



Bringing Hope to Life

A publication of
Health Sciences Centre Foundation

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Winter 2017

Impacting Health Care for 40 years

September 29, 2016 marked the 40th anniversary of the HSC Foundation. Our heartfelt gratitude and appreciation is extended to everyone who has demonstrated their commitment to health care in our province over the years by trusting in the HSC Foundation and our efforts.

Thanks to remarkable support from the community, together we have had a tremendous impact on patient care in our province, and made a profound difference in the lives of many people.

We cannot thank you enough - the forward-thinking people and organizations who get involved with our Foundation through volunteering, donating, fundraising or informing others about the good work being carried out by the hospital.



Chair of HSC Foundation Board, Tina Jones (left) with President and CEO, Jonathon Lyon (right)

and cutting-edge technology. Dedicated research space in the Thorlakson Building, facilities in the John Buhler Research Centre and the establishment of the Kleysen Institute for Advanced Medicine are just some of the many wonderful things made possible thanks to our visionary philanthropists. HSC Foundation donors have also supported nearly 400 research projects, providing researchers and their teams with facilities and technology required to carry out their important work.

We have witnessed the incredible difference this community's support has made for millions of families - healing patients and saving lives - and we are honoured to have your loyal and conscious support.



It has been a privilege to be associated with every one of you. Take pride in what you have accomplished through your involvement in our efforts, and thank you for your generosity. We honour you as we celebrate 40 years of making a difference, and look forward to the impact we will have together in the future.

Tina Jones
CHAIR
HSC FOUNDATION
BOARD OF DIRECTORS

Jonathon Lyon
PRESIDENT & CEO
HSC FOUNDATION

Our journey began when visionary volunteer committees laid the foundation of what was to come, electing Mr. William C. Gardner as the first Chair of the Board of Directors of the Health Sciences Centre Research Foundation. As our organization continued to grow, evolve and flourish, it was later named the Health Sciences Centre Foundation to reflect a greater focus on patient care.

**“Together more than
52,000 donors have invested
\$140 million in heartfelt gifts
to support compassionate
patient care, innovative
research and cutting-edge
technology.”**

We are extremely proud of the all that has been accomplished throughout our history. Together more than 52,000 donors have invested \$140 million in heartfelt gifts to support compassionate patient care, innovative research



Bill Gardner, current Vice Chair of the HSC Foundation Board poses with a picture of his father William C. Gardner, the first Chair of the HSC Foundation Board

Winnipeg Jets Bring Hope to Life for Young Patients at HSC

In true holiday spirit, the Winnipeg Jets came to HSC on December 14 to spread some much-needed holiday cheer, visiting adolescent patients in the PsychHealth Centre. The Jets played air hockey, signed Jets gear and visited with the patients, laughing and taking lots of pictures. Thank you to all of the players and everyone involved with the Jets for your community efforts. Go Jets Go!



Winnipeg Jets Captain Mark Scheifele

From Donor To Community Leader: Lynn Bishop's Efforts Will Impact HSC For Years To Come

Lynn Bishop has been a tireless champion of the HSC Foundation for years. Starting as a donor, he wanted to make a more powerful impact for patients and health care professionals at HSC so when asked, Lynn joined the HSC Foundation Board. He served in nearly every capacity - including as Chair - for five years. Following his time on the Board, he continues to give as an Honourary Director offering leadership, wisdom and guidance. Now, Lynn is focusing his efforts as Chair of this distinguished group of individuals.



Throughout the years, Lynn has been involved with many fundraising campaigns with the Foundation. The most significant was the Breakthrough! Campaign which was chaired by Hubert Kleysen while Lynn was Chair of the Foundation board. At the time, the Breakthrough! Campaign was the largest undertaking by the Foundation, with a goal of raising \$10.5 million to build the Kleysen Institute for Advanced Medicine.

Thanks to Lynn and Hubert, along with their strong volunteer team and many committed volunteers, they met that lofty goal. And the Kleysen Institute is now home to life-changing advancements in research and patient care. It's a facility that medical teams cherish, because it gives them the opportunity to provide truly world-class care for patients, right here in Winnipeg.

