

INVESTING IN THE FUTURE OF HEALTHCARE

Senator Mary Coyle's Story



Senator Coyle, known to many in our community as Mary, is a proud member of the Antigonish community. She moved to Antigonish over 23 years ago with her family after accepting a position as the Director of StFX's Coady International Institute. When you speak with Mary, she is quick to tell you about the happy times she experienced at St. Martha's Regional Hospital. Two of her seven grandchildren - Amelia and Sophie were born there, as were the children of many of her closest friends. She will also tell you about another joyous occasion for her, which came three years ago when Mary enthusiastically rang the bell to signal the end of her chemotherapy treatments. Mary had received both cancer treatments and surgery at St. Martha's, which came after her devastating diagnosis of grade 3 breast cancer.

In her heart, Mary truly believes that St. Martha's not only provides everyone in our community and region with the highest standard of professional care, it also provides a very special, very human health care. She knew this before her cancer diagnosis, but learned it on a very personal level when she was the one needing the care. Mary believed so strongly in St. Martha's, that in 2016, when the Sisters of St Martha asked her to be one of their representatives on the Board of Directors for the Hospital Foundation, she gladly accepted. If you know Mary, you know she is always up for a challenge, so she was keen to work with Steve Smith, her fellow board members and many volunteers to support the Foundation as it started planning for and launching the St. Martha's and You...The Time is NOW Campaign. In December 2017, Mary stepped down from the Board after she was appointed to the Senate of Canada to represent the Province of Nova Scotia.

Mary is one of many community donors that contribute to the St. Martha's and You...The Time is NOW campaign. Her multi-year pledge helps the Foundation purchase hospital equipment such as MRIs, vital machines, ceiling lifts, ECGs, retinal cameras and so much more. It provides research and educational opportunities for physicians and staff and allows the Foundation to build an endowment that will continue providing equipment, research and educational opportunities well into the future.

When asked what she had to say to St. Martha's and You...The Time is NOW donors, as well as members of the community that might be considering giving to the St. Martha's Regional Hospital Foundation—she smiled. "I would encourage everyone in the community to start giving regularly and as generously as they can to St. Martha's through the Foundation, if they are not already doing so. I would also like to express my sincere gratitude to those who already give for their contributions and I would encourage you to continue your giving. An investment in our hospital, in St. Martha's-- is an investment in the health of the people in our community." – **Senator Mary Coyle**

FEBRUARY 2019

ELECTROCARDIOGRAM (ECG)

Thanks for the generous support of the Sobey Foundation, the Foundation was able to purchase a new electrocardiogram, better known as an ECG. This device is a welcome enhancement to patient care services at



St. Martha's and makes our hospital one of a handful of hospitals to house this amazing technology in the Province of Nova Scotia. An electrocardiogram records the electrical signals in your heart. It's a common and painless test used to quickly detect heart problems and monitor your heart's health.

APRIL 2019

MENTAL HEALTH BEHAVIORAL INTERVENTIONIST

Thanks to the generous support of the Bank of Nova Scotia (BNS), Nova Scotia Health Authority (NSHA) has 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 BNS, which committed \$200,000 in funding over five years.

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.



JUNE 2019

PHYSICIAN RECRUITMENT & RETENTION

We know that St. Martha's Regional Hospital is not immune to physician recruitment and retention issues that our neighbours across the province are also trying to manage. To help support our local physicians, the Foundation has designated \$20,000 to support local recruitment and retention efforts organized through physician and community leadership. This includes the 2019 Hopes and Dream Event, support for the [antigonishdoctors.ca](#) website, welcoming bags with locally sourced products and community information and other important initiatives as identified by the local physician steering committee and recruitment team. In addition, we provided one-time funding to support NSHA recruitment efforts.



SEPTEMBER 2019

CHIPPING IN "FORE" ST. MARTHA'S GOLF TOURNAMENT

The 2019 Chip in Fore St. Martha's Golf Tournament sponsored by RJ Maclsaac Construction Ltd, was held in September 2019, at the Antigonish Golf and Country Club. We enjoyed a fabulous turnout despite being held the day before Hurricane Dorian. Our supporters are the best!



First time entrant, Keltic Ford took home the tournament trophy and bragging rights. Players enjoyed on course food donated by Subway, Pita Pit, Kenny's Pizza, Tony's Meats and Tim Horton's. Steinharts Distillery, Nova Scotia Spirits and KoveKambucha were also on hand to provide samples for all. With sponsorship from Health Hub, players were treated to live entertainment from Brent Collins, fresh mussels after play and message therapy by Genna Maas. High-Crest Enterprises provided tournament prizes for our winners. Hole in One prizes were graciously donated by RJ Maclsaac Construction Ltd, Scotia Diesel and AA Munro Insurance.

