



IWK Foundation

Celebrating the Impact of Our Community

IWK Foundation Gratitude Report 2023

Stronger Than You Know

I have often said that the Maritimes is one of the most generous places in the world.

Time and time again, donors like you demonstrate this selflessness by stepping up to ensure women, children, youth and families receive exceptional care close to home. You rise in the face of obstacles. You rise to support what is our community's beacon of hope and connection—the IWK.

In many ways, you're *our* beacon of hope and connection. Because of your generosity, Maritime families are one car ride, ambulance drive, or air ambulance flight away from specialized care that only the IWK can provide. Our patients and families bravely face uncertainty and challenges, showing us what it means to be *Stronger Than You Know*.

This report features some of our strong and resilient patient families whose hope and optimism inspire us all to think bolder. Thank you for always being there for these families. Together, we're revolutionizing health care and advancing research for the women and children of today and the future.

With your ongoing commitment, the IWK will continue to be there when Maritime families need it most.

Jennifer Gillivan, ICD.D
President & CEO
IWK Foundation



Annual Traditions That Make a Difference

If you live in the Maritimes, you've likely watched the IWK Telethon for Children on CTV or listened to the IWK Radiothon on Bell Media Radio. These are two long-standing annual traditions that enable the IWK Foundation to truly celebrate the unmatched generosity of individuals, community organizations and businesses in our region.

Together, a record-breaking **\$6.733 million** was raised during the 38th IWK Telethon in June 2022. In March 2023, an outstanding **\$281,214** was raised during the annual IWK Radiothon on 10 Bell Media radio stations across the Maritimes. Your donations during these events support the most urgent priorities of the IWK, including the purchase of specialized medical equipment that ensures our children and families continue to have access to the very best care.

Here's a snapshot of some of the pieces of equipment you helped purchase in 2022-23:



Five Sleeper Chairs

During labour and birth, partners and support people spend hours, often overnight, at the bedside in the **Birth Unit**. Sleeper chairs provide a comfortable place to rest and be close to their loved ones. These chairs can be reclined into a flat position and are also on wheels, allowing families to easily maneuver them in the room throughout their stay.



One Examination Table

The new examination table will be used in the **Emergency Department's** triage room for babies up to 18 kg (39.9 lbs). Triageing babies includes taking their weight and temperature. This table has an integrated scale allowing care providers to examine the baby and weigh them on the same table. It also has bumpers on all four sides, making it safe for small infants and includes storage space for diapers and linens below the table.



Four Halo Bassinets

Halo Bassinets support keeping moms together with their babies, born between 32-35 weeks, who need care in the **Neonatal Intensive Care Unit** immediately after birth. The Halo Bassinet is placed over the bed for convenient access to the baby and is ideal for mothers that have experienced a c-section or are having post-delivery pain. It also provides mothers with the ability to remain aware of and respond quickly to their premature baby's cues.



A Q&A with Paula Barrett, Cystic Fibrosis Nurse Coordinator at the IWK

My name is Felicia Hunter, and I'm an 11-year-old IWK patient living with cystic fibrosis (CF). I wanted to help my friends at the IWK Foundation share more with you about CF. So, I interviewed Paula Barrett, my Cystic Fibrosis Nurse Coordinator at the IWK. Read on to learn more about CF, how it's treated and how a new medicine is changing lives for kids like me.



Felicia Hunter

Felicia: Paula, as you know, I was diagnosed with CF at 17 months old. Could you explain what CF is?

Paula: Sure, Felicia! CF, or cystic fibrosis, is a genetically inherited disease mainly affecting the lungs and digestive system. People with CF can have a persistent cough with thick, sticky mucus that can clog the lungs. CF can cause damage to a person's airway and shorten their life span. Unfortunately, there is not yet a cure.

Felicia: You're a Cystic Fibrosis Nurse Coordinator at the IWK's CF Clinic. Can you share a little bit about what happens in this clinic?

Paula: I'd love to! The IWK's CF Clinic provides multidisciplinary care for infants, children and youth with CF. Most people with CF are diagnosed at birth, so we teach families how to give their infant or child pancreatic enzyme supplements to help with their digestion. We also show them how to do aerosol therapy (medication that's inhaled) and chest physiotherapy and regularly have check-ups with patients like yourself to monitor their health.

Felicia: In October 2022, I began taking a new medication called Trikafta. How does this medication help people like me living with CF?

