



# Foundation Connection

*Delivering Tomorrow's Health Care, Today*

SUMMER 2026

## When Doctor Becomes Patient

Retired interventional radiologist treated by former colleagues and “Leonardo”

As a former interventional radiologist at Health Sciences Centre, Dr. Brian Hardy used to work alongside urologists Dr. Jay Nayak and Dr. Jeff Saranchuk. He shared an operating room with them again in March 2025, but this time he was on the table.

**Routine blood work had shown elevated levels of PSA (prostate-specific antigen), and additional testing confirmed that the retired doctor had developed prostate cancer. The solution was a prostatectomy, a procedure to remove the prostate gland.**

“I’ve known Jeff and Jay for years,” says Dr. Hardy, who retired in 2023 after a distinguished 30+-year career. “I knew I was in good hands.”

Not only was Dr. Hardy in good hands, he was in good *arms*—robotic arms, to be precise. **Dr. Hardy’s surgeons used the Da Vinci Xi Robotic Surgical System, funded by donors to the HSC Foundation’s Operation Excellence Campaign.**

The equipment allows surgeons, working from a console, to guide four robotic arms through very small incisions. **Robotic surgery allows surgeons to perform with remarkable precision with a lower risk of complications, less blood loss, and less pain for the patient.**

The urologic surgeons have playfully dubbed the robot “Leonardo”—da Vinci’s first name; the thoracic surgeons call the machine “Mona” in honour of Leonardo da Vinci’s best-known portrait. Either way, there is a surgical artistry at work that is benefitting patients.



*Retired HSC doctor knew he was in good hands as he underwent a robot-assisted prostatectomy.*

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*Dr. Brian Hardy was able to return to his normal routine just days after his prostatectomy, thanks to the HSC Foundation donor funded Da Vinci Xi Robotic Surgical System.*

**“If that had been a traditional open surgery, I would have needed 6–8 weeks to recover,” says Dr. Hardy. “Instead, I was out of the hospital the next afternoon and running an errand at Walmart just two days later. I took a Tylenol or two for minor pain, but that was it.”**

Dr. Hardy is no stranger to the impact of donor support on health care. As a champion of new diagnostic and surgical technologies, he was instrumental in securing funding for the Paul Albrechtsen Interventional Radiology Suites that were unveiled in 2022 at HSC. Interventional radiology involves diagnosing and treating patients through their arteries and blood vessels, avoiding large incisions and complicated recoveries whenever possible—similar in spirit to robotic surgery.

“It’s definitely better for patient care. It lowers morbidity and mortality,” says Dr. Hardy of the technologies acquired through recent donor support. “The Foundation and its donors are doing phenomenal work.”

***With your support, the HSC Foundation has been able to invest in the surgical robot and other leading-edge surgical technology. Please donate so that HSC can always deliver tomorrow’s health care, today. Make your gift online at [hscfoundation.mb.ca](https://hscfoundation.mb.ca) or by calling 204-515-5612 or 1-800-679-849 (toll-free).***



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*Dr. Brian Hardy, retired HSC doctor and grateful patient: “The Foundation and its donors are doing phenomenal work.”*



# Bouncing Back from Rock Bottom

How Jody Unrau turns down the volume



*HSC's Eating Disorder Program helped Jody Unrau when she hit rock bottom: "I was so malnourished that my organs started to shut down."*

Despite passing out, Jody Unrau remembers the day clearly. It was dark, it was devastating, but it was also a turning point.

**"I went to have a shower and I fainted. Then I fell out of the shower and just stayed on the floor for an entire day. I was weak, defeated. I felt like I couldn't move and I had suicidal thoughts. I just wanted to disappear. It was my rock bottom,"** says Unrau of that critical day in 2008.

"But the turning point was seeing my mom's reaction. She came home and saw me lying there and just fell to the floor and broke down. She had been so strong for both of us and that was her breaking point. Seeing her so devastated made me realize that my anorexia wasn't just affecting me, it was affecting my whole family. **In that moment I didn't really feel ready to live for myself, but I decided I was going to heal for my mom.**"

Two weeks after that pivotal experience, a spot opened up for Unrau in HSC's Eating Disorder Program. By then, she had been on the waiting list for nearly three months, but hadn't been fully committed to getting better until that rock-bottom moment. It all happened just in time.

