

WELL AWARE

PEOPLE CARING FOR PEOPLE

FALL 2024

Your
diagnosis
It starts
here.

Support the City Hospital CT Campaign



Saskatoon City Hospital
FOUNDATION



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CONTENTS

It Starts Here	4
How You Helped	6
Donor Profile: Wheatland Excursion Train	7
Tax Planning Advice	8
CT scanner will benefit thousands	10
Patient Story: Vic Dubois	14
Donor Profile: Sheila Osborn	16
Donor Profile: Sik Pics Productions	17
Will Power	18



IT STARTS HERE

Your diagnosis. Your treatment. Your recovery. It starts here.

4



YOUR DIAGNOSIS

City Hospital's CT scanner is the first step for many patients.

10



EVENTS GUIDE

Mark your calendars and stay tuned for more information!

14

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**Accredited
IMAGINE CANADA**

Steve Shannon

If it was you, wouldn't you want the best?

That's the motivation behind Saskatoon City Hospital Foundation's campaign to raise \$3 million for a new CT scanner in the hospital's busy Medical Imaging department.

When staff approached the Foundation more than a year ago with the request, they explained the need for a new scanner. But they wanted to do more than just replace it. They wanted to ensure that the 15,000 patients who need the CT scanner every year had the best CT scanner possible.

That's where I knew you the donor could help. Because I know you share the same goal I do. We want Saskatoon City Hospital to have the best equipment and provide the best for patients.

And the best is certainly what the new CT scanner is. Using technology that will be fairly unique in Saskatchewan, it will take clearer images faster. This means less exposure and more safety for patients. And it will ultimately provide more accurate diagnoses leading to better treatment decisions.

It's a win for so many reasons. That's why I'm confident – with your help – that the Foundation can raise \$3 million in the next



two years. This represents one of our largest fundraising campaigns in almost two decades.

The launch of the City Hospital CT campaign coincides with the launch of It Starts Here.

It Starts Here is a new way of answering, "What happens at Saskatoon City Hospital?" So many patients who come usually only come for one service and then are sent on their merry way, often better than when they came.

What they may not realize is that the hospital offers the full range of health services, from diagnostics

to treatment to recovery. For so many people, Saskatoon City Hospital is the beginning of their health care journey.

For them, and for so many other patients, it starts here.

In the case of the new CT scanner, your diagnostics, your best imaging, it starts here.

And it starts with you.

For more about the CT scanner, read the feature article in this magazine. To learn more about It Starts Here, and to donate to the CT campaign, visit SCHFgo.com. □

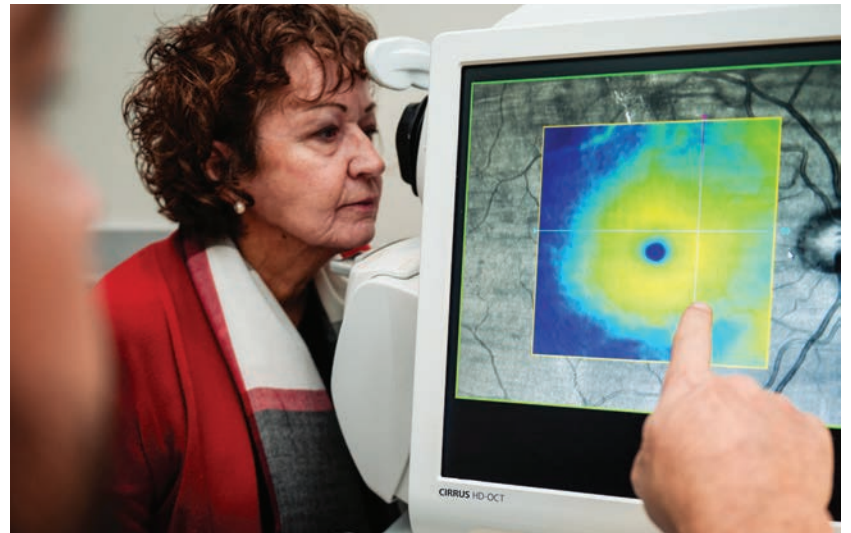
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**Every morning of every day
In the heart of Saskatoon**

