasmine Gardens at the McEwen Building, where mental health services are offered.

St. Boniface Hospital's McEwen Building, which provides inpatient and outpatient psychiatry and mental health programs, has already seen extensive renovations to create a safer, more welcoming space, thanks to Foundation donors like you. Now, the compassionate care St. B is known for has extended outside to the new Jasmine Gardens.

As human beings, we instinctively understand that being in nature is good for us. With this finished space, patients have a peaceful, secure area where they can reconnect with nature and continue their healing and recovery.

Your generous gifts to the Foundation, many of which came in during our *Voices of Hope* campaign at the end of 2024, recognize that mental health is an integral part of overall health. By gifting this wonderful green space to St. B patients, you became a partner in the Hospital's holistic approach to mental health care.

"We are so grateful for the generosity of Foundation donors," said Sandra Torchia, Director of Health Services, Mental Health, Renal Health, Palliative and Spiritual Care programs. "Your gifts have allowed us to create a flourishing green space for individuals to heal, to grow, and to best reconnect with themselves, their relationships, and their community."

The transformation has been nothing short of amazing. A year ago, the gardens were in an unused space with crumbling concrete pads and a broken basketball hoop. Today, they are a serene oasis with room to relax, exercise, and enjoy nature. The revitalized area includes a paved walkway for peaceful strolls, benches, and raised flower beds for gardening.

Thank you for helping these gardens grow at St. Boniface Hospital.



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Karen's Corner

At the time of this writing, St. Boniface Hospital's newly redeveloped and expanded Emergency Department will soon be open to the public.

I could not be more grateful for your contributions to the project. It took hundreds of people more than three years of work to complete, and you were with us every step of the way. Thanks to the kindness from our generous donor community, together we raised more than \$10 million in gifts to help set a new standard in emergency care for all Manitobans – one that promotes dignity, well-being, and the compassion that St. B is known for.

It gives me chills to imagine what the Grey Nuns who founded the Hospital over 150 years ago would think if they could see what we have accomplished together. We have renovated, reimagined, and revitalized a space in need – with a larger waiting room, individual exam rooms with more privacy, a dedicated mental health area to support patients with dignity, and an ambulance bay with underground parking and faster access to trauma elevators.

You have helped build the Emergency Department our community deserves. Thank you.

Karen Fowler

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

In Brief: Foundation News

Winnipeg Street Run 5,000 km



A huge shout-out to Paul Bernardin and the incredible Winnipeg Street Run 5000K team for their dedication to take steps for stronger hearts. Thanks to your generosity, this fundraiser made a big impact, with more than \$11,450 raised!

After surviving two heart attacks, one while trekking Mount Everest, Bernardin set out on a personal mission to run every street in Winnipeg in support of cardiac patients in need at St. Boniface Hospital.

Netticadan Renewed as Team Lead



Congratulations to Dr. Thomas Netticadan, whose position as Team Lead of The Canadian Centre for Agri-Food Research in Health and Medicine (CCARM) at St. Boniface Hospital Research was renewed last spring for a three-year term.

Don't miss out on stories
of *hope and healing!*

Join the Foundation's email list
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Volunteering her Story

10+ year volunteer went to Emergency

As a longtime St. Boniface Hospital volunteer, Joan Lachance never thought she would experience cardiac care at the Hospital as a patient. However, fate had other plans.

From greeting patients and visitors at the front entrance, to delivering complimentary copies of The Free Press to patients throughout the facility, Lachance, 61, of Winnipeg, has embraced her volunteer role at the Hospital.

Lachance and her husband, Don, were out volunteering for the Transcona Optimist Club's Santa Claus Sleigh one night in December of 2024.

"Don and I came home, and I just felt off. I had zero pain in my chest, but I wasn't feeling well. I can't describe it except to say a bit of heart racing and shortness of breath. Something just didn't seem right," she continued.

