

donor *Impact* report
2022 – 2023

enriching *lives* together



Cindy Amerongen
Executive Director

Creating new opportunities for healthcare in our region is an ongoing mission and we are grateful for your support. Our annual Donor Impact Report (April 1, 2022 to March 31, 2023) is a chance to thank you and to share how you and your friends, neighbours, and co-workers are contributing to the healthcare we all want and need for ourselves and our loved ones.

And we can't help but smile as we remember all the great ways you got involved this past year. Moving out of the COVID lock-down meant a return to live fundraising events and wow did you participate at the highest levels. Record numbers of guests, record amounts raised, and record numbers of kudos given, were the hallmarks of the 2022 season. We've added some highlight stories of the 2022 Spring Fling, Hospital Bed Races, and Festival of Trees to this report so that you can revisit those wonderful events and recapture that intense feeling of being together for the cause.

We are also sharing donor stories and reviewing the impact to patient care of the technology, programs, facility renovations, and health services you have funded through your donations and sponsorships. These projects would not have moved forward without your support.

Looking back is wonderful as it helps us see the affect of our work on our patients, staff, and community. It also enables us to clearly see that we are on the right track to creating a healthier future, together. Please keep your support coming as we have many more exciting projects waiting to be fulfilled.

Land Acknowledgment

The Northern Lights Health Foundation work takes place on the traditional territories of the Treaty 8 First Nations, and the Métis and Inuit Peoples.

We are committed to advancing truth and reconciliation through understanding Indigenous health and increasing access to culturally appropriate healthcare services towards better health outcomes for the people of this region.



message from the Chair



Greg Fuhr
Chair

On behalf of the Board of Directors, Honorary Directors, and our AHS partners, it is my great privilege to thank you for your many contributions this past year. The Foundation is governed by a board of volunteer community leaders and is managed by a small (but mighty) operations team. We count on your time, talent, and treasure to achieve big changes and impacts on local healthcare, and we thank you for stepping forward when called upon for sponsorships, charitable donations, and volunteerism.

I was so delighted to meet many of you at our signature events of Spring Fling, the Hospital Bed Races, and the Festival of Trees. Yes, that was me, and my fellow Dashing Directors board members, running in pin-striped suits and ties in the Hospital Bed Races. We really thought we could compete for the Golden Bedpan Trophy!

Please enjoy this annual report which highlights your support and impact through sponsorships, donations, memorial gifts, signature events, workplace and community self-hosted events, and volunteerism. The Board of Directors is providing governance and stewardship to ensure the funds generated are at work creating the healthcare we all want and need.

In 2022-2023 our Board included the following members:

- Nelson Barbosa, *Vice Chair & Past Chair*
- Stephane Gagnon, *Treasurer*
- Conor Clark, *Secretary*
- Adele Thomson
- Jordanna Lambert
- Dr. Fauzia Haq Hawaz
- Lloyd Antoine
- Karla Buffalo
- Kevin Shulko
- Brent Janke
- Robyn Villebrun

Honorary Members:

- Melanie Antoine
- Dan Fouts
- Dave Tuccaro
- Mohammed Tarrabin
- Kyle Taback
- Chris Wilson





Weighted Imaging Software – Story Page 16

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Funded Equipment

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Funded Equipment

Maternity Chaises Lounges

Thanks to generous donors, we have been able to acquire 10 brand new lounge sleeper chairs for our maternity ward. These compact recliners not only provide a comfortable seating option, but also convert into a lounger and sleep surface. Our previous armchairs were worn out and insufficient for our patients' needs. Now, birthing patients can have peace of mind knowing that their partner or support person will have a cozy space to relax during their stay. We are incredibly grateful for the continued support that allows us to improve the comfort and experience of our patients.

OBIX Perinatal Interface

As AHS moves into utilizing electronic medical record software, there was a need to close the gap with obstetric record keeping. The OBIX Perinatal Interface software

will help staff by eliminating paper documentation of electronic fetal monitoring in patients and will allow the data to be uploaded to the current AHS system. This innovative technology allows for real-time monitoring, data interpretation and alerts, making it a vital upgrade for the hospital.

Ambulatory Care Holter Monitors

The Ambulatory Care unit at the hospital received a new holter monitor system and four device recorders. A holter monitor is a small wearable device that records the heart rhythm and is used to detect or determine the risk of irregular heartbeats in patients. Currently, pediatric holter data is sent to Edmonton for a specialist to interpret, but the upgraded system will support physicians to access the system remotely, resulting in quicker data interpretation.



Maternity Chaise Lounge



Willow Square Continuing Care Centre

donor *Impact* report

Funded Equipment

Stryker Bariatric Bed

Our new bariatric bed for the emergency department and ICU is specifically designed to safely accommodate bariatric patients, ensuring both their well-being and the comfort of our staff. Previously, our beds in the ICU and emergency department had a maximum weight capacity of 550 lbs, posing a risk to both patients and staff. However, with the introduction of our new bariatric bed, we can now accommodate patients weighing up to 1,100 lbs. The new bed is equipped with advanced technology, including an air mattress and turn assist feature. This innovative design helps prevent complications like pressure injuries, promoting better patient outcomes.