Paula: As you know, this new medication is changing CF as we know it. Trikafta is a prescription medicine that targets the underlying cause of CF for individuals—like you—with a specific CF gene mutation. It can help to normalize secretions and improve weight and lung function. Trikafta is such a game-changer for those living with CF. This news gives hope to those impacted by CF. Drug companies are working on other modulators to fix the function of the many different genes that cause CF.

Felicia: Thank you for sitting down with me today, Paula. I hope this helps IWK Foundation donors learn more about CF and how, by supporting the IWK, they make a difference to patients like me, who receive ongoing care.

Thanks to You, Care is Close to Home

Thanks to your generous support, the IWK can provide emergency and specialized care to Maritime children, women and families. It's care that makes a difference – and, for Maritimers, it's care that's close to home. Meet a few IWK patients from across our region who are so thankful for your support.



Caleb
and Ryker
Pollard

When Hilary and Robbie Pollard's son, Caleb, wasn't gaining weight and had trouble feeding at three months old, he was referred by his family doctor to a local pediatrician in Prince Edward Island.

The pediatrician noticed Caleb had poor muscle tone, which can indicate a serious problem. As a result, Caleb was referred to the IWK for further testing and care.

At the IWK, Caleb underwent blood work and genetic testing.

Unfortunately, the genetic results determined that Caleb has Merosin-Deficient Congenital Dystrophy, a rare congenital neuromuscular disease. The disease causes weakness and wasting of the muscles used for movement (skeletal muscles).

Sadly, there's not yet a cure for this condition.

Because Caleb's muscles are weak, he requires a wheelchair to get around. He also uses a cough assist device to help clear mucus from his lungs and is fed through a feeding tube. Caleb visits the IWK's Joyce Family Kids' Rehabilitation Centre every six months for regular assessments.

In 2022, Caleb became a big brother to Ryker. Like Caleb, Ryker wasn't gaining weight and underwent genetic testing to confirm what his parents had already suspected—Ryker, too, has Merosin-Deficient Congenital Dystrophy.

"We choose to stay positive and give the boys the best life we can," says Hilary.

Ryker also relies on a feeding tube to help him grow and a cough assist device to help him breathe.

"Caleb and Ryker are the happiest boys you'll ever meet," says Hilary. "Music is Caleb's life. If there's music on, he's happy. He sings and dances all day. Ryker is also always dancing and talking," she adds.

For the Pollard family, the IWK means everything to them and helps their sons have a better quality of life. Both boys will continue to visit many clinics at the IWK throughout their childhoods, including Eye Care, Feeding, Rehab and Respiriology.



Maggie
Archibald

Ever since her first menstrual cycle at age 12, Maggie Archibald, from Halifax, Nova Scotia, has struggled with debilitating pain. Maggie's symptoms caused her to miss out on many things, including school, activities and work. She thought the pelvic pain, cramps, bloating, nausea, vomiting and heavy bleeding were normal aspects of having a period.

Several years ago, Maggie learned a family member had been diagnosed with endometriosis. This condition occurs when tissue similar to the lining of the uterus implants abnormally outside of the uterus to form lesions, cysts, nodules and other growths. She realized their experiences were very similar and began to wonder if she, too, had endometriosis.

In the spring of 2022, Maggie began visiting the IWK's Endometriosis and Chronic Pelvic Pain Clinic—the first dedicated multidisciplinary gynecology clinic of its kind in Atlantic Canada. Over the next eight months, the team treated her endometriosis symptoms before deciding that surgery was the best option. In February 2023, Maggie had laparoscopic surgery to remove lesions and confirm her endometriosis diagnosis. Hers was classified as stage 1, meaning there was no organ involvement.

There is currently no cure for endometriosis, which means it could remain stable post-surgery or one day grow back. Maggie will continue to be followed closely by the IWK, and while she does still experience some pain, it's managed with medication and pelvic floor physiotherapy.

Maggie says having access to the IWK's gynecology team and their services has been life-changing—because of them, she is able to live her life normally despite her diagnosis.



William
Fraser

Born with four related heart defects and a rare disease affecting the colon, William Fraser required urgent care in the IWK's Neonatal Intensive Care Unit.

William underwent open-heart surgery when he was just over a month old to fix his heart defect. Thankfully, the surgery went well, but he sounded hoarse in the weeks following the surgery, and he had trouble breathing. He underwent many tests to find out what was wrong.