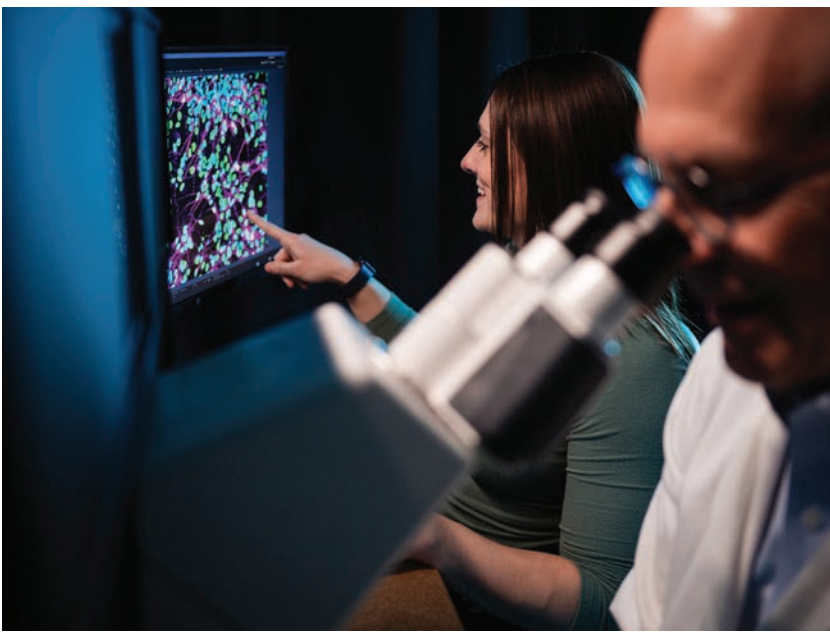
**Where compassion meets
innovation**

It starts **here.**



Our vision is crystal clear

**Where precision and care
intersect**



Where breakthroughs in MS research unlock limitless potential

Saskatoon City Hospital is reimagining healthcare

Building a vibrant, stronger and healthier tomorrow

Every success story is a testament to our dedicated medical staff and specialized equipment



Your surgery

Your treatment

Your recovery



It starts **here.**

Endowment benefits Transitional Care, Convalescent Units

Your vision for tomorrow.
It starts here.

That was proven last spring when the Mary Kolega Bucknam Geriatric Services Endowment Fund replaced wheelchairs, wheelchair cushions, seating components, wheelchair parts, and walkers in the Transitional Care and Convalescent Units (TCU and CU).

When creating the endowment shortly before her passing in 2007, Mary noted that Saskatoon City Hospital was “near and dear to my heart. It’s the only hospital I have used since moving from Winnipeg to Saskatoon in 1947.”

Mary was the widow of Lorne Bucknam, owner-manager of the Yellow Cab Co., who passed in 1967. She lived until 94 and, in later years, was a patient of the hospital’s Geriatric Services. “The staff are so kind and wonderful,” she said of the endowment. “I wanted to make a contribution to ensure that services could continue into the future.”

“Our current inventory of wheelchairs, seating components and walkers was evaluated by multiple therapists in consultation with a vendor,” report Chelsea Gordon and Erin Soltys, senior occupational therapists for the units and for the Geriatric Evaluation Management unit.

“Many wheelchairs and cushions were old and beyond repair. We



Serving people with an average age of 80, comfort is important for patients in the hospital’s Convalescent and Transitional Care Units. An endowment created more than 20 years ago purchased new wheelchairs, cushions and other needed equipment for the two sixth-floor units.

had to dispose of several, which meant we didn’t have enough remaining inventory to serve all of the TCU and CU patients.

“This equipment is vital because it provides specialized postural support, prevents skin breakdown, and promotes recovery and independence. Wheelchairs and walkers are also used for trial and assessment by therapists before ordering patients their own.”

Transitional Care is a 30-bed unit that serves as a temporary stop for people who no longer require acute care but haven’t found placement in community facilities.

The 28-bed Convalescent Unit is designed for patients who no longer need acute care but still need more time and therapy to recover from hospital stays before returning home.

Last year, the CU and TCU together worked to care for 820 patients with the average age of patients being just over 80.

“Our TCU and CU patients depend on wheeled mobility while recovering or awaiting placement,” Soltys adds. “This equipment promotes safety and improves quality of life. It helps improve their independence, optimizes their participation in recovery and care, and allows family to safely enjoy time with their loved ones outside of hospital rooms. For many patients, it’s the difference between being bed-bound and mobile.”

