

WELL AWARE

PEOPLE CARING FOR PEOPLE

SUMMER 2023

*Celebrating 40 years
of your support*





2022-2023 BOARD OF DIRECTORS

Front row (l-r):
Deven Stewart, Kathryn Pally, Bryan Witt.

Middle row (l-r):
Tracy Kendel, Dr. Pamela Meiers, Heather Ryan (chair), Tracy Arno.

Back row (l-r):
George Fofas, Greg Clark, Holly Ward (vice chair), Depesh Parmar.

Missing: Dr. Kabir Viridi, Jackie Lehmann.

CONTENTS

How you helped	4
Swinging with the Stars raises \$185,000	6
Donor profile: Kennedy Eye Clinic	7
Black Tie Bingo returns	8
Donor Profile: W Law LLP	9
Donor Profile: Ray and Helen Fast	13
Deejay's midwife experience	14
You can make an enduring gift	16



EQUIP FOR EXCELLENCE

Your donations helped several departments in the hospital.

4



CELEBRATING 40 YEARS

40 years ago, donors came together to create a new hospital.

10



GALLERY ON THE BRIDGES

An artists shares kind words from patients and visitors.

16

CHIEF EXECUTIVE OFFICER

Steve Shannon

DATABASE MANAGER/ADMIN. ASSISTANT

Marlene Saretsky

DIRECTOR OF FINANCE

Ian Frias

EVENTS & COMMUNITY RELATIONS

Nicole Hustej

COMMUNICATIONS DIRECTOR

Tom Eremondi

EXECUTIVE ASSISTANT/ADMIN. COORDINATOR

Amber McCullough

GIFT SHOPPE

Brenda Johnson (Manager)

Allison Friesen

PRIVACY POLICY

Saskatoon City Hospital Foundation is committed to maintaining the confidentiality of our donors. All personal data provided is secure information. We do not lend, exchange, rent or sell our donor lists to other organizations. We do like to publicly recognize our donors, but if you prefer to remain anonymous, please let us know.



CONTACT US

306-655-8489 info@SCHFgo.com



With this accreditation you can be assured that Saskatoon City Hospital Foundation has met the highest standards for charities as designated by Imagine Canada.

Steve Shannon

One memorial term we all hear often is “gone but not forgotten.” Here at the Foundation, I can emotionally report that as “gone but hasn’t forgotten.”

I greet the many bequests we receive with bittersweet emotions. I’m sad to note the passing of a donor, often someone whom I’ve known and been friends with for many years. But I appreciate that their bequest is the last and truly kind gesture they make in support of the hospital.

Frequently a gift in a will is from someone that the Foundation has never had contact with prior. I’m left wondering what the motivation was and often, if there’s an opportunity to connect with family, that motivation was a connection to the hospital.

Still there are some bequests where the reasons why are never discovered. I can guess it’s likely for the same reasons as above. That, at some point, they or their loved ones were cared for and made better by the great staff and services of City Hospital.

It’s no surprise when you consider that every year sees 200,000 patient visits and that 95 per cent of patients go home the same day. That’s a lot of people being made better in a very short time.



Those donors remembering the Foundation as one of their final acts were very likely one of the 95 per cent going home. They were likely walking better after having a hip or knee replaced. Or they were surprised how good they felt despite just having their gall bladder removed. They might even have been leaving after receiving a positive diagnosis such as being cancer free.

Every day there are people who walk out of the hospital in better physical shape than when they entered. I’m thinking they also walk out in much better spirits,

too. Many walk out with such a great attitude that, years later, they pass good feelings back to the hospital.

So, while the exact reason for these last thoughts and gifts may never be known, it’s really not hard to determine the motivation. Every day we witness the deep respect and gratitude people have for the hospital and for health care in general.

It’s a respect and gratitude that donors have shared with the Foundation for 40 years. Thank you! □

SCHFgo.com

Hospital's pharmacy utilizing new packaging inspector

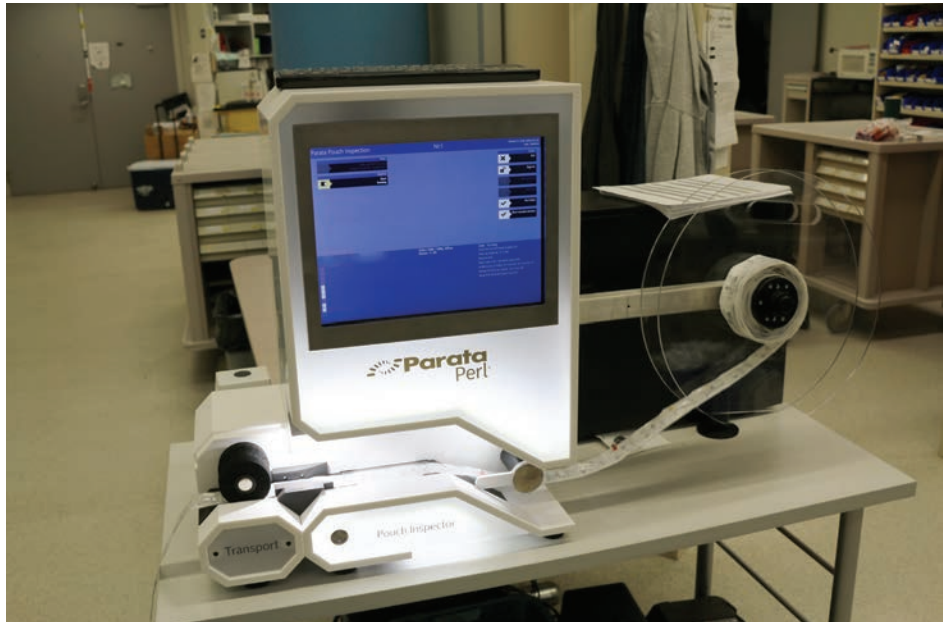
Thanks to donors like you, in March this year Saskatoon City Hospital's **Pharmacy Department** began using a pharmacy pouch inspector.