**Unrau was in her early twenties at the time and her anorexia had become so severe that what should have been routine gall bladder surgery a few weeks earlier almost took her life. "I was so malnourished that my organs started to shut down," she says.** "My doctors told me quite directly that unless I get help, I might not make it to my next birthday."

**She found the help she needed at HSC; the Eating Disorder Program started her on the road to recovery.**

"I think a lot of people might think a program like this focuses only on eating, but there's so much more to it," says Unrau. "You can't recover from an eating disorder

unless you know why it started in the first place. **HSC helped me rebuild my relationship with food and they helped me to discover the root causes, the cognitive piece. That's what made the difference."**

The program comprised group sessions, individual counselling, keeping thought records, and sharing meals with staff and others in the program. **A psychiatric nurse offered Unrau the metaphor that having an eating disorder is like having a tape recorder in your head. When it's active, it's screaming. The goal of therapy is to turn down the volume until your own voice is louder—and eventually, to have it muted or barely a whisper.**

"That's where I am now," Jody says. "It's muted most of the time. But I never say I had an eating disorder. I say I'm in recovery. There's a difference."

**Helping others turn down the volume has become her life's work.**

Through her business, Embrace Your Reflection, Unrau serves as an educator, fitness coach, consultant, speaker, and workshop facilitator, helping others in their eating disorder recovery and encouraging body-image positivity. **She also organizes community events with proceeds going to the HSC Foundation in support of the hospital's Eating Disorder Program.**



*Jody Unrau organizes community events with proceeds going to the HSC Foundation in support of HSC's Eating Disorder Program.*

**"I feel like I was given a second chance," she says. "And that second chance means sharing my story, so others know they're not alone. It's healing for me, too."**

**To support the HSC's Eating Disorder Program, visit [hscfoundation.mb.ca/donate](https://hscfoundation.mb.ca/donate). Visit [embraceyourreflection.com](https://embraceyourreflection.com) to learn more about Jody Unrau's work.**





# Forgetting and Remembering

Ruth Diamond lives a life of gratitude

"I saw what happened, but I didn't see it," reflects Ruth Diamond. "God gives us the gift to forget."

**While she forgets the precise terrifying moment a damaged tree fell on her beloved husband Sam, she vividly remembers everything else about the aftermath of a violent windstorm that struck her Whytefold home over 45 years ago.**

"Three trees were leaning on each other, so Sam and the neighbours tried to take care of it," says Diamond, 85. **"The men were pushing boards against the trees to stabilize them and one of the trees snapped. Sam stumbled and it fell on him. It was huge."**

Sam lay on the ground in stunned silence, waiting for an ambulance; his body severely damaged by the impact.

**"It's hard to describe how he looked," says Diamond. "His pelvis was broken, and his leg was flailing out. His hip, his knee, his joints were spread out like a frog's."**

After being stabilized at a nearby community hospital, Sam was transported to HSC where he underwent complex orthopedic surgery. His case was a complicated one that included two stays in intensive care. The tree fell in such a way that it was inches away from damaging his heart, which would have been problematic given that he had undergone heart surgery in the past.

**"They put a rod down his leg that went from his hip right down to his knee, and put wires in to hold everything in place," recalls Diamond. "And there was a stabilizer bar that went across his front to hold his hips together so the pelvic bone could heal. It worked! They took such good care of him. HSC saved Sam's life for me and for our family."**

After a two-week hospital stay and another week at home, Sam began rehabilitation, and stubbornly went back to work (before he was supposed to), running the family's new business, Diamond Athletic Medical Supplies. "That's who he was," says Diamond of her husband. "He was a worker!"

**Sam passed away in 2001, but Ruth Diamond remains grateful to HSC for the many extra good years Sam had, thanks to the skill and devotion of Sam's surgeons and the other health care professionals who cared for him.** She is also grateful for the care received by others in her family for a wide range of medical challenges over the years.



Ruth and Sam Diamond on their wedding day in 1963:  
"HSC saved Sam's life for me and for our family."

**She has been singing the praises of HSC for decades, and supporting the HSC Foundation for many years, including a major gift in 2025.**

Her support comes from a place of gratitude and from her own family roots growing up on a farm near Dauphin.

**"I learned from my mom that you have to help others; you have to give," says Diamond.** "I remember her sending two dollars at a time overseas to help hungry kids even when we sometimes didn't have enough money to buy new pencils for school. It didn't make sense to me when I was little, but it does now. It is so important to help others."