At St. Boniface Hospital, Lachance had a blood test to check her troponin, a protein that signals heart muscle damage. It was high. An angiogram the next day showed Lachance had no blockages, which was lucky, but also that she had experienced a spontaneous coronary artery dissection (SCAD) heart attack. SCAD is a condition in which a small tear forms within an artery wall in the heart.

"For me, SCAD was a little tear, sort of like a bruise, in my artery," said Lachance. "Blood pumps through the artery, but it's bumping that bruise every time. So, it takes time to heal on its own." She required no surgery.

Second SCAD in January of 2025

Lachance's caregivers gave her blood pressure medication and sent her home on December 22, in time for Christmas. In the first couple of days of the new year, however, Lachance felt pain in her chest. She returned to St. B's Emergency Department.

The doctor there believed it was another SCAD. "But because of that, they prefer not to do another angiogram to confirm it, because the thin wire could make the tear worse by accident," Lachance said. She stayed at St. B for another four nights, leaving with a bit more medication.

Lachance has happily returned to her volunteer duties at St. B, now with Patient Registration, escorting patients to their appointments.

"Being on the patient end of it, you appreciate the level of care a lot more. Now, if patients share their stories with me while on their way to the Asper Institute or Bergen Cardiac Care Clinic, I can share with them that I, too, am a cardiac patient. I tell them how great my care was, and still is, at St. B."

"For more than 10 years as a volunteer, people have told me how good the cardiac care is at St. B, whether it's in Asper, in surgery, the pacemaker clinic – how good everyone is all the way around," she added. "It makes me even more proud to be a volunteer at St. Boniface Hospital."

You are standing with Joan Lachance in support of cardiac care for all Manitobans. Thank you.

Longtime St Boniface Hospital volunteer Joan Lachance experienced two SCADs and found herself on the patient side of the bed in winter of 2024-25

A Milestone You Made Possible

You're helping make history one heartbeat at a time

On May 20, St. Boniface Hospital's Cardiac Sciences team made history, thanks to you.

The first cardiac patient in Canada was successfully enrolled into the EMPOWER Clinical Trial. This groundbreaking study is exploring a new, minimally invasive treatment for people living with heart failure and mitral regurgitation: a condition where the heart valve doesn't close properly, causing fatigue, shortness of breath, and increased risk of death.

This achievement was more than a medical first. It was a moment made possible by you.

Thanks to your generosity, St. Boniface Hospital is leading the way in bringing innovative treatments to patients who need them most. Your support has helped fund the research infrastructure, technology, and talent that made this trial possible.

The EMPOWER trial offers hope to patients through a promising and innovative procedure, called the Carillon Mitral Contour System, avoiding open-heart surgery and complementing existing drug therapies. The procedure uses a small device, inserted through a vein, to gently reshape the problematic heart valve and help it close. If effective, the procedure can help solve the long-term issue of an enlarged heart by changing the shape

of the valve and preventing further enlargement. "This was an excellent example of the teamwork here at Cardiac Sciences," said Dr. Shelley Zieroth, Director of Heart Function Clinic at St. Boniface Hospital.

"It's great to be recognized globally as a leader in clinical trials, and even better to have the opportunity to improve the outcomes of thousands of patients with heart failure. This will help them feel better, longer," she added.

Your kindness helps fund the research infrastructure, technology, and talent needed to bring innovative treatments like this to patients in Canada. We are deeply grateful to you for believing in the power of research and innovation. Your commitment ensures that patients in Manitoba and across Canada have access to the best possible care, close to home.

Thank you for being part of this milestone moment. Together, we are shaping the future of heart care.



The interventional cardiology and heart function teams at St. Boniface Hospital successfully randomized the first Canadian patient into the EMPOWER clinical trial.

You're writing

A Legacy of Literacy

Thanks to the generosity of donors like you, comfort and connection continue to thrive at St. Boniface Hospital.

One of the newest additions to our patient activities – a mobile library cart – is already bringing joy and inspiration to patients across the Hospital.