The Foundation belatedly thanks Mary Bucknam for her past planning that led to a future gift! □

Full steam ahead with Wheatland donations

Saskatoon City Hospital Foundation is glad the Wheatland Express Excursion Train is on board with its mission. In the past few years, the thriving tourism operation has donated more than \$10,000 to the Foundation.

“The Wheatland Express train came out of something we started called Safety Train,” says Perry Pellerin, founder and operator.

“That was started to teach kids about rail safety and, as part of that, we’d purchased and fixed up a railcar that students could ride on while we were teaching.

“But we started wondering what to do with the railcar on weekends or over the summer,” Perry says. “So we thought of renting some other railcars and taking people for rides. In the first year, 2018, we expected to do eight trips and instead we did 28 that were all sold out.”

Running on a former grain line from Wakaw to Cudworth,

Wheatland has since expanded by offering food and beverages, adding more cars, introducing themed rides, and building a western town at the Wakaw terminus. More than three dozen excursions are now offered between late May and Christmas.

A future expansion is coming with the addition of a sleeper car that will let passengers overnight on the Wheatland train. A new station building and learning centre is also set to open on the Wakaw end. “Every year we add a little bit and try different things that give a full day’s entertainment to riders,” Perry reports.

He says the tie-in to Saskatoon City Hospital Foundation came from its popular Train Heist excursion. It sees characters traverse the train with stories that culminate in the train being held up and guests forced to hand over their money.

“When it came time to decide who would benefit from the hold-

ups on the train, Saskatoon City Hospital Foundation came up first. We like that we know the funds are going to a good cause so it’s our main cause.”

Perry and his wife, Annette, first became involved with the Foundation through their Dark Cloud Racing Stable. The couple organized annual Pink Shirt Days at Marquis Downs with proceeds from a barbecue, raffles, and silent auctions going to City Hospital’s Breast Health Centre.

“We were looking for a cause and chose City Hospital because our kids were born there. The Foundation has always done a fantastic job and I’ve always been impressed with Steve Shannon [Foundation CEO] and his enthusiasm,” Perry explains.

The Foundation is grateful that the Wheatland Express Excursion train has hitched its caboose to the hospital! □



After a trip on its Wakaw to Cudworth line, characters from the Wheatland Express Excursion Train heist present Saskatoon City Hospital Foundation staff with a donation.

The government wants you to be generous

Let's talk tax credits.

Your gift to the hospital is likely motivated by your desire to help or from a personal experience, rather than specifically for tax reasons, but who doesn't want to take advantage of a tax break.

In Canada, the government encourages generosity by offering tax incentives for charitable donations. This article will unpack the charitable donation tax credit.

1. What are Charitable Donation Tax Credits

Charitable donation tax credits are incentives that the Canadian government provides to encourage individuals and corporations to donate to registered charities. When you make a qualified donation you can claim a tax credit, which can help reduce the amount of income tax you owe.

For individuals, the tax credit is a non-refundable donation tax credit that includes a provincial and federal component. For corporations, a charitable gift provides a tax deduction.

2. Eligibility and Qualified Charities

To claim charitable donation tax credits, it's important to donate to qualified organizations. In Canada, qualified charities are those registered with the Canada Revenue Agency (CRA). The CRA has a search page that will allow you to verify if your chosen organization is eligible.

As well, the donation must not include value to you. Any value



Jordan Arndt, MBA, QAFP
Enns & Baxter, Saskatoon

you receive will be reduced from the tax receipt. For example, let's say you donate \$1,000 to your local food bank but with that comes a round of golf valued at \$100. The donation receipt value that you will receive is \$900, which is the value of the gift less the value of the round of golf.

Important to note is that gifts to non-profits who are not registered charities will not qualify for a donation tax receipt. As well, donations to a for-profit company like GoFundMe or other crowdfunding sites are not eligible for a tax receipt.

3. Calculation of Tax Credits

The tax credit amount is based on the eligible amount of your donation, how much you donate, and your province of residence. Generally, the federal government provides a 15% credit for the first \$200 donated in a year and a 29% credit for any amount above \$200. Additionally, some provinces also offer additional tax

credits, which will vary based on your province of residence.

4. Donation Receipts

To claim the tax credit, you must keep a valid donation receipt issued by the qualified charity. The receipt should include some basic information like the charity's name and registration number, your name and address, and the eligible amount of the donation. In general, the registered charity will provide this receipt for you so just be aware you must keep it.