Willow Square Hot Food Service Cart

Seniors at the Willow Square Continuing Care Centre (WSCCC) will soon be able to enjoy a variety of hot foods during the adult day program (ADP). The program is offered five days a week and each day is intentionally designed with the preferences, interests, and needs of each member. The content varies to provide interesting and stimulating activities that reflects everyday living to feel like home. Currently the ADP doesn't have a hot food service cart and only provides soup and sandwiches. With the purchase of the hot food cart seniors will no longer have a limited choices of food options when attending the program.

Public Health Breast Feeding Sanctuary

After a decade of working to create and sustain a baby-friendly community, Fort McMurray Public Health has officially received a Baby-Friendly Initiative (BFI) designation. Heidi Gould, Area Manager for Population and Public Health in Thickwood said their project—a breast feeding sanctuary—was the piece to tie it all together. The space located in the Thickwood Public Health Centre, aims to create a place of sanctuary for all families who are experiencing difficulty or need additional support on their breastfeeding journey. The Sanctuary is complete with soft lighting, breastfeeding chair, blankets and blanket warmer, comfort equipment, and a mural painted by local artist Amy Keller-Rempp. “This is a patient-centred space that is welcoming, comfy, and calm,” Gould said. “It also gives the nurses the tools at hand to support families.”

Additional breast pumps were also added to the room. Gould explained that the (now) four breast pumps are available at no cost to families in Fort McMurray and rural communities to use while navigating breastfeeding.

Gould stated that the previous space was cold and sterile and with families using the room multiple times (sometimes over a long-term), it was important to the Public Health team that the room optimize client comfort and offer privacy as well during appointments. She added that it was a team effort to come up with ideas for the Sanctuary. “It’s so special to see your ideas have an impact,” she said. “We’re really happy with this space.”



Public Health Breast Feeding Sanctuary

Neurogym Pendulum Stepper

The 5th floor of the Northern Lights Regional Health Centre has been “stepping” up their physical therapy routine with a recently acquired donor-funded Neurogym Pendulum Stepper. Yejide Adeniji, a physical therapist with Alberta Health Services (AHS) who works in Allied Health commented, “The stepper is a staple piece of equipment to patient recovery.” The stepper is a self-assisted trainer that mimics the stepping movement in walking and targets muscle groups that are important for maintaining balance and gait. “It helps increase the range in hips and knees, helps with flexibility, blood flow and breathing,” Adeniji explained. Another feature the stepper has is it allows patients to be assisted with the movement by using the arm extensions. Elastic resistance

bands can also be used over time to increase the level of difficulty, and at the same time, ease the return motion.

A major benefit with the stepper is that it is completely mobile, meaning it can easily be transported from the 5th floor of the Hospital to a patient’s room. There’s also no transfer required—patients can use the stepper from either the side of their hospital bed or from a wheelchair, making it easier for individuals with limited mobility. Adeniji explained that patients can also keep the stepper in their room throughout a weekend to continue with their workout, which could lead to a shorter hospital stay (depending on their progress). “It really makes a difference being able to bring it to a patient’s room,” she said. “I just love it!”

Diagnostic Imaging Projects

Thanks to generous donors, the Northern Lights Regional Hospital has undergone significant technological and equipment upgrades in diagnostic imaging over the past year. These improvements mean fewer patients must travel to Edmonton for their medical needs. One of the most notable upgrades is the implementation of Susceptibility Weighted Imaging (SWI) software during MRI scans. This high-resolution 3D imaging software enhances the detection of traumatic brain injuries, tumors, venous malformations, and cerebrovascular diseases that other scans may miss.

Tracy Peers, the Diagnostic Imaging Manager, describes SWI as not only effective but also visually stunning. Since its installation, many patients have been able to receive their diagnoses without leaving Fort McMurray. In partnership with radiology, the hospital has also introduced the Luminos dFR software, which improves both photographic and videography capabilities during fluoroscopic scans.

This new software allows medical professionals to upload patients' reports, including photos and videos, to AHS Connect Care. This secure platform is accessible to physicians and other professionals across the province. This upgrade eliminates the need for hard copies and burned CDs, providing a more efficient and secure method for storing medical records.

Furthermore, the diagnostics department has added a new ultrasound bed to their arsenal. The previous bed was inoperable and had no available replacement parts, so it had to be replaced entirely. The new ultrasound bed offers multiple points of movement, optimizing patient access and positioning, and reducing scanning time. This specialized bed is especially beneficial for sonographers, as it improves ergonomics and offers bariatric capabilities. Thanks to the ongoing support of donors, the hospital continues to provide top-notch medical care to the Fort McMurray community.

Diagnostic Imaging Ultrasound Bed



Better Together Indigenous Health Project

Supported by



In March of 2022, we announced a historic agreement between the Athabasca Tribal Council, Alberta Health Services (north zone area 10), and the Northern Lