

# FOR CHILDREN. FOR WOMEN. FOR THE FUTURE.

A Newsletter for IWK Donors 2022



## DONORS CREATE A WELCOMING SPACE FOR PATIENTS REQUIRING EMERGENCY CARE

For those families who find themselves in the unpredictable and frightening position of having a child with acute illness, respiratory distress or other trauma, the IWK Emergency Department (ED) may be the first vital part of their child's journey.

Earlier this year, the IWK identified that renovating the ED waiting room was an urgent priority. The previous waiting room was too small to accommodate the number of patients and families waiting during peak times in the fall and winter months — typically when the ED experiences an increase in volumes due to respiratory season. This meant that, at times, families had to be seated in hallways or crowded small spaces.

The need for social distancing during the pandemic made the requirement for a larger space an immediate priority at the IWK.

Thanks to donors, like you, who have contributed to the IWK Foundation's Urgent Priorities Fund,

the updated waiting room can now accommodate patients and families while respecting social distancing and infection control practices. The waiting room is now a bright and refreshing area with improved air quality appreciated by patients, families, and staff alike.

Specific enhancements and improvements, supported by donors, include contributions towards updated waiting room interior finishes, flooring, furniture, and glass dividers, as well as exterior handrails, screens, and balcony updates.

"Now double in size, the new waiting room is bright, beautiful and big," says Rebecca de Champlain, clinical lead, Emergency Department Redevelopment. "We have new, comfortable furniture and families can easily maintain appropriate distance from others. There are some new elements that add visual interest too, such as child-friendly images and local artwork."

"Patient volumes are unpredictable and surges can occur any time. We see patients with a variety of illnesses and injuries including patients who have symptoms of an infection (e.g. fever, cough, vomiting, etc.). As we continue to follow COVID-19 protocols, it's important that we have adequate physical space."

"For the first time in two years, my daughter had a medical emergency and we had to make a trip to the IWK. I immediately noticed the new lay out of the emergency department. It felt clean, spacious and welcoming. I was able to charge my phone at our seats while we waited which was a relief. The new seating is more comfortable and gives families more space, which is important to reduce anxiety during the pandemic and in the future."

- The Anderson family.

There are future plans to redevelop a new entire ED with a larger, more modern space to address the increase in patients, complex cases and mental health concerns. Donors will have a chance to be a part of developing this new world-class department for urgent and specialized care. Although a larger ED redevelopment is set to begin next year, care will continue to be provided in the current space for several years and volumes are only continuing to rise. This update will allow for care to remain more comfortable through this time of transition.

### DID YOU KNOW?

Throughout 2020-21, children and youth from across the Maritimes **visited the IWK's Emergency Department more than 22,000 times**

## CHECKING IN WITH OLIVIA BURKE



We first met Olivia Burke 10 years ago. Then 16 years old, Olivia was diagnosed with an acute mental illness when she began experiencing symptoms of psychosis. Olivia spent three months receiving treatment in the IWK's former mental health inpatient unit and became a champion for change as the IWK Foundation worked with the community of donors to transform the unit into the state-of-the-art healing space it is today.

Thanks to patients, like Olivia, sharing their personal stories, and to the incredible generosity of donors, that inpatient unit today is known as the Garron Centre for Child & Adolescent Mental Health.

Following her time at the Garron Centre, Olivia has graduated from high school and gone on to study fashion design. However, her health journey was not over. This time it was her physical health not her mental health. A year after studying fashion design, Olivia required emergency open heart surgery. Now three years later, she has recovered well, and Olivia is a student at the University of New Brunswick with plans to become an elementary school teacher.

**“You shouldn’t let your mental health hold you back. I know that when you are experiencing it you feel like you will never get better, but I’m here to tell you that you can!”**

## IMPROVING WOMEN’S HEALTH:

A message from Dr. Jocelyn Stairs



**My name is Dr. Jocelyn Stairs and I chose to pursue a career in obstetrics and gynecology so that I could advocate for, and help improve, women’s health and make an impact in their quality of life.**

Thanks to the support of the IWK Foundation Fellowship, which is completely funded by donors like you, I was able to pursue my Master of Public Health degree from the Harvard T.H. Chan School of Public Health and complete a year of training in urogynaecology and pelvic floor reconstructive surgery at the IWK.

