

From All of Us at the Foundation, Thank You!

As we move into 2019-20, I want to extend a special thank you to the local businesses and community members that have made the commitment and taken the time to donate to the campaign. We have been able to support some incredible education opportunities for staff and physicians, as well as purchase pieces of equipment that would not have been possible without your generous donation. I also want to thank everyone who volunteers with the Foundation—to those dedicated volunteers who answer phones and process the tickets on Hospital Help Day, take tickets, hand out bracelets, do the set-up/tear down and work the bar at the Ceilidh or supervise holes and events during the Golf Tournament, these events would not be possible without your continued support and we are truly thankful.

If you haven't had a chance to stop into the Foundation office recently, please do. We have lots of information on the campaign, and how you can play a role in supporting your Hospital today, and into the future. With heartfelt thanks,

Sarah MacDonald, Executive Director



Supporting Patient Success

Members of the St. Martha's peri-operative and surgical teams are excited to explore a new program that looks to highlight surgical best practices across the country and how they can be implemented at St. Martha's Regional Hospital. With support from the St. Martha's Regional Hospital Foundation, staff member Cathy Ferguson attended a conference and training session by the Canadian Patient Safety Institute (CPSI) that focused on a new program called the Enhanced Recovery After Surgery (ERAS) Program. The program consists of a number of evidence-based principals that support better outcomes for surgical patients including: an improved patient experience, reduced length of stay, decreased complications and few hospital readmissions. Together with Dr. Lukas Wasserman, Cathy has formed a multi-disciplinary ERAS Team at St. Martha's. The team has been selected to take part in a national initiative through the CPSI and as a result, headed to Toronto for an in-person education session on April 29, 2019-May 1st, 2019. We wish them the best of luck and are so pleased to have been able to help them achieve this incredible goal and national recognition.



Sarah MacDonald, Executive Director
Sadie Benoit, Fund Development Associate
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For more information on the St. Martha's and You...the Time is Now Campaign or to make a donation, please visit our website at www.smrhfoundation.com, give us a call or stop by our office.



List of Board Members (2018-2019):

Wayne Ezekiel (Chair)
Dr. Blair MacDuff (Vice-Chair)
Cyndy Henderson (Secretary)
Michael MacIsaac (Treasurer)
Joe MacDonald (Past Chair)
Eric Atkinson
Marc Champoux
Sr. Liz Riopelle
Jim Burke
Germaine Silver
Hugh Gillis
Shannon Stevenson
Camilla Benoit
Michael Hatt
Tony Overmars

Our 2018-19 Funding Commitments

Equipment Purchases:

Ophthalmology	\$339,400	Humphrey Visual Field and FORUM software
		Retinal Digital Camera
		IOL Master 700
Palliative Care	\$600,000	Creation of new 6-bed palliative care unit
Emergency Medicine	\$38,022	Specialized Treatment Chairs
Cardiorespiratory Services	\$250,000	Cardiac Echo Machine
Environmental Services	\$9,021	Scrubber
Children and Women's Health Unit	\$2,350	Pediatric SIMS mannequin and breast pump
Nutrition and Dietary Services	\$9,354	Merchandiser/ Curtain cooler
Sub Total:	\$1,248,147	

Education Support:

Simulation Lab	\$3,665
Peri-Operative Services	\$1,159
Spiritual and Religious Care	\$3,040
Micro-Research- Antigonish Projects	\$3,000
Sub Total:	\$10,864

GRAND TOTAL: \$1,259,011

St. Martha's and You... The Time is NOW: 2019 Community Update

In September 2016, the St. Martha's Regional Hospital Foundation launched its first and only significant fundraiser since the building of the new hospital 30 years ago. The St. Martha's and You...the Time is NOW Campaign was launched with the goal of increasing its permanent endowment in order to support vital and continued growth of St. Martha's Regional Hospital today and for generations to come.

Over the past 100 years, there have been significant advancements in medical treatments and technology. St. Martha's must ensure that it will continue the legacy of a patient-focused facility with the best medical treatment possible, which will allow us to stay close to home when in need.

