



BY THE HEART

ROYAL ALEXANDRA HOSPITAL FOUNDATION / 2016-2017

TABLE OF CONTENTS

03

By the Heart
Welcome
Message

08

Jesse's
Story

14

Drawing
from
a Passion

20

Best
in
Class

04

Every Day is
a Reason to
Celebrate

10

Family-
Centered
Care

16

Kinanâskomitin -
I am Grateful
to You

22

Beyond
the Call
of Duty

06

From
100 to
None

12

The Medium
is the
Message

18

Tiny
Philanthropist

24

Board
of
Directors



BY THE HEART

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

- HELEN KELLER

Each day at the Royal Alexandra Hospital hearts and minds are touched by the incredible patient-centred care that happens here. Care and caring are certainly alive and well.

As President and Chief Executive Officer of the Royal Alexandra Hospital Foundation and as Associate Zone and Co-Facility Medical Director of the Royal Alexandra Hospital we are touched each day by the stories we hear, and those we witness first-hand.

The pages that follow share a small sample of the stories that unfolded within the walls of the hospital over the past year.

The Royal Alexandra Hospital Foundation's 2017 Annual Report will serve to highlight not only those stories that are important to our donors, but those that are important to the families served by this incredible centre of medical excellence.

It is our pleasure to introduce to you, **By the Heart**.

Sincerely,

Dr. Curtis Johnston

Co-Facility Medical Director
Royal Alexandra Hospital

Associate Zone Medical Director
Royal Alexandra Hospital
& Sturgeon Community Hospital

Andrew Otway

President and Chief Executive
Officer Royal Alexandra
Hospital Foundation

EVERYDAY IS A REASON TO CELEBRATE

"The Lois Hole Hospital for Women is with me every day. I know that I have my life now because of this hospital. The staff were amazing. They let me be a part of their lives just as much as they were of mine – they were my friends."

*- Amanda Twidale,
Proud Mother*

AMANDA TWIDALE HAD HER FIRST CHILD, GRADY, FIVE YEARS AGO

At her six-week postpartum appointment the joy of becoming a new mom was clouded with fear; her doctor found abnormal cells. And so began Amanda's journey with the Lois Hole Hospital for Women.

"I had a colposcopy at the hospital which came back with abnormal cells, which led to another procedure and it was confirmed that I had cervical cancer," shares Amanda.

Even though Amanda lived hours away in Cold Lake, Alberta the Lois Hole Hospital for Women's specialized care was available to her. The da Vinci robot—the only one of its kind in Western Canada dedicated to women's health—was also available to Amanda which allowed surgeons to remove her cervix, and with it the cancer. The robotic surgery meant less pain, less bleeding, and a shorter recovery time.

"I had to remind myself to take it easy after my procedure with the da Vinci because I felt like I was back to normal by the next day," remembers Amanda.

Months after her successful surgery, Amanda was told she could begin to try for another baby. After months without success, she was referred to the fertility program at the Lois Hole Hospital for Women.

"I was thrilled," Amanda beams. "Knowing the fertility clinic at the hospital was available to our family was such a relief; finding out we were pregnant and would no longer need their support was even better news."

Not yet out of the woods, Amanda knew the risks that came with pregnancy and no cervix; pregnancy loss or premature birth were real possibilities. Nineteen weeks into her pregnancy, Amanda received the news that she would be admitted to the hospital on bed rest for the remainder of her pregnancy. With her husband and two-year old son at home, hours away in Cold Lake, Amanda feared that she would face the majority of her second pregnancy alone.

Instead of looking to the weeks and months ahead, Amanda needed to see the beauty in the small steps. Nurses on the antepartum unit saw this and encouraged Amanda to celebrate each day. This was a turning point for Amanda. With her hope and

focus renewed, Amanda had something to look forward to each day. With the help of her nurses, she was reminded of just how significant each day really was.

Amanda and her team aimed for 23 weeks for her baby, but she exceeded expectations with a successful cesarean section delivery at 37 weeks. 126 days after she had first been admitted to the Lois Hole Hospital Amanda and her new baby were finally able to return home.

Even now, while Amanda's life is seemingly back to 'normal' with her husband, and sons, Grady and Clay, she still remembers and honours the importance each day brings with it.

"The Lois Hole Hospital for Women is with me every day. I know that I have my life now because of this hospital. The staff were amazing. They let me be a part of their lives just as much as they were of mine – they were my friends."





IMAGINE BEING HOMELESS, AND HUNGRY... FOR TWO.

Every year there are approximately 100 pregnant and homeless women in Edmonton. Marissa Nakoochee, at 21 years of age, was one of those women.

Marissa was never afforded the chance to experience the joy that every mother-to-be should at the moment she learns, "I'm pregnant".

Instead, Marissa's pregnancy was filled with worry for herself and the future for her child.

"I avoided telling people that I was in-between places, because I knew I would be judged, and I knew that people would assume that I couldn't parent – I was afraid someone was going to take my child. I was alone. I was vulnerable. Fear and anxiety were my daily companions," reflects Marissa.

This story, thankfully, has a happy ending. Marissa was one of the lucky ones; she found help through multiple local organizations that secured housing and income support before her baby arrived.

The Royal Alexandra Hospital Foundation's 2016 Giving Tuesday campaign was held in support of a new initiative called Pregnancy Pathways. This innovative program aims to help women who find themselves in Marissa's situation. The objectives of the program are to meet affordable housing needs and to provide a full suite of wrap-around support services for homeless pregnant women in our city - with the goal of bringing the number of pregnant homeless women from 100 to none.

Pregnancy Pathways is a collaboration among 25 different organizations in Edmonton. Not only will these women be provided safe, affordable, judgement-free housing, they will also have access to addictions support, acute health care, mental health assistance, cultural guidance, and long-term income and housing opportunities – a truly holistic approach providing these women the hand-up each and every one of them deserves.

Over the past year, more than \$100,000 has been raised by donors to the Royal Alexandra Hospital Foundation in support of Pregnancy Pathways, and the mission to raise funds continues today.

"I was one of these women. Today, I am a mom who works and goes to university. I am building a wonderful life for my son and for myself. These donations will help others to do the same," stated Marissa.

Marissa made it through, but, the sad reality is many have not. However, the future looks bright thanks to the Royal Alexandra Hospital Foundation's donors and the Giving Tuesday campaign.

Thank you to all of those who have supported this important cause, and who are committed to reducing the number of pregnant homeless women in Edmonton from 100 to none.

FROM 100 — TO NONE

"I was one of these women. Today, I am a mom who works and goes to university. I am building a wonderful life for my son and I. These donations will help others to do the same,"

*- Marissa Nakoochee,
Proud Mother*





JESSE'S — STORY

"You inspire us every day with your commitment to saving lives and caring for others. Being friendly, kind, and most of all patient, with families like ours, improves the patient and the family experience each and every day."

*- Spenser Brassard,
Edmonton, AB*



Left to Right: Spenser Brassard,
Tracy Lucas, Desiree Hughes.

INSPIRING EMPATHY AND UNDERSTANDING AT THE ROYAL ALEX.

An afternoon of inspiration and learning, as well as some laughs, brought staff of the Royal Alexandra Hospital together on a cold November day for the inaugural Patient and Provider Experience Summit.

The event – a first in Alberta – was sponsored by the Royal Alexandra Hospital Foundation, and it served to illustrate a hospital-wide effort by care providers to succeed at improving the healthcare journey for their patients and the workplace culture for themselves.

Hospital leadership, motivational speakers, and employee engagement experts all took their turn inspiring the crowd, but perhaps the most influential speech of the day was delivered by Spenser Brassard, who told the emotional story of her brother, Jesse, and the experience their family had with the healthcare system, which included care at the Royal Alex.

Jesse Lucas is the eldest of four children. He was everything a big brother is supposed to be. Charming, funny, the centre of joy at every family event; in a nutshell, he was loved.

When Jesse was 28, he was diagnosed with Crohn's disease, which brought with it terrible backaches and stomach pains and the loss of the life he once knew.

After years of struggling with the disease, Jesse contracted a bacterial pneumonia. The pneumonia worsened and Jesse developed sepsis, leading to cardiac arrest. He was resuscitated, but he subsequently suffered a severe brain injury and remains with a condition called Unresponsive Wakefulness to this day.

At the time of this tragedy Jesse was only 37 years old.