"It was a lengthy campaign. It had its moments of frustration and challenges, but at the end of the day, we made it happen through the hard work of the team, driven by our campaign chair, Hubert Kleysen," says Lynn. "It was very gratifying."

Lynn tells a brilliant story about the "breakthrough" in the Breakthrough! Campaign when he met a couple for the first time and flat-out asked them to donate a million dollars - and they said yes! Lynn identifies this as the pivotal moment when the campaign gained credibility.

"While working with the Foundation, I met many people - patients, families, researchers, health care professionals - and I gained a deep appreciation of what goes on at HSC," says Lynn. "I saw first-hand the dedication of the health care professionals who work there. Their tireless efforts to care for patients and to find new treatments and medical technology through research are the reason I continue to give what I can. It gives me a sense of accomplishment to know that I am impacting the health of my family, friends, and neighbours not only in Winnipeg, but across our province and beyond."

A Life Changed Because Of HSC Care

Some people are robbed of their innocence and yet, somehow, find a way to give back in ways unimagined. Roland Vandal is a clear example of that generosity. And Roland is here today because of the care he received at Health Sciences Centre Winnipeg.

In 2002 at the age of 30, Roland had hit rock bottom. He checked himself into a motel and drank a bottle of methadone - a powerful narcotic meant to help heroin addicts in withdrawal - expecting to end his life. Roland should have died that night, but he somehow slept through it, woke up and called his mother who took him to adult emergency at HSC.

Landing on the doorstep of the hospital was the culmination of years of self-harm. Alcohol, drugs, street life, and homelessness were how Roland coped in adulthood with being sexually abused by a boxing coach at the age of 12. He still struggles with Post Traumatic Stress Disorder but has not touched any harmful substances since that night in 2002.

Mom picked me up and brought me to HSC and they saved my life. That was the last time I drank or did drugs. I still cry thinking about the amazing care I received and how my life has changed since then.

After 2 weeks in the chemical withdrawal unit, Roland continued his path to recovery and today is a beacon of hope for others who need help. With the knowledge that successful recovery is a team effort; Roland credits the HSC with saving his life. More importantly, through the care of HSC staff and volunteers, they showed him the possibilities of living.

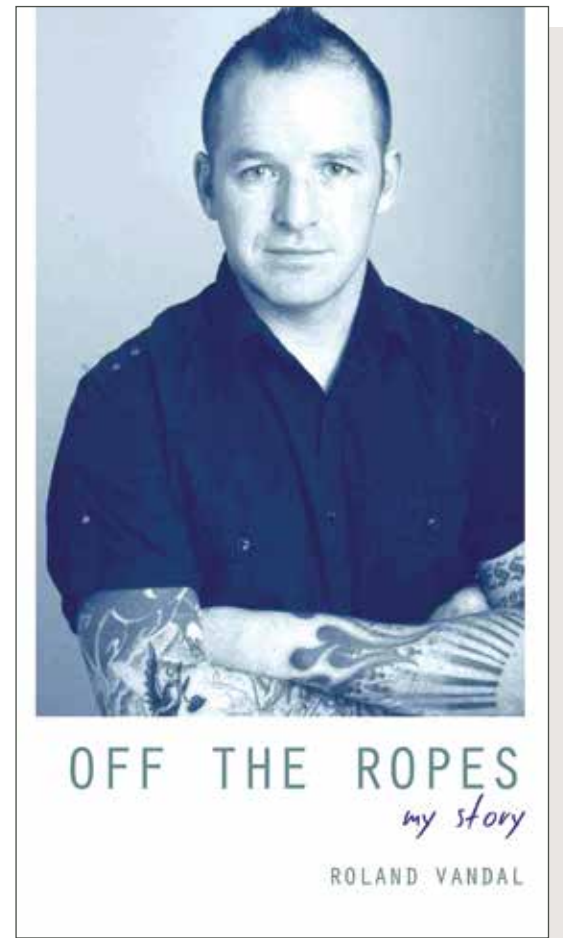
The nurses nursed me back to health. One nurse, she sat with me and patted my head, and said everything was going to be ok - just like a mom.

Today, Roland is a mentor to others. He has opened up sobriety homes for both adults and youth to get them off the streets and get them treatment. He coaches boxing for Winnipeg's inner city youth, and is a foster parent to children, and adults with special needs.