Exemplary health care is a crucial component of any community. A strong, well-invested endowment fund will provide a dependable income from which to make purchases of leading-edge equipment, support the Hospital's medical staff and react to any unexpected needs. Achieving our goal of \$20 million will empower the possibility for dramatic growth, strength and success for St. Martha's.

Our Hospital is the future of our community. It is critical that we all support our future by making sure that St. Martha's has the financial resources necessary to remain on the leading edge of an ever-changing and demanding medical world.

EVERY DOLLAR MAKES A DIFFERENCE



We believe that it is important to not only inform our donors, but the whole community on what the Foundation has done to support our local Hospital, as well as those working within it and those utilizing its services. This report highlights some of the many recent equipment purchases made by the Foundation in the past few years, as well as some of our recent donors and fundraising events.

Thank you to everyone who has made a pledge or donation to the campaign. Whether it be a multi-year pledge or a one-time donation, every dollar counts and every dollar makes a difference.

Continuing a Path of Success

Since becoming Chair of the St. Martha's Regional Hospital Foundation in 2018, I have been both mesmerized and amazed by the generous support of our community. The St. Martha's and You...the Time is NOW Campaign has had a tremendous start and I am truly grateful for the support of our donors, as well as the many volunteers that support both the campaign and our fund development events and activities on an annual basis.

In October 2018, the Foundation welcomed our new Executive Director, Sarah MacDonald. Many of you have had the opportunity to meet and work with Sarah, and if you haven't, I encourage you to pop up to the Hospital and visit. She has transitioned easily into her new role, and we are so excited to see the vision that she has for the Foundation and the campaign moving forward. She and Sadie have a busy year ahead!

I am pleased to report that we have received the list of equipment needs for St. Martha's Regional Hospital for the 2019-20 fiscal year, and are actively working to ensure we are able to support their most critical pieces. The Foundation remains committed to working with the Nova Scotia Health Authority to ensure our Hospital has some of the most enhanced and innovative equipment available to support high quality health care, patient safety and success, as well physician and health care professional recruitment and retention.

We are committed to continuing on a path of success and look forward to the year ahead.

– **Wayne Ezekiel, Board Chair**

It's Our Future!



The St. Martha's and You...The Time is NOW campaign, has had a record-breaking start. On behalf of the Campaign Team, I want to thank everyone who has given or volunteered as part of this incredible campaign. During the first two years of our campaign, 1,850 residents and businesses have made a commitment to the future of our hospital and to ensuring great healthcare for everyone that St. Martha's Regional Hospital serves. With your continued support, we have raised over \$16 million towards our goal of a stable endowment of \$20 million.

The time really is now. Together we can ensure our Hospital has the financial support it needs to purchase new and innovative medical equipment that will not only support our existing physicians and hospital staff, but help to recruit new physicians and ensure St. Martha's remains at the forefront of healthcare. Remember, it's our Future.

– **Steve Smith, Campaign Chair**



Investing in Ophthalmology

The Foundation was pleased to be able to support our existing Ophthalmology Team with the purchase of a few new pieces of equipment to support innovative healthcare right here in our community. Spending over \$330,000, the Foundation has agreed to purchase a new visual field machine and supporting software. We have also purchased a new retina camera—the



only one of its kind in Nova Scotia. Through 98.9 XFM's Hospital Help Day 2018, we purchased a new IOL Master to support cataract planning and detection, which will be arriving at St. Martha's soon. The Foundation is pleased to have the opportunity to support the Ophthalmology Department at St. Martha's.

A Gift from the Heart

Nora visited the Foundation office in February to make an incredibly thoughtful donation! To encourage the true meaning of Christmas, and the importance of giving, Nora's parents created a fun twist on the traditional Advent calendar. Nora has an advent calendar with 24 tiny pockets. Instead of giving her the treats directly, Nora's parents began a new tradition—they put a loonie in each pocket.

As a family, they decorated a mason jar and called it her "Advent Giving Jar". As they glued on the ribbon and jewels, her family talked about times when people might need help and where people might go for help. Her parents explained to her and her brother Duncan, the importance of being kind and caring to others. Nora's parents then asked her where she would like to give her money once the jar was full, and without prompting, she said "the hospital". On behalf of Foundation, we want to extend a special thanks to Nora and her family for their generous donation.