This special cart was made possible by a tribute gift in memory of Albert Patenaude, a devoted library technician who believed deeply in the power of books to bring joy and connect people. Albert's passion for reading, especially history, touched many lives during his time as director of the Portage Educational Resource Centre in the Portage la Prairie School Division.

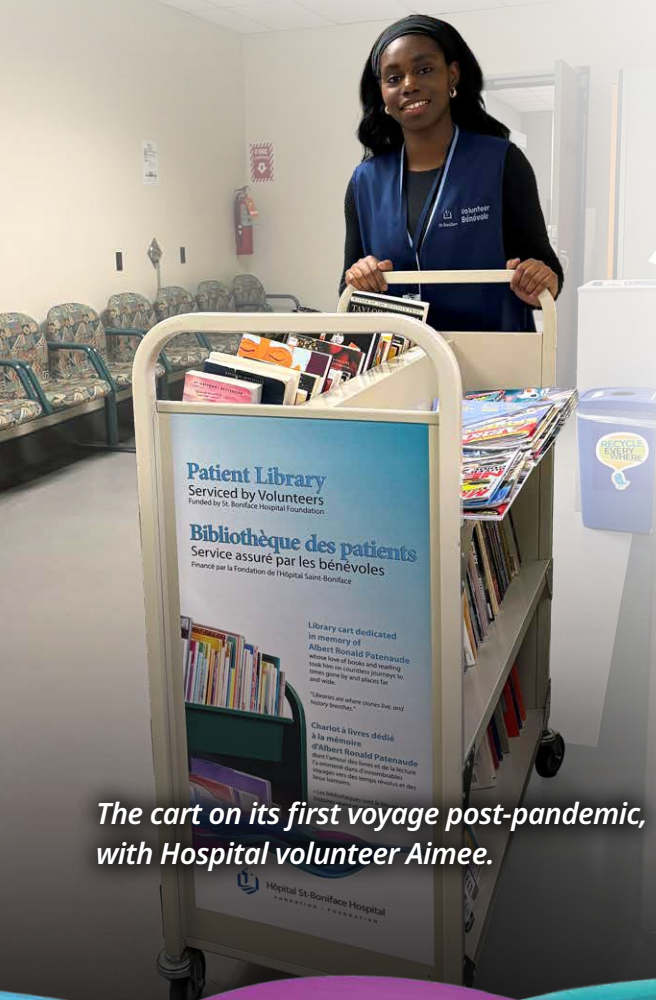
Following his unexpected passing in 2023 due to a rare autoimmune response to COVID-19, Albert's family – Monique Gauthier, Charles Henaire, and their loved ones – chose to honour his memory in a way that reflects his spirit and love of reading. Their generous gift, combined with the efforts of our Volunteer Services team, has brought the library cart back into circulation throughout the units post-pandemic.

On its first voyage in March 2025, with volunteer Aimee at the helm, the cart visited two units eager to welcome it back. The excitement from both staff and patients was immediate and heartfelt.

"This project is in memory of my brother-in-law, Albert, who was my sister's husband," shared Gauthier during the cart's dedication. "He was very passionate about books and sharing them with others. We're so proud that his love of reading will continue to bring comfort to people."

The library cart is just one of many initiatives supported through our Patient Events and Activities program. With your help, we continue to fund experiences like Art at the Bedside, Pet Therapy, and creative workshops that brighten hospital stays and add some comfort. In 2024 alone, more than \$60,000 was contributed to these efforts, and we're working to extend that even further this year.

Thank you for helping Albert's legacy of literacy flourish. Your generosity ensures that patients feel seen, supported, and cared for in every possible way.



The cart on its first voyage post-pandemic, with Hospital volunteer Aimee.



From left: Marie Gauthier-Patenaude and Monique Gauthier with the Library Cart dedicated to their loved one, Albert Patenaude.