5. Limitations and Carry-Forward

Tax credits for charitable donations are subject to certain limitations. To claim the credit in a calendar year, the donation must be made by midnight on December 31. For individuals, the total donation amount eligible for their tax credits cannot exceed 75 per cent of net income, except in the year of death.

Further, any excess donations made by you, or your spouse/common-law partner can be carried forward for up to five years, allowing you to claim the credit in future returns. You can share your credits with your spouse to maximize benefit.

Should you wonder how your gift to the Foundation fits into your financial plan, please reach out to your trusted advisors.

Note: any information contained in this article is current as of June 2024, but is subject to change in the future. □

Being generous with your portfolio: Gifting your investments

Do you want to avoid paying tax on your investments? Do you hold investments in a non-registered account? Have these investments increased in value?

Perhaps not universally true, I think we can mostly agree that it is desirable to avoid tax. The good news is that, by using an alternative donation strategy, you can do exactly this.

Gift your investments in-kind simply means giving your investments directly to a registered charity. Investments can include stocks, bonds, segregated fund units, ETF units and mutual fund units. These are collectively known as publicly traded securities.

By gifting your investments directly, rather than first selling them and donating the cash proceeds, you can eliminate the capital gains taxes owing. Not only will you eliminate the capital gains tax, but you'll also still receive a donation receipt for the full market value of the donation.

For example, let's say you wanted to donate 100 shares of TD Bank stock from your non-registered account. Let's assume you bought the 100 shares for \$30 per share (\$3,000) in 2012 and that those same shares are now worth \$100 per share (\$10,000), 12 years later. You have an unrealized capital gain of \$7,000.

By donating this stock, you will avoid any capital gains tax on the \$7,000 gain. As well, you will receive a donation receipt for the full \$10,000 donation. Win-win.

How does this compare to gifting the after-tax proceeds? Well, assuming a 33% marginal tax rate and a 50% capital gains inclusion rate, a cash donation, after tax is paid, would have meant a total of \$8,845 donated. This is \$1,155 less to the charity and a \$1,155 smaller donation receipt!

There are a few key requirements for this strategy:

- Investments have to be held within a non-registered account (i.e. not RRSP, TFSA, or other registered plan)
- Investments must have appreciated in value and carry an unrealized capital gain
- The receiving charity must be registered with the Canada Revenue Agency.

So why would you do it?

There are three main reasons:

- You want to pay less tax via the zero percent inclusion of the capital gain. For most individuals in Canada, capital gains are typically taxed with a 50% inclusion rate. For corporations, and individuals with capital gains over \$250,000 in a single year, the inclusion rate increases to 67%. However, if investment units with a capital gain are donated directly to charity, then this inclusion rate is dropped to zero percent.
- You might have limited cash to give but may have investment

assets available to support charitable giving.

- You will receive a donation tax receipt for the entire amount of the gift, based on the fair market value at the time of donation.

By donating investments in-kind, both you and the charity benefit. As illustrated above, the charity will receive a larger donation when compared to donating the after-tax proceeds. At the same time, you benefit because you get a larger donation receipt than if you had sold the investment, paid the capital gains tax, and donated the net proceeds.

You can go about this strategy a few different ways, either directly through the charity, using a third-party or using a donor advised fund (DAF). If you have trusted financial professionals in your life, they can assist with this process.

Donating investments in-kind is a fantastic strategy to enhance the efficiency of your charitable giving. When utilized well, this strategy can magnify the benefit that both you and the charity receive. This strategy can be utilized by a corporation as well, although the specific benefits will slightly differ.

If you are unsure if this strategy is right for you, I'd recommend you talk to your trusted advisors. □

The advice presented on these two pages is courtesy of Enns & Baxter Wealth Management.



Enns & Baxter
WEALTH MANAGEMENT

Your
diagnosis
It starts
here.



New CT scanner will benefit thousands of patients

A crisp fall morning greets Sandy and her husband as they pull the truck out of the garage. They're about to make the 90-minute trek to Saskatoon and the Medical Imaging department at Saskatoon City Hospital.

Not the first time they've been there, Sandy is sure it won't be the last. But, of all the visits to the city in the past while, she feels this may be the most important.

This visit comes after many. It started with the first time she saw a specialist, followed by surgery for biopsy, and then radiation treatments for the cancer that doctors discovered.

