

ANNUAL REPORT 2018-2019



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Once Upon a Time

Our IWK story begins with the generosity of our donors.

Over the last 100 years, the IWK has relied upon the community to ensure Maritime women, children and families have access to the best possible care. From the generous gift made by the family of Izaak Walton Killam, to the recent completion of our Neonatal Intensive Care Unit, you have always been there, right by our side.

The best care begins with you.

In this report, you will read the amazing stories of some of the patients, caregivers and donors who, like you, make the IWK a special place. They—and you—represent "Team IWK" who ensure the IWK is always there for our Maritime community.

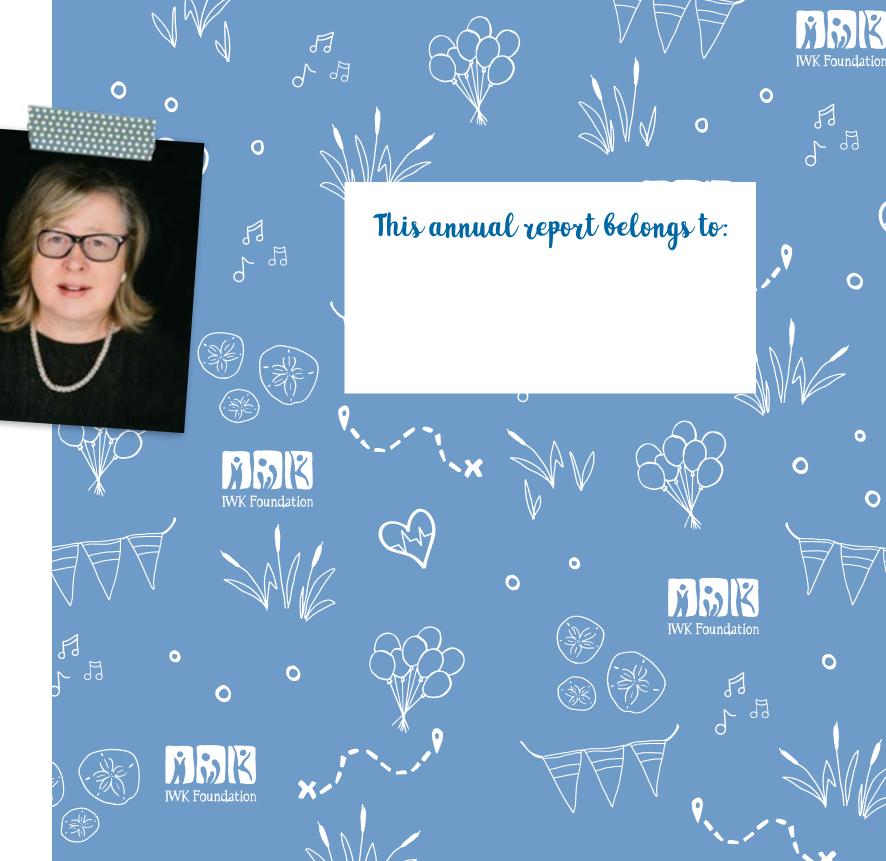
Thank you for investing in the care of our region's women, children and youth.

Thank you for helping patients today and for generations to come so that they too can have a future full of potential and possibilities.

Thank you for being a part of the magic that is the IWK.

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Jennifer Gillivan President & CEO



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A new Beginning ot so long ago, a new Neonatal Intensive Care Unit (NICU) opened at the IWK, allowing families and their newborns to stay together.

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Imagine as a parent you must leave your tiny baby at night because there is no place for you to sleep by your child's side. The walk to the parking lot is heart-breaking.

You don't have to imagine that anymore, thanks to the generosity of 749 donors. These donors have funded a world-class unit where families become an active part of their baby's care. From sleeping in the rooms with their precious child, to participating in medical rounds, to partnering with the nurse and healthcare team-families can now be there every step of the way.