William's care team discovered he had two conditions called laryngeal edema and tracheomalacia. Laryngeal edema is a common complication of intubation caused by trauma to the larynx. It may present as stridor (noisy breathing) and respiratory distress following extubation. Tracheomalacia causes the cartilage in the windpipe to become soft, weak and floppy.

At two months old, William needed a tracheotomy to insert a tube into his windpipe to help him breathe. This news was another unexpected blow for William's parents, Lindsay and Jesse. When he was almost four months old, William began to experience more bowel issues and had to undergo an emergency colostomy surgery. He recovered well, which was a much-needed victory for William and his parents. After his tracheostomy tube was removed, the family celebrated by taking William home to Cape Breton, Nova Scotia, for his first Christmas after spending four months at the IWK.

At this point, William had already had three major surgeries, but he was not yet out of the woods. He had several more bowel operations and another open-heart surgery before he turned one.

William, now three years old, is doing much better. He loves music, numbers, Paw Patrol and playing with his older brother, Ewan. He visits the IWK Children's Heart Centre annually and will need another heart surgery when he's older. He will also continue to deal with issues related to his bowel disease and is followed by the IWK's General Surgery Clinic.





Photo: Rendering new emergency department
(Source: IWK Health/William Nycum and Associates)

Paving the Way for World-Class Emergency Care

The IWK Foundation is privileged to work with its community of donors to raise funds for the redevelopment of the IWK Emergency Department. We continue to witness generosity from all corners of our region to ensure world-class emergency care.

The IWK Emergency Department is the only accredited level one trauma centre east of Quebec. It has provided services for children, youth and families throughout the Maritimes for almost 40 years and has outgrown its current space and infrastructure. A new space, double in size, is needed to continue to provide excellence in specialized pediatric emergency care.

In partnership with IWK Health and the Province of Nova Scotia, our goal is to raise \$26.5 million to support the purchase of specialized equipment as well as specific facility upgrades, enhancements and research.

This year we were so proud to celebrate a transformational gift from Irving Oil, together with the Arthur L. Irving Family Foundation and Arthur, Sandra and Sarah Irving towards this redevelopment. This gift has inspired other philanthropic leaders to join us and contribute to the project.

Together with the commitment of our donor community, we will help generations of children and youth, both now and for years to come.

Thank you for believing in the IWK and the health of Maritime patients and families.



Sarah, Sandra and Arthur Irving with IWK patients Grace, Norah & Canon

The Foundation celebrated an awe-inspiring \$6-million donation to the IWK Emergency Department Redevelopment Project.

This leadership gift was a partnership between Irving Oil, the Arthur L. Irving Family Foundation and Arthur, Sandra and Sarah Irving. Thank you for your leadership and commitment to healthcare services and the monumental impact your support has on the lives of Maritime families.



Dr. Simon Walling, Marissa Gootjes, Dr. Rob Rutledge, Dr. Craig Erker

PROFYLE Creates Hope

Eighty per cent of children and adolescents diagnosed with cancer will be cured. For the remaining 20 per cent, their cancers have either spread, returned, or are resistant to treatment.

The PROFYLE program (short for PREcision Oncology For Young peopLE) brings new hope to patients with hard-to-cure cancers. Patients like Marissa Gootjes of Quispamsis, New Brunswick.

In 2017, 14-year-old Marissa experienced a frightening seizure and scans taken at her local hospital showed what looked to be a brain tumour. She was flown by air ambulance to the IWK, where she underwent an 11-hour neurosurgery and was later diagnosed with glioblastoma, a cancerous brain tumour. While there wasn't a cure, Marissa's team remained optimistic about treatment.

They told the family about PROFYLE—a program that our donors help fund. PROFYLE brings together Canadian leaders in pediatric cancer research and care to identify personalized treatments for young Canadians with advanced cancers. Early into Marissa's treatment, samples of her tumour were sent for genetic sequencing through PROFYLE.

After 13 months of radiation and chemotherapy, the Gootjes' received the best news—Marissa was cancer free. Her mom, Jan, says that the IWK team shared that joy. "They were Team Marissa all the way!"

Today, Marissa is a healthy 19-year-old early childhood education student. She visited the IWK in June 2023 for her annual MRI, which had fantastic results.

PROFYLE offered more encouragement. Before Marissa was in remission, researchers identified four genetic mutations in her tumour, along with a targeted treatment for one of these mutations. This could be used if her cancer was ever to recur.