Thank you to the amazing staff and management at the Golf and Country Club, our media sponsor XFM and our wonderful volunteers for making this day possible.



OCTOBER 2019

HOSPITAL HELP DAY 2019

The 2019 XFM Hospital Help Day Raffle was a great success raising over \$71,000 for the purchase of an ultrasound machine for the operating room and ICU. This ultrasound has the software capability of providing imaging for ultrasound guided regional blocks. Regional anesthesia blocks would be done for a variety of surgical procedures, as well as interventional pain relief.

This new and innovative equipment allows the staff at St. Martha's Regional Hospital to stay on the cutting edge for pain relief management thus producing shorter recovery times and greater patient comfort after surgeries. We thank XFM and all of our wonderful partners, sponsors and the public who support our many fundraising endeavors. We could not do this without you!



FEBRUARY 2020

MIS SUITE UPGRADES

At St. Martha's, we've always had a great minimally invasive surgery (MIS) suite but thanks to a financial commitment from both the Nova Scotia Health Authority and the St. Martha's Regional Hospital Foundation we were able to provide significant upgrades to the Suite. It now has better screens, cameras and the latest technology. Our MIS Suite now has 4K capabilities on the screens—which is the top of the line available. Not only do these upgrades help our incredible physicians do what they do best—providing top notch care, it helps to recruit new physicians to St. Martha's and our community.



MARCH 2020

NEWBORN SUPPORT BAGS

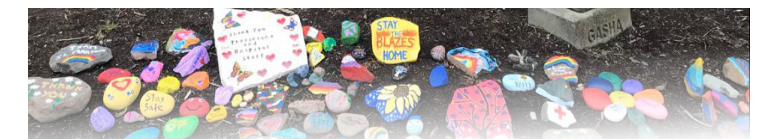
Thanks to a generous donation from the Antigonish Knights of Columbus, the Foundation was pleased to work with the NSHA to offer newborn support bags to new parents that may need a little extra support when leaving the hospital. Bags can include diapers, wipes, or clothing for their new infant. All with a goal of providing newborn necessities that will give a family in financial need a little extra support.



MARCH 2020

iPADS FOR COVID-19 TREATMENT UNIT AND EMERGENCY DEPARTMENT

In response to the growing need to support safer interactions between healthcare providers and patients, the Foundation purchased five new iPads and cases for St. Martha's. "Many thanks to the Foundation for supporting the iPad technology that will allow our frontline healthcare providers in the Emergency Department and COVID-19 unit to have safer communication tools to interact with our patients. We are so grateful for the Foundations support as we work hard to limit the spread of the virus" -Dr. Tania Sullivan, Emergency Department Site Lead



COVID-19 PANDEMIC

On March 22, 2020, Nova Scotia declared a provincial state of emergency to help contain the spread of COVID-19. Prior to the declaration, St. Martha's Regional Hospital had already started their planning and COVID-19 preparations. To compliment their efforts, the Foundation started a community-based campaign to support the staff and physicians. Thanks to donations received from local businesses, municipal governments and the St. Martha's Regional Hospital Auxiliary, as well as individual donors, the Foundation was able to provide staff and physicians with weekly grab and go lunches and snacks including granola bars, juices, and treats. We also launched the Gratitude Garden Project. Set up at the front of St. Martha's Regional Hospital, the garden quickly filled up with beautifully decorated rocks. Utilizing their creativity, members of the community took the opportunity to show their gratitude and support to the staff and physicians at St. Martha's and for that, the Foundation is forever grateful.



2019-20 FUNDING COMMITMENTS

ENDOWMENT CAMPAIGN			
Behavioral Interventionist	\$40,000		
Minimally Invasive Surgery Suite			
Upgrades and Endoscopy Chairs:	\$90,000		
Emergency Department Equipment:			
glideslope, stools and portable vital machines:	\$39,000		
Cardiorespiratory ECG Machine:	\$25,600		
Emergency Department Education Day:	\$500		
Ophthalmology Equipment Software:	\$2,500		
Simulation Program:	\$5,000		
Sub-Total:	\$202,600		
		PARKING LOT FUND	
		Leadership Training Education for Simulation Team Members	\$4,300
		Monitors and Defibrillators for the Hospital	\$136,000
		Water and Ice Machines for Children and Women's Health Unit and ICU	\$12,100
		Supporting Physician Recruitment and Retention Initiatives:	\$43,000
		Design Schematics for the Redevelopment of Ophthalmology Department:	\$25,000
		Ambulatory Care Doppler	\$5,400
		5 iPads and cases for COVID-19 Unit:	\$3,060
		Sub-Total:	\$288,860
HOSPITAL HELP DAY			
Ultrasound Machine for OR/ICU	\$52,000		
Subtotal:	\$52,000		
		GRAND TOTAL:	\$483,460



MESSAGE FROM THE CHAIR

Wayne Ezekiel



As I look back on the past year, I am reminded how blessed I am to live in such a wonderful community. Every time there was a need you, the community, showed up. Whether it was to help out at the Food Bank, fund and build homes for the Affordable Housing Group, support your local physicians and healthcare workers by giving our hospital a big hug, or giving to the St. Martha's and You...The Time Is Now campaign, this community is an example of compassion, caring and giving. You continue to live the values that you learned through the actions of the Sisters of St. Martha.