That's what makes this trip to the city so crucial for Sandy. The CT scan at City Hospital will let her and her medical team how effective those treatments have been in battling the disease.

Sandy's husband, Greg, looks over at her as they pull out of the farmyard and hit the gravel road. After 30 years, he knows exactly what she's thinking. "It's going to be okay," he says as he reaches over and takes her hand.

She feels the reassuring squeeze on her hand as she looks out window, stubbled crops rushing by in a blur. "I hope so, I certainly hope so..."

"As touching as Sandy's story is, it's not unique," says Steve Shannon, CEO of Saskatoon City Hospital Foundation. "Every day of the year, people come to the hospital to begin or continue their journeys of diagnosis, treatment or recovery. For Sandy and for so many others it starts here."

People like Sandy are why the Foundation is launching a new campaign, he says. "We're asking you the donor to support the purchase of a new CT scanner for City Hospital. But it's not just any CT scanner. Medical Imaging staff want to bring in the best CT scanner there is, so we're helping them dream big."

"At a cost of around \$3 million, this represents one of the largest capital campaigns, and largest piece of equipment that we've raised funds for in many years. But we're very confident that our donors will rise to the occasion."

The need for a new CT is urgent. Like so many areas and departments at Saskatoon City Hospital, it's busy, very busy.

"In 2022-2023, the CT scanner at SCH saw more than 15,000 individual patients," says Richard Dagenais, executive director of Medical Imaging for the Saskatchewan Health Authority. "People from Saskatoon and area, from northern Saskatchewan and also from all across the province come to Saskatoon City Hospital for imaging. It's a very busy site."

Because of this, the current CT scanner at Saskatoon City Hospital is nearing the end of its life. Installed in the first half of

"People from Saskatoon and area, from northern Saskatchewan and also from all across the province come to City Hospital for imaging."

the last decade, the scanner's life expectancy was 10-15 years. Imaging staff at City Hospital say the CT's likely expiration date will be in 2026. That's why they asked the Foundation for help.

Dagenais says the importance of the CT scanner is huge for cancer patients. "If we have someone who's worried that they might have cancer, and they're symptomatic, they very likely will be seen here. The CT scanner is essentially the beginning of what are very difficult journeys for lots of people. For them, it starts here."

The scanner, is also vital for monitoring their treatments, he adds. From the CT, radiation experts can determine just how effective treatments are and whether to adjust or maintain those treatments.

The CT is also a central part of the hospital's role as a centre for orthopedic surgery, Dagenais says. "CT scans help surgeons plan complex procedures such as fracture repair, joint replacement and spinal surgery. Following procedures, the scans let physicians know how accurate those surgeries were."

He explains that this is because of the nature of CT – computerized tomography. "When we take a picture with an x-ray, most of

the x-rays go through your body but some parts, like your bones, stop x-rays. A CT scanner is basically an x-ray that spins and takes pictures from many different angles. Instead of a straight picture, we're able to build a 3-D model of what's going on."

Obtaining the best CT scanner available means technological advances that are better for patients, he continues. "The CT scanner we want for City spins between three and five times per second, so we'll get much more information very, very quickly."

"The detector on the end of the tube is larger so that means it takes pictures faster. Because the x-rays are being taken faster, it means less radiation exposure for patients. In other words, a new CT scanner is much safer."

The larger detector also means clearer pictures, Dagenais says. "Think of moving body parts, such as the heart, like they were kids running around. If you take their picture while they're running, it's going to be blurry. But, because the CT detector is wider and spins really quickly, we can take the picture fast enough that we minimize the blur. It allows us to see things with better images for clinicians to look at."

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A CT scanner is also good for fluoroscopic imaging. “The dye we use allows us to see things that wouldn’t normally show on a CT. Primarily, this applies to blood vessels, for example when we’re looking at how well the arteries in the legs are carrying blood. X-ray is really good at taking pictures of bones but not of blood vessels. So the CT can work to develop a really good map of the blood vessels and outline occlusions or other phenomena related to diabetes and other disorders that cause stenosis.”

He adds that the new CT scanner will be unique in the province. “It will have something called dual source technology, which is only available at a couple of other places in the province but City’s will be the only one with true

dual source technology. Simply explained, it’s like taking two separate pictures that you can combine to see things like iodine density. This is extremely useful for looking at different kinds of strokes, or for brain imaging after strokes because different parts of the body react to different energies differently. So you can look for dead tissue, blood flow and clotting.