"The equipment is the Parata Perl Pouch Inspector," explains Jennifer Gehl de Laforest, the department's senior pharmacy technician. "We use it to inspect pharmaceutical packages for errors such as mismatched drugs, empty packages, or double drops, which is what we call it when two pills are accidentally put into one package."

The verifier is crucial given that the pharmacy at Saskatoon City Hospital prepares 4,000 packages every single day of the year. That's nearly 1.5 million packages annually!

Packages are taken from Pharmacy's pill packager and spooled together; these spools are then placed on the inspector. "It will run through about five packages a second, taking a photo of each one," Gehl de Laforest says. "It then enlarges the image and looks for any defects. It uses a database and matches that with a barcode on the package, so it can tell when a wrong pill has dropped into a package and alert us. It also looks for broken tablets, fragments and debris in the package."

That information is sent to a computer program that technicians access. They'll see a screen listing all of the packages that have gone through the inspector with the flawed packages noted. The technicians



The Pharmacy Department at Saskatoon City Hospital is now using a pouch inspector to ensure accuracy and safety in the 1.5 million packages it produces every year.

can click on the picture, determine what the flaw is, then remove the package from distribution.

"There are various pouch inspectors but one of the big benefits of the inspector we use is its size," Gehl de Laforest adds. "It fits on a counter so doesn't take up a lot of space."

"Because we're human beings, we're always going to err whether we want to or not," she says of another reason why this technology is beneficial. "We manually inspect all packages but, unfortunately, errors still occur. This is another way of preventing errors from happening and making sure flawed packages don't go to wards. So, it's not necessarily saving time but it is increasing patient safety."

Thank you for making patients safe! To support equipment like this, visit the Foundation at SCHFgo.com. To see the pill

inspector in action, visit the Foundation's YouTube channel.

An endowment fund with deep connections to Saskatoon City Hospital has funded improvements to the hospital's **Activities of Daily Living (ADL) suite**. Located on the 7th floor of City Hospital next to the inpatient Rehab unit, the suite is set-up like a standard apartment but with unique adaptable features. Counter heights that raise and lower and various other adaptive aids in the kitchen, bathroom, laundry and bedroom allow patients to try daily activities that they'll need to live independently.

The ADL suite helps patients determine if they'll need to do renovations or acquire some adaptive aids to help them to function in their own home. Patients have access to the suite with their occupational therapist but can also book the suite for overnight stays on their own or

with a family member to simulate what it may be like.

Occupational Therapies staff in the Rehab unit requested funding to purchase durable thermofoil furnishings and new appliances for the suite. They also requested a new range for the kitchenette, replacing an old coil top unit, for their work with patients.

The Foundation asked for and received funding from the Rosella and Dolor Gris  Patient Care Endowment. The couple were long-term employees of Saskatoon City Hospital and later became patients. Before their passing, they created the endowment to provide for extra patient care amenities and programs not funded by current or future budgets.

You've no doubt read in recent issues of this publication the vision of staff in the **Anatomic Pathology Lab** to be the flagship for digital pathology in the province. Thanks to you, that ship is being prepared for launch. Your efforts have seen approval for the purchase of equipment such as a slide scanner, slide stainer, cryostat, microtome, and tissue embedding centre.



Above: Appliances in the Rehab unit's Activities for Daily Living suite were in need of replacement. New appliances (bottom photo) were generously funded by the Rosella and Dolor Gris  Patient Care Endowment.

"It is very difficult to find the words to express our gratitude to the Foundation and donors for their support of the Anatomic Pathology Laboratory,"

says Rhonda Hartz, director of Laboratory Medicine – Saskatoon. "The positive impact this support has made to patient care is immeasurable and truly appreciated."

Thank you! To learn more about what you can support and to donate, visit SCHfgo.com. You can also call the office at 306-655-8489 or stop by if you happen to be in the hospital. □

Swinging with the Stars raises \$185,000!

Nine months after the 2022 Ens Auto Swinging with the Stars raised \$180,000, the 2023 version earned \$185,000!

That's \$365,000 in less than a year. The two events were so close together after the 2022 competition was postponed for nearly three months. The 2023 event returned to its more regular time of late January.

This year's total also means that the Ens Auto Swinging with the Stars has raised more than a million dollars since Saskatoon City Hospital Foundation became the recipient of proceeds.