During Jesse's lengthy hospital stay, his mother, Tracy Lucas, had made requests to bring in alternative care professionals for Jesse. A chiropractor, a masseuse, a naturopath, and energy healers to try to give Jesse any opportunity possible. She ran into a lot of, 'unfortunately no we cannot allow you to do that' messages, and it was an uphill battle to give Jesse the care opportunities she thought were best.

"We felt the doctors were very sensitive to what we were going through," Spenser remembers. "They gave us a heartfelt feeling of confidence that they were going to do everything humanly possible to save Jesse's life. Unfortunately the system, at times, was difficult to navigate."

Spenser shared with the crowd ideas on how to improve patient and family care with suggestions like having a place to hang coats and store their belongings. She shared the idea of a healthcare liaison, someone who understands the system and can ask the right questions and then translate the answers into familiar terms. This would have been invaluable to their family, she says.

Spenser closed her talk with the sentiment that the Summit gave her family a platform, which in turn gave her brother a voice.

"You inspire us every day with your commitment to saving lives and caring for others. Being friendly, kind, and most of all patient, with families like ours, improves the patient and the family experience each and every day."

The response from the audience was authentic and emotional. Thank you to Jesse's family for sharing their impactful story. Their words and insight will continue to influence the care provided at the Royal Alexandra Hospital for years to come.



"I think family-centred care comes down to one word and four letters and that's love. No medication or treatment can replace the love of a family member. As healthcare professionals, we are compassionate and caring, but nothing replaces the love of a family or friend. I am so proud to work at a hospital where the patient and their family are at the centre of all we do."

- Lisa Sorenson,

Patient Care Manager, Emergency Services, Royal Alexandra Hospital.

In the past year a strong focus has been placed on providing patient and family centred care at the Royal Alexandra Hospital. This work has been undertaken by the Patient and Provider Experience Office funded by donors to the Royal Alexandra Hospital Foundation.





THE VOICE OF ALEX CAMPAIGN

With the dawn of 2017 came the launch of a public advocacy campaign and the creation of a champion who set on a mission to raise awareness for the need to rebuild the main area of patient care, the Active Treatment Centre, at the Royal Alexandra Hospital.

An approachable and appealing character, Alex, short for Royal Alexandra Hospital, was introduced to the public through a website, a series of videos, and her own social media feeds. Alex shared her emphatic opinion about the primary concerns of patient privacy, patient dignity, and patient safety: all of which are at risk due to the outdated infrastructure within the Active Treatment Centre.

Alex quickly became a recognizable face around the hospital and the City of Edmonton. In fact, hospital staff members stopped by the Foundation's office to take selfies with her, and many public voices joined her online advocacy in raising their concern about failing infrastructure.

"Thousands of public comments and requests were made asking the government to make the Alex its top priority for health infrastructure due to the awareness raised by our foundation's campaign," shares Andrew Otway, President and CEO of the Royal Alexandra Hospital Foundation. "It was incredible to see the outpouring of support for our hospital and we couldn't be more grateful."

As Alberta's biggest and busiest hospital, the Royal Alexandra Hospital is central to the delivery of health care not only in Edmonton, but to the whole province. After delaying upgrades to the Royal Alex for years, the only option now is redevelopment. This fact has been confirmed through comprehensive, independent building assessment studies. Several buildings on the campus are effectively shuttered because acute care has been compromised; they no longer meet the minimum standards required for acute patient care.

As the 'Voice of Alex' campaign wound down, the provincial government's 2017 budget was released, and the first steps toward the rebuild of the Royal Alex were announced. Specifically, the Government of Alberta announced that a new Child and Adolescent Mental Health building will be built, and improvements to CapitalCare Norwood will be undertaken—both are phased-in components of the overall Royal Alex project.

"Not only is the new Child and Adolescent Mental Health building and Norwood important in and of themselves, this work has always been identified as needing to move forward to allow the Alex to rebuild. The decision shows that the current government is addressing the needs of the biggest and busiest hospital in the province, and it will take action on the first steps toward the rebuild of the Royal Alexandra Hospital," stated Otway.

The announcement, however, leaves many steps remaining along the path to a new Royal Alex. The Royal Alexandra Hospital Foundation and its Board of Directors continue to advocate for the need for further funding.

"The Royal Alexandra Hospital is the place where many Edmontonians were born - including me. I believe Edmonton cares about the Royal Alex. The deteriorating conditions simply cannot be ignored any longer, and we are proud to have members of the public stand alongside us to champion this cause."

THE MEDIUM IS THE MESSAGE



"Thousands of public comments and requests were made asking the government to make the Alex its top priority for health infrastructure due to the awareness raised by our foundation's campaign,"

- Andrew Otway,
President and CEO of the Royal Alexandra Hospital Foundation



DRAWING FROM ————— A PASSION

"I saw becoming the Chief of Cardiology as another challenge. I got to a certain stage in my career where I had a good knowledge base and familiarity with the clinical side of what I was doing. Now is the time to look at my position from a broader perspective, beyond my patients."

- Dr. Neil Brass,
Chief of Cardiology

THE INFLUENCE OF A GOOD TEACHER CAN NEVER BE ERASED.

Dr. Brass' passion for the human body has been present since he was a child. Even as a young boy he would spend hours flipping through and learning from a human anatomy book that he was given.

His father, an architect by trade, noted this keen desire and put his own drafting skills to work drawing an anatomical heart on the chalkboard in Dr. Brass' childhood bedroom. To this day, this drawing stands out to Dr. Brass as an influence on his passion for the human heart.

His fascination continued through his schooling years, and it eventually led him to become a cardiologist.

"It was something that I always enjoyed. I loved medicine and the human body and its mechanisms growing up," said Dr. Brass, with a look of contentment on his face.

Now, as a long-time cardiologist at the Royal Alexandra Hospital, Dr. Brass has been appointed the new Chief of Cardiology.

Dr. Brass joined the team in interventional and general cardiology at the Royal Alexandra hospital in 1993. Since then, Dr. Brass served as President of the Section of Cardiology for the Alberta Medical Association and sat on numerous local, regional, and provincial committees, which made him the perfect choice to be named the new Chief at the CK Hui Heart Centre.

"I saw becoming the Chief of Cardiology as another challenge. I got to a certain stage in my career where I had a good knowledge base and familiarity with the clinical side of what I was doing. Now is the time to look at my position from a broader perspective, beyond my patients."

As the only interventional cardiologist in Alberta carrying out percutaneous mitral valvuloplasty - a procedure that widens the

mitral valve so that blood flows more easily through the heart, Dr. Brass is leading by example.

This minimally invasive procedure is allowing patients of the CK Hui Heart Centre to return to their lives quickly and with very little downtime due to the need for only a small incision through their arm or groin to reach the heart. Thanks to Dr. Brass, patients who receive this treatment have seen incredibly successful outcomes and almost immediate symptom relief.

As a self-described lifelong learner, the future for our medical centre of cardiac excellence is bright. The CK Hui Heart Centre, already a national leader in cardiac innovation and technique, is sure to see a future full of growth with Dr. Neil Brass at the helm.



A PATIENT SHARES HOW CK HUI HEART CENTRE SAVED HIS LIFE

Born and raised in the small northern Alberta village of Calling Lake, Gilman Cardinal has always understood the value of family. Today, Gilman relies on the support of another family, the team at the CK Hui Heart Centre.

"I had two moms and two dads," Gilman reflects. "I was extremely lucky to be raised by both my mother and my grandmother, and to have my father and grandfather guiding me throughout my childhood."

When Gilman was a young man, he made a promise to his mother that he would leave his village to pursue a position with the government. With this promise, began Gilman's journey to more than 40 years of working for the government to promote and support his Indigenous heritage.

"I made my mother a promise, and I kept it," Gilman shares. "She knew I could do more good for our culture outside of the small boundary of Calling Lake, and she was right. Through my work, I was able to share the world views, strengths, and gifts of my culture with others: work I continue to do today."

This past June, Gilman lost his mother. She lived a long and full life; even so, the loss hit Gilman very hard. In Gilman's opinion, this was the beginning of his severe heart issue.

The CK Hui Heart Centre at the Royal Alex was there for Gilman recently when he needed it.

After returning from a road trip, Gilman—wary from the travel—arrived home and attempted to lay down for a well-deserved rest; unfortunately, rest never came.