“It also helps capture pictures of tumours. Some cancers can be identified by how much contrast is picked up after iodine administration. This is really useful, in some instances, for telling the difference between malignant and non-malignant tumours.”

Finally, Dagenais says the scanner employs AI and programs to take better scans. “You can train the software by showing it

dozens and dozens of images and it learns through time what it expects to see, what it sees next, and how to interpret what it’s seeing. That helps radiologists and clinicians make diagnoses, but it also helps decrease the amount of x-ray that’s being administered to the patient.”

“It’s a huge benefit for patients,” offers Shannon. “It’s faster so that makes it safer because of less exposure. It takes much clearer and better images that lead to the best treatment decisions possible. Your best imaging starts here and it starts with you.”

Shannon says you can support the new CT for City Hospital by donating at SCHFgo.com. You can also call 306-655-8489 or give in person at the Foundation office, adjacent to the front entrance of the hospital. □



Broadcaster's long career aided by Saskatoon hospitals

Vic Dubois has enjoyed a decades-long career in radio broadcasting. The last 41 years were in Saskatoon, where he's been manager of Saskatoon Media Group, comprised of CJWW, 98COOL, and The Bull.

The company recently saluted Vic with Coffee Talk Live, a breakfast in honour of his impending retirement. Proceeds from the event benefitted the Foundation's CT scanner campaign.

He notes, though, that he's not totally retiring but transitioning into it. "People will still hear me on the radio doing the Sunday Morning Sock Hop on 98Cool, Vic's Country Classics on CJWW, and Coffee Talk."

A Saskatoon institution, he was an Air Force kid who lived in six provinces and Germany. Previous broadcasting stops were in B.C. and Alberta before he was lured to Saskatoon in 1983 as CJWW's program manager. That led to becoming vice-president then president of Forvest Broadcasting. For a time in the 1990's it had radio stations in Regina, Saskatoon, Edmonton and Winnipeg.

When Elmer Hildebrand purchased the Saskatoon Forvest stations and added an FM station, he kept Vic as general manager.

The last few years of his career have been speckled with health challenges, including two trips to emergency. "In early 2021, I went in with an enlarged prostate that doctors in the ER thought might



Vic Dubois has been in broadcasting since 1969, the last 40 years in Saskatoon.

have been a large cancerous growth. Fortunately, it wasn't cancer but it still led to surgery at St. Paul's Hospital."

While recovering, Vic reports, "I was still sick, so I went back to RUH and they gave me all kinds of tests. During an ultrasound they asked if I was having trouble breathing and I was. They determined I had a rogue heart valve, where the mitral valve is pumping blood the wrong way. For me, it was into my lungs and required open heart surgery for valve replacement."

Surrounding those two scares, Vic also visited Saskatoon City Hospital twice for hip replacements. "It was degenerative arthritis and the left

side was getting worse so I was scheduled and on the list when I had the other problems. But it went ahead in fall of 2021."

Aiding his diagnosis was the CT scanner at City Hospital. "They were able to see exactly what was going on. The left hip needed to be replaced right away and the right hip would require replacement soon, too. That happened in spring, 2023."

Between those visits, he spent time at City Hospital in Medical Imaging, the pre- and post-surgery wards, and then Central Therapies for physio. "At each step, the care was great. It was terrific to go from walker to cane to walking on my own again." □



Dates: Nov. 16 - Jan. 8
Time: 5:30 - 10:00 pm nightly
Location: Saskatoon Zoo
Price: \$10/person
\$35/car (up to 7 people)
Enchanted Car Passes - \$30

Special Events

Blue Cross Light Walks: Nov. 14 and 15
Santa: Dec. 13

Website: Enchanted-Forest.org



Dates: Nov. 22 - 30
Time: 9:00 am - 9:00 pm
Location: WDM
Price: \$7 (ages 6-12), \$11 (Student),
\$13 (65+), \$15 (Adult)
Preschool Free
\$40 Family

Special Events

Father/Daughter Gala, Brunch with Santa,
Supper with Santa, Royal Brunch, Christmas
Carnival

Website: Festival-of-Trees.com

Did You Know?
**Last year, the Foundation's special events
raised more than \$2,000,000!**

SWINGING WITH THE STARS

SASKATOON



Date: January 25
Time: 5:45 - 10:30 pm*
Location: TCU Place
Price: Table of 8 - \$1,600
 Table of 4 - \$800

Special Events

Eight celebrity dancers compete for Crowd Favourite and Judges Choice trophies. Voting is online and live on site during the event.

