



Health Sciences Centre
FOUNDATION

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Music as Therapy

Donor-funded arts program aids in recovery for thousands annually



Ernie Jones spent five months on the Rehabilitation Unit at HSC after his leg was amputated.

When Ernie Jones takes something on, he gives it his all. Now retired, he taught at a local elementary school for 32 years. He has bowled in the same league for the past 62 years (and with the same team for the past 46!). Jones took up crocheting as a hobby and has since made 450 afghan blankets, all of which have been gifted to friends, family, local charities, or anyone who crossed Jones’s path who could use a warm blanket.

So, when Jones heard the news that his leg needed to be amputated, he faced it the same way he has with everything else—with determination.

In July 2020, Jones’s big toe developed an infection and started to swell; to play it safe, he went to an urgent care facility. His toe needed to be amputated, but the bad news didn’t end there—Jones discovered he had kidney

failure. After taking steroids to help his kidneys, he started experiencing elevated blood sugar levels. At this point his vascular surgeon at HSC told him that his foot would never heal and that the blood flow wasn’t strong below the knee. They would have to amputate his leg.

It was suggested that Ernie sell his house and move to an apartment before the surgery. After careful consideration, Jones’s strong will prevailed. “I’m not going to sell my house; I’ve lived here for 75 years! I’ll learn to live with the amputated leg,” he recalls. This same determination led to Jones asking a nurse for a walker shortly after his surgery so that he could go to the bathroom. After a visit from a physiotherapist, Jones was given permission to try and, just hours after surgery, he hopped to the bathroom with the walker. This show of strength led to daily walks with HSC staff, and, eventually, a prosthetic leg for Jones.



L-R: Patient Ernie Jones and Sam Singer, one of the Artists in Healthcare musicians.

The road to recovery can be long, and in Jones’s case, he stayed in the Rehabilitation Unit at HSC for five months. During this time, he discovered the Artists in Healthcare program.

Artists in Healthcare brings live arts to patients receiving treatment in oncology, palliative care, rehabilitation, and dialysis. The programs provide

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“The staff were incredible,” Ernie Jones says about his time as a patient in HSC’s Rehabilitation Unit.

important benefits for patients, families, and staff as an oasis from stress and anxiety. Artists in Healthcare provides the healing power of music to over 120,000 patients, more than 8,000 staff, and over 100,000 visitors to HSC annually.”

One day, Jones was in his bedroom when he heard a guitar playing down the hallway. Upon investigating, Jones found Sam Singer, one of the Artists in Healthcare musicians, playing guitar in the lounge. Singer invited him to sing along, asking which songs Jones would like him to learn. Singer had heard from several staff that Jones sang in his church choir and was the former president of an opera association. Immediately, a bond formed between them, and Singer agreed to learn to play Jones’s requests if Jones sang with him.



A signed copy of the Rehab Renegades’ shirt hangs proudly in the Rehabilitation Unit at HSC.

Their musical group—aply named the Rehab Renegades—grew to include two other patients, Earl and James. The group decided to write their own song and record it before Jones was discharged. The band grew such a following at HSC that they created band t-shirts to sell, with proceeds supporting the HSC Foundation.

Artists in Healthcare is proudly supported by Gendis Inc., a locally owned and operated commercial property management company, which is currently celebrating its 90th anniversary. Gendis Inc. President and CEO James Cohen is no stranger to the power of music. From learning guitar as a child, to performing in garage bands in high school, to graduating from university and attending the prestigious Guitar Institute of Technology in Hollywood, California, Cohen has always known the value of music. Ten years ago, his band, James Cohen and the Prairie Roots Rockers, signed with a Warner Music Canada affiliate label, and charted nationally with two of their songs, So Long Sweet Deception and These Long Nights. Recently, the band joined the Winnipeg Symphony Orchestra on stage at the Centennial Concert Hall.



James Cohen and the Prairie Roots Rockers have found success nationally but remain faithful to their prairie roots.