"I could tell something was wrong," remembers Gilman. "I had suffered from heart issues in the past, and I knew immediately what I needed to do."

Driving himself to the Royal Alex, he arrived at the Emergency department and was quickly assessed by the team.

"I remember the doctor coming in and saying, 'Well Gilman, did you know that you had a heart attack earlier today? And did you know that you are having another right now?'"

Gilman was shocked. He had other heart issues in the past, but nothing so serious. It wasn't long before Gilman was moved to the CK Hui Heart Centre, where doctors placed two stents to open up the blood flow to his heart once again.

Years ago, a condition like the one Gilman suffered from would have likely meant the loss of his life. Today, thanks to donor contributions for equipment and the support of research so patients can continue living full and enjoyable lives, even after such a serious issues occurs.

"Over the last few years, there has been recognition that rapid treatment of patients with heart attacks markedly reduces mortality. By the time a patient arrives at the hospital, a care team has been assembled and patients are brought directly to the cardiology area for treatment, in most cases bypassing the emergency department. The Edmonton region has one of the best survival rates—if not the highest for heart attack victims—in the country because of this system," said Dr. Neil Brass, Chief of Cardiology.

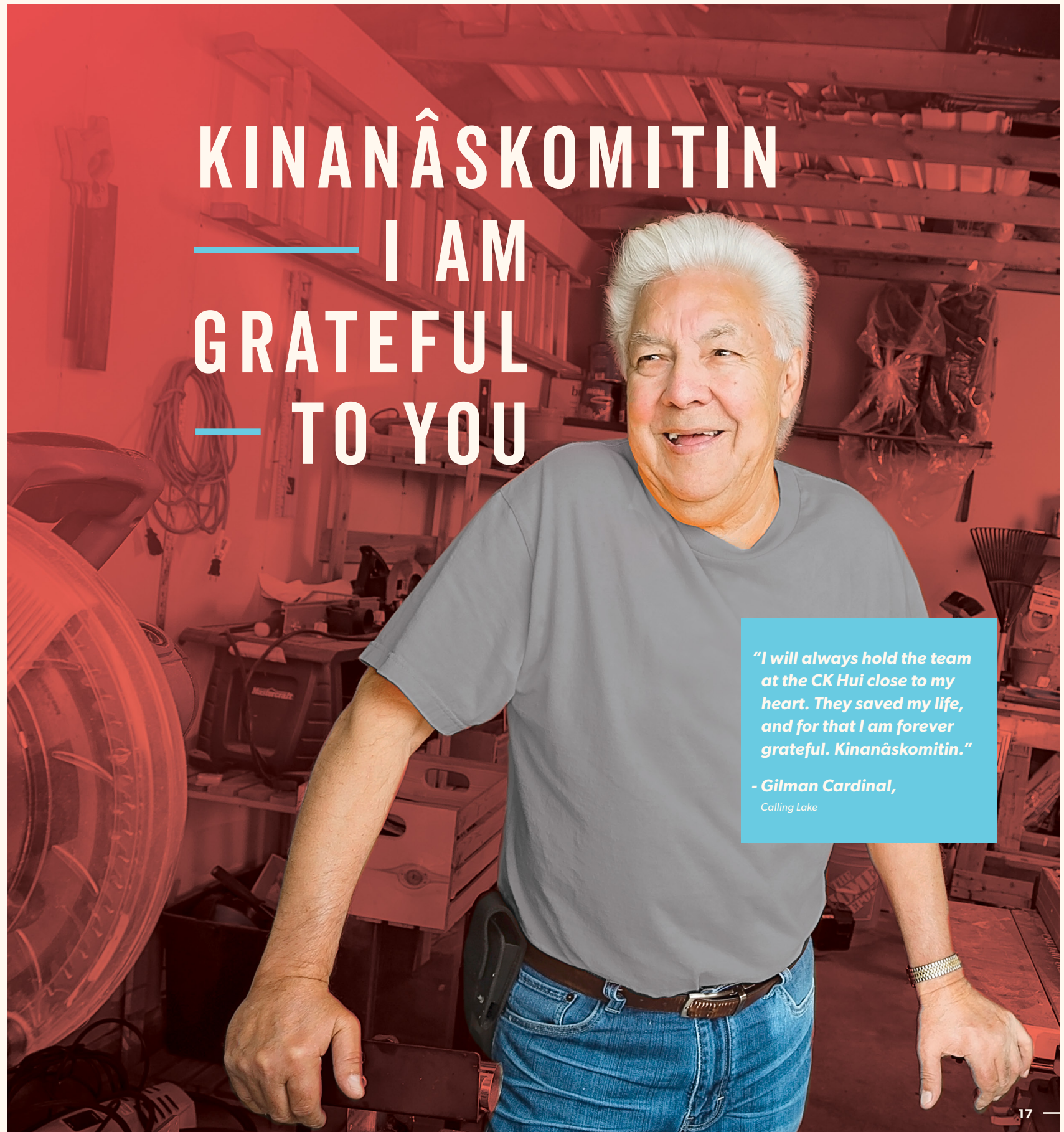
"The heart is the most sacred part of the body in my culture," states Gilman. "I will always hold the team at the CK Hui close to my heart. They saved my life, and for that I am forever grateful. Kinanâskomitin."

"I will always hold the team at the CK Hui close to my heart. They saved my life, and for that I am forever grateful. Kinanâskomitin."

KINANÂSKOMITIN — I AM GRATEFUL — TO YOU

"I will always hold the team at the CK Hui close to my heart. They saved my life, and for that I am forever grateful. Kinanâskomitin."

- Gilman Cardinal,
Calling Lake

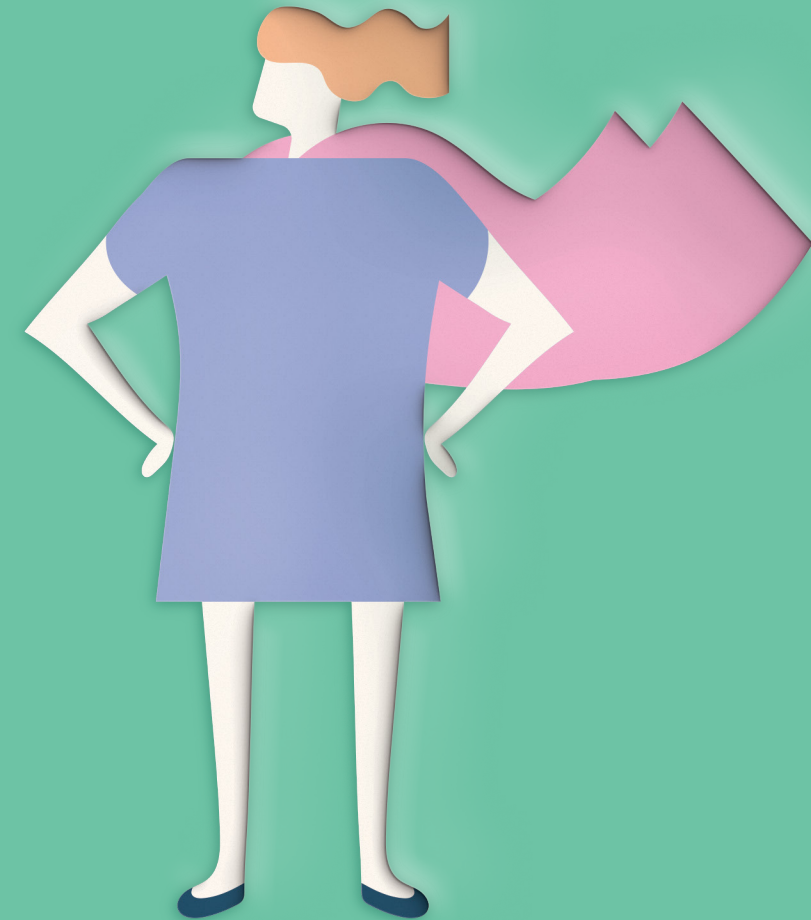


“I know the Royal Alex because my dad goes there to get his eyes dilated. I thought it would help so I saved my allowance for many months and made a donation of \$110.”

- Vinessa Carew, Tiny Philanthropist, age 10

2016 saw the completion of a \$4 million campaign for the Eye Institute of Alberta; the hub in northern Alberta for all things ophthalmology related. Funding will support patient experience improvements, additional technology for the Ophthalmic Surgical Skills Centre and investment in eye-related research.