Organizers send a big shout out to all sponsors, voters, and volunteers who made the night such a huge success. But a special thank you goes to the eight dancers and their professional partners for both their physical and fundraising efforts.

Leading the way was Greg Keller, partner at EY. Dancing with Jordan Williams, they raised \$60,000 and were crowned Crowd Favourite champions as top fundraisers. Realty Executives Saskatoon's Brodie Zuk and partner Kelsee Douglas wowed



The 2023 Ens Auto Swinging with the Stars was sold out and raised \$185,000. Proceeds supported the purchase of a new C-Arm for use in the hospital's very busy Operating Room. Thank you for providing the best.

the crowd with a Ukrainian dance. Their efforts captured the Judge's Choice trophy.

It was a close vote as all the dancers gave it their best. Organizers also want to thank:

Alicia Soulier, founder and CEO of Salon Scale who danced with Ervin Kormos;

Christine Marie, owner of Awasis Boutique and partner Kendal Geier-Dale;

CTV Saskatoon's Jeremy Dodge and partner Lauren Myers;

Scott Faulkner, owner of Innovative Heating and Cooling, and Steph Cowan;

Kana Reid, owner of SUGIFIT and SUGISPIN, dancing with Katie Bergen; and

Verolingo Communications owner Véronique Loewen and her partner, James Dela Cruz.

Thanks to all for your terrific efforts! If you want to keep on top of the latest Swinging with the Stars Saskatoon news, follow on Facebook or Instagram. Details about the 2024 event will be released in fall this year. □



Local business supported Swinging with the Stars

Dr. Courtney Kennedy went from being unsure if she should dance in the 2022 Ens Swinging with the Stars to winning the whole thing.

"The organizers asked me and I thought it was a joke at first. I was like, 'I don't dance, what are you talking about?' But the proceeds were going to the Eye Care Centre at City Hospital, which I work with closely and send a lot of patients to. So, I realized I couldn't say no."

Dr. Kennedy says she knew she wasn't going to win best dancer but was confident she could fundraiser well. And she did. In addition to sponsoring the dance team of herself and Jordan Williams, the Kennedy Eye Clinic also raised more than \$7,000 from employees and patients. With numerous fan votes, too, Dr. Kennedy and Jordan raised an amazing \$44,750 to capture the People's Choice trophy.

"We're so lucky that we live in a city and a province with amazing eye surgeons," she says of why she was so supportive of the cause. "I would trust any of them with my own care. I have no problems sending my patients there because I know they'll be getting the best care. I think it's so important that those providing the care have the best resources and equipment to treat people."

The optometrist opened her clinic, located in the Lakeside Medical Building on Joseph Okemasis Drive, in June of the aptly numbered year, 2020. "I think it's a beautiful clinic and very modern. The look I chose came



Dr. Courtney Kennedy (above) and her practice (below) raised more than \$40,000 for the 2022 Ens Auto Swinging with Stars. Her efforts saw her win the People's Choice trophy as top fundraiser.

because, when I'd visited doctors or dentists offices in the past, I felt them to be a little blah looking. I wanted my clinic to be a place where patients, especially kids, wouldn't be scared to come."

Kennedy emphasizes how local and independent her clinic is. "There are chains in a lot of industries, not just eye care. I wanted this to be a place where we care about patient experience from beginning to end."

In addition to herself, there is one other full-time optometrist but Dr. Kennedy expects to need more, given the clinic's growth. "One area we specialize in is our dry eye clinic. We have a lot of really great technology to assess and treat dry eyes, including many in-office therapies."

Saskatoon City Hospital Foundation thanks Dr. Kennedy and the Kennedy Eye Clinic for their fantastic support. □

Black Tie Bingo returns after four-year hiatus

Bingo! Bingo! Bingo!
Bingo! Bingo! Bingo!

Bingo was the word shouted six times on March 18. The date marked the live return of Black Tie Bingo, after being cancelled twice and held virtually once during the pandemic.

The long wait for the event saw it sell out in mid-February. More than 400 bedazzled men and women gathered for a great meal and tasty beverages.

The return also saw a new title sponsor. Organizers thank Nutrien for its sponsorship, which led to great travel prizes.

These included a wine tasting weekend in Kelowna, a Nordic Spa Experience in Kananaskis, and a deluxe extended weekend in Montreal. Other prizes were a wine dinner and pairing at the Saskatoon Club, an ultimate golf weekend at Candle Lake, and a his and hers shopping spree.

In addition to dozens of silent auction prizes, there were also three great items up for bidding in the live auction. One lucky bidder each went home with a



The Nutrien Black Tie Bingo returned as a live event for the first time since 2019.

golf tournament for 24 and a trip for anywhere that WestJet flies. A bidder captured a prime rib dinner for 50 courtesy of Boryski's, but the local butcher surprised the crowd when it offered a second one for the same price.

Also returning was the popular tradition of the rollicking bingo song. Paired with the crumpling of unsuccessful bingo cards, the night was as fun as always. And it was a huge success, raising \$150,000! Thank you!

If you want to see just how fun it was, visit the Black Tie Bingo

page on Facebook or the main Foundation Facebook page for photo galleries and videos. You can also see the video on YouTube. Be sure to give those pages a follow to be among the first to hear details about the 2024 Black Tie Bingo.