“I know the incredible healing power of music and how it can unite us,” says Cohen. “This program touched me. It is tough being in the hospital, and I hope Artists in Healthcare brings healing and happiness to those who need it.”

Jones is grateful for the Artists in Healthcare program, and the memories and friendships that were created as a result. “If it hadn’t been for Sam coming along when he did, it would have been a very difficult and challenging time recovering,” says Jones. “Music is food for the soul.”

To donate to The Gendis Inc. Artists in Healthcare Endowment Fund supported by James Cohen and the Prairie Roots Rockers, please call 204-515-5612 or 1-800-679-8493 (toll-free).

“The ad made me cry”

Foundation donor rallies support

It was a perfect storm of emotion for 79-year-old Cory Juan one Saturday morning this past August as she flipped through the pages of the Winnipeg Free Press. Her eyes caught a Health Sciences Centre Foundation ad and tears started to roll down her cheeks.

“The ad made me cry,” says Juan. “The word ‘health’ jumped off the page and I was overcome by emotion. I found myself remembering my first job after I arrived in Canada in 1974—it was in dietary services at HSC. I found myself thinking about the stress my daughter was facing as an intensive care nurse at HSC during COVID. And I found myself thinking about my ongoing cancer journey which included a successful liver operation in 2018 at HSC where the people were so kind and the care was so excellent.”

The newspaper ad encouraged donations to the Foundation’s COVID-19 Crisis Response Fund which would be used to purchase additional equipment for the hospital.

“It added up to \$200, but I wanted to do more. So, I called friends and neighbours and ended up raising \$1,000 pretty quickly. It felt good to do something positive during the pandemic!”

— Cory Juan

Juan’s tears stopped flowing; her determination started growing. She knew in that moment that she needed to do something. She needed to contribute to the fund as an act of gratitude, as an act of support for patients and frontline health care workers, and as an act of community.

She immediately gathered all the loonies and twonies she and her husband had in their condominium. “It added up to \$200, but I wanted to do more. So, I called friends and neighbours and ended up raising \$1,000 pretty quickly,” says Juan. “It felt good to do something positive during the pandemic!”



“At 79, I feel good and my cancer is under close surveillance. I try to keep a positive attitude,” says Cory Juan.

Juan and her husband have in fact been doing many positive things during the pandemic. She has been careful with contacts as her cancer remains under surveillance, but that has not stopped her from phoning people and having online video calls to stay in touch, and enjoying the occasional outdoor visit in her Seven Oaks neighbourhood. She listens to music, she walks outside, and she exercises using soup cans as dumbbells.

“We have embraced technology, and we like to connect with friends and family,” she says. “My husband likes to try to make people laugh; I encourage people to stay fit and enjoy the simple things, like a beautiful sunrise. At 79, I feel good and my cancer is under close surveillance. I try to keep a positive attitude. Prayer and meditation are my armour.”

To support Cory Juan’s fundraising efforts, and to learn how you can set up your own third-party fundraiser for the HSC Foundation, please call 204-515-5612 or 1-800-679-8493 (toll-free).”

Good Call

Rogers Communications' donation allows those in hospital to remain in touch

Brenda Poapst's desire to help others is what drew her into nursing. Twelve years later, and two years into the pandemic, Poapst and all health care providers have had to alter how they provide care—including how they help patients cope when visitor restrictions are in place.

Poapst, a clinical resource nurse on Health Sciences Centre's RR6 unit, cares for a diverse patient population of patients recovering from accidents, trauma, and falls. The 22-bed unit is home to many who aren't currently mobile and who don't have their own cell phone. Unlike other areas of HSC, RR6 doesn't have phones in patients' rooms. For many patients with mobility issues, accessing the communal hallway phone is difficult.