A portion of the \$4 million was raised by 10 year old Vinessa Carew. Vinessa’s father Bill has been receiving expert eye care at the Eye Institute of Alberta for many years. Bill has uveitis, a disease that causes inflammation of the eyes and glaucoma which led to corrective surgery four years ago.





BEST IN CLASS

"The skills centre played a major role in my decision to make the Eye Institute of Alberta my top choice when I was choosing where to perform my residency."

- Dr. Kelsey Roelofs,
Chief Resident at the Eye Institute of Alberta

WORLD CLASS TECHNOLOGY AT THE EYE INSTITUTE OF ALBERTA

The Eye Institute of Alberta's Ophthalmic Surgical Skills Centre (OSSC) overlooks the Royal Alexandra Hospital's main atrium. The centre provides the best possible training facility for doctors to develop skills for delicate eye surgeries, and the OSSC allows current ophthalmic surgeons to share information and prepare for difficult or rare surgical procedures.

This technologically advanced surgical simulation space has drawn elite residents to the Royal Alexandra Hospital because they want to work in this facility. With national programs competing for the best residents, this centre helps the Eye Institute of Alberta stand at the top of the class.

"The surgical simulation space that has been developed in the OSSC is truly world class. It has provided an unparalleled opportunity to learn and develop my skills,

thereby allowing valuable time in the operating room to be used more efficiently for learning, while at the same time maximizing patient safety," shared Dr. Kelsey Roelofs, Eye Institute of Alberta Chief Resident. "The skills centre played a major role in my decision to make the Eye Institute of Alberta my top choice when I was choosing where to perform my residency."

While textbooks and internet resources give residents the ability to be self-directed learners, the OSSC provides a hands-on, surgical equivalent that empowers motivated learners to capitalize on the opportunity to further their skills.

Thanks to a \$500,000 commitment from William K and Mary Jo Robbins—Patrons of the Royal Alexandra Hospital Foundation—the surgical skills centre will receive updates to further enhance its teaching capacity.

The Robbins' unwavering support has facilitated further technological integration, which will provide an even richer learning environment. These advancements facilitate small group teaching sessions led by staff surgeons: an opportunity unmatched in any other city across the country.

"The onsite e-platforms will bring content from published experts inside the 'operating room' to our fingertips. The chance to share and experience simulated surgery in real-time is an opportunity I never thought I would have, and now thanks to donors to the Royal Alexandra Hospital Foundation I do!" shared Dr. David Plemel, Junior Resident at the Eye Institute of Alberta.

The centre allows dedicated ophthalmologists the opportunity to find new methods for improving patient care and treatment options. The applications of the OSSC are continually expanding with procedures and surgeries for the treatment of serious eye diseases. Recently published research reports on the OSSC's simulation techniques, and this research demonstrates that the OSSC is a premier and consistently improving surgical learning facility. The Royal Alexandra Hospital Foundation is proud to have it play a central role in the Eye Institute of Alberta.



AN OFFICER'S JOURNEY WITH CANCER AND THE DOCTOR WHO WENT ABOVE AND BEYOND

For nearly a decade, Constable Michael Jaszczyszyn has been a Royal Canadian Mounted Police officer. For Michael, like many who work in protection, his job is much more than a nine-to-five role; his job is a huge part of who he is.

Six years ago, Michael began to have blurred vision in his right eye. Over time, his vision went from blurry to almost completely gone; something was going on.

Michael was eventually referred to the Eye Institute of Alberta at the Royal Alexandra Hospital.

Through further exploration it was identified that Michael had an optic nerve glioma; a rare cancer that is typically a slow-growing tumor. Left untreated, the diagnosis could be fatal.

"The diagnosis was scary. Any time you hear the word tumor, or the word cancer of course you would be frightened," shares Michael in a moment of quiet reflection.

Michael's diagnosis meant he was placed under the care of Dr. Ezekiel Weis, an ocular oncologist working out of the Eye Institute of Alberta.

"Dr. Weis is a phenomenal doctor," remembers Michael. "Not only in his skill with medicine, but also in his bedside manner. When someone has to tell you that you have cancer, the conversation is never an easy one, yet Dr. Weis made it a little easier to hear."

On a trip to Ontario to visit family, Michael began to experience incredibly intense headaches

This intensifying of symptoms led Michael to seek help while in Ontario. What was discovered was unprecedented; Michael's tumor had grown exponentially, something no one—including Dr. Weis—could have predicted.

Doctors decided to remove the tumor in its entirety, knowing full well this would mean complete loss of vision in his right eye: a sacrifice Michael was willing to make.

The entire time that Michael received treatment in Ontario, Dr. Weis monitored his care. Unprompted, Dr. Weis couriered his medical records and conducted research on the doctors slated to remove the tumor. Dr. Weis was committed to ensuring Michael was in the best hands possible, even if they weren't his own.

Ultimately, Michael decided to have the surgery in Edmonton at the Royal Alex as a joint surgery performed by Dr. Weis and University of Alberta Neurosurgeon, Dr. David Steinke.

The surgery was a success. Michael was cancer free.

Returning to work after surgery required many adjustments. Losing his dominant eye meant Michael's life would be different. Navigating his new reality meant physical challenges: an adjustment in his depth perception, learning to drive with changes to his vision, and retraining himself to shoot left handed are only a few.

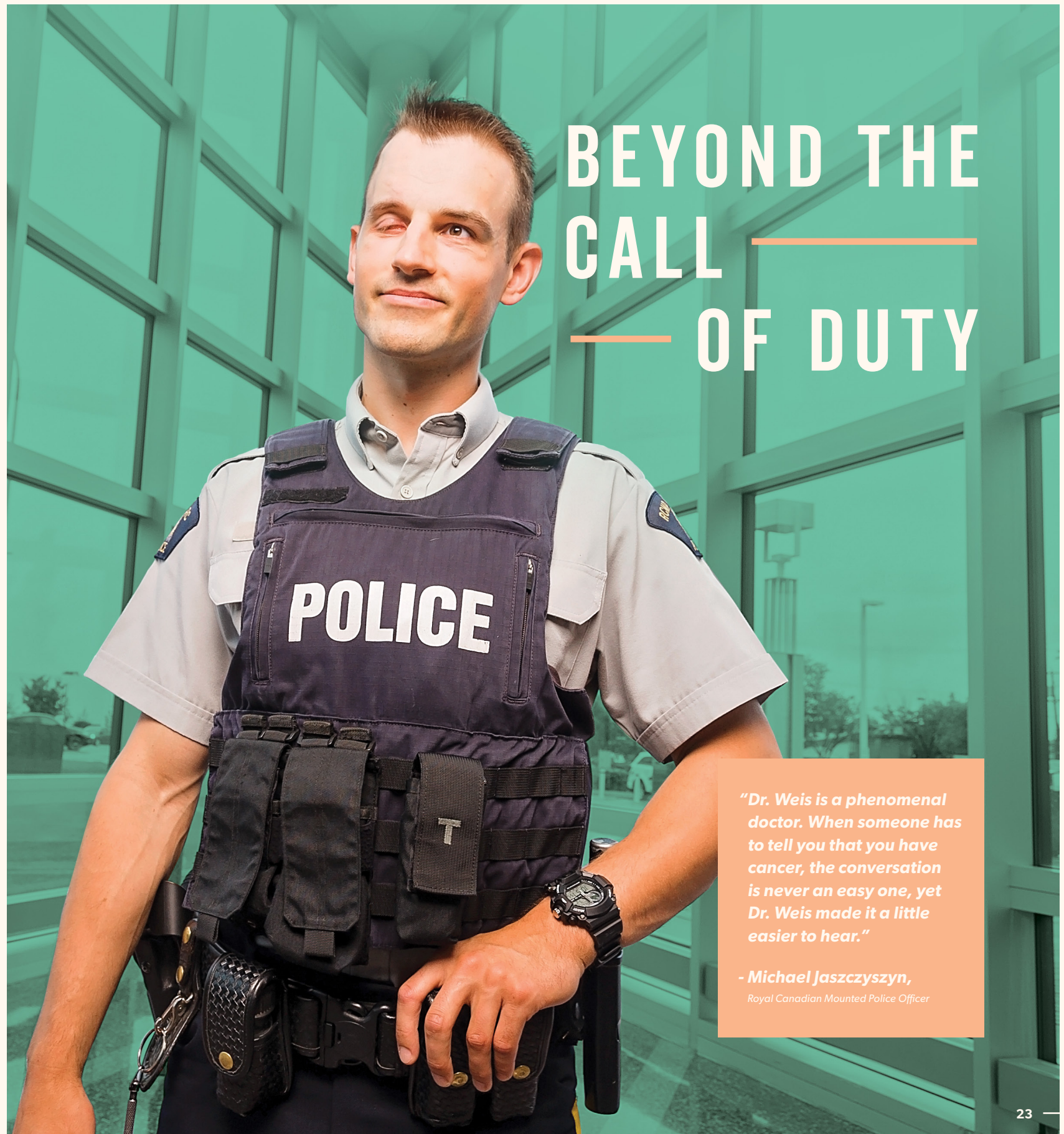
While life after surgery brought many challenges and uncertainties, one thing that remained constant was the support Michael found in Dr. Weis.