Mapping the Healing Journey Through Art

Body maps explore early mobility after surgery

A researcher at St. Boniface Hospital has turned pipe cleaners, glitter, and colourful markers into instruments of medical research at St. Boniface Hospital.

Emily Phillips, Clinical Nurse Specialist with the Cardiac Sciences program and PhD candidate in Applied Health Sciences at the University of Manitoba, has successfully created one of the first-ever definitions of what early mobility after cardiac surgery means, by having former patients share their experiences through art, in a process called body mapping.

Over three days in June of 2024, Phillips and her research team invited former patients who underwent various open-heart surgeries (bypass, valve surgery, etc.) to return to St. B a year to two years later. Gathered in the I. H. Asper Institute at the Hospital, Phillips asked two groups of participants “What was it like to first move after your heart surgery?”

She handed each person 6-foot rolls of poster paper, markers, glue, stickers, scissors, bubble wrap, and any other craft supplies they might need to make individual body maps.

“Art is a powerful way to put patients in the driver’s seat and really hear their stories how they want to share them,” explained Phillips. “It’s hard to put experiences into words, if I asked them to tell me about their experiences moving after surgery. I would get a very different story than what they’ve drawn on their body maps.”

A body map is a life size artistic representation of a person’s body, sort of like a self-portrait from a moment in time. The former patients were given the opportunity to express where in their body they experienced pain, what it felt like to first move, and

what they were thinking about in the Intensive Care Unit (ICU) following their surgery.

Definition of early mobility unclear

“It’s amazing, you can express so much more through art than you can through words. If I want to understand your thoughts, I’ll ask you with words, but if I really want to understand your experience, using art is a powerful way along with words. You can express so much more,” said Phillips.

“There wasn’t an agreed-upon definition of what early mobility is, in the ICU or after heart surgery,” she said.

“Based on how they described moving, we have created the first patient-informed definition of what early mobility after cardiac surgery is. We’ve created a definition that’s informed by patients and the ICU health-care team, and that’s the first time that I’ve seen that.”

You are powering groundbreaking medical research at St. Boniface Hospital. Thank you.



Don’t stop here! Read much more about the body mapping research project.



Nurses Belong Here

Graduate endowments awarded to St. B nurses

With her first nursing job at St. Boniface Hospital, Chelsea Nichols found a sense of belonging.

Nichols, who works in the Hospital's busy Emergency Department, knew from a young age that she wanted to be of service to others. "I wasn't always sure what that would look like," she said. "But once I started my nursing journey, I knew St. B was where I belonged."

Nichols, along with fellow nurses Anjolaoluwa (Anjola) Oyewo and Emily Parker, were this year's lucky recipients of the Wyrzykowski Family Graduate Nurse Awards.

All are recent Bachelor of Nursing program graduates: Oyewo from the University of Manitoba started working at St. B in October of 2024; while Nichols and Parker, both from Red River College Polytechnic, started their jobs at the Hospital in June and September of 2024 respectively.

The Wyrzykowski family of Winnipeg – longtime and generous supporters of the Hospital – established an endowment fund with St. Boniface Hospital Foundation for graduates employed in their first nursing jobs. The Hospital held a random draw of 105 eligible graduates hired in 2024 during National Nursing Week, May 12 to 18.

Anjola Oyewo, Surgery Resource Team

Oyewo, who is from Nigeria, has a permit to work in Canada and is working towards her Permanent Resident status. She is planning to put her share of the award money towards the PR application process, which she acknowledged is expensive.

About nursing, she says her personality goes well with her job. "I'm a compassionate person. I love helping people in their most vulnerable moments. But maybe I wasn't expecting the harder days at work," she added with a laugh. "As nurses it's in our personalities to take on others' emotional burdens. It can be hard to leave behind after a shift."