Roland has given over 800 talks, across Canada and internationally, on topics including alcohol and drug abuse, sexual abuse, street life, and bullying prevention. And in every talk, he mentions how the staff and medical teams at HSC helped him turn his life around by showing that they cared.

The nurses treated me like a human being when I was at my worst.

And today, Roland continues to pay it forward.



Roland Vandal recounts his incredible story in his book *Off the Ropes*



Team boxing MB: Roland (far right) with the Manitoba boxing team at the 2011 Canada Winter Games in Halifax



Roland & sons: Roland (2nd from right) with his two sons and two foster sons Josh, Jesse, Jaicey and Kyle (L-R)

Finding Tomorrow's Care Today with Donor Funded Research Grants

The Health Sciences Centre Foundation was pleased to provide more than \$391,000 in grants to ten exciting new research projects in October 2016. Awarding these grants is another way HSC Foundation donors support the dedicated staff and medical teams who provide health care at HSC.

Research is the key to understanding matters of health, and often leads to the discovery of new technologies, medicines, treatments, or diagnosis methods that ultimately improve outcomes for patients. This year's projects focus on some of the key areas of care at HSC: stroke, rehabilitation, neurodegenerative disorders, physiotherapy, mental illness, and brain cancer.

2016 General Operating Grants

- **\$70,000 to Eftekhar Eftekharpour** to study if a newly developed antioxidant protein can decrease cell death and improve stem cell response in brain tissue of patients recovering from stroke, and ultimately improve patient recovery.
- **\$70,000 to Saeid Ghavami, Marshall Pitz, Thomas Klonsch, and Hugo Bergen** to address whether statins, cholesterol lowering medications, sensitize glioblastoma (malignant brain tumor) cells to death to provide possible new future therapies for glioblastoma patients.
- **\$64,790 to David Hill, Sabrina Demetriooff, Hygiea Casiano, and Anne Crocker** to study the trajectory and outcomes of individuals with severe mental illness who become involved with the Manitoba Criminal Code Review Board.
- **\$70,000 to Carol Hitchon, Joseph Kaufert, Anthony Niigani, Diana Scribe Niigani, David Robinson, and Amber Cogar** to use community based participatory methods to create e-films describing the challenges faced by Indigenous North Americans with arthritis that impact clinic attendance, and to educate health care providers in order to identify modifiable barriers to health care access.
- **\$70,000 to Ji Hyun Ko** to create a brain imaging database for reference of expression levels of disease-related biomarkers for patients with Parkinson's Disease and Alzheimer's Disease, in order to better diagnose patients and potentially provide better therapeutic interventions.

2016 Allied Health Grants

- **\$25,000 to Rudy Niebuhr, Kathryn Sibley, and Marla Beauchamp** to determine the minimal clinically-important difference of a new recommended balance measure (the Mini BESTest) in post-acute stroke, and explore how engaging physiotherapists in a study translates into use of the measure in clinical practice.
- **\$3,672.24 to Brenda Semenko, Ruth Barclay, Sepideh Pooyania, and Jacquie Ripat** to evaluate the effectiveness of a dynamic wrist-hand orthosis in improving upper extremity function in stroke patients awaiting outpatient occupational therapy treatment at HSC Winnipeg.

2016 Dolly & Michael Gembe Nursing Grant

- **\$6,930 to Susan Alcock, Jo-Ann Sawatzky, Kathy Doerksen, and Trevor Strome** to study if stroke patient outcomes have improved as a result of implemented quality improvement projects to shorten door-to-needle time for stroke patients in HSC Winnipeg's Adult Emergency Department.
- **\$5,972.50 to Diana McMillan, Janell Plouffe, Greg Duncan, Devon Brown, and Kendra Rieger** to determine if the use of bedside communication white boards is effective at engaging patients and families in the discharge process, in order to facilitate safe and efficient patient discharges from hospital.

2016 Mindel & Tom Olenick Research Award in Immunology

- **\$5,000 to Nour Eissa** to study if an amino-acid protein known as Chromogranin-A has a role in intestinal inflammation, and if targeting this particular protein and its derived peptides could provide new therapies for patients with inflammatory bowel disease and colitis.

