

Message from the Chair



In the lifespan of a non-profit organization, our time as supporters and volunteers may be relatively fleeting, but the good we do can change lives forever.

This is certainly true of the donors and volunteers of the Health Care Foundation. Your singular support of adult health care has positively changed the lives of thousands of people from across Newfoundland and Labrador who have received

health care services from hospitals in the St. John's region.

In this report, I am pleased to provide you with patient and donor profiles that speak of the importance of quality health care. Their stories truly illustrate why the need for quality health care touches us all. It is a need well worth supporting.

I would also like to introduce you to the members of the Health Care Foundation Board of Directors, who give freely of their time and expertise to make a difference for health care. They are,

- Dr. Ford Burse
- Mr. Harry Connors, Chief Development Officer
- Mr. Ed Drover
- Ms. Shannie Duff
- Ms. Nora Duke
- Mr. David Jones, Secretary
- Mr. Thomas Kendall
- Mr. Ed Martin, Treasurer
- Mr. Chris O'Dea
- Ms. Debbie Patten
- Mr. William Small, Vice-Chair
- Ms. Donna Stone
- Mr. George Tilley, Ex-officio

My sincere thanks to everyone who supported the Health Care Foundation this past year. I look forward to your continuing support of adult health care.

Sincerely,

Frank Fagan
Chairperson

Health Care Foundation of St. John's Inc. - Statement of Operations

Year ended March 31, 2005

			2004	2003
	Operating Fund	Capital Fund	Total	Total
Revenue				
Donations and recoveries	\$ 159,795	\$ 1,202,695	\$ 1,362,490	\$ 2,117,353
Major gifts	397,416	-	397,416	225,267
Interest	27,651	225,880	253,531	466,387
Lotteries	170,820	-	170,820	155,018
Gala	167,180	-	167,180	161,371
Janeway Children's Hospital Foundation	-	100,000	100,000	450,000
Golf tournament	80,725	-	80,725	99,452
Bingo	49,750	-	49,750	23,750
In memories and bequests	27,563	-	27,563	51,550
Tree of memories	25,512	-	25,512	25,945
	1,106,412	1,528,575	2,634,987	3,776,093
Expenditures				
Salaries and benefits	221,110	176,562	397,672	316,771
Consulting and professional fees	107,286	15,038	122,324	39,449
Office and administration	70,536	1,556	72,092	45,847
Lottery prizes	67,332	-	67,332	70,920
Gala	66,977	-	66,977	57,465
Public relations and communications	46,094	1,950	48,044	79,591
Travel and staff development	30,711	3,018	33,729	12,034
Postage	21,223	-	21,223	14,116
Golf tournament	17,093	-	17,093	22,626
Tree of Memories	13,688	-	13,688	3,071
Depreciation	948	-	948	-
Printing	-	-	-	1,951
	662,998	198,124	861,122	663,841
Excess of revenue over expenditures before undernoted items				
	443,414	1,330,451	1,773,865	3,112,252
Transfer to Capital Fund	(200,000)	200,000	-	-
Government matching - 1:1	-	300,000	300,000	888,291
Government matching - 2:1	-	2,505,390	2,505,390	3,824,502
Government capital grant	-	2,222,731	2,222,731	-
	(200,000)	5,228,121	5,028,121	4,712,793
Excess of revenue over expenditures before Contributions to Health Care Corporation of St. John's				
	243,414	6,558,572	6,801,986	7,825,945
Contributions to Health Care Corporation of St. John's	-	-	-	-
Capital expenditures	-	7,282,291	7,282,291	9,070,070
Scholarships and Grants (Note 10)	63,043	-	63,043	56,837
	63,043	7,282,291	7,345,334	9,126,907
Excess of revenue over expenditures (Expenditures over revenue)				
	180,371	(723,719)	(543,348)	(1,301,862)

Making a Difference for Patient Care - A Patient Story



Donna and Cassie Norris

As a child, I was not allowed to play sports or attend gym activities with my friends. When I was two, I was diagnosed with a Bicuspid Aortic Valve. The aortic valve in my heart did not develop normally. Doctors told my parents to keep me away from strenuous activities and advised them that I would probably require surgery at some point in my life.

As I got older I did not realize the seriousness of my condition. I was always active, and would often walk from my office in Paradise to my home in St. John's. However, I began to experience shortness of breath and I did not have as much energy to play with my daughter Cassie.