Ideally, Marissa will never have to use this treatment; but, as Jan explains, "It gives us extra hope, and there's no price that can be put on that"

Donors like you support PROFYLE, investing in research that will change the lives of patients like Marissa. Learn more about Marissa's inspirational story: iwkfoundation.org/marissa

A Family Making a Difference

Kai Matthews was a kind, determined and healthy 19-year-old with tremendous potential.

On June 1, 2021, in less than 30 hours, meningitis B (MenB) claimed his life.

While MenB is the most common and deadliest strain of meningitis, many of those most at risk haven't been immunized against the B strain. This includes children younger than five, who are at the highest risk, followed by people ages 15-19 and 60 and older.

In honour of Kai, his family established the IWK BforKai Trust in 2022 to help fund MenB education, training, research and awareness.

The IWK BforKai Trust has supported the creation of a MenB module for the national Translating Emergency Knowledge for Kids (TREKK) program. TREKK provides training and resources to enhance the quality of care for children in emergency departments, including here in the Maritimes. Thanks to funds raised through the IWK BforKai Trust, TREKK includes tools for clinicians to recognize and treat MenB more quickly. Since many meningitis symptoms overlap with other diseases, this module is vital for recognizing MenB early to have positive treatment outcomes.

Through the IWK BforKai Trust, Kai's legacy will have an impact on lives across the Maritimes and beyond. Generous community donors are critical to enhancing awareness and education around MenB.

To support the IWK BforKai Trust, visit iwkfoundation.org/bforkai



Maritimers, Like You, Making a Difference

We are very fortunate to have individuals, community groups and organizations from every corner of the Maritimes give to the IWK. Whether supporting the IWK through legacy or monthly giving or raising funds through bake sales or raffles, our donors all have a shared goal—to ensure Maritime children, women and families have access to specialized care when they need it most. Meet some of our generous donors and learn more about their reasons for giving.



“Since 2006, we’ve proudly supported the IWK Foundation through annual spring-time fundraising raffles and our employee payroll giving program. Our employees believe in the importance of the IWK, and several have personal connections. We recently reached an amazing milestone—\$300,000 in cumulative giving to the IWK since our fundraising began!”

David Huestis, Huestis Insurance Group
Corporate Giving



“From carnivals and auctions to raffles and choc-tail hours, our fundraising committee loves to hold events and campaigns in support of the IWK Foundation. Our group has raised more than \$325,000 (and counting) for the IWK since 1989. We do it for the kids!”

Charlotte County IWK Fundraising Committee
Community Group



“Being blessed with four healthy children and now eight healthy grandchildren, we appreciate and understand how important it is to have a world-class children’s facility here in the Maritimes. The ability to support financially as members of the IWK Founders Club makes our hearts smile.”

Dave & Eva Mayich
Founders Club



Estate of Catherine Dawn Geldart (1953-2020)

“I was privileged to work with Catherine—known as ‘Normie’—in her role as a nurse and member of the IWK’s EHS LifeFlight team. She will be forever remembered for her dedication and kindness, as well as her passion for children and women’s health. That legacy continues through the gift she left to the IWK in her Will.”

Melissa Gaudet, Catherine’s friend & former colleague
Legacy Giving



“The IWK Foundation supports so much of what we do, individually and collectively, for our patients and their families. Becoming a Physician Champion (donor) is a meaningful way to demonstrate our commitment to excellence in care and the well-being of a community that depends on the highest levels of care at the IWK.”

Dr. Doug Sinclair, Vice President, Medicine, Quality & Safety & Dr. Andrew Lynk, Chair and Chief of Pediatrics
IWK Physician Giving



Your Generosity is a Gift

To view a full list of our 2022-23 IWK Donors, please visit iwkfoundation.org/reports

To find out all the ways to support the IWK, please visit iwkfoundation.org/ways-to-give

St. Stephen, NB

Saint John, NB

Hampton, NB

Petitcodiac, NB

Elmsdale, PE

Truro, NS

New Glasgow, NS

Halifax, NS



“I’m so appreciative of the care that my children received at the IWK. My daughter, Angela, frequently visited the IWK due to juvenile rheumatoid arthritis, and my son, Bradley, was cared for in the Neonatal Intensive Care Unit because of lung complications. I’m proud to be a monthly donor, and I will continue to give back to the IWK for as long as I can.”