Since 1981, HSC Foundation donors have provided over 55,000 square feet of dedicated research space to support the programs of nearly 400 researchers and health care specialists. To make a gift towards research today visit www.hscfoundation.mb.ca/research or call **204-515-5612**.



Dr. Eftekharpour – Aiming for Improvements to Stroke Recovery

Dr. Eftekhar Eftekharpour, Ph.D. is an Assistant Professor in the Regenerative Medicine Program in the Department of Physiology and Pathophysiology on the HSC campus. He and his team have been awarded a \$70,000 General Operating Grant from the Foundation, as part of the 2016-2017 Grants.

His research focuses on a newly developed antioxidant protein, and whether it can decrease cell death and improve stem cell response in the brain tissue of patients recovering from a stroke. Technology and expertise in HSC's Kleysen Institute for Advanced Medicine will enable Dr. Eftekharpour and his team to view and assess the cells with state-of-the-art imaging techniques. The research findings could ultimately lead to much-improved patient recovery.

"We are grateful for the support of the HSC Foundation, as they have been one of the most important contributors to establishing our research in Manitoba," said Dr. Eftekharpour. "We are hopeful that the research will lead to an improvement on currently available therapies, and the quality of life for patients."

Dr. Eftekharpour was attracted to Winnipeg all the way from Iran. He previously received funding from the HSC Foundation in 2012 for his research into Spinal Cord Injuries.

Making Music and Making a Difference

You've probably heard his organ riffs soon after Patrick Laine rifles a shot into the opposing team's net. Trevor Olfert owns the fingers behind the organ at Winnipeg Jets games this season. But Trevor provides this community with more than just a soundtrack at a sporting event.

Twelve years ago, Trevor Olfert formed the Open Sky Orchestra and gave people young and old the opportunity to make music. This community orchestra is made up of strings, brass, electric guitar, keyboard and percussion, and is accompanied by Trevor on the piano. Trevor arranges cover songs for the orchestra to play, but they also play a lot of original music.

About six years ago, the Open Sky Orchestra decided that they wanted to give their shows more meaning and purpose. The 40-piece collective decided to get into philanthropy and donate the proceeds from all their shows to charity.



They created an annual spring concert series, with proceeds benefitting several charities including the Health Sciences Centre Foundation.

"We want to do what we can to help people, through research and care here in Winnipeg," says Trevor.

So far, they've raised more than \$70,000 through their popular concerts. If you would like to support their mission to raise money for a worthy cause (OK, and listen to their amazing ensemble live!), the Open Sky Orchestra will be playing a benefit concert at the **West End Cultural Centre on May 4th & 5th**. You can find tickets at www.openskyorchestra.com.



Celebrity Human Race 2016 - A One-Of-A-Kind Weekend for Racers



The HSC Foundation hosted its 4th annual Celebrity Human Race, presented by Canad Inns on September 30 and October 1, 2016. Thanks to incredible support from our community, the event was a huge success and raised more than \$850,000 for the HSC Foundation!



Saturday, celebrities and their teams set out on the race to solve clues and navigate to “pit stops” throughout Winnipeg. Exciting challenges included driving a mini excavator at Toromont CAT, recording a hit song at Private Ear Recording Studio (sponsored by the Challoner Family), playing dodgeball at Sky Zone Trampoline Park (co-sponsored by Pitblado Law), matching cars to movie clips at Birchwood BMW, and practicing suturing skills at HSC Winnipeg.



Top fundraiser Derek Johansson, former Board member, poses with all the celebrities. Derek's team raised more than \$92,000 for the hospital!



Celebrity participants Heather Moyle, Pooch Hall, and July Black

“Teams worked tirelessly in support of the hospital and our sponsors were incredibly generous again this year. It was inspiring to see these efforts come together throughout this amazing, two-day event,” said event Co-Chairs Dan Chisick and Jim Morden. “It was a fun-filled weekend that will be remembered by everyone who was able to participate. We thank everyone who contributed to the event’s success including Welcome Sponsor, the Radiology Consultants of Winnipeg.”

The event kicked off Friday night with the exclusive draft party where teams mixed and mingled with all of the celebrities, including their own celebrity teammate that they “drafted” for the race.