> This summer, NICU South opened completing the amazing 100 per cent donor-funded NICU transformation at the IWK. This brings the total number of private rooms for NICU families to 38, making a huge impact on patient outcomes and all families that require intensive care for their newborns-families like Eleri Pembridge's.

When Eleri was born, she was covered with a red rash and blue spots. The doctors initially thought

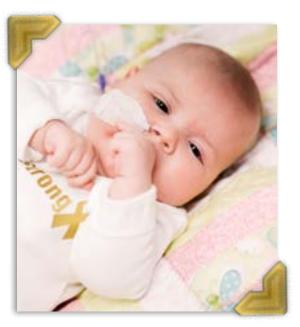
she may have caught a virus in utero, but a blood test showed that her white blood cell counts were extremely high. Eleri had leukemia.

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Eleri was immediately airlifted from Fredericton, NB, to the IWK where she was diagnosed with congenital pre-B cell acute lymphoblastic leukemia. She was admitted to NICU North. At just five days old, Eleri started chemotherapy, beginning what will be a year-long hospital stay to receive four rounds of intensive chemotherapy. Halfway through her treatment, Eleri's family received the wonderful news that her cancer is in remission.



Learn more about Eleri's story at iwkfoundation.org/nicun

О Although they still have a long road ahead, Eleri's parents, Deana Sarchfield and Adrian Pembridge, dream of the day when Eleri can join her three older sisters, Seren, Elin and Nia, at home where she will continue the maintenance phase of her treatment in partnership with the IWK.

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"Eleri's diagnosis was truly a nightmare, but being here has given me hope. And the hope is now getting me through, and making me realize that we can do this," says Deana, Eleri's mom.

> Recently, the NICU set a new infection management record, going an incredible 53 weeks without a patient contracting a central line-associated bloodstream infection. Since the 1990s the unit's previous record was 40 weeks. This record was set while the team moved patients into the new NICU North and was able to be maintained, in part, by the high level of infection control in the design of the redeveloped NICU.

In those Critical Moments...

magine as a parent, you find yourself in the intensive care unit with your child fighting for their life. It's not something anyone expects to happen, but when it does you would want an internationally-leading, state-of-the-art facility for your child.

The IWK needs a fully-renovated Pediatric Intensive Care Unit (PICU) by 2020 and we need community heroes, like you, to step up and make this story a reality.

Like the NICU, this leading unit will include 10 private rooms, allowing families to stay together day and night. Even more than that, these rooms will provide better protection from infection, reduce noise exposure and increase privacy. These improvements will change the lives of critically-ill patients, like Charlotte teBogt.

Within a month of her birth, Charlotte's family became alarmed when their beloved baby became very fussy, wasn't eating well and was vomiting frequently. When doctors found a heart murmur, the Grand Pre, NS, family was immediately sent to the IWK.

Here, Charlotte was diagnosed with two congenital heart conditions and was quickly admitted to the PICU where the team closely monitored her heart. Charlotte needed to have surgery immediately. Doctors repaired one of her conditions and waited to fix the other until she gained weight. A few months later, Charlotte had her second surgery and is now at home with her family and getting stronger every day. Through the phenomenal support of donors, like you, we can continue to ensure that this important facility is only a car, ambulance or helicopter ride away for any Maritime patient in need.

In the PICU, 50 per cent of admissions are unplanned. So while some patients are scheduled for a stay before or after a surgery, others are admitted as a result of a sudden illness or accident. All of these patients are in need of critical, life-saving care.



Learn more about Charlotte's story at iwkfoundation.org/charlotte

"The IWK is magical and it creates miracles every single day. I don't know how anyone would ever be able to get by without an IWK."

- Lindsay teBogt, Charlotte's mom

The Road to The Road to Feeling Better △

hat if there were a healing place for youth and children who need inpatient care for mental health treatment? And what if that place were a nationally-recognized facility right here at the IWK? The Garron Centre for Child & Adolescent Mental Health is such a place.

