



Health Sciences Centre
FOUNDATION

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Innovating Together for Health Care

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Back on Her Feet at HSC

Donor-funded program helps patients recover from COVID-19 at home

On March 15, 2021, Lin Conover walked into HSC Winnipeg and headed for her desk in the PsychHealth Centre for the first time in almost four months.

It was a big day for Conover, a social worker with the Co-occurring Disorders Outreach program. For her previous two visits to HSC, both in January, she arrived on a stretcher.

Her journey was a stressful one that was made easier by HSC's Virtual COVID-19 Outpatient Program (VCOP). In fact, if it weren't for VCOP, her outcome could have been much, much worse.

“If it had not been for the VCOP people really paying attention to me and monitoring my condition, this could have been a very different story.”

—Lin Conover

Conover and her partner Roanna did their best to be COVID-careful. They were conscious about limiting their exposure to others. Even when either of them went grocery shopping, they made a point of being in and out of the store in under 15 minutes. Still, they both caught the coronavirus, probably while at a medical appointment together in late December.



Lin Conover is back at work at HSC after a frightening bout with COVID-19. Her recovery was supported at home through the donor-funded Virtual COVID-19 Outpatient Program (VCOP).

“Shortly after the appointment, Roanna developed a dry cough and tested positive for COVID,” says Conover. “A couple of days later, I had a really bad headache and what felt like a chest cold. Turns out, I was positive, too.”

And so the COVID couple was confined to their North Point Douglas home while neighbours and Roanna’s daughter brought groceries and walked the dog. While the support was gratifying, the virus was terrifying.

“One night, I found Roanna in the bathroom, unconscious and with purple lips. I called an ambulance. Her blood pressure was 61 over 30,” says Conover.

Roanna recovered, but then a week later, the tables were turned and it was Conover in the back of an ambulance on her way to HSC with a temperature of 40 degrees.

“The staff at HSC were wonderful, but I remember lying there praying that I wouldn’t take a turn any worse than I already was,” she says.

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They ran multiple tests and asked Conover for permission to intubate her if her situation became more dire. She consented, but intubation was never required as her condition turned for the better, albeit slowly.

“I got oxygen and medication. My breathing started to improve, but I was weak and had no appetite,” says Conover. Because she was making some progress, though, her caregivers felt she could go home with VCOP after about a week in hospital. The program allows people to recover from COVID-19 at home, supported through regular interaction with health care providers, and tools for monitoring their own condition. By mid-June, 248 patients had used the program, replacing over 1,500 days that would have been spent in hospital.

Dollars raised from the COVID-19 Crisis Response Fund were used to send patients home with thermometers, oximeters to measure oxygen saturation and heart rate, and tablets (if required) to communicate with nurses and doctors.

“The care was wonderful at HSC. Everybody around me, those nurses, those cleaners, the random acts of kindness when I was so sick... I will never forget that.”

—Lin Conover

“Every morning I had an online appointment with the nurse and I had an appointment with the doctor in the afternoon,” says Conover. “I was responsible for checking my temperature, heart rate, and my oxygen.”

She was able to monitor herself while she navigated her two-storey home with an oxygen tank and started to perform household chores again.

Toward the middle of January, after being back at home for 10 days, Conover started feeling ill again and her fever spiked. At first, she suspected a urinary tract infection. Soon after, though, through an online VCOP appointment, her doctor could see she needed to come back to HSC for further investigation. The ambulance brought her to HSC’s Emergency Department where she learned she had developed a pulmonary embolism (a type of blockage in a lung artery). She was treated successfully, and just in time.



Lin Conover on getting COVID right after her partner did: “A couple of days later, I had a really bad headache and what felt like a chest cold. Turns out, I was positive, too.”

“If it had not been for the VCOP people really paying attention to me and monitoring my condition, this could have been a very different story,” she says.

While Conover is now back at work and free of COVID, she still feels some of the after-effects of the virus. Some would call her a “long-hauler”, someone for whom symptoms persist over time. As an expression of gratitude for VCOP, she has volunteered to be part of a research study in which her symptoms will be monitored for the long-term using the VCOP equipment. She is also expressing her gratitude to HSC and her community by becoming a donor to the HSC Foundation.

“The care was wonderful at HSC,” says Conover. “Everybody around me, those nurses, those cleaners, the random acts of kindness when I was so sick... I will never forget that.”

“Lin’s story speaks to the immense value of VCOP,” says Dr. Shawn Young, Site Medical Lead at HSC. “Because of Foundation donors, many patients have been able to recover at home and lighten the patient load in the hospital at a very stressful time for the health care system. Virtual care is becoming a very important part of the patient experience in Manitoba and around the world, and it will be with us long after the pandemic ends. We’re learning a great deal about best practice through COVID-19, and donors have made it possible.”