Two years ago, I was referred to Dr. Anne Williams in St. John's and through yearly check ups it was determined that I would require surgery. In January, Dr. Kevin Melvin performed mechanical valve replacement surgery and a graft on my ascending aorta. The surgery was a total success. I have never felt better, and it's like my daughter has a brand new mom.

When people ask me about the scar on my chest I tell them that to me it isn't a scar, it is a gift and I have many people to thank for it. The physicians and staff who looked after me were just wonderful. I owe my life to these people and to the excellent equipment available to them, such as the new heart-lung machine purchased through the fundraising efforts of the Health Care Foundation.

- Donna Norris

About Us

The Health Care Foundation is the official fundraising organization for the adult hospitals of St. John's. Our mandate is to raise money for the provision of vital medical equipment, technology, research and education to support the physical and mental health care needs of our hospital sites and community programs.

B/N Registration Number: 85699 2334 RR0001

During our lifetime, the need for quality health care touches us all.

We support the following hospital sites and community programs:

- General Hospital
- Dr. Leonard A. Miller Centre
- St. Clare's Mercy Hospital
- Waterford Hospital
- Dr. W. Templeman Health Centre
- Mill Lane and Ever Green work therapy programs

Your contributions will enable us to enhance the quality of patient care, and quality of life, of individuals from across Newfoundland and Labrador who use our health care services.

Annual Report

April 1, 2004
to March 31, 2005



Making a Difference for Health Care



HEALTH CARE FOUNDATION

The Health Care Foundation
190 LeMarchant Road

St. John's, NL A1C 2H6
709-777-5901
hcf@hccsj.nl.ca
www.healthcarefoundation.ca



HEALTH CARE FOUNDATION

Making a Difference for Health Care

Making A Difference for Genetic Testing

The International Grenfell Association (IGA), founded in 1913 by Sir Wilfred Grenfell, has a long history of pioneering and supporting health care services in Newfoundland and Labrador. They remain a relevant force in health care, and recently funded a new genetic laboratory service for this province.

Newfoundland and Labrador is considered to have an interesting gene pool because most residents are descended from the relatively small number of English and Irish immigrants who settled here in the 19th century, or from the indigenous population. Our small gene pool makes it easier to trace genetic diseases. In addition, a number of significant genetic disorders occur much more frequently within our population.

The IGA recently presented the Health Care Foundation with the final payment of their \$704,000 commitment to the Give to Feel Good capital campaign. This donation, which was matched 2:1 by the Government of Newfoundland and Labrador, was used to establish a full service genetic testing laboratory to enhance the availability and quality of genetic testing.



(L-R) Dr. Donald Cook, Clinical Chief, Laboratory Medicine Program; Judge Jim Igloriote, IGA Board of Directors; Mr. Frank Fagan, Chair, Health Care Foundation; and Mr. Terry Gulliver, Program Director, Laboratory Medicine Program.

Funding from the IGA purchased several highly specialized pieces of equipment, which enable DNA testing to diagnose and screen for hemophilia, leukemia, colon cancer, cystic fibrosis, and breast cancer markers, as well as other disorders and conditions. This equipment is also shared with medical researchers from Memorial University of Newfoundland.

According to Terry Gulliver, Director of the Laboratory Medicine Program, Eastern Health, "The Laboratory Medicine Program would still be years behind in developing a genetic service without this gift from the IGA. We now have an excellent service that meets national standards. The positive impact on patient care is immeasurable."

Improving Access to Chronic Pain Care



(L-R): Mary Lawlor, Elsie Thistle, Susan Sinnott

The Health Care Foundation allocates \$50,000 annually to support medical research. In 2004, ten research projects were approved for funding. One of these projects is enabling chronic pain intervention techniques to be shared with health providers across Newfoundland and Labrador.

Chronic pain is pain that extends beyond the expected healing time, and continues in spite of medical interventions and treatments. It is one of the most challenging and rapidly growing concerns in health care.

At the Centre for Pain and Disability Management (CPDM) in the Dr. L. A. Miller Centre in St. John's, a team of health professionals work with patients to help them learn ways to control pain and improve function. Intervention is based on understanding better how pain affects the 'whole person', impacting physical and emotional health, as well as social and work life.

The whole-person, self-management approach has been very successful, however, long wait lists, economic and social costs, and a scattered provincial population limit or prevent many people from accessing CPDM services. At the community level, professional exposure to this specialty area and the availability of multi-dimensional intervention are limited.