Website: SWTSYXE.com

*approximate

Date: March 22
Time: 6:00 - 10:30 pm*
Location: Sheraton Cavalier
Price: \$375
 \$2800 - Table of 8

Special Events

Multi-course dinner, Heads or Tails, live and silent auctions, six bingo games.

Website:
Facebook.com/BlackTieBingoSCHF

*approximate



Grateful patient says thank you with major donation

As a lifelong music lover, Sheila Osborn knows the importance of good vision. That’s why she thanked City Hospital through a generous gift to the Foundation.

Notably, it was her way of thanking the hospital’s Eye Care Centre for helping her see better. “About a year ago, I had surgery there for a growth on my eye that needed to be removed. That was why it was important for me to donate to the hospital this way.”

Her kindness has extended to other hospitals, too, she adds. “I think that if you live in the community, you should support the community. I’ve supported other organizations such as Persephone but, with the hospitals, I just think that we’re all going to need hospitals. So it’s important to help them.”

She adds that not only have her two sons supported her donations, but also in some cases have matched those donations. “They’re certainly in favour of me giving to the hospitals like this.”



Sheila Osborn made a major donation to the Eye Care Centre after having successful surgery there.

Sheila was born in North Battleford and came from a musical family. That led to a lifelong passion for music, including conducting several church vocal and handbell choirs around Saskatchewan.

She appreciates that her children and husband, the late Henry Albert “Al” Osborn, all supported this passion. “I was away a lot

and they understood while he looked after them.” They lived in Yorkton for 10 years where Al served as a judge. When he retired, the family relocated to Saskatoon.

Sheila enjoys her retirement, family, friends, concerts and theatre.

Thank you, Sheila, for your gift and for helping others see better!



Earlybird deadline: Oct. 11 Final deadline: Oct. 25

HospitalHomeLottery.org

Media production company focused on helping Foundation

Sik Pics Productions is instrumental in sharing the Foundation's stories in the most effective, artistic ways possible. Offering those services at discounted rates or in-kind donations earned it a spot on the donor wall.

Operated by business and life partners Chris Sikorsky and Kirstin Meadows, their passion for storytelling flows from experience.

"I was quite infatuated with the arts growing up," Chris says. "My dad was a graphic arts and photography teacher at Mount Royal. He inspired us to be visual and look at things creatively."

Chris' interests led him to teaching, playing and recording music before taking the Radio and Advanced Television Broadcasting diploma course at Western Academy Broadcasting College. He worked for five years as a videographer with CTV News Saskatoon, leaving to operate Sik Pics full time in 2016.

"I grew up on a farm outside of Moose Jaw and came to Saskatoon for university," Kirsten says. "I started in nutrition but switched to marketing. I did the Co-op program at Edwards School of Business, which led me to Wiegiers Financial & Benefits.

"I stayed for six years and worked in marketing and event planning for their Wiegiers Care for Kids fundraisers. It gave me great experience for what I'm now doing with Sik Pics."

The couple's origin story is fitting. While working on their own projects, they met at the SABEX Awards. "I was fresh out of CTV and ready to work the room for projects but we ended up chatting the whole night," Chris recalls.

"I intended to quickly drop something off with him, and instead we talked through the event," Kirstin adds. "About a year later, Chris got this crazy idea that I should work with him."

They've since added Derek "Watty" Watson as a full-time employee. Sik Pics works extensively, telling the stories of organizations such as Remail Modern, Stars Air Ambulance and the Chamber of Commerce.

"We got involved in Swinging with the Stars shortly after the Foundation became its charity," Chris says. "It quickly became one of our favourite events.

"We sponsor events to a point but it's also win-win-win for us," he adds. "It's fun to be involved, to tell the story of the event and to relate the good it's doing for the hospital. We're thrilled to be involved."

The involvement intensified when Chris was asked to be one of Swinging's celebrity dancers this year. He took the task to heart, delivering a great performance while raising more than \$110,000!

The Foundation thanks Sik Pics for its collaboration and dedication. □



Derek Watson, Chris Sikorsky and Kirstin Meadows at a recent Sik Pics shoot in Saskatoon City Hospital's OR.

Writing a Will

Writing your will may be the kindest thing you do for your loved ones.

Are you one of the 49% of Canadians that don't have a Will? Or maybe you do have a Will but there have been changes in your life and your Will is no longer up to date? Among the top reasons so many of us delay Will writing is the feeling that we're too young to worry about it, or that we don't have enough assets to justify making a Will.

But there are some real motivations to making a Will you might not be aware of, regardless of where you are in life.

Dying without a Will could have serious implications for your family. For starters, with no Will in place, your assets could be distributed according to the laws of your province, which may exclude certain family members like common-law spouses or step-children. Even if you don't have a lot to pass on, you probably want to make sure what you do have is passed on to the people you love.

If you put aside the natural apprehensions you may have about dying, making a Will can be an opportunity to have an open and insightful conversation with your loved ones about life and legacy. Why not use this time to create a unique family legacy that is about more than just passing along possessions, but also ideas and values?

For example, perhaps your community has always played



Writing a Will could be one of the most important things you do for your family.

an important role in your family's life, and giving back to your community is a value you all hold dear. You might choose to leave a small percentage of your estate (even one per cent can make a difference) to a neighborhood charity, a contribution that future generations can rally around and continue on in their lifetimes.

A Will may not be the most exciting document you ever write, but as an exercise in collaboration, interaction, and empathy, it could be one of the most meaningful.

So, why is writing a Will one of the kindest things you can do for your loved ones? In a nutshell, it saves your family from unnecessary stress. There is so much work to do when a loved one passes away, and at such a difficult time. Having your wishes made clear, and instructions laid out in your Will, can make a difficult time so much easier for the people you love.

And it's important to share your wishes with your family now so there won't be any surprises when you're gone. Knowing who is responsible for what and how assets will be allocated – to loved ones, business relationships, charitable organizations, etc. – helps create peace of mind for everyone involved.

So make estate planning a family affair. It sets a powerful precedent of trust and respect. Writing a Will doesn't have to be expensive. There are a whole range of options out there when it comes to making your Will. You may choose to use an online Will writing service if you have a relatively straightforward estate.

Or choose a lawyer or notary if you'd like the advice of a professional who can give you more personalized advice (i.e. how to take advantage of tax incentives available when making a charitable gift in your Will). □

Donors, patients share gratitude for care

We love seeing happy patients and their families leaving the hospital. But when we can't see them, a note or email is the next best thing...

"I have a yearly CT scan and am so thankful for your diagnostic services."

"Great news. The Breast Health Centre at City Hospital is a well run and efficiently run organization. I know from experience when my spouse had surgery earlier this year."

"I have received much from the MS clinic at City Hospital."

"In the hope this research will one day help my daughter and others living with MS."

"With thanks for the exceptional care I received there."

"I wanted to express my sincere gratitude for the wonderful care and treatment my wife received following her recent diagnosis for cancer at City Hospital.

She was referred by her GP to the Breast Health Centre for a follow up to a positive biopsy carried out in Calgary. Every single person we met there was kind, courteous and compassionate. We were treated with the utmost respect by every single person who went out of their way to make us comfortable and support us.

I have to give a big shout out to Dr. Deobald who was so professional and so effective in getting things done in as speedy a manner as possible. He made us feel that the "Red Carpet" was

being rolled out for us. Plus he has a great sense of humour!

This high standard of care followed through into the day surgery unit where my wife had a mastectomy with immediate reconstruction. Again I cannot speak highly enough of everyone in that unit and in the operating theatre that we met. Incredibly professional and very caring.

In my experience of life, if anything I have learned two things: The first is that good people are so very hard to find (and you have struck gold!); and second is that this kind of professionalism and the caring nature that goes with it always stem from the top down.

My thanks to you and to all the very good people we met in the BHC and the Day Surgery unit." □

IN MEMORIAM

Donations were made from April 1 to June 30, 2024 in memory of the following people:

Shirley Anderson
Marguerite Bilodeau
Frances Bowler
Clara E. Davis
Les Dubé
George T. Jarman

Zenon G. Kotelko
Doreen & Robert Learmonth
Ron Leschyshyn
Ruth Lysager Lowes
Wade Mitchell
Carol Norberg

Irving Opdahl
John Senkiw
Ruth Spiritt
Martin & Elaine West
Connie Wiebe

IN HONOUR

Donations were made from April 1 to June 30, 2024 in honour of the following people:

Janice Block
Dr. Samson Haimanot

Your diagnosis



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