HSC Transplant Wellness Centre Unveiled

New centre transformative for organ transplant recipients and future recipients

Increased transplant operations, reduced wait times, and safer care of patients who need transplant services are now possible thanks to the Health Sciences Centre Transplant Wellness Centre. The Health Sciences Centre Foundation, together with the Province of Manitoba and Transplant Manitoba, officially unveiled the new Centre in April 2021. This brand-new space not only consolidates services previously spread over HSC's 39-acre campus, but allows for more kidney transplants to be performed.

“By quadrupling the clinical space, the HSC Transplant Wellness Centre is already providing many of our patients with improved care by offering all services under one roof, allowing virtual appointments, and fully outfitting rooms with new equipment,” says Jonathon Lyon, President and CEO of the HSC Foundation. “We are truly grateful for the exceptionally generous donors who stepped forward to make a difference.”



“The HSC Transplant Wellness Centre is also a place of education. We put on classes and information sessions for donors and recipients,” says Dr. Nickerson.

The HSC Transplant Wellness Centre cost \$4.5 million and was made possible by the Province of Manitoba and two anonymous gifts to the HSC Foundation.

“Kidney transplants started in Manitoba in 1969 and have increased by 78%,” says Dr. Peter Nickerson, Medical Director of HSC's Transplant Manitoba. “Our program has been growing; however, our physical space did not keep pace. Not only was the clinical space far too small, but Transplant Manitoba staff were scattered across the HSC campus. For those with a suppressed immune system, not having to go all over the hospital is crucial for safer care.

“Thanks to the new environment, we are now able to develop strategies that will increase kidney transplants from 60 per year to 80,” adds Dr. Nickerson. “As well, fully equipped rooms mean staff no longer wait for necessary items such as a portable bladder scanner or blood pressure monitors. Liver transplant care is expanding from two clinic rooms to four, and the Living Kidney Donor Program is now offering enhanced service. All of this is thanks to the expansion.”



Transplant Manitoba went from having around 500 square feet of clinic space to 11,400 square feet in the HSC Transplant Wellness Centre.

The multidisciplinary team is now together providing care throughout the patient journey to transplant or living donation. The Centre has its own new phlebotomy room which allows blood to be drawn onsite; there is a dedicated Transplant Assessment Clinic; and pre- and post-lung transplant care has a dedicated space with new spirometry and ultrasound equipment.

This space is used to meet the needs of kidney transplant patients—before and after their surgeries in Winnipeg—and lung and liver transplant patients waiting for and returning from surgeries in other provinces.



L-R: Saad and Amel Abdulrasool with Abdulrasool's living donor, Tracey Craigon. Abdulrasool was one of the first patients to use the HSC Transplant Wellness Centre's services.

By increasing the Centre's ability to perform more transplants, it is estimated the HSC Transplant Wellness Centre will save \$63,000 annually per patient by taking individuals off dialysis much sooner.

When it is fully operational, the investments made starting in 2016 to increase capacity in organ donation and transplantation will result in net savings of nearly \$29 million by 2023.

Over \$2 Million Invested to Combat COVID-19 at HSC

“The critical care capacity almost doubled during the pandemic, and donations to the COVID-19 Crisis Response Fund helped equip us with the tools we needed.”

The catastrophe of COVID-19 is beyond measure. As the first, second, and third waves crashed down on our province, the challenge of seeing past the uncertainty and fear grew. While those inside HSC worked tirelessly, you gave generously. Thanks to you, we were able to bring relief and to Manitobans—that is something we can measure.

“The critical care capacity almost doubled during the pandemic, and donations to the COVID-19 Crisis Response Fund helped equip us with the tools we needed.”

—Dr. Faisal Siddiqui

“In the Intensive Care Unit, all we knew at the beginning of the pandemic was that there was an unknown number of severely ill patients coming any day now and that we better get ready,” says Dr. Faisal Siddiqui, HSC’s Surgical Intensive Care Unit Medical Director. “The critical care capacity almost doubled during the pandemic, and donations to the COVID-19 Crisis Response Fund helped equip us with the tools we needed.”



Source: Mikaela MacKenzie, The Winnipeg Free Press.

A “red” (COVID-19 positive) intensive care unit at Health Sciences Centre.