As I write this, we are in the midst of the COVID-19 pandemic. On behalf of the Board, I want to thank all those who give selflessly to ensure we are safe and those we love are given the best care possible. I want to thank the housekeeping team, technicians, administration, dietary team and other support works who keep the hospital clean and functional. I also want to give a big shout out to the doctors and nurses who sacrifice so much, working long hours and missing precious family time to take care of us, when we are at our most vulnerable.

Finally, I want to thank each of our donors for their generosity and support. In the past year because of your contributions, we were able to commit \$193,100 from the endowment fund and \$225,800 from the parking lot fund to purchase enhanced equipment, support educational programs, and pay for research to support innovation and improved ways to provide care. St. Martha's Regional Hospital, our hospital, is able to provide outstanding care because of you.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Sarah MacDonald

Since joining the SMRH Foundation team in October 2018, I have been overwhelmed with the incredible support shown to the Foundation by our local communities.

Whether you live or run a business in Antigonish, Half Island Cove, Cheticamp, Port Hastings or Havre Boucher, our communities continue to put their faith in St. Martha's Regional Hospital and the Hospital Foundation. Every time we have the opportunity to purchase a new piece of equipment or support training or education, I am overjoyed at thought of how that new piece of equipment or that financial support will have a lasting impact for generations to come. By investing in the Foundation, communities invest in the future of local healthcare and ensuring that we are able to provide continued service for years to come. Thanks to your donations, we are able to support continued growth and sustainability within our hospital. Every dollar has a lasting impact and I am so thankful to be part of such incredible work. Now more than ever, we need your continued support. Let's continue to invest in St. Martha's, the fantastic physicians and healthcare teams and the health of our community.



To make a 5-year pledge or one time donation, please contact our office. Every dollar makes a difference. Now more than ever, we need your support. Now more than ever, let's show St. Martha's we are in this together.

Sarah MacDonald, Executive Director
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Due to visitor restrictions in place at St. Martha's, we have temporarily moved our offices to 20 St. Andrews Street. Our phone numbers will remain the same. Mail should be directed to our new temporary address. All in-person meetings, in-person donation drop offs and inquiries should be directed to our new temporary location.

CREATIVE DESIGN
Maureen Connors - connorsm@live.com



St. Martha's and You... THE TIME IS NOW



We are almost to the half way point of an incredible fundraising campaign. Our goal started in 2016, with an ambitious plan of raising \$20 million dollars by 2026, but what happened next was truly incredible. Within months of starting the campaign, local businesses, corporate donors and members of the community stepped up to pledge their financial support to the sustainability of St. Martha's Regional Hospital. Since 2016, our goal hasn't changed. We are continuing to edge closer

and closer to our fundraising target. As we hear stories from patients and their families who visited St. Martha's, we are touched by their experiences and heartfelt gratitude towards the physicians and staff at the hospital.

Whether you're there to celebrate the birth of a new family member or you're supporting a someone through their last moments in palliative care, your experience at St. Martha's will stay with you long after you leave.

Like your memories, your gift or monthly donation to the Foundation lives on and will give back for years to come. Your donation allows us to give back to St. Martha's. It allows us to purchase new and innovative hospital equipment, provides educational opportunities for physicians and staff and supports research that will improve patient outcomes and experiences. Because of you, we are 85% of the way to our goal and together, we can make it happen.

DID YOU KNOW

STATS FROM ST. MARTHA'S

19,956
Number of
Emergency
Dept. Visits



2,172
Number of
General
Surgeries



2,600
Number of People
& Businesses who
have Donated to the
St. Martha's and
You...The Time is
Now Campaign



346
Number
of Births

YOUR DONATION: YOUR IMPACT!

To learn more about the Foundation, the St. Martha's and You...the Time is NOW Campaign or to make a donation, please contact us or visit our website at:

www.smrhfoundation.com

Every donation made to the St. Martha's Regional Hospital Foundation and every \$2 paid for parking at St. Martha's Regional Hospital directly impacts the health of our communities. This report highlights some of the equipment purchases and special projects made possible by your support in 2019-20. Thank you for your continuous generosity and contributions to our Foundation. Your support makes a difference!

KEEPING CONNECTED:
St. Martha's Regional Hospital Foundation
2019-20 ANNUAL REPORT