Investing in Cardiac Care

In September 2018, the Sobey Foundation made a transformative \$1 million gift in support of cardiorespiratory care at St. Martha's Regional Hospital. The Sobey Foundation gift will improve the quality of acute and chronic care for heart and lung diseases. This gift will specifically support additional education, services and equipment needed to transform the way cardiorespiratory services are delivered in the region.



"We are making this gift as a catalyst to inspire additional gifts from the community, creating sustainable funding for health care at St. Martha's," said Frank Sobey, Chair of the Sobey Foundation. "The Sobey Foundation's goal is to improve the lives of individuals through health, education and communities. By partnering with St. Martha's, we knew we could make that lasting impact. This investment will ensure that the Foundation and the hospital have the capacity to continue to provide this essential support in the community where we live and work."

Investing in Mental Health

Thanks to the generous support of the Bank of Nova Scotia, in February 2019, Nova Scotia Health Authority (NSHA) hired a behavioral interventionist to support clients in the Antigonish and surrounding areas. Funding for the position came through a gift agreement



between the St. Martha's Regional Hospital Foundation and the Bank of Nova Scotia (BNS). Based out of St. Martha's

Regional Hospital in Antigonish, the behavioral interventionist works along with the neurodevelopmental team to plan and provide home-based behavioral modification and intervention to school-aged children diagnosed with neurodevelopmental disorders (e.g. autism, Asperger's, Tourette syndrome) and/or comorbid mental health disorders.

UPCOMING EVENTS

Please join the staff, board members and volunteers of the St. Martha's Regional Hospital Foundation for some of their upcoming events! They are sure to be a good time!



Ceilidh in the Round – Featuring Bruce Guthro and Friends

August 2, 2019 @ 8:00pm,
St. FX Campus
Early bird tickets \$30.00 each, after July 1st \$40.00 each.

XFM Hospital Help Day

Thursday, October 30, 2019 (on air 6am-6pm)



Chip in Fore St. Martha's Golf Tournament

Friday, September 6, 2019
Antigonish Golf and Country Club.
Shotgun start at 10:00am

For more information or to register a team, please contact Sadie Benoit at Sadie.benoit@smrhfoundation.com or 902-863-1131

Ways to Donate

Donate Securely Online by Credit Card
Put your donation to work immediately.

Donate Monthly or Annually
Make a regular donation to the St. Martha's and You...the Time is NOW campaign by setting up an automatic monthly or annual donation which will be put towards our endowment goal of \$20 million dollars.

Tribute Gifts or Gifts of Appreciation
Making a donation to pay tribute to friends, family or colleagues is a unique way to mark a special occasion such as a birthday, anniversary, or other milestone. Let us know whom you are paying tribute to and we'll notify them of your gift in their name.

Planned Giving
Leaving a gift in your Will to the St. Martha's Regional Hospital Foundation is a way to affirm your commitment to enhancing health care in Antigonish, Guysborough, Richmond and Inverness Counties. Your estate, in whole or in part, may be gifted to the Foundation. To ensure your gift is properly documented, please be sure to use our legal name and registration number:

- St. Martha's Regional Hospital Foundation
- Registered Charity Number: 89147 0981 RR0001

Please let us know if your estate plan includes a gift to the St. Martha's Regional Hospital Foundation so we may thank you and welcome you as a member of the St. Martha's Regional Hospital Foundation Legacy Club.

Non-Cash Gifts, Gifts of Shares or Gifts of Property
The Foundation can also accept non-cash gifts. Any property you own can be donated, including real estate or investments. The tax benefits of these gifts vary and may be significant. A charitable tax receipt will be provided for the fair market value of the property at the time of transfer. If you would like to arrange a non-cash gift, please contact us.

Gifts of Insurance
You can make the St. Martha's Regional Hospital Foundation a beneficiary of a life insurance policy. As your life changes, your insurance coverage may no longer be required for its original purpose. Using it for charitable purposes can make good sense for your tax situation and your community. For many of the options above, we recommend consulting your financial adviser, a lawyer or accountant to get professional advice tailored to your situation. For more information or to donate, please visit our website at www.smrhfoundation.com or visit on the first floor of the Hospital.