Marsha MacLean
Monthly Donor



“To celebrate our 50th anniversary, we were proud to donate \$50,000 to the IWK Foundation. Many of us across the association and in our local communities have been touched by the IWK. It’s important for us to come together to support women’s and children’s health in our region.”

Wanda Hamilton, General Manager, Egg Farmers of Nova Scotia
Major Gift Donor



“My son received amazing care at the IWK for several platelet conditions. Today, Ben is a happy and healthy teenager. Many students and teachers at our school also have connections to the IWK, including a student in this year’s 2023 Global Issues class. To give back, the class organized an online bake sale as a fundraiser. We all agree the IWK is an exceptional place.”

Darcy Harris, Vice Principal, Westisle Composite High School
Youth Donors



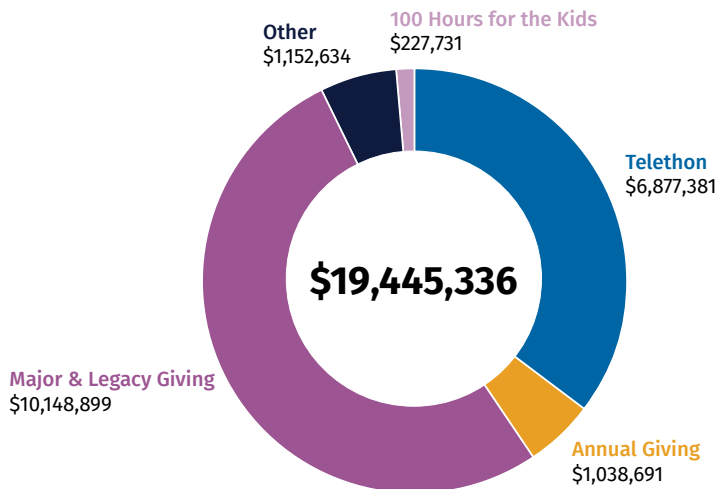
“I donate to the IWK through stocks and securities as a thank you for the wonderful care my grandson, Adam, received there. Adam was diagnosed with a rare cancer by the team in the IWK Emergency Department, and he received specialized care through IWK Oncology. We are so grateful to have access to the IWK so close to home.”

Dr. John Gourley
Stocks and Securities Donor

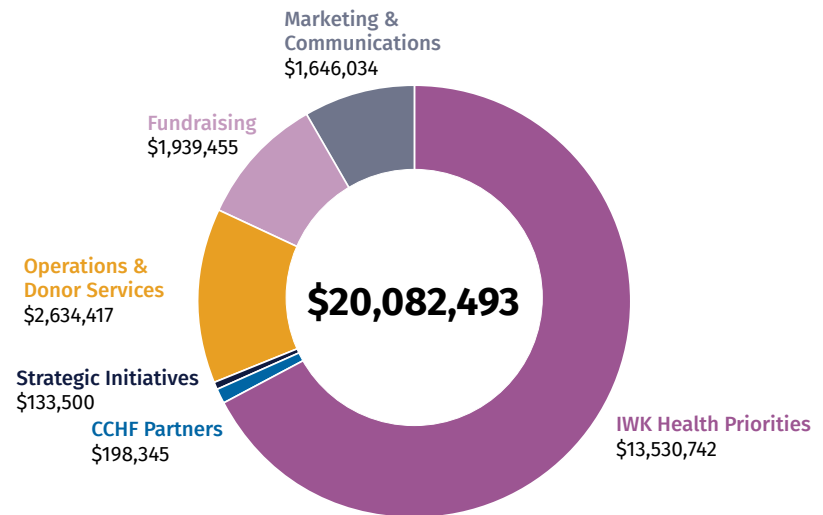
Financial Highlights

We feel very fortunate to have the generous support of our Maritime community, who help make the IWK the special place it is and will continue to be.

Fundraising



How We Spend Your Dollars



To learn more about how your donations make a meaningful difference, please visit iwkfoundation.org/reports to view the IWK Foundation's 2022-23 audited financial statements.



New date for the 39th IWK Telethon for Children on CTV

In early June, we made the important decision to postpone the 39th IWK Telethon for Children on CTV as wildfires devastated our region. We look forward to celebrating our IWK community during our rescheduled IWK Telethon on Saturday, September 23, 2023 from 10 a.m. to 4 p.m. We hope you'll join us for this beloved annual tradition.

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1-800-595-2266 | iwkfoundation.org

For Children. For Women. For the Future.