The 2023 Nutrien Black Tie Bingo again thanks Nutrien as well as sponsors, prize donors and attendees. Special thanks go to the organizing committee – Tracy Kendel (chair), Jocelyn Crooks, Tom Eremondi, Nicole Hustej, Crystal MacLeod, Kathryn Pally, Deighan Remondous, Steve Shannon, and Terry Sirois. □



W Law LLP has long connection to Foundation

One local firm glad to see the return of the Nutrien Black Tie Bingo was W Law LLP. Last year, the company surpassed \$25,000 in total contributions; the majority of that was as a bingo patron.

"We look forward to it every year and really missed it during COVID," says partner Jenny Underhill. Her past on the board of the Foundation saw the firm become more familiar with it and the hospital. "It's an organization that's near and dear to us."

W Law missed the bingo so much they purchased two tables for the spring event. "It's just a good night to get out. Staff and spouses really enjoy it," comments Adam Touet, another partner.

The company relocated last summer to the Scotia Centre's First Avenue Tower, 11th floor. "We were busting at the seams in our previous location. This gives us more offices and room to expand in the future," Underhill reports.

The move was also beneficial to clients, she adds. "We're now

better able to have clients visit and enjoy the space with us. There were situations where we couldn't do that in the previous space."

While priding themselves on being a local firm, Touet notes W Law is also provincial. "We have offices in Melfort, Outlook, Martensville, and Warman. That allows us to service a majority of the province."

The firm was established in 1979, Underhill says. "We've been around for a while and have had some wonderful people come through our doors. Some of us have been here our entire career and never considered going elsewhere. It's a professional, yet comfortable environment and everybody gets along so well. We're like an extended family."

"I like the team approach," Adam adds. "That provides our junior lawyers with involvement that helps them feel a part of files instead of just a number in the firm. We like to see them grow

and expand their practice and eventually become partners." W Law offers a wide range of legal services, Underhill says. "We're fortunate to have institutional and business clients as well as individual clients. With that broad client base, our services range from helping people buy their first home or do their estate planning, to helping clients buy and sell businesses, to advising institutions on a wide variety of legal issues, and to handling disputes for our clients before all courts and tribunals."

"With the exception of immigration, intellectual property, and criminal law, we cover the full gamut of legal services," Adam says. In the spring W Law had 17 lawyers and two articling students with two more joining the firm this summer. With an almost equal number of support staff, W Law employs more than three dozen people in total.

The Foundation is grateful for W Law LLP's ongoing support. □



W Law Group LLP is enjoying its new offices on the 11th floor of the Scotia Centre's First Avenue Tower.



Foundation celebrates 40 years, Saskatoon City Hospital turns 30

For four decades, donors have amazed Foundation staff with their generosity. This is detailed as early as the summer of 1984 when the very first issue of Well Aware, was released.

"With this Appeal we had hoped to raise \$25,000," the issue read.

"Your kind and generous support of City Hospital Foundation brought donations totaling \$35,000. We are delighted

with and grateful for your strong support of Saskatoon's community hospital."

"I'm not really surprised to know that donors have been so thoughtful for so long," says the current CEO of the Foundation, Steve Shannon.

He would know, having been involved with the Foundation for more than two decades himself. Shannon sat on the board of

directors, eventually becoming chair. In 2010, he left his long broadcasting career to become the CEO, a position that he's now held for 13 years.

Shannon says, "the Foundation was initially established to do what it continues to do today. That's to, with the help of so many generous people, provide the best equipment for the hospital, its staff and patients."

That early issue of Well Aware went on to report that funds were used to purchase monitoring units for the Recovery Room. "This equipment will improve patient safety by replacing obsolete equipment...increase flexibility in terms of Intensive Care, Coronary Care, and Recovery Room monitoring needs...and minimize staff training costs."

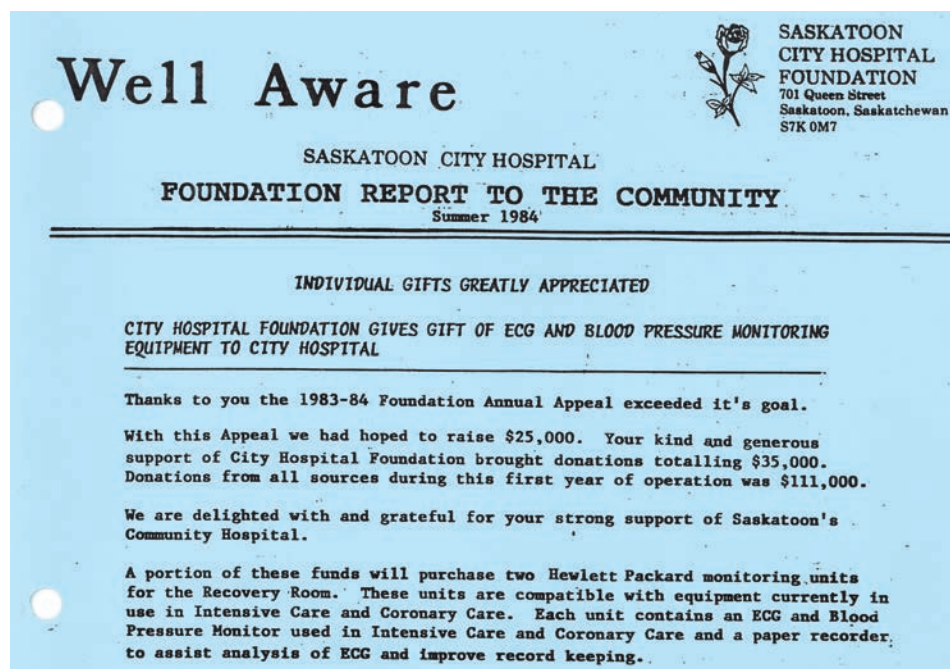
This focus on technology was crucial for times as health care was rapidly changing. The booklet, "Saskatoon City Hospital: Celebrating 100 Years," released in 2009, noted how the "trend in healthcare was towards shorter hospital stays, and more ambulatory and community care. The goal of shorter stays would be approached through a combination of improved medical technology and techniques and improved support for patients convalescing at home."