"Dr. Weis didn't just tell me I could do it, he stood beside and backed me up when things were uncertain," remembers Michael. "He even went as far as writing letters and recommendations to my employer supporting my will to return to operational duties. He provided them with the information they needed to make a decision. Now thanks to Dr. Weis, I am working on the tactical training unit teaching new officers the skills and abilities I needed to relearn myself."

In every case, Dr. Ezekiel Weis provided not only care, but caring, for Constable Michael Jaszczyszyn.

Dr. Weis is not alone in his mission to improve patient care at the Eye Institute of Alberta; many staff members and physicians at the Royal Alex continue to go above and beyond the call of duty for their patients each and every day.

BEYOND THE CALL OF DUTY



"Dr. Weis is a phenomenal doctor. When someone has to tell you that you have cancer, the conversation is never an easy one, yet Dr. Weis made it a little easier to hear."

*- Michael Jaszczyszyn,
Royal Canadian Mounted Police Officer*



BOARD OF DIRECTORS



Dan Manning
Sales Executive
CTV Edmonton



Brian Tod, QC
Counsel, Miller
Thomson LLP



Iris Evans
President,
You First Inc.



David S. Tam,
BSc Pharm, LLB
Partner, Parlee
McLaws LLP



Dr. Garnet E. Cummings,
FRCP, FACEP, MSc,
BPe and EMDM
Executive Director,
Brain Care Centre



**Elizabeth
Hurley, ICD.D**
Partner, Davies Park
Executive Search



**Dr. Zaheer
Lakhani, CM, FRCP**
Clinical Professor,
University of Alberta



George Coon,
FCPA, FCMA, CFP
Regional Director, Prairies,
First West Capital



**Diane
Kyle-Buchanan**
Yorkshire Equities Inc.



Jerry L. Kavanagh,
CA, CPA (Illinois, USA)
Partner, Price
Waterhouse Coopers



Douglas Pratt,
FCPA, FCMA, CFP
Senior Assistant Vice
President, Credit
Risk Management,
Canadian Western Bank



John Cameron
President & CEO,
Keller Construction Ltd.



Kimberly Shulha
Manager of Health
Policy & Patient
Access, Novartis
Pharmaceuticals
Canada Inc.



Krista Ference
Community Volunteer



Liza J. Wold
Partner, Miller
Thomson LLP



Melanie Nakatsui
Community Volunteer



Mez Irani
Branch Manager,
Scotiabank



Olivia Butti
Community Volunteer



Paul Lanni, CPA, CA
President,
Averton Homes



Rod Knecht
Chief, Edmonton
Police Services



**Selikke
Janes-Kelley**
Site Executive Director,
Royal Alexandra Hospital



Judith Hockney
Senior Operating
Officer, Royal
Alexandra Hospital
and Sturgeon
Community Hospital



Dr. Curtis Johnston,
MD, FRCP(C)
Co-Facility Medical Director,
Royal Alexandra Hospital;
Associate Zone Medical Director,
Royal Alexandra Hospital and
Sturgeon Community Hospital



**William K. and
Mary Jo Robbins**
Patrons

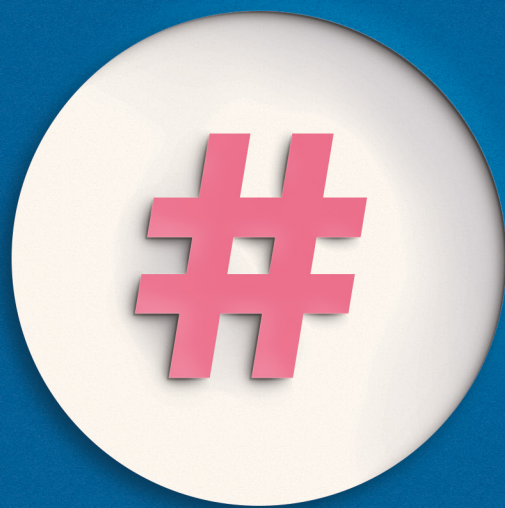


Dale Sheard
Patron



Andrew Otway
President and Chief
Executive Officer, Royal
Alexandra Hospital
Foundation





BY THE NUMBERS

ROYAL ALEXANDRA HOSPITAL FOUNDATION / 2016-2017

TABLE OF CONTENTS

03

By the Numbers
Welcome
Message

06

Lois Hole
Hospital for
Women

12

Eye
Institute
of Alberta

15

Statement
of
Income

04

Advancing
Healthcare for
all Albertans

08

Giving
Tuesday

13

Diagnostic
Imaging

16

Advocating
for a New
Royal Alex

05

Royal Alexandra
Hospital
Foundation

10

CK Hui
Heart
Centre

14

Investing
in Our
Hospital

18

Investing
in Our
Hospital



BY THE NUMBERS

*"The results of philanthropy
are always beyond calculation."*

- MIRIAM BEARD

It is often said that the numbers speak for themselves. The 2017 Royal Alexandra Hospital Foundation's Annual Report brings to you an ample selection of impactful numbers; numbers that have stories to tell.

Stories of contributions, and of lives touched. Stories of impact today, and of impact for the future.

As Chair of the Board of the Royal Alexandra Hospital Foundation and as the Senior Operating Officer of the Royal Alexandra Hospital we know the importance of the numbers you will encounter in this section of the Annual Report.

There is strength in numbers, and we hope you will sense the power and influence these numbers bring to our foundation and to the medical centres of excellence we support on the pages that follow.

Please dive into and enjoy, By the Numbers.

Sincerely,

Judith Hockney

Senior Operating Officer
Royal Alexandra Hospital
& Sturgeon Community Hospital

Dan Manning

Board Chair 2015 - 2017
Royal Alexandra Hospital Foundation
Board of Directors

ADVANCING HEALTHCARE FOR ALL ALBERTANS

\$6,326,267

DISTRIBUTIONS TO HEALTHCARE

12%

Inner City Health & Wellness

6%

Ophthalmology

3%

CK Hui Heart Centre/Cardiology

14%

Men's Health

32%

Lois Hole Hospital for Women & Women and Children's Health Research Institute

2016
2017

33%

Hospital Programs and Priorities



Since 1991, the Royal Alexandra Hospital Foundation has distributed \$61.4 million to the Royal Alexandra Hospital.

ROYAL ALEXANDRA HOSPITAL

The Royal Alexandra Hospital, one of Canada's largest and longest serving hospitals, is dedicated to the highest level of patient care, medical excellence and compassion. In the past year there have been:



44,165 SURGERIES (BY A LANDSLIDE THE MOST IN THE PROVINCE)



73,163 EMERGENCY ROOM VISITS (ONE OF THE BUSIEST IN THE PROVINCE)



437,057 OUTPATIENT VISITS

SITE FACTS



847 BEDS



15 BUILDINGS



26.5 ACRES OF LAND

LOIS HOLE HOSPITAL FOR WOMEN

As Alberta's only dedicated women's hospital, the Lois Hole Hospital for Women offers high-risk obstetrical and maternal care as well as surgical treatment for women of all ages and in all stages of life. In the past year:

OVER **7,500** BABIES BORN 

WITH **271** OF THEM MULTIPLE BIRTHS (TWINS, TRIPLETS, ETC)

 OVER **8,500** WOMEN'S OPERATING ROOM PROCEDURES

15,000

MATERNAL FETAL
MEDICINE VISITS


4,500

COLPOSCOPY
VISITS

400

IN VITRO
FERTILIZATION
PROCEDURES

OVERTIME

 **600** WOMEN CURRENTLY ACTIVE PATIENTS IN THE
ALLARD HEREDITARY BREAST & OVARIAN CANCER CLINIC

 **400** SURGERIES PERFORMED WITH THE DA VINCI ROBOT TO DATE

IN THE HOSPITAL THERE ARE:

18 GENERALIST OB/GYNE PHYSICIANS

15 SUBSPECIALISTS

An interdisciplinary team consisting of nurses, surgeons, physicians, social workers, psychologists, physiotherapists, midwives, support staff, managers, educators, lab technologists, & embryologists

GIVING — TUESDAY

Most people know about Black Friday and Cyber Monday but have they heard of Giving Tuesday? Our community of donors have! This past November an incredible amount of awareness and funding was raised for a new initiative called Pregnancy Pathways that the Lois Hole Hospital for Women is proud to be a part of.