Through her upbringing, Ruth Diamond learned that communities can thrive only when people volunteer and contribute financially, especially to causes that support people's well-being, like the HSC Foundation.

**"At my age, the best way I can help is by making donations, and it is a privilege to do so," she says. "Where would we be without health care? It is our responsibility to give back when we can."**

# The Power of Nurses to Transform Health Care

Building trust, inspiring hope, and helping patients heal through moments both big and small

This past May, in recognition of National Nursing Week, we celebrated some of the exceptional nurses at HSC Winnipeg whose compassion and dedication impact patients and their loved ones every day.



*“There is nothing better than helping someone on their journey, helping them get better.”*

**Monika Warren, RN, BN, MAHL**  
COO, HSC Winnipeg; Chief Nursing Officer, Shared Health; Board Member, HSC Foundation



*“We work well together, we trust each other, and genuinely care about one another. Patients can feel that.”*

**Leanne Yule, Clinical Resource Nurse**  
HSC Winnipeg’s Gamma Knife radiosurgery program



*“When I was a student working at HSC Winnipeg, I looked up to so many nurses who are now my co-workers; I feel honoured to give that same guidance to our new students.”*

**Jade Ferens, RN**  
HSC Winnipeg’s trauma surgery unit

To read the stories of Monika Warren, Leanne Yule, and Jade Ferens, please visit [hscfoundation.mb.ca](https://hscfoundation.mb.ca) or scan the QR code.



## We Did It—Together: Annual Campaign Surpasses 2025–2026 Goal

Thanks to extraordinary community support, Innovation HSC 2025–2026 raised over \$4.22M to advance health care innovation at HSC Winnipeg

Thanks to the incredible generosity of Manitobans, the 2025–2026 Innovation HSC campaign officially surpassed its fundraising goal—raising an extraordinary **\$4,220,226**, representing more than 145% of the \$2,897,620 original target. Your support is advancing health care innovation at Health Sciences Centre Winnipeg.

Since 2019, donors have contributed more than \$21 million through Innovation HSC, directly advancing health care across Manitoba. These gifts continue to



*Innovation HSC raised \$4,220,226 in 2025–2026 in support of improved patient care.*

fuel new technology, advance groundbreaking research, and help reshape the way care is delivered for patients and families who rely on HSC every day.

**From leading-edge diagnostic and treatment equipment to upgraded clinical spaces and systems designed to improve patient flow and reduce wait times, donor support is directly strengthening the hospital’s ability to respond to growing needs.**

“This achievement is a powerful reflection of what happens when our community comes together with purpose,” says Jonathon Lyon, President & CEO, HSC Foundation. “Every contribution helps accelerate innovation and ensures HSC continues to lead the way in advancing care for patients and families.”



# Mother's Day Campaigns Bloom with Community Support for Health Care

Bell MTS volunteers and Save-On-Foods raise funds in support of patient care

This past Mother's Day, our community came together in two beautiful ways to honour the women in our lives while supporting vital health care services.

**At HSC Winnipeg, the annual Mother's Day Mums initiative has raised \$23,754 since 2015 thanks to the incredible support of Bell MTS volunteers, RBC volunteers, and many other individuals.**

From organizing orders to setting up displays throughout the hospital, these volunteers played a key role in bringing the campaign to life. Their efforts ensured that each vibrant mum found its way into the hands of someone special, turning a simple gesture into something meaningful.

**Every plant purchased through the Mother's Day Mums campaign supports patient care and innovation at HSC Winnipeg. It's a small act that carries a lasting impact—helping strengthen the care patients and families rely on every day.** Behind every purchase is a story of remembrance, appreciation, and community spirit, and we are so grateful to everyone who took part.



*Volunteers were all smiles as they hosted their annual Mother's Day Mums sale on campus at HSC, brightening the day while supporting health care innovation in Manitoba.*

**We are equally grateful to Save-On-Foods for their continued partnership through the Bunches of Love campaign, which helps extend this spirit of giving even further. This year, the campaign raised an incredible \$96,668 in support of women's health initiatives across Western Canada, with a portion directed to advancing care at HSC Women's Hospital.**

Whether through a single mum or a bouquet of flowers, every contribution helps build a stronger, healthier future for all Manitobans.

**To make your donation today, visit [hscfoundation.mb.ca](https://hscfoundation.mb.ca) or call 204-515-5612 or 1-800-679-8493 (toll-free).**

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