Donor support has made it possible for me to not only hone my surgical and clinical skills in urogynaecology, but also advance my career as an educator and researcher in an exciting and evolving field of medicine. Urogynaecology often addresses issues that are stigmatized and I was drawn to this sub-specialty early in my residency because of its focus on improving the well-being of women of all ages.

Born and raised in Halifax, it has always been my dream to return to the IWK to practice medicine. I am thrilled to begin working at the IWK next summer and am truly grateful for the opportunity to continue serving patients in the Maritimes. For me, the support from the IWK Foundation Fellowship has been invaluable in my making dream job a reality.

## CELEBRATING 50 YEARS OF CHILD LIFE AT THE IWK

This year marks an incredible milestone for the IWK’s Child Life Team—they’ve been supporting patients and families for 50 years!

Imagine how it feels to be a sick child leaving everything that is familiar to go to a big hospital for treatment. This can cause fear, confusion, and changes in behavior. Children and youth need to know what is happening to them and with the help of the Child Life team, they can master these feelings and learn to cope with their hospitalization and health care experiences through play, education and support.



IWK donors have played a central role in supporting Child Life over the last 50 years including redeveloping play spaces and providing program funding. A special thank you to donors who have supported Child Life programs like therapeutic clown, animal therapy and music therapy. Programs like these bring comfort and joy to patients and families at the IWK.

### DID YOU KNOW?

**Did you know that the funding through the IWK Foundation’s urgent priorities fund supported Chronic Pain Network SPOR to help expand research in and knowledge of pain experience and expression in Indigenous children and youth, both locally and nationally?**

Pain refers to both pain and hurt - it can be physical, emotional, spiritual or mental. By learning about the multi-dimensional impacts of the colonizing history and how it has left a legacy of all types of pain, clinicians, care teams, systems and organizations can learn about the strengths of Indigenous Peoples and what role they can play in helping to create culturally safe spaces in health care.

The Indigenous communities have been leading this work in partnership with the IWK, which has contributed to mobilizing Indigenous Peoples’ voices by identifying ways to provide optimal health care experiences and outcomes.

For more information, visit [www.iwkfoundation.org/where-your-money-goes/research](http://www.iwkfoundation.org/where-your-money-goes/research)



Frankie Hartlen Côté with moms, Krysta and Jackie

## FRANKIE’S JOURNEY

Frankie Hartlen Côté’s IWK journey began even before being born when mom, Krysta, was admitted just over two weeks prior to Frankie’s arrival. She was experiencing complications due to complete placenta previa—a condition that can cause bleeding. Thankfully, after Frankie’s birth, they were able to head home together as a family and celebrate this incredible new life that just arrived in the world.

As mothers, both Krysta and Jackie experienced the scariest day of their lives when Krysta was nursing Frankie at only five weeks old. While in her arms, Frankie suddenly stopped breathing. Frankie was rushed to the IWK Emergency Department, beginning a two-month admission that included a week in the donor-funded Pediatric Intensive Care Unit (PICU).

While they still don’t know the root cause of the event, the IWK diagnosed Frankie with Hypoxic Ischemic Encephalopathy, which resulted in Epilepsy and Cerebral Palsy. Unusual to happen outside of birth, this brain injury has affected Frankie’s fine and gross motor skills, muscle tone, cognitive function, breathing, swallowing, eating, vision and communication—in short, everything. Frankie’s IWK care team most certainly saved Frankie’s life, but they also provided Krysta and Jackie emotional support and gave their family hope.

Frankie is doing really well and is monitored closely by several IWK teams. Now 15 months old, Frankie loves laughing, swimming lessons, cuddles, textured things, lights and music.



**FROM FOUNDER  
TO FRIEND:**  
A Love Letter  
to the Community

Dear Reader,

We hope this message finds you well during this season of giving and gratitude.