"Imagine being hungry and homeless for two. This is the reality for over 100 women every year in the City of Edmonton. Our most sincere and emphatic thank you to all of those who have made a difference for some of Edmonton's most vulnerable."

Andrew Otway, President and CEO of the Royal Alexandra Hospital Foundation

NOVEMBER 2016 SAW **\$100,000**
RAISED IN SUPPORT OF THE PREGNANCY
PATHWAYS INITIATIVE FROM A GROUP OF
106 DONORS - 86 OF WHOM GAVE ONLINE

ONLINE REACH OF MORE THAN
430,000 PEOPLE

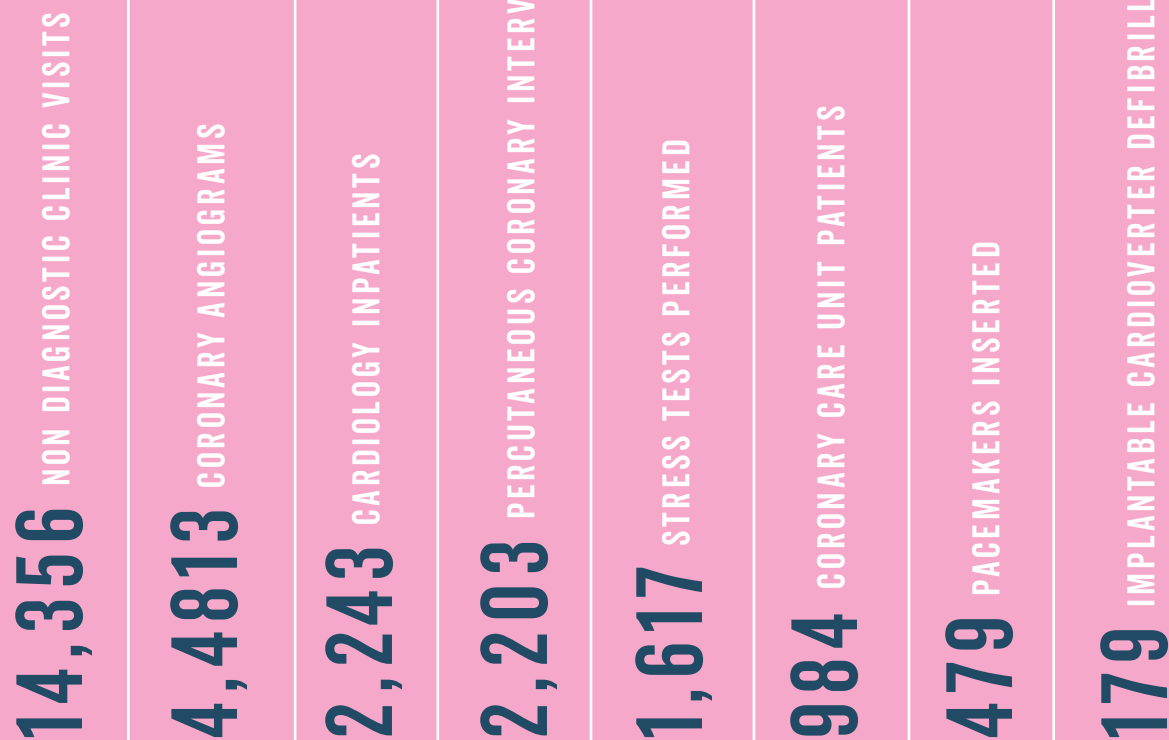
OVER **1.5 MILLION**
IMPRESSIONS WERE MADE ONLINE
THROUGHOUT THE CAMPAIGN

58 INCREDIBLE "CAUSE CHAMPIONS"
RAISED THEIR VOICES AND BROUGHT
AWARENESS TO THIS IMPORTANT CAUSE

GIVINGTUESDAY™



IN THE PAST YEAR:



* a non-surgical procedure used to treat narrowing of the coronary arteries of the heart.

CK HUI HEART CENTRE

The CK Hui Heart Centre is at the leading-edge of diagnosis and minimally-invasive treatment of heart disease and specializes in the non-surgical treatment of coronary artery disease, as well as interventional cardiology.



HEART ————— FACTS

AN ADULT HEART BEATS ABOUT **100,000** TIMES EACH DAY 

SECOND

AT LEAST ONE BEAT PER SECOND

MINUTE

60-100 BEATS PER MINUTE

DAY

86,000-144,000 BEATS PER DAY

 A HEALTHY **HEART** IS ABOUT THE SIZE OF YOUR **FIST**

YOUR HEART IS ONE GIANT PUMP



Every minute, your heart pumps about five litres of blood through a system of blood vessels that's over 96,500 km long. That translates to over 7,500 litres of blood every day.

IF ALL OF YOUR BLOOD VESSELS WERE STRETCHED OUT, THEY'D EXTEND MORE THAN 96,500 KM LONG AND WRAP AROUND THE WORLD MORE THAN TWICE.

EYE INSTITUTE — OF ALBERTA

The Eye Institute of Alberta is the only hospital-based comprehensive eye treatment centre in northern Alberta that sees patients from Western Canada and the three territories.

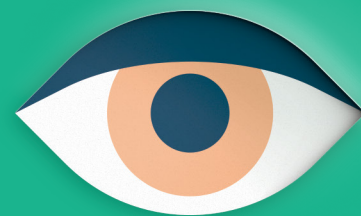
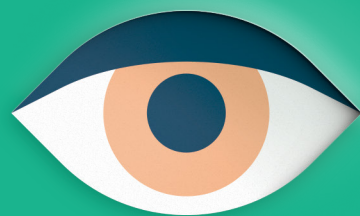


IN THE PAST YEAR:

47,534 VISITS TO THE EIA OUTPATIENT EYE CLINIC

7,342 OF THAT NUMBER WERE OPHTHALMIC EMERGENCY VISITS

THE OPHTHALMIC ULTRASOUND UNIT WAS USED **1,287** TIMES



The ophthalmic ultrasound unit was made possible by generous support from the Lions Clubs of Alberta

THE DIAGNOSTIC IMAGING DEPARTMENT PERFORMS MORE THAN **200,000 PROCEDURES EACH YEAR**

32,747 COMPUTED TOMOGRAPHY (CT) SCANS

Special x-ray equipment used to help detect a variety of diseases and conditions. The scans are fast, painless, noninvasive and accurate. In emergency cases, it can reveal internal injuries and bleeding quickly enough to help save lives.

107,937 RADIOGRAPHY AND FLUOROSCOPY

Also known as X-rays and X-rays in motion. X-rays are used to identify deformities in the body and their moving counterparts are particularly helpful when needing to see a patient's range of motion to assist with diagnosis and treatment of disease.

18,634 MAGNETIC RESONANCE IMAGING (MRIS)

Used to create detailed pictures of organs and other structures inside the body to detect brain tumors, traumatic brain injury, developmental anomalies, multiple sclerosis, stroke, dementia, infection, and the causes of headache.

PLANNING FOR THE FUTURE

Currently the Royal Alexandra Hospital Foundation is fundraising for a Positron Emission Tomography and Computed Tomography (PET/CT) scanner, which is not currently available at the Royal Alexandra Hospital.

PET/CT scans provide information that is unattainable through other imaging technologies. Having access to a PET/CT scanner will enable our physicians to identify disease in its earliest stages and determine its exact location—often before symptoms occur.

When physicians see more, they can do more.