The event culminated in an awards ceremony featuring a special performance from Canada’s hip hop ambassador Kardinal Offishall, sponsored by Parrish & Heimbecker Ltd.

“Health Sciences Centre is near and dear to the heart of people in this community, and that was certainly highlighted at the event,” said Tina Jones, Chair of the Board of Directors for the HSC Foundation. “Everyone who supported this year’s Celebrity Human Race has helped to ensure HSC can deliver world-class health care to all of our loved ones – through promising research initiatives, new technology, and cutting-edge facilities.”

Notable celebrities this year included Billy Baldwin of *Backdraft* and *Gossip Girl*, Heather Moyle, two-time Olympic Gold Medalist, John O’Hurley of *Seinfeld* and *Family Feud*, and Kardinal Offishall, Rapper and Record Producer.

CELEBRITY HUMAN RACE 2017 is set for Sept. 22 & 23. This is the GRAND FINALE for this incredible event. DON’T MISS OUT!

To register a team go to www.hscfhumanrace.com or call 204-515-5612.



Team Cornell with celebrity teammate Nic Bishop. Team Cornell generated the most new donors to the HSC Foundation through their clever fundraising efforts.

Donors Break Radiothon Record \$166,742 Raised for HSC Winnipeg

On February 3, the HSC Foundation held the 13th annual Bringing Hope to Life Radiothon, presented by Maric Homes. The Radiothon raised a record amount of \$166,742! It was the most money raised in the history of the event – all thanks to the generosity of donors and sponsors.

“It is amazing to reflect on the impact this community has, when they choose to support the HSC Foundation,” said Jonathon Lyon, President and CEO of the Foundation. “We heard many powerful stories that illustrate how donors and supporters, and the staff at HSC are saving lives, and changing lives for the better. Thank you to everyone who called in or made a pledge online to support this remarkable health care facility and the patients who benefit from this place of healing.”

Guests on the Radiothon included grateful patients who shared moving stories, as well as doctors, researchers and frontline health care providers who imparted insights and innovations from HSC. We heard from Danika Carriere and her parents Alain and Barbie Nault, who shared how Danika

was treated for a traumatic brain injury at HSC after a car accident in 2012. Because of the care she received here, from brain surgery to rehabilitation, combined with her will to succeed, Danika is now graduating with her class this year. Manitobans like Richard Tavenor and Stephen Kussy also shared with listeners how grateful they are to HSC for saving their lives and providing them with hope for the future. And we heard from medical staff like Dr. Faisal Siddiqui, a physician with the transplant program here at HSC, and Nadia Zenchyshyn, the Manager of Patient Care on GD6, the only oncology ward in Manitoba.

Thank you to sponsors and matching donors Maric Homes, Wawanesa Insurance, Johnston Group, TransCanada Corporation, Manitoba Pork, Payworks, Steinbach Credit Union, The Keg, BDR Services, Genumark, Lea Marc, and JS Furniture. You all made the event a resounding success.

Thank you to everyone who donated to the Radiothon – you are truly bringing hope to life for loved ones in our community.



Danika Carriere with her parents Alain and Barbie Nault. Danika was treated for a traumatic brain injury at HSC after a car accident in 2012.

Stephen Kussy (R) had a tumour on his spine removed at HSC’s Centre for Surgical Innovation. Here, he reunites with his surgeon, Dr. Neil Berrington, Head of Neurosurgery at HSC.

Presenting Sponsor Maric Homes’ Tanya Maric, Vice President of Operations poses with Monique Levesque-Pharoah, Manager of Sponsorship & Events at the HSC Foundation.

Selena Hinds, Director of Communications & Community Affairs at Wawanesa Insurance talks with Jonathon Lyon, HSC Foundation CEO. Wawanesa was the lead supporter for the Radiothon, matching all donations up to \$10,000.

Laurel Lyons, Special Events Coordinator with feature sponsor Manitoba Pork, tells her patient story involving a BRCA gene diagnosis and resulting surgery at HSC.

Hal Anderson, CJOB host, and Jonathon Lyon, CEO of the HSC Foundation show off the record-breaking grand total: \$166,742!