While the drive to provide the best has been a mainstay of the Foundation for 40 years, Shannon reports that the Foundation and its donors were soon charged with a monumental task: raising funds for a new hospital building.

"At that time, the main part of the hospital was 25 years old and some wings were even older than that. These buildings were showing their age."

In 1985, plans to build a new hospital were announced; it opened eight years later in the fall of 1993. Renowned Canadian architect Arthur Erickson was hired to design the building.

"This was a unique period, with hospital staff consulted throughout



Well Aware's first issue, released in Summer, 1984.

the design phase," Shannon says. "It was also designed with its surroundings in mind. Patient wards overlook Kinsmen Park, the riverbank and University Bridge. The hospital itself is a familiar feature of the downtown skyline."

But he adds that what was in the new hospital was even more important. "Surgical, lab, and research facilities were state-of-the-art and, 30 years later, continue to be that way. The hospital also created space and facilities for new specializations."

As the hospital was being completed in the early 1990's, it was determined the new facility would be home to geriatrics, rehabilitation medicine, ophthalmology, and medical training for those disciplines.

"Saskatoon City Hospital was also the first facility in western Canada to use a laser to perform minimally invasive gallbladder surgery," Shannon says. "This would foreshadow what the

hospital would officially become about a decade later."

Other unique features were added. These include the Cameco MS Neuroscience Research Centre, which along with the MS Clinic and the offices of the Saskatchewan MS Clinical Research Centre, makes Saskatoon City Hospital unique.

In 2006, the Irene and Leslie Dubé Centre of Care, Breast Health Centre, opened. Expanded in 2012, it offers a multidisciplinary approach, meaning patients can access almost all aspects of care right here at City Hospital.

In 2008, it was announced that Saskatoon City Hospital would focus on day surgery, outpatient specialist visits, and longer term rehabilitation, adding to the ongoing specialties of ophthalmology, rehab, and geriatric services.

(continued on next page)

Foundation celebrates 40 years

(continued from previous page)

The hospital is also home to a busy Operating Room, Diagnostic Imaging and Endoscopy departments as well as a Women's Health Centre, a Sleep Disorder Centre, an ALS Clinic, a Clinical Treatment Centre, Convalescent and Transitional Care Units, and Geriatric Evaluation and Management.

"This is what really sets Saskatoon City Hospital apart. Its role as an ambulatory care facility is why 95 per cent of patients who visit go home that same day," Shannon says. "When you consider that there are 200,000 patient visits and procedures every year, that's a lot of people coming and going almost every working day." He adds that this has seen the hospital become a complete

centre of care. "City Hospital offers a full range of services within the cycle of diagnostics, treatment, and recovery. It's really important to note this cycle. The other hospitals are so important because they'll save your life. But Saskatoon City Hospital will give you your life back."

Shannon says when he meets people either through work or on his own time, they immediately identify with City Hospital. "They'll tell me that their grandma or their dad was there. Or that their neighbour had a knee replaced, or a friend was treated for breast cancer. Many times the people I meet will have been to City Hospital themselves."

"From almost everybody I hear great things about the caring and passionate staff and wonderful

things about the amazing medical technology. People have a deep respect and admiration for Saskatoon City Hospital and what it does for patients."

So much of that can be attributed to the support of donors, Shannon says. "For 40 years, people have taken ownership of Saskatoon City Hospital and have been partners in its care model."

"The reason that the hospital is so successful, the reason so many patients are successfully diagnosed, treated and then recover is because of you."


"Your support has been the difference for 40 years and I'm confident it will be for 40 more!"

For more on anniversary events, follow SCHF on Facebook. 

Hospital Home Lottery: Spring prize winners

The spring edition of the Hospital Home Lottery was another roaring success. Draws were made in the last week of March and Donna Lynn McIntyre of Macklin captured the \$2.1 million, 5,000 square foot home by Fraser Homes.

Charles Volk from Saskatoon won the 50/50 prize of \$588,062! Allen and Faye Vick from Harris took home their choice of a 2023 Audi S3 Komfort or a 2023 Mitsubishi Outlander LE or \$55,000 cash.