Mary Lawlor, Psychologist, and Susan Sinnott, Physical Therapist of the CPDM, designed a research study to develop a network of provincial partnerships for chronic pain intervention. With Elsie Thistle, CPDM Nurse, they implemented Phase I of the study which involved presenting full day workshops on the whole-person, self-management approach to 227 health professionals in seven regions. Phase II is ongoing and involves the entire CPDM team in consultation with health professionals at fifteen sites. Phase III will evaluate the total program as a basis for developing a model for improved and more integrated provincial services for people with chronic pain. This study is an excellent example of how medical research can provide practical benefits to patients and the medical community. For further information on the Centre for Pain and Disability Management please call 777-7048.

Making a Difference for Patient Care - A Patient Story



Betty Collins at work at The Hair Factory

Last summer, I fell while cleaning out my shed and I began to experience pain in my hip. Throughout the autumn and winter my pain steadily increased. The pain became so severe that on Boxing Day, my husband had to take me to the Emergency Room. There was no medication that would dull the pain or make me feel comfortable despite every effort made by the Emergency Staff.

The morning after Boxing Day, I noticed that it felt strange when I stood. My physician, Dr. Rockwood, later informed me that my hip ball had collapsed and this was the reason for my leg now being two inches shorter than the other. Later that week, I was placed off work indefinitely. I had been a hairdresser for more than 33 years, and it was a career that I dearly loved. I was devastated.

Laying down and sleeping in certain positions became very painful for me and I was unable to sleep in my own bed. Many nights my husband would prop me up on a kitchen chair and place a blanket around me. That's how I would stay for the night. There was even one evening that I was most comfortable standing with crutches and I actually fell asleep standing up!

I had orthopedic surgery in March 2005 to replace my hip ball. I awoke and felt like a new person. I had absolutely no pain for the first time in months. I could not have asked for better care during my stay at the hospital. The staff took exceptional care of me and Dr. Rockwood was very caring and comforting.

In June, I was able to go for a walk for the first time in many months. I'm living a healthy, happy life and I'm back to work and enjoying my job even more than I did before. I feel that I owe my health and my quality of life to the excellent care I received and to the availability of specialized orthopedic equipment. I know first-hand that donations to the Health Care Foundation really do make a difference.

- Betty Collins

Making a difference through activities and events

We Had a Ball!

The 17th Annual Health Care Gala was held in September, 2004 and raised \$167,000 to benefit adult health care. The event was attended by more than 400 people who enjoyed fine dining, bidding on exciting auction items, and dancing to the music of Billy and the Bruisers. This event is organized each year by a dedicated group of friends of the Foundation.

Sledding for Health

A group of snowmobile enthusiasts, the Sled-Headz, spearheaded our Sledding for Health event held in March. A caravan of snowmobiles trekked from Clarenville to the Community of Terra Nova to raise money for the purchase of diagnostic equipment.

Cruise Night

The Health Care Foundation teamed up with students of the College of the North Atlantic to present a cruise ship-themed evening featuring an elaborate buffet dinner and entertainment. The food was prepared by students of the Culinary Arts program. Event proceeds were used to purchase a Cardiac Transport Monitor Defibrillator.

Tree of Memories

Each year, Health Care Foundation marks the Christmas season through our Tree of Memories appeal. Donations in memory of a loved one are recognized by lighting our beautiful Christmas tree in front of St. Clare's Mercy Hospital, and adding names to the accompanying display board. Thanks to our generous donors, the 2004 appeal raised \$25,000.

Great Golf!

A swinging time was held at our annual Charity Golf Tournament last June, which raised \$80,000. We extend our thanks to the organizing committee and to the Aliant Pioneers who gave freely of their time to make this tournament a success.

A Tribute to Generosity

A donor recognition wall was unveiled in February to recognize contributions to the Give To Feel Good campaign. Over a four year period, this campaign raised nearly \$40 million to support our health care system. The donor wall, located in the main lobby of the General Hospital in St. John's, displays the names of those who supported this important fundraising effort.

Here is an overview of some of the ways that donations to the Health Care Foundation and the Capital Campaign were utilized in 2004-2005:

Medical Equipment Purchases

Operating Room Instruments	Anesthetic equipment
Critical Care Beds	Ultrasounds
Genetics Software	Infusion Pump
X-Ray Machines	Holmium Laser for Urology
Heart-Lung Machine	Cast Cutting Saw
Exercise Equipment for the Mental Health Program	Ophthalmology Equipment and much more.

\$50,000 Funding for Health Research
\$4,200 Funding for Health Education

The Health Care Foundation also provides governance and support for the Mill Lane and Ever Green Recycling programs, which provide employment for more than 150 mental health consumers.

Thank you for your support!