Thanks to Rogers' generous donation of 60 phones and 63 tablets in August 2021, Poapst can once again help patients connect with their loved ones. For example, RR6 recently cared for a patient from northern Manitoba who didn't have a cell phone and was expected to be at HSC for a long time. "She was really struggling, and this donated phone made a huge difference. This phone opened lines of communication and provided comfort for the patient and her family. When you're in the hospital, you need connection the most," notes Poapst.



Hardeep Samra, Manager of Patient Care at HSC, with a donated tablet: "It's so important that Rogers recognized the need in our patient population."

PX2West, oversees a 25-bed unit that cares for patients with schizophrenia, eating disorders, bipolar, meth-induced psychosis, and personality disorders. Patients on this unit may be in isolation due to COVID or awaiting the results of a COVID test. Being able to provide patients with a tablet while they are in isolation has kept patients and staff safer. "Having these tablets makes patients more compliant with isolation, relieves their anxiety, and overall makes the unit safer for everyone," says Samra.

"Thank you, Rogers, for providing a source of comfort and support when patients are in a vulnerable time. We need to preserve contact between patients and their loved ones as much as possible," Samra says. "This donation has also been helpful for staff. It relieves anxiety when staff don't have to be face-to-face with a COVID-positive patient who leaves their room. These tablets provide entertainment, communication, and connection."

"We are proud to support the Health Sciences Centre Foundation by providing phones and plans for patient use while in care," says Larry Goerzen, President of Alberta and Prairies Region, Rogers Communications. "At Rogers, we are committed to helping Manitobans stay connected and we continue investing in expanding our networks to close the digital divide."

"Thank you, Rogers, for providing a source of comfort and support when patients are in a vulnerable time. We need to preserve contact between patients and their loved ones as much as possible."

— Hardeep Samra

The RR6 team cared for a man who also didn't have a cell phone. After he was admitted, his wife fell ill and had to be hospitalized, too. The couple would have had no way of communicating if it weren't for Rogers' donation. "He had tears in his eyes when he talked to her and could hear that she would be okay. This helped immensely for his recovery," recalls Poapst.

The impact of Rogers' donation continues to be felt throughout the hospital's 39-acre campus. Hardeep Samra, Manager of Patient Care on HSC PsychHealth Department's

The Will to Leave a Legacy; a Will to Make a Change

Five visionary Manitobans join the Bannatyne Legacy Circle



Top L-R: Dr. Paul Galbraith; Bob Williams. Bottom L-R: Dr. John and Dr. Juliette E. (Archie) Cooper; Blair Mason.

Abraham Lincoln once said, “The best way to predict the future is to create it.” Our 2021 Bannatyne Legacy Circle members did just that by committing to invest in the future of health care in our province.

The Bannatyne Legacy Circle—named in honour of the late Annie and Andrew Bannatyne—is a community of donors committed to supporting Health Sciences Centre by endowing a final gift to the Foundation when they pass away. These generous individuals come from all walks of life and share a desire to improve health care for all.

On Sunday, October 17, 2021, we held our fourth-annual Bannatyne Legacy Circle Celebration, where we welcomed five individuals into the Bannatyne Legacy Circle: Dr. Juliette E. (Archie) Cooper, Dr. John Cooper, Dr. Paul Galbraith, Blair Mason, and Bob Williams. The event was held on-air on CJNU 93.7 FM, and generosity shone through the airwaves as each new member shared their experiences with HSC and how they came to the decision to include the HSC Foundation in their wills.

“I can’t stress enough how grateful we are for this passionate, generous group of committed Manitobans and members of our community who are putting their shoulder to the wheel with us to advance important, innovative research at HSC,” says Irma McKenzie, Director of Gift Planning at the HSC Foundation.

The afternoon also included a look at the future of surgical care at HSC with Dr. Ed Buchel, HSC’s Surgery Site Director; a talk with Dr. Faisal Siddiqui, HSC’s Surgical Intensive Care Unit Medical Director, on the impact donors have on ICU care during COVID-19; a chat with Gwen Steiman, Chair of the HSC Foundation’s Honourary Directors, on donors’ important contribution to cutting-edge research at HSC; a look into the history and role of the HSC Foundation with HSC Foundation Board Chair, Tina Jones, O.M., and Board Vice Chair, William Gardner Q.C.; and more.