A complete list of winners was published April 13 and can be found at hospitalhomelottery.org. 



Ray and Helen Fast enjoying long retirement

Ray and Helen Fast have been donors of the Foundation for more than a decade but their connection to the hospital dates back more than 60 years.

While the couple knew each other growing up in Aberdeen, Helen trained as a nurse at Saskatoon City Hospital and it was there that they met again. "After high school, she went her way and I went my way," Ray recalls with a laugh, "but then we met at City Hospital. There was a nurses' dance and, as a young university student, I was prowling around."

After Ray completed his Education degree, the couple moved to Alberta for his master's degree. He later completed a doctorate of education. Ray taught, became a principal, superintendent and then was director of education for Saskatoon Public Schools for more than 20 years.

"Wherever he was working, I worked in hospitals as a nurse," Helen says, noting numerous stints in Alberta. She did that for about five years until their kids came along. "I was a stay-at-home mom but I was also the neighbourhood lady that collected for every charitable fund there was."

She planned to return to nursing after the kids were grown but found a three-year waiting list for a refresher course. Instead, she took bookkeeping and worked in accounting for 15 years.



Helen and Ray Fast.

After retiring as director, Ray began a consulting career. "I'd been elected the president of the Canadian Education Association and through that was known internationally so received a number of contracts. I think I'd visited more than 90 countries and Helen came with me for 80 or more of those."

Asked if there's a place they like best, Helen laughs and says, "Canada! Home is best. But, really, I enjoyed Australia and New Zealand because they're so much like Canada. While he was working, though, I was able to visit the Ukraine and some Mennonite heritage sites."

Helen has spent 30 years working on a Mennonite archive that's stored in Bethany Manor.

The couple have two children, both married and both have two children themselves.

"We donate to the Foundation for one because the hospital is Helen's alma mater," Ray says, "but also because we've had good service there."

Helen had ankle and knee surgery while Ray visits the Eye Care Centre frequently for macular degeneration injections. "The Eye Centre basically saved my sight in one eye," Ray says. He adds that, "we also think it's important that Saskatoon City Hospital has the latest equipment, the newest and the best."

The Foundation appreciates the Fast's for their support and contributions to the community. □

Local deejay cherishes midwife experience

About eight years ago, when facing the birth of her first child, Whitney Graves made a decision. She opted to have a home birth through the midwifery program operated then by the Saskatoon Health Region and now the Saskatchewan Health Authority.

Donors like you have helped fund the program with the purchase of equipment like portable oxygen monitors, crucial for the process.

"I was introduced to midwifery by my sister who lives in the States," Graves says, noting her sister did so because it's cheaper there than a hospital delivery. "After that, my older sister in Calgary also used a midwife and attempted to have a homebirth but, ultimately, ended up going to the hospital.

"Through their experiences, they and everyone else I talked to were just so positive about midwifery; we [her husband, Nikki Haberstock, and herself] decided that it was the way to go. I remember being told as soon as I was pregnant to get my name on the list because the program is quite popular. I started dealing with a midwife about three or four months into my pregnancy."

Graves raves about the program. "The midwives and everyone involved right down to the person who answers the phones were so warm, educated and thoughtful in the way they interacted. I really felt safe and really trusted them.

"Any time I ever had a question, they would give me all of the facts without pushing me anywhere. They would tell me, 'here is what



Local deejay Whitney Graves is seen here after the birth of her first child, delivered at home through the midwifery program, operated out of Saskatoon City Hospital. She was so thrilled with the care and support, Whitney returned to the program for the birth of her second child.

we know from science,' and then share other info they had from the birthing community. In the end they always supported my decisions without reaction of questioning. I felt I was always able to make the decision that was best for me. I felt really empowered and supportive."

The first birth was not as smooth as she wanted it to be. "But my midwife, Alison, was there for probably 20 of the 26 hours that I was in labour. She had a lot of paperwork to catch up on so did it while she was waiting," Graves says with a chuckle.

"She made me as comfortable as possible and there was even a point where she thought I might need to go the hospital to be induced because my labour was slowing. I didn't want to go so we compromised and she gave me a certain number of hours to progress, after which she thought complications could arise."

Graves says she tried some different positions and also some tricks that both her midwife and doula suggested would help to speed up the labour.

The great work performed by the midwives didn't stop with the

birth, she adds. "The aftercare was tremendous. They came to my house for the first few weeks to check on me and the baby. Alison really went above and beyond because I was struggling with being a new mom and adapting to that role, I was struggling with breastfeeding and had a tongue-tied baby. She helped me decide what my next steps were.

"She knew how much I wanted to breastfeed and worked so hard with me to get my baby to latch. What really worked was when she said, 'I've seen you do harder things,' meaning my labour and that was it. She was right, that worked and helps me to this day.

"Whenever I'm struggling with my career, or patience level with my kids, I think of Alison saying, 'I've seen you do harder things,' and how strong I felt afterwards. Not only did she empower me through labour and birth, she empowered me through life."

That experience was so enriching, you'd think it was why Graves was more than willing to do it all again about 15 months later. But she laughs, saying, "oh, no, that was an accident. I called them sheepishly after I found out I was pregnant with my second one and said, 'guess who's back?' And they all laughed because, after the first, I'd told them I wasn't going to do it again!"

The exceptional care continued with the second pregnancy. "I remember sitting in Alison's office for about two hours because I was scared that I wouldn't be able to love my second the way I loved my first. She basically did a whole counseling session and went above and beyond again. She connected with me on so many levels, supporting me physically, medically and, especially, emotionally."

Graves says the second delivery with the midwives was awesome. "I went into labour and my body knew what to do. The baby just basically fell out of my body. It was a beautiful experience and smooth sailing. There were some complications with breastfeeding that showed up later but I knew how to work through them. It was an amazing experience."

The deejay, who works for Rawlco's Rock 102 in Saskatoon, wrote the government letters, saying how important the midwifery program is and how it should be expanded. She knows that many more people would enjoy and benefit from the experience like she did.

"Anytime anyone tells me they're expecting, I encourage them to apply and most times they tell me they already did."

If you'd like to know more about the program, call 306-655-7533 or visit saskatoonhealthregion.ca/locations_services/Services/Midwifery. □



You've helped make lives better; like Whitney Graves and her husband Nikki Haberstock with their two girls, delivered through the midwifery program that operates out of Saskatoon City Hospital.

You can make an enduring gift to healthcare

While the majority of donations are generally used to provide equipment and resources that are currently needed, you also can ensure your gifts endure by creating an endowment.

An endowment is a gift whereby the capital is held for a period of time. Gifts to endowment funds are required to remain in place for a minimum period of 10 years under current Canadian tax law.

The income of the endowment can either be expended in total each year or can be reinvested in whole or in part. The capital and/or the income can be restricted to a particular use, such as supporting a specified department or purchasing equipment only, or can be unrestricted and used for the general purposes of the charity.

There are many advantages to leaving an endowed gift. It permits the creation of a capital fund on a long-term basis in order to fund either specific projects that are particularly meaningful to the donor or to fund priority needs as they arise or the general operating costs of the charity. It creates long term stability by balancing possible fluctuations in yearly fundraising.

Most of all, it allows you as the donor to create a fund in the name of yourself or your families that has a lasting impact on charitable programs.

There are many tax advantages to leaving a gift in your will. A charitable gift in your will can go a long way towards reducing the



Dr. Hung-Fook and Theresa Ma decided it was time to give back and created an endowment through Saskatoon City Hospital Foundation. Endowments can be a great way to create a lasting gift with many advantages.

amount of taxes levied against your estate after you pass. Through your will, you can take care of your family while also having a positive impact on the causes that are important to you.

Whether you choose to leave an unrestricted gift in your will or establish an endowment fund, the Foundation can work with you and your professional advisors to offer guidance and ensure that the motivations and reasons for creating a fund are always at the forefront of the planning process. Your wishes as a donor are always most important.

In just the past year, established endowments have served to replace equipment and support some significant programs at Saskatoon City Hospital:

The Kershaw Palliative Care Endowment funded furnishing and décor for a new Early Pregnancy Assessment Clinic (EPAC) in the Women's Health

Centre. The clinic is dedicated to meeting the psychological and medical needs of women and families experiencing complications and loss early in pregnancy. It ensures clients have access to numerous professionals and resources.

While the endowment was created to support end-of-life care, founders Randy Kershaw and Noreen Matthews, felt that the goals of the EPAC aligned with the endowment's motivation.

Similarly, the **Andrews Ophthalmology Training & Research Endowment** was used to support the purchase of a new surgical simulator for the Eye Care Centre. The simulator is used by all of the centre's physician residents, from first to fifth year, allowing them to develop and hone surgical skills. The purchase of the simulator matched the endowment's goal of funding educational and research opportunities in eye care.

Likely the best example of the enduring effects of an endowment, the **Ludwig & Olga & Constance Kaye Pediatric Ophthalmology Endowment** was created to fund an annual visiting lecture series to benefit doctors, residents and students dealing with glaucoma and pediatric ophthalmology, including pediatric Glaucoma.

The lecture has now been presented for more than two decades and is part of a larger education event known as the Kaye Family Learning Day.

The **Dr. Walter & Mary Hader Multiple Sclerosis Research Endowment** is working to support the academic careers of students studying MS. There are currently two Master's degree students who recently received scholarships partially funded by

the endowment. Both of them are studying while doing research at the Cameco Neuroscience Research Centre under the supervision of Dr. Michael Levin, the Saskatchewan MS Clinical Research Chair.

The **Rosella and Dolor Grisé Patient Care Endowment** funded new appliances and furniture for the Activities of Daily Living (ADL) Suite located in the hospital's Rehabilitation Centre.

This suite is set-up like a standard apartment but with unique adaptable features. Patients have access to the suite with their occupational therapist but they can also book the suite for overnight stays on their own or with a family member to simulate what it may be like for them to perform daily activities.



Funded by the Grisé endowment, therapy dogs have been used in the hospital to comfort patients and visitors.

If you'd like to know more about how an endowment will help your planning, contact info@schfgo.com or call 306-655-8489. □



Used by first to fifth years residents in the Eye Care Centre, this surgical simulator is an example of how an endowment created years ago can have a lasting impact. The equipment was funded by the Andrews Ophthalmology Training & Research Endowment, which was established more than three decades ago.