And it is 100 per cent donor-funded.

The Garron Centre is called upon by our pediatric partners across Prince Edward Island, New Brunswick, Newfoundland and Labrador and Ontario, as a model to shape and redesign other Canadian acute mental health and addiction units. Since its opening five years ago, the Garron Centre has treated hundreds of patients from across the Maritime region, including Andrew Leitch.

Eighteen-year-old Andrew, from Dartmouth, NS, lives with Obsessive Compulsive Disorder (OCD). When he was admitted to the Garron Centre, Andrew focussed on avoiding contamination to his hands. His need to keep his hands clean was so strong that Andrew would lay in bed for days with his arms crossed over his chest to avoid



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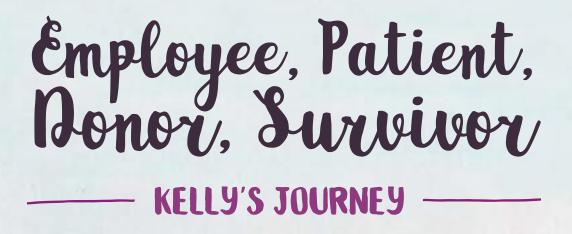
Learn more about Andrew's story at iwkfoundation.org/andrew

touching anything. He also wouldn't eat or drink. Andrew's hand-washing left his hands brittle, cracked and raw.

During his time at the Garron Centre, his health care team helped Andrew balance the proper medication with exposure therapy. Through this style of therapy, Andrew would touch various liquid substances and learned to manage his compulsions with the support of his psychologist.

Today, Andrew is a student at Nova Scotia Community College. He is managing his OCD and is able to enjoy spending time with his friends and playing basketball.

"I went from not having a life at all to being able to live a life that I want to live." - Andrew Leitch



As staff at the IWK Foundation many of us have taken our children to the IWK and even been patients at the Health Centre ourselves.

Two years ago, a cancer diagnosis resonated through our office. After 10 years of working with patients, families, donors and the IWK Health Centre, one of our own needed the very services she worked so hard to ensure were there for Maritime patients.

This is the story of how Team IWK became Kelly Duggan's team.

As she was returning to work from her second maternity leave, Kelly was waiting to have a mammogram after discovering two lumps in her right breast. She was still breastfeeding and was confident that these lumps were likely clogged milk ducts.

However, her results showed the lumps were invasive ductal carcinoma—the most common form of breast cancer. At 31 years old, Kelly, a happily-married mother of two children, had stage III breast cancer.

Kelly underwent a mastectomy and later an axillary node dissection to remove the lymph nodes under her armpit. She became a patient of the donor-funded IWK Breast Health Centre—a place for which she helped to raise the much-needed funds. In addition to her surgeries, Kelly has received a bone scan, two MRIs, two CT scans and two additional mammograms, all at the IWK. She also completed six rounds of chemotherapy, 25 radiation treatments and 18 infusions of a targeted drug therapy through the Nova Scotia Cancer Centre.

To celebrate completing chemotherapy and radiation, Kelly held a party with close family and friends and asked her guests to bring a donation for the IWK's Breast Health Centre. Together they raised \$1,665.

Today, Kelly has returned to work and the IWK Foundation team was thrilled to welcome her back.

From the whole IWK Foundation team thank you for ensuring that facilities like the IWK Breast Health Centre are here to support women like Kelly.



"Throughout the course of my cancer treatment, I had an incredible amount of support from my family and friends. When I finished the main portion of my treatment, it was important for me to celebrate how far I had come and that I had survived. I was also very grateful for the care I received at the IWK and I wanted to use my event as an opportunity to give back."

- Kelly Duggan



When you donate to the IWK, you help us to supply vital pieces of equipment. Here are just two items you have helped to buy!



hrough generous donations to the 34th IWK Telethon for Children on CTV, donors like you helped to support the purchase of three new patient beds. Beds are a fundamental piece of equipment; they are used by countless patients who rely on the IWK for care. One of those patients is Ronda Bamanga of Moncton, NB.

Living with sickle cell anemia, 18-year-old Ronda has been a patient at the IWK since he was a

child. As part of his treatment, Ronda requires monthly blood transfusions and rests in a patient bed during his treatment. He will be on antibiotics for his whole life. Ronda receives care both in his hometown of Moncton, and at the IWK.

Learn more about Ronda's story at iwkfoundation.org/ronda



Paizlee Rose Adams, IVK patient

nother patient who has experienced the generosity of donors is one-year-old Paizlee Rose Adams from Summerside, PEI.

Paizlee was born at 22 weeks and six days gestation, weighing only one pound. She was immediately admitted to NICU North. Like many premature babies, Paizlee's lungs weren't fully developed and she needed a ventilator to help her breathe.

> For three and a half months, Paizlee remained a patient in NICU North as she slowly gained weight and her lungs grew stronger.

This past winter, Paizlee's family shared their story through a mail and email campaign in which we asked you, our donors, to help purchase a much-needed ventilator for the NICU. You answered the call! Through your generosity, the IWK Foundation was able to purchase a new ventilator for patients like Paizlee. Thank you!

Learn more about Paizlee's story at iwkfoundation.org/paizlee

Ronda Bamanga, IVK patient

This is the story of the Mason family who have given a gift to the IWK so their daughter's legacy can live on.

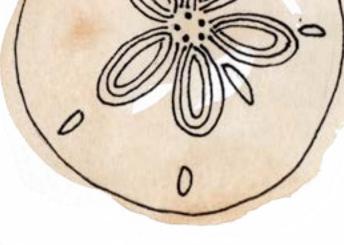
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OLIVIA MASON

A Cift for Tomorrow

> uring school break when most kids are having fun and relaxing, 11-year-old Olivia Mason suddenly began experiencing excruciating pain. After a trip to the IWK Emergency Department, the Mason's learned devastating news—Olivia had acute myeloid leukemia, a form of cancer that affects white blood cells.

Olivia was immediately admitted to the hematology, oncology and nephrology unit where she remained for six months while she received chemotherapy. During this time, her parents, Barry and Tammy Mason, could see that the support of donors was evident throughout



the IWK and they took solace in that during their difficult journey.

"We couldn't help but notice the amount of people who have contributed to this hospital," said Barry. "Many of their names are posted around the building and it gives you a sense of community. You are not here by yourself, there are donors that are fighting with you, side by side."

Along with Barry's role as Vice Chair of the IWK Foundation Board of Trustees, he and Tammy are annual donors to the IWK Foundation. For Tammy, giving back as a donor was their way to help other families. "T'm not a nurse and I'm not a doctor so I can't help in that way. But if a donation helps, then that is something I can do," she said.

Today, Olivia is cancer-free and recently completed her second year of university. Through their journey, the Mason family has made the generous decision to include the IWK Foundation in their Will. "To give a gift beyond our life is really extraordinary," said Tammy. "It's not that we have that much to give, but we know that it doesn't take a lot to make a huge change. To know that maybe in some small way we can change somebody's future—we'll rest easy knowing that."

Your generosity can last beyond a lifetime.

By leaving a gift to the IWK Foundation in your Will, you help ensure Maritime women, children and youth continue to have a healthy future.

A life-changing gift can be big or small. You can make a difference.

Your gift can be a simple bequest, a gift of life insurance, a gift of securities, or a donation of an RRSP or RRIF.

To find out how you can leave the IWK Foundation a gift in your Will, please visit: iwkfoundation.org/plannedgiving

Euddles, Laughs & Songs

Donor-funded care is all around the IWK. Read how you've helped support patients in different ways.

SEASTAR CHILD AND YOUTH ADVOCACY CENTRE

he first program of its kind in Atlantic Canada, the IWK's SeaStar Child and Youth Advocacy Centre is improving response to childhood abuse and trauma. The centre is a welcoming, child and youth-friendly place where professionals work together to provide a streamlined approach. Together they provide forensic interviews; medical exams; mental health services; court support and preparation; access to Dorado, an Accredited Facility Dog; and personalized follow up.





Buddington the Clown

BUDDINGTON THE CLOWN

As the IWK's therapeutic clown, Buddington helps patients through humour, magic, music and play. On a typical day, Buddington interacts with approximately 30 IWK patients and their families. Some meetings are planned and in patient rooms, while others are impromptu—sometimes happening in the elevator! With every patient, Buddington always seeks their permission to say hello and see if they'd like to play.

MUSIC THERAPY

In his role as music therapist, Darrel Cameron supports patients and helps them to express themselves creatively. Through singing, songs, recording, listening and learning instruments, Darrel helps patients and their families throughout their healthcare journey.

Health care experiences can be scary and stressful for children and youth and can often induce fear, confusion and changes in behaviour. Buddington the Clown and music therapist Darrel Cameron are two professionals who help patients work through these emotions and experiences via therapeutic play and music.

Bonors Come in All Sizes

oung or old, tall or small, IWK Foundation donors come from all over the Maritimes and beyond. Here are just some of the types of donors who support the IWK.

BIRTHDAY DONORS

Year after year, generous children and youth across Nova Scotia, New Brunswick and Prince Edward Island donate their birthday money to the IWK. Whether to recognize their own IWK journey or that of a friend or classmate, or because they simply want to help other kids, the IWK Foundation receives donations of all sizes from some of the Maritimes' youngest residents. Their generosity proves that you are never too young to make a difference in your community.

MONTHLY DONORS

Many IWK Foundation donors choose to make their gifts in the form of a monthly donation. These donations help to ensure that the IWK Foundation is in a position to respond quickly to the most urgent care priorities of the IWK.

GRASSROOTS FUNDRAISERS

Community-level projects and events are some of the most common fundraisers for the IWK Foundation. One program that empowers youth to support the IWK is Dance Marathon. This grassroots program by Children's Miracle Network allows high school and university students to raise money for their local children's hospital. These students spend a year learning valuable leadership and life skills while raising funds. The year culminates with a multi-hour event where the students stay on their feet through dancing, games and entertainment in celebration of the total amount raised that year.

DID YOU KNOW?

IWK Foundation individual donors who give \$500 or more during one calendar year are welcomed into the IWK Founders Club. This loyal group of donors receives invitations to special events and exclusive recognition for their exceptional generosity.

Your Journey CELEBRATING DONOR SUCCESSES

Our story is made possible by the tireless support of our donors across the Maritimes. With so many donors, here is a snapshot of just some who reached milestones in 2018 and 2019.





For the last 18 years, Twin Shores Camping Area in Darnley, PEI, has been a fundraising partner of the IWK Foundation. Last summer, they reached an amazing fundraising milestone—\$100,000.

These vital funds are raised every August when Twin Shores hosts their IWK Fundraising Week. Some of their events include a classic car show, chocolate bar bingo, mini golf, washer toss tournament, pancake breakfast and flea market.



For an incredible 25 years, CAA Atlantic has been a fundraising partner of the IWK Foundation. Every year, CAA staff across the Maritimes sell tickets for their annual luxury cruise raffle. Through their hard work and the support of their customers, they have become a long-standing donor to the IWK Foundation.







> Ilok 5K - In Memory of Jessica <

The IWK 5K - In Memory of Jessica is an event that was founded by Jennifer Manuel after her youngest daughter, Jessica, passed away at the IWK with complications from twin-twin transfusion syndrome and severe prematurity. Because of the care at the IWK, her twin sister, Alyssa, survived and is now thriving.

In 2019, the IWK 5K - In Memory of Jessica celebrated its 10-year anniversary. For a decade, the IWK 5K has been engaging the community and has raised a cumulative \$140,000 for the Health Centre.