Like us, so many of you are remembering Dr. Richard Goldbloom as the children's doctor, the medical pioneer, the community leader.

To us, he was all those things and more. He was our *friend*.

Dr. Goldbloom will be best remembered by the IWK Foundation and donors alike for his compassion, kindness, and commitment to lifelong learning. His world-class care will forever guide us and will be felt eternally by patients and families who rely on the IWK.

The son of a pediatrician, Dr. Richard Goldbloom came to practice medicine at the IWK in 1967. He would then go on to become one of the most influential pediatricians in the world, embedding the philosophy of family-centred care at IWK Health, one of Canada's leading pediatric teaching hospitals.

Dr. Goldbloom's connection to the IWK Foundation and its donors was profound. He was a constant reminder of our purpose to create a far-reaching movement for women and

children's health, and fostering a deep, meaningful connection with every donor, caregiver, patient and family we impact.

He was so proud of his role as the Chair of the Founders Club through which he interacted with thousands of donors, both personally and through his special handwritten letters and notes.

He placed a high priority on research—as did his late wife, the legendary Ruth Goldbloom. Together, they fostered hugely successful fundraising initiatives such as the IWK Telethon, helping to raise millions of dollars for the IWK's most urgent priority needs, including research.

We will always be grateful for the high value Dr. Goldbloom placed on connecting and communicating with donors and their reasons for giving. His care was as sincere as it was authentic.

In 2013, he published a personal memoir, *A Lucky Life*, penning many of its pages from his desk at the IWK Foundation, where his ability to make people smile followed him from the IWK and into our offices.

As much as Dr. Goldbloom felt that he had led a lucky life, we feel lucky that he chose to spend his long and illustrious career championing the Foundation's cause and revolutionizing children's health care here in the Maritimes.

Our purpose will continue to reflect this passion and commitment to creating a community that supports the women, children and youth at IWK Health and inspiring others to do the same.

As for all of us at the IWK Foundation, from governance to giving, we want to share our love and support of Dr. Goldbloom with his family and his friends. We will never forget him.

We will honour and remember him through our promise to endeavour to be an agent of change through a fearless commitment to the core values of our Maritime community.

This is not goodbye.

Dr. Goldbloom's legacy lives on through the generosity of our donors. It is up to us—all of us—to use this as an opportunity to create *more* opportunities.

For children. For women. For the future.

We hope this holiday brings you happy memories of your loved ones as you make new memories to cherish.

With love and gratitude,

The IWK Foundation Family





## THANK YOU FOR ALWAYS BEING THERE

You'll often hear me say that the IWK was built by our community and it's your ongoing support that makes the IWK the special place it is for Maritime families. No matter what is happening in our world the resilience of our donors always shines through. You continue to make the choice to put children and women first. I am truly humbled by your commitment to the IWK.

Because of you, the IWK stands strong. You are ensuring the IWK team has the equipment, technology, facilities and research innovations they need to provide the absolute best care. And despite everything IWK staff have faced as a result of the COVID-19 pandemic, the resilience of this team has also shone through. Those on the frontlines worked tirelessly for the Maritime women and children who were relying on them as they continued to fight illnesses, diseases, injuries and traumas each and every day. Thank you for being there for the IWK so they can be there for patients and families.

We've all had to learn how to adapt and how to be resilient. Now it's time to determine how we move forward. Our view of the world around us has changed, so how we move forward must also be different. We can't stay the same. We must be ready for evolution. At the IWK Foundation, we are opening the door to progress. We hope you will stay on this journey with us as we continue to be there for the Maritime families who need the IWK.

Together we are going to be the ones that make the change.

President & CEO  
IWK Foundation

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Visit: [iwkfoundation.org](http://iwkfoundation.org)

### CONTACT US IF:

- You're an IWK patient with artwork to share
- Have an IWK story to tell us about
- Want to know how you can donate
- Want to know how you can start a fundraiser
- Have a tax receipt question

You can reach us at:

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1-800-595-2266



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