Artist shares positive vibes from patients

For years, the Foundation's Gallery on the Bridges initiative invited artists to hang paintings on the bridges of the 3rd, 4th, 6th, 7th floors. The program recently expanded; you now can see art work on the 8th floor.

While local artists appreciate the chance to display and show their work, one local artist was touched by the response she received. "I am so pleased to be part of this initiative and always have some interaction with people as I set up a display," Patricia Clarke reports, noting some of those reactions:

A young paraplegic woman in a motorized wheelchair paused to tell me how vital the art is to her. Not only does it give her enrichment but she mentioned it gives her something to talk about

when visiting with family and friends;

Another woman takes her husband by the art on all the floors to give him some viewing pleasure. She purchased an art gift for him as a surprise. When it was taken down, he noted it had disappeared and was pleased when she presented it to him;

Another woman had a daughter in the hospital for an extended period. They regularly toured the hallways. The two usually walk outdoors a lot and appreciated the landscapes that gave them topics for conversation. She was discharged just before her birthday and her mother gifted her one of her favourites;

A brother and sister pair visited

their father often in palliative care. He enjoyed the art immensely and when he passed away, they each purchased a landscape as a memory to him;

When two daughters were touring their mother around, she commented that she didn't want cut flowers but would appreciate a floral painting. They kindly purchased it as a gift for her.

"I am just one of the artists the Foundation hosts at Gallery on the Bridges. I'm sure others have stories to share as well," Clarke says. "It always warms my heart that people are open enough to share their thoughts."

If you'd also like to share your work, contact the Foundation at 306-655-8489 or info@schgo.com. □



Foundation welcomes new staff member

The Foundation welcomes Amber McCullough as executive assistant/administrative coordinator. Amber is accountable for the provision of personal, confidential and related administrative services to the CEO. She also provides administrative support to the board of directors, standing board committees, and Foundation staff, amongst other duties.

Amber's background is in the legal sector. She obtained her Legal Administrative Assistant diploma ten years ago. While her main career experience is working in government, she moved to the nonprofit, healthcare field for a higher sense of purpose and to help the hospital and community. While working for the Foundation, she's also pursuing a Bachelor's degree. In her spare time she enjoys traveling and being a gymnastics mom.



We love when donors drop off, mail, or email notes of appreciation. One donor, Lois Beggs went a little further.

Lois sent us a note but she also attached a photo of her celebrating her birthday. It's fitting, given that the Foundation is celebrating 40 years of age this year while saluting the hospital for hitting the 30 milestone.

Thanks for sharing, Lois, and Happy Birthday!

Another donor did send some kind words for the hospital:

"Whether as a patient or family member, visitor, or staff, SCH was always impressive. It provided the best in patient care, created and organized learning

opportunities for frontline staff and was especially noteworthy for promoting an atmosphere of friendliness, caring and competency. There is noticeable attention to detail, which is evident in the management and operations of SCH. It is indeed a facility the city of Saskatoon can be proud of and one I am proud to support."

Meanwhile, another donor was happy to gift but also shared some regrets about the size:

"I wish there could have more zeroes, but such is life. your hospital is one of a kind in every aspect. Thank you."

No worries. Every donation, no matter how small or large is loved and cherished. Thank you! □



IN MEMORIAM

Donations were made from Dec. 1, 2022 to Mar. 31, 2023 in memory of the following people:

Barbara Bloski

Grace Brown

George Goldak

Joan Golding

Joe Golumbia and Colleen Golumbia

Alice Guttormson

Harold Haid

Freeman Hanson and Sylvia Hanson

Olga Hasselback

Roberta Hodge

George T. Jarman

Marcia Keesey

Zenon G. Kotelko

John Lewchuk

Ye-Cheng Li

Edwin Loessin

Thu Mach

Marlyn McLean

M. Yvette McPherson

Dorothy Podolski

Lindsay Rose

Karen Shaw

Dale Soroski

Jean and Goff Strachan

Donald Vanghel

Martin & Elaine West

Marion Wilson

IN HONOUR

Donations were made from Dec. 1, 2022 to Mar. 31, 2023 in honour of the following people:

Craig Ayers

Leslie and Irene Dubé

Dr. Tracy Guselle

Cathy MacFarlane

Seb

Steve and Cindy Shannon

Lindsay and Patricia Siple

Fern Wildeman

MAKE A DIFFERENCE DONATE AT SCHFgo.com



IT'S EASY TO DONATE

It feels good to give. And it's easy, too, if you're wanting to give to Saskatoon City Hospital Foundation.

You can give in person at the Foundation office, next to the front entrance of Saskatoon City Hospital. You also can call 306-655-8489 or toll-free at 1-800-603-4464.

If you prefer online, you can give conveniently by visiting SCHFgo.com. You can see our latest equipment needs, check out donor stories, discover upcoming events, and view your options for legacy giving.

Finally, a great way to give is monthly giving. It saves you the trouble of writing and mailing cheques. Each month, a set amount is automatically deducted from your bank account or credit card and you receive one handy receipt at year-end. You can increase your donation or stop anytime by contacting the Foundation.