Interested in supporting our exciting campaign? Would you like more information? If so please contact Jeff Buhr, Director of Development at 780-735-5804.

6,604

NUCLEAR MEDICINE

For the diagnosis and determination of course of treatment plans for a variety of diseases, including many types of cancers, heart disease, and more.

37,381

ULTRASOUNDS

To check on unborn babies, look at a patient's abdominal and pelvic organs, their muscles and tendons, or their heart and blood vessels.

3,486

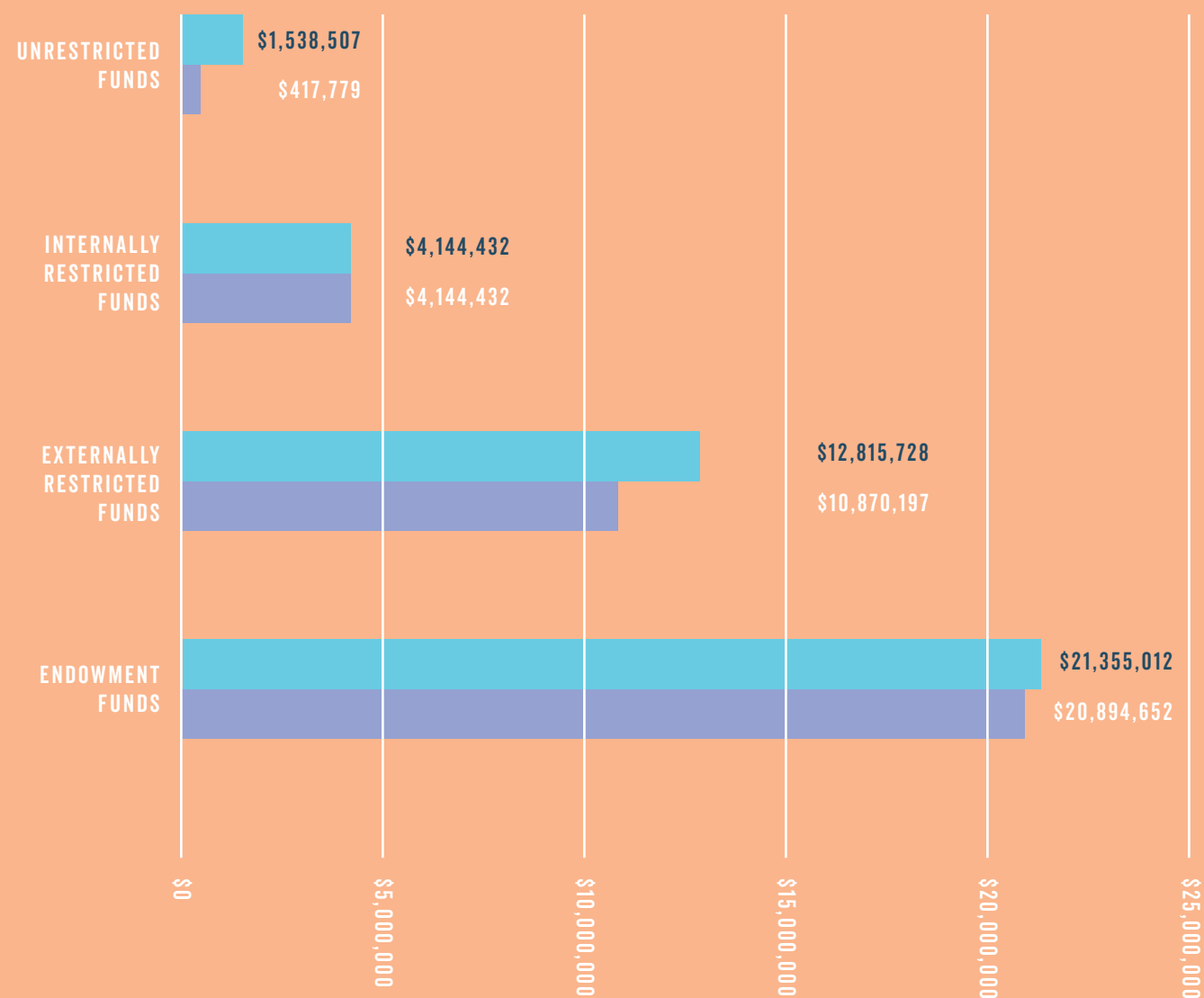
INTERVENTIONAL RADIOLOGY

Utilizes minimally-invasive image-guided procedures to diagnose and treat diseases in nearly every organ system.

FUND BALANCES

AS OF MARCH

2017 - \$39,853,589 2016 - \$36,326,970



INCOME STATEMENT

YEAR END MARCH 31, 2017 WITH COMPARATIVE INFORMATION FOR 2016

Extract from the annual audited financial statements

	2017 Total	2016 Total
Revenue		
Fundraising	4,951,450	4,591,656
Gaming	9,620,362	10,232,310
Investment Income/Loss	5,041,193	(466,214)
	\$19,613,005	\$14,357,752
Expenditures		
Fundraising	1,950,720	2,251,479
Gaming	7,196,007	6,792,201
Administrative	613,392	500,898
	\$9,760,119	\$9,544,579
Net Revenues	\$9,852,886	\$4,813,173
Distributions	6,326,267	4,862,641
Excess (deficiency) of revenue over expenditures	3,526,619	49,467
Fund balances, beginning of year	36,326,970	36,376,437
Fund balances, end of year	\$39,853,589	\$36,326,970

ADVOCATING FOR A NEW ROYAL ALEX

"Thousands of public comments and requests were made asking the government to make the Alex its top priority for health infrastructure due to the awareness raised by our foundation's campaign. It was incredible to see the outpouring of support for our hospital and we couldn't be more grateful."

Andrew Otway,
President and CEO of the Royal Alexandra Hospital Foundation

1 PUPPET WITH AN IMPORTANT MESSAGE

JUST SHY OF **10 MILLION** ONLINE IMPRESSIONS

MORE THAN **86,000** CLICKS TO INTERACT WITH THE CAMPAIGN

OVER **18,000** ACTIONS, INCLUDING VISITS TO THE WEBSITE,
VIDEO VIEWS AND EMAILS SENT TO MLAS

NOW THAT'S IMPACT!



FUND BALANCES

Extract from the annual audited financial statements

	Year End Balance 2017	Year End Balance 2016
CK Hui Heart Centre		
Cardiology Innovation Endowment Fund	1,578,224	1,573,224
Cardiology Innovation Endowment Fund Interest	662,738	526,116
CK Hui Cardiology	1,333,266	1,213,732
Coronary Intensive Care Unit Fund	6,593	6,593
The Hui Family Endowment for Cardiology Research and Innovation	1,053,016	1,041,774
The Hui Family Endowment for Cardiology Research and Innovation Interest	296,830	274,454
William K. Robbins Endowment for Research and Innovation in Cardiology	1,567,277	1,550,545
William K. Robbins Endowment for Research and Innovation in Cardiology Interest	259,291	211,010
Dr.Talibi Innovation Fund	292,339	287,339
Total CK Hui Heart Centre Funds	\$7,049,574	\$6,684,787
General Purpose		
Casino Interests	271	238
Chint Kaur Lali, Boota Singh Lali and Family Endowment Fund	103,270	500
Chint Kaur Lali, Boota Singh Lali and Family Endowment Fund Interest	-	27
Full House Lottery	(1,348,067)	(951,205)
General Fundraising Fund	328,989	297,310
Gift in Kind	11,856	11,856
Steve Ozipko Priority Equipment Fund	421,089	397,902
Priority Equipment	26,228	18,609
RAH Foundation Fund	4,144,342	4,144,342
RAH Foundation Fund Interest	1,063,912	-
Win Win 50 Staff Lottery	(265,396)	124,925
Total General Purpose Funds	\$4,486,494	\$4,044,504
Inner City Health & Wellness		
Inner City Health & Wellness Fund	(11,140)	(222,235)
Total Inner City Health & Wellness Fund	(11,140)	(222,235)