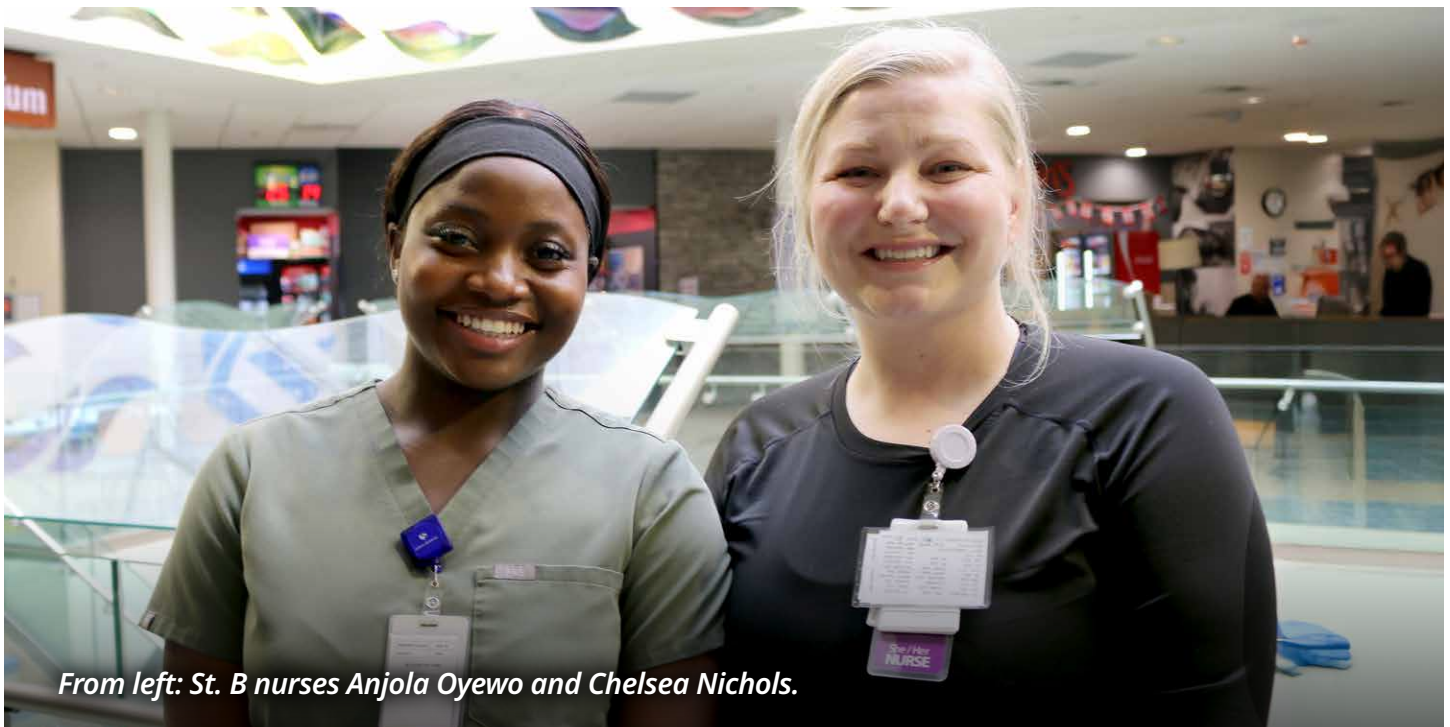
Emily Parker, Neonatal Intensive Care Unit (NICU)



Parker's experience as a teen mother showed her a future in nursing. "I had my two sons when I was 18 and 19 years old, when I was still in high school. I always wanted to do something in the field of helping women, and the nurses I had were incredible. I realized then I was interested in nursing as a career."

Since she started to work at St. B, Parker has been in the NICU. "There's no better feeling than being able to discharge a baby home to their family. Or, seeing their little milestones as they get healthier and stronger and ready to go home. It's an incredible feeling," she said.

Thank you for making St. Boniface Hospital an employer of choice for nurses in Manitoba.



From left: St. B nurses Anjola Oyewo and Chelsea Nichols.

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 December 1, 2024 to March 31, 2025.

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