Across Nova Scotia, NSLC locations are passionate supporters of the IWK Foundation. This year, they surpassed a cumulative fundraising milestone of \$3 million! Locations raise funds in a variety of ways, including a Festival of Wines ticket raffle, casual days, 50/50 draws, bake sales, BBQs, craft sales and yard sales.



	Total Revenue	\$ 15,730,677
0	Other	\$ 1,693,244
۲	Major & Planned Gifts	\$ 5,770,787
۲	Annual Gifts	\$ 693,379**
۲	Radiothon	\$ 303,546
	Telethon	\$ 7,269,721*

*This line represents revenue received for Telethon within the 2018/19 fiscal year including Pre-Telethon direct mail and in-kind contributions.

**This line represents gifts received through direct mail, memorial and tribute programs.



HOW WE SPEND YOUR DOLLARS

۲	IWK Health Centre Priorities	\$ 7,077,878
	Administration & Donor Services	\$ 1,929,799
۲	Fundraising	\$ 1,353,608
۲	Marketing & Communication	\$ 1,490,593

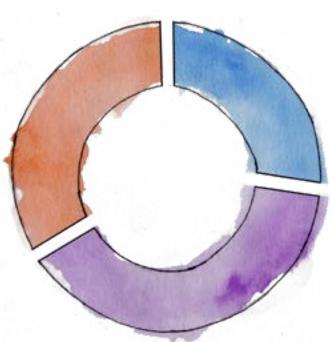
***This line represents funding provided through 44 endowment funds for specific purposes.

****This line represents funding provided for restricted purposes.

*****This line represents funding provided for the Neonatal Intensive Care and Pediatric Intensive Care Redevelopment.

FUNDING PRIORITIES

	Specified Endowments	\$ 1,934,776***
۲	Restricted Gifts	\$ 2,879,838****
۲	Critical Care Project	\$ 2,263,264****
	Total Funding	\$ 7,077,878





Thank You, Donors

Joining Together for Team IWK

"The relationship between the IWK Foundation and the community expands for generations—it's a story about all of us joining together as Team IWK to ensure Maritime families have the best and nothing less, right here at home. As the Chair of the IWK Foundation Board of Trustees, I am honoured to represent these volunteers from across the Maritimes who, like you, believe wholeheartedly in the IWK."

> David Glenn Fountain, C.M. Chair, IWK Foundation Board of Trustees

BOARD OF TRUSTEES 2018-2019

Chair: David Fountain Vice Chair: Barry Mason Past Chair: Steven Moore Treasurer: Chris Baldwin Secretary: Jennifer Gillivan

TRUSTEES

Chris Baldwin Cory Bell Scott Belton Bob Brown Denise Doucet Mike Elgie John Flemming David Fountain Jennifer Gillivan Wendy Griffin April Howe Karen Hutt Sarah Irving Dr. Krista Jangaard Sanjay Khanna

Michael Lordon Dr. Andrew Lynk Kyle MacDonald Barry Mason Don Mills Steven Moore Eric Paul Sue Stanfield Olivia Sobey Sarah Veinot Mary Jane Webster Our sincere gratitude is extended to you—the individuals, businesses, community groups and schools that have donated your time, money and resources to enhance care at the IWK. The following list gratefully acknowledges those who made gifts of \$1,000 or more in the 2018 calendar year and those who left a legacy gift in their estates.