As of July 2021, we have invested over \$2 million to combat COVID-19 at HSC, Manitoba’s hospital, through our COVID-19 Crisis Response Fund. Support of this fund helped us acquire new equipment for the ICU to keep patients and health care workers safe, while donations also fed frontline workers through the most difficult days of the pandemic. You helped us acquire communications equipment to keep patients and their loved ones in touch while visitors were restricted—and that is just the tip of the iceberg. Thanks to you, we have already funded:

- Sixteen bedside carts for patient care and critical care procedures, of which six are in the COVID-19 units, and four are in the newly expanded Surgical Intensive Care Unit.
- Two EDGE II ultrasound machines for procedures and patient evaluation.
- Three video laryngoscopes for intubation.
- Two Arjo Hoyer portable lifts for safely moving patients.
- Four work-on-wheels workstations.



Staff members from HSC show their enthusiasm while picking up food for their unit as part of Feeding the Frontlines.



A portable ventilator, funded through Savour Virtual: Wine & Food Experience, is used when transporting patients and at bedsides.



Thanks to you, HSC acquired four work-on-wheels workstations.

- Twenty-one end-tidal modules that allow a patient's CO₂ to be measured from a safe distance without drawing blood.
- Complimentary phone, television, and video chat services for patients at more than 500 beds for 12 months.
- UV disinfection units to sterilize items brought into the hospital.
- Thirty-five high-flow nasal cannula machines to keep people off ventilators for as long as possible.
- Feeding the Frontlines initiative that provided over 30,000 complimentary meals to frontline health care workers at HSC.
- Investment in the research and development of locally produced protective masks.
- Equipment purchases (specifically tablets, thermometers, and oximeters) to support HSC's Virtual COVID-19 Outpatient Program for people recovering from COVID-19 at home and people with chronic conditions.
- A Belmont Rapid Infuser, a device that allows rapid administration of fluids and blood products for patients who are in shock.

- A Thromboelastography tool that rapidly tests blood and checks for problems with clotting. In minutes, staff can obtain a result that directs which blood product is needed next in a transfusion.
- Hotel rooms for frontline health care workers to rest and wash between shifts and before going home.

"The impact of these gifts is real and significant," says Tina Jones, O.M., HSC Foundation Board Chair. "These gifts are a source of inspiration and a powerful statement about your passion for the well-being of Manitobans. Thank you for taking care of our frontline health care workers so they can take care of the rest of us."

While your support has had remarkable impact, the battle against COVID-19 continues and HSC needs your ongoing support.

***Please support Manitoba's hospital.
Please get vaccinated. And please donate.
Gifts can be made at hscfoundation.mb.ca
or by calling 204-515-5612.***

One Unforgettable Night; Thousands of Lives Impacted

Over \$620,000 raised at Eleventh-Annual Savour: Wine & Food Experience

On Saturday, February 20, 2021, Manitobans gathered safely in their homes for *Savour Virtual: Wine & Food Experience*, presented by Jones & Company Wine Merchants. We are proud to announce that because of you, over \$620,000 was raised in support of HSC Winnipeg, Manitoba's hospital. This included over \$215,000 specifically raised for our Fund-A-Need initiative—\$25,000 of which was raised by Auction Partner ADESA Auctions. This year's Fund-A-Need initiative supported the purchase of portable ventilators—which can be used to intubate patients outside of the Intensive Care Unit—and fitness equipment to enhance HSC's PsychHealth department's successful Movement for Mental Health program.

“Even without being in the same room as one another, I could feel the unwavering generosity of our supporters wholeheartedly.”

—Jonathon Lyon

“Even without being in the same room as one another, I could feel the unwavering generosity of our supporters wholeheartedly,” says Jonathon Lyon, President & CEO of the HSC Foundation. “When people support the HSC Foundation at events like Savour, they are making a profound difference in the lives of patients and their loved ones. I want to extend a special thank you to Jones & Company Wine Merchants, Savour's Presenting Partner, for their remarkable generosity. Thanks to them and our roster of generous supporters, we are better able to deliver tomorrow's health care, today.”

“Attendees were treated to an exquisite charcuterie spread by De Luca's and Peasant Cookery, along with other refreshments,” says Tina Jones, O.M., HSC Foundation Board Chair, Savour Committee Chair, and President of Jones & Company Wine Merchants. “Winnipeg's own Big City All Star Band, presented by our Lead Supporter and Entertainment Partner TD Bank Group, turned everyone's living room into a dance floor as they entertained the audience with their crowd-pleasing tunes.”



A snapshot of Savour Virtual: Wine & Food Experience attendees.

We couldn't have made this event such a success without the generous support of our corporate partners, donors, and guests. Thank you to everyone who joined together for *Savour Virtual: Wine & Food Experience*, and in turn made a difference in the lives of the thousands of people who are treated by HSC Winnipeg annually.

Make sure to mark your calendars—our next *Savour: Wine & Food Experience* is taking place Saturday, February 26, 2022!

Leading by Example

The Cunningham family's culture of caring

At the age of four, R.W. “Bob” Cunningham was run over by the back wheel of a farm tractor driven by his father. He has no memory of the incident, but knows he suffered severe injuries and was helped by skilled and experienced doctors in Selkirk, Manitoba. In later years, Cunningham’s mother died of a blood clot and his father from prostate cancer. His interest in improving the health care system through philanthropy and volunteerism had been reinforced by his parents’ experiences.

While he was shaped by his parents’ experiences, Cunningham was inspired by their example of giving back to the community.

“It’s a Scottish tradition to offer fruitcakes as Christmas gifts,” says Cunningham, the founder of Cunningham Business Interiors. “Growing up, my mother used to make cakes for less fortunate people than us and I would go with her to deliver them with my sled.”

“I wasn’t surprised when my dad told us about his legacy gift to the HSC Foundation because I knew HSC has a special place in his heart thanks to the care my mom and his friends received.”

—Rob Cunningham

Just like Cunningham’s parents had done for him, he passed down the spirit of philanthropy to his two children—Bonnie and Rob.

“He led by example,” says Rob, President of Cunningham Business Interiors. “Our whole family has volunteered on boards and donates to causes that we are passionate about.”

Along with caring and community, communication is a cornerstone for the Cunninghams. “I wasn’t surprised when my dad told us about his legacy gift to the HSC Foundation because I knew HSC has a special place in his heart thanks to the care my mom, and his many friends, received there. Plus, my dad was open about his decision,” says Rob.



Bob Cunningham joined the Bannatyne Legacy Circle in 2020. “[My dad] led by example,” says Rob Cunningham. “Our whole family has volunteered on boards and donates to causes that we are passionate about.”

On November 29, 2020, Bob Cunningham joined the HSC Foundation’s Bannatyne Legacy Circle—a community of donors committed to supporting HSC by endowing a final gift to the Foundation when they pass away.

Rob suggests that parents be upfront with their family about their wishes about leaving a legacy gift.

“Tell your children if you have a passion that you want to support,” notes Rob. “It is valuable to understand where the passion comes from.”

There is no minimum size of a legacy gift, and you never have to disclose the amount in your lifetime. All endowed gifts are valuable for all time, and all gifts inspire others to give. Through thoughtful estate planning, members of the Bannatyne Legacy Circle can ensure that their children are taken care of while making the world a better place for generations to come.

To learn more about legacy giving, such as how a legacy gift will offset taxes on your estate, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or hscfbannatynelegacy@hscfoundation.mb.ca.

All Because of You

HSC Foundation annual campaign exceeds target

We aimed high; you shot higher. Innovation HSC, our annual campaign for health care excellence, exceeded its 2020/21 \$2,240,000 goal and raised a remarkable \$3,247,762 for Manitoba's hospital.

“HSC touches the lives of thousands of Manitobans annually, and your support helps enable HSC to adapt and respond to the ever-evolving health care needs of people in our province.”

— Jonathon Lyon

“The gift you made to Innovation HSC has a very real and very significant impact on the life of someone you love,” says Jonathon Lyon, President and CEO of the HSC Foundation. “HSC touches the lives of thousands of Manitobans annually, and your support helps enable HSC to adapt and respond to the ever-evolving health care needs of people in our province.”

Your support allows HSC to:

- initiate and advance important health care research, and create opportunities to keep leading medical talent in Manitoba;
- implement changes to systems and facilities to reduce wait times and improve outcomes as the health care needs of Manitobans change; and
- acquire the latest technology to diagnose and treat patients more quickly.



Thanks to our donors, the HSC Foundation exceeded the Innovation HSC 2020/21 campaign goal.

Your campaign gift to the HSC Foundation helps the hospital embrace innovation and achieve new levels of excellence annually.

For every patient relearning how to walk, for every hour spent on dialysis, for every loved one waiting by their phone for good news—your support matters. Your annual campaign gift helps HSC save lives, change lives, and bring comfort to families throughout Manitoba—year after year.

We never could have achieved this without you, and we are grateful. To continue making an impact, please watch for our Innovation HSC 2021/22 campaign starting in September. Your support keeps HSC at the forefront of care and medical research.

To make your donation today, visit www.hscfoundation.mb.ca or call 204-515-5612

At the HSC Foundation, we prioritize reducing our environmental footprint. To receive our newsletter in your inbox instead of your mailbox, please email info@hscfoundation.mb.ca.

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