FUND BALANCES

Extract from the annual audited financial statements

	Year End Balance 2017	Year End Balance 2016
Lois Hole Hospital for Women		
Adam Burkholder Memorial	14,944	14,944
Allard Hereditary Breast and Ovarian Cancer Clinic (HBOC)	681,177	525,623
Edmonton Eskimo Women's Ovarian Cancer Research Endowment	460,836	356,608
Edmonton Eskimo Women's Ovarian Cancer Research Endowment Interest	30,998	63,475
Edmonton Chinese Community Fund	-	5,000
Cavarzan Chair in Mature Women's Health Research Endowment	3,109,473	3,084,353
Cavarzan Chair in Mature Women's Health Research Endowment Interest	415,807	411,317
Cecilia Johnstone Endowment for Research and Innovation in the Treatment of Cervical Cancer	376,844	371,844
Cecilia Johnstone Endowment for Research and Innovation in the Treatment of Cervical Cancer Interest	99,092	105,505
daVinci Robotic Surgery Campaign	(169,179)	(369,721)
Dawn & Cam Allard Endowment Fund for Education and Innovation in Urogynecology, Lois Hole Hospital for Women	75,000	-
Dawn & Cam Allard Endowment Fund for Education and Innovation in Urogynecology, Lois Hole Hospital for Women Interest	27,182	-
Lois Hole Hospital for Women	570,687	1,135,639
Lois Hole Hospital for Women Endowment	2,683,797	2,683,797
Lois Hole Hospital for Women Bereavement Fund	92,249	86,342
Lois Hole Hospital for Women IVF Compassionate Care	42,562	41,162
Lois Hole Hospital for Women Advanced Minimally Invasive Surgery	320,128	258,168
Mary Jo Robbins Endowment for Research and Innovation in Women's Health	1,044,717	1,033,564
Mary Jo Robbins Endowment for Research and Innovation in Women's Health Interest	240,834	159,044
Pregnancy Pathways	89,703	-
Sawin & Baldwin Chair in Ovarian Cancer Research Endowment	1,511,780	1,495,615
Sawin & Baldwin Chair in Ovarian Cancer Research Endowment Interest	275,816	232,460
Dr. Zenon Shewciw Fund for Gynecological Oncology Endowment	138,976	137,492
Dr. Zenon Shewciw Fund for Gynecological Oncology Endowment Interest	10,880	24,358
Terry Horwitz Fund	49,397	47,013
Dr. Terry Traff Endowment for Reproductive Endocrinology/In Vitro Fertilization	18,050	17,750
Dr. Terry Traff Endowment for Reproductive Endocrinology/In Vitro Fertilization Interest	6,565	4,960
Total Lois Hole Hospital for Women Funds	\$12,218,314	\$11,926,312

FUND BALANCES

Extract from the annual audited financial statements

	Year End Balance 2017	Year End Balance 2016
Men's Health		
Prostate Health Research and Innovation Endowment Fund	1,067,383	1,055,987
Prostate Health Research and Innovation Endowment Fund Interest	389,292	305,727
Men's Health External Restricted	1,900,492	2,043,719
Urology	52,847	52,347
Total Men's Health Funds	\$3,410,014	\$3,457,780
Neonatal Intensive Care Unit (NICU)		
Neonatal Education Fund	7,335	7,335
Neonatal Intensive Care Unit (NICU) Donations Fund	290,351	191,084
Princess Madison Trust	21,574	19,794
RAH Neonatal Intensive Care Unit (NICU) Compassionate Support Fund	302	2,296
Total Neonatal Intensive Care Unit (NICU) Funds	\$319,562	\$220,509
Ophthalmology		
Eye Institute of Alberta	1,746,313	416,920
Lions Eye Research Endowment Fund	343,167	342,327
Lions Eye Research Endowment Fund Interest	98,868	75,494
George and Dorothy O'Neill Eye Research Endowment Fund	170,791	170,791
George and Dorothy O'Neill Eye Research Endowment Fund Interest	4,357	38,999
Ophthalmology Research Endowment Fund	3,213,477	3,174,202
Ophthalmology Research Endowment Fund Interest	585,371	484,019
Ophthalmology Equipment	103,144	100,434
Ophthalmic Surgical Skills Centre	229,004	229,126
Total Ophthalmology Funds	\$6,494,492	\$5,032,312

FUND BALANCES

Extract from the annual audited financial statements

	Year End Balance 2017	Year End Balance 2016
Orthopedics		
Orthopedics	405,677	298,713
Orthopedics Research and Innovation Endowment Fund	1,074,924	1,074,924
Orthopedics Research and Innovation Endowment Fund Interest	416,491	319,829
Total Orthopedics Funds	\$1,897,092	\$1,693,466
Research and Education		
Critical Care Fund - Education	22,694	22,694
Grant Funds	26,208	107,343
Mary Anne Komaran Symposium Endowment	250,000	250,000
Mary Anne Komaran Symposium Endowment Interest	49,629	27,147
Mary Anne Komaran Professional Development	148,652	136,519
Mary Anne Komaran Social Work Grants Endowment Fund	250,000	250,000
Mary Anne Komaran Social Work Grants Endowment Interest	38,086	15,855
Harold and Florence Mosley Nursing Education and Research Fund	35,384	35,066
Research and Innovation	48,071	48,071
Respiratory Education Fund	5,598	4,688
Speaking of Health	71,307	53,789
William Arnold Diagnostic Imaging Education Endowment Fund	25,000	-
William Arnold Diagnostic Imaging Education Endowment Interest	375	-
Total Research and Education Funds	\$971,004	\$951,172

FUND BALANCES

Extract from the annual audited financial statements

	Year End Balance 2017	Year End Balance 2016
Special Purpose		
Aboriginal Welcome Baby Fund	471	471
Acute Care for the Elderly Fund	1,818	1,818
Adult Mental Health	399	399
Colon Cancer Canada Fund	31,595	-
Diagnostic Imaging	30,472	-
Dr. C.A. Berner Endowment Fund for Patient Care Excellence	27,609	27,509
Dr. C.A. Berner Endowment Fund for Patient Care Excellence Interest	17,120	14,644
Al Blumer Memorial Fund	5,414	4,823
Cable Family Compassionate Support Endowment Fund IV	665,555	656,114
Cable Family Compassionate Support Endowment Fund IV Interest	154,855	85,627
Cancer Research and Innovation Fund	-	1,950
Children's Mental Health	1,243	(33,256)
Departments of Surgery & Anesthesiology Fund	13,809	13,809
Department of Medicine General Fund	6,471	5,635
Emergency Department Fund	23,517	21,736
Catherine Folinsbee Fund for Pediatric Care Endowment	10,847	10,732
Catherine Folinsbee Fund for Pediatric Care Endowment Interest	5,097	4,248
Agnes Moffatt Fraser Patient Comfort Fund	58,367	81,488

FUND BALANCES

Extract from the annual audited financial statements

	Year End Balance 2017	Year End Balance 2016
Special Purpose (cont'd)		
Graduates' Fund of RAH School of Nursing Alumnae	43,547	41,197
Holmes Endowment Fund	30,000	30,000
Holmes Endowment Fund Interest	8,447	5,749
Chris Hruday Endowed Fund In Memory of William Hruday	50,000	50,000
Chris Hruday Endowed Fund In Memory of William Hruday Interest	14,077	9,581
Intensive Care Unit Fund	48,726	43,812
Mary Anne Komaran Compassionate Care Fund Endowment	450,000	450,000
Mary Anne Komaran Compassionate Care Fund Endowment Interest	40,158	10,539
Neurosurgery/Research/Thoracics	1,025	1,025
Dr. Larry Olhauser Fund	500	500
Patient & Provider Experience Fund	229,897	26,369
Palliative Care Fund	31,707	32,357
Peter & Mary Prokopiw Endowment Fund	5,000	5,000
Peter & Mary Prokopiw Endowment Fund Interest	1,408	958
Rheumatology Outpatient Clinic Fund	5,000	5,000
Robbins Learning Centre	953,484	874,816
Dr. Elizabeth Schwab Fund	11,434	10,490
Sigurborg Gundrun Gail Pjetursson Adult Psychiatry	6,199	6,199
Surgery Donation Fund	28,794	27,903
David White Memorial Fund	4,121	9,121
Total Special Purpose Funds	\$3,018,183	\$2,538,363
Total Funds	\$39,853,589	\$36,326,970



The Standards Program Trustmark is a mark of Imagine Canada used under licence by the Royal Alexandra Hospital Foundation. The Royal Alexandra Hospital Foundation is accredited by Imagine Canada for excellence and compliance in Board Governance, Financial Accountability and Transparency, Fundraising, Staff Management, and Volunteer Involvement.