\$1,000,000+

Walmart Canada

\$500,000-\$999,999.⁹⁹

CTV Atlantic The Great Big Dig for the IWK The Joyce Family Foundation

\$250,000-\$499,999.99

Bell Media Radio Stations: C100 FM, 101.3 FM Virgin Radio, Big Dog 100.9 FM, Capital 106.9 FM, Cat Country 99.5 FM, CJ 104 FM, The Fox 105.3 FM, K93 FM, KHJ 1260 AM, 103.5 FM, 95.1 FM Costco Wholesale Canada Dairy Queen Canada Atlantic Operators Inc Loblaw / Atlantic Superstore

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Air Canada Foundation Around The Bend Foundation Alice C Bowlin Diane & Wesley Campbell Dalhousie Medical Research Foundation Grocery Foundation of Atlantic Canada Mildred Irvine Irving Oil Ltd In Honour of Bella MacDonald & Grace Hansen Nova Scotia Liquor Corporation RE/MAX Scotiabank Paul & Marsha Sobey TD Bank Group Local Tim Hortons Restaurant Owners Trailblazers for Cancer The Windsor Foundation

\$50,000-\$99,999.99

The Chronicle Herald Eastlink Extra Life Shirley M Fox Halifax Marriott Harbourfront Halifax Tuna Tournament Society IWK Health Centre Kent Building Supplies Joan Kohler Log-a-Load for Kids Canada Marriott International - Hotels of Canada Portland Street Honda RBC Carol Snider The David & Faye Sobey Foundation R Howard Webster Foundation

\$25,000-\$49,999.99

Atlantic Windows Bell Let's Talk The Brick Ltd CAA Atlantic CIBC Coast to Coast Against Cancer Foundation Couche-Tard Inc Clay & Joan Coveyduck Dexter Construction Company Ltd The Dome Night Club Emera & NS Power Le Groupe Jean Coutu & NB Franchisees Guy's Frenchys Donald Horne IWK 250 IWK 5K - In Memory of Jessica Charlotte Landry Long & McQuade Donald C Malcolm National Kids Cancer Ride Pageant IWK Shoppers Drug Mart WestJet

\$10,000-\$24,999.99

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\$5,000-\$9,999.99

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\$1,000-\$4,999.99

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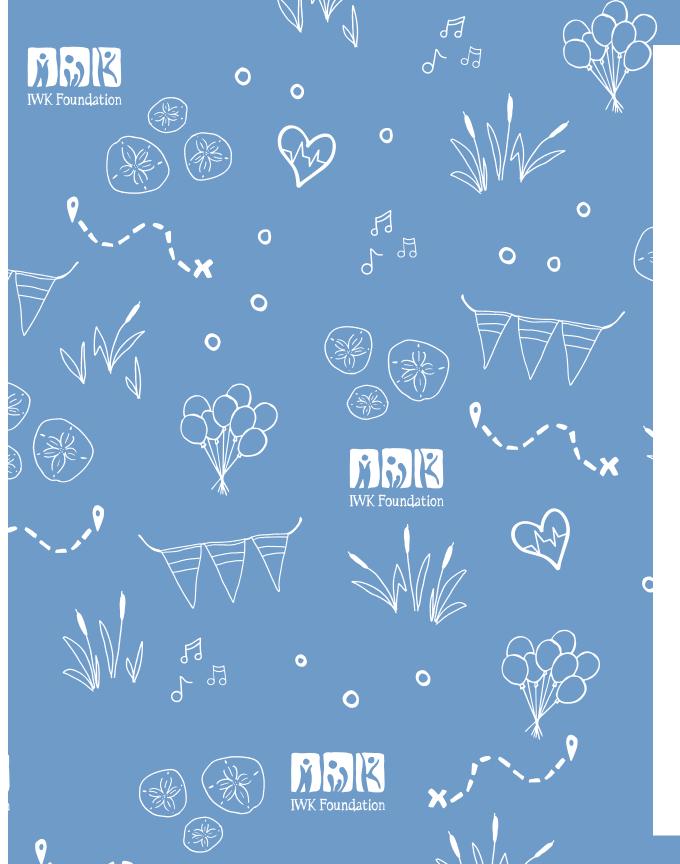
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Written by Shannon Kehoe Photos taken/sourced by Randal Tomada Designed/illustrated by Jessica Thomson Project managed by Erin Després



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