To learn more about planned and legacy giving and the Bannatyne Legacy Circle, please contact Irma McKenzie at imckenzie@hscfoundation.mb.ca or 204-515-5612 or 1-800-679-8493 (toll-free). To hear the radio program or learn more about our 2021 members, please visit hscfoundation.mb.ca and click on “Bannatyne Legacy Circle Celebration” in the menu in the upper right corner.

The HSC Foundation Bannatyne Legacy Circle Celebration was presented by Johnston Group Inc. in partnership with Canad Inns, with additional support from Outstanding Branding, BelleFosh Signs, and CJNU 93.7 FM.

A Little Goes a Long Way

Jet player's donation lightens the load of young patients in PsychHealth



Bryan Little with fellow Winnipeg Jets teammates during their December 2019 visit to PsychHealth Centre at HSC.

Tanya's* voice cracks on the phone as she talks about her teenage daughter, Yolanda*. "She had a bad day yesterday and today. She was supposed to be released but they're keeping her," says Tanya of Yolanda's stay in the PsychHealth Centre at HSC. "She's psychotic right now. We just came from there. It's not a good scene. She's not out yet and I'm really exhausted...we're really going through a hard time."

Yolanda has been an inpatient since the end of December, receiving treatment for her mental health challenges. It's a time of great stress for Yolanda and her family, but through the stress, Tanya feels grateful for the care Yolanda is receiving as well as the recreational equipment available in the PY1 unit for Yolanda and the other patients.

"Those kids need the games," says Tanya. "It's a hard place to be at in their lives, to be in the psych ward. All they have is their rooms, so when they can come out and gather and have an activity to do, it really helps lift their spirits."

The unit's inventory of recreational equipment was bolstered last year by a donation from Winnipeg Jets' forward Bryan Little. Little's generous gift enabled the hospital to acquire two new televisions, two PlayStations, a foosball table, iPods, puzzles, games, and more. Little,

who has been out of action since a November 2019 injury, was one of several Jets who had visited the unit before the pandemic. His gift was an expression of gratitude for the care he received following his injury, but also an expression of kindness and a desire to help the kids in PY1, who range in age from 12 to 17.

"It was kind of an easy decision, especially after I spent time visiting there," says Little. "They already had an air hockey table and some games, but I thought that they could definitely benefit from some new stuff, too. It helps to take your mind off of everything when you have activities to do."



Patients on HSC's Child and Adolescent Psychiatric Inpatient Unit benefit greatly from Bryan Little's donation.



Dr. Laurence Katz agrees, and the value of recreational equipment goes even deeper than that.

“Bryan Little’s donation is very much appreciated, especially during COVID-19,” says Dr. Katz, Medical Director, Child and Adolescent Mental Health Services at HSC. “Before the pandemic, families could take the patients on outings to get out of the hospital, get fresh air, and to interact with people and engage in normal behavioural activity in addition to what they were doing in the hospital. With COVID-19, of course, unfortunately we’re not able to send people out because of the risk of contracting the illness and bringing it back to the unit.”

In the absence of outings, the recreational equipment serves a heightened role in encouraging healthy experiences as PY1 staff help kids move toward recovery.

“Play is an experience of normal social interaction,” says Dr. Katz. “It is absolutely therapeutically beneficial.”

**Tanya and Yolanda are not the real names of the mother and daughter in this article.*

Bryan Little’s generous gift enabled the hospital to acquire two new televisions, two PlayStations, a foosball table, iPods, puzzles, games, and more.



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hscfoundation.mb.ca
or by calling 204-515-5612 or
1-800-679-8493 (toll-free).**

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NLWIN2022

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Innovation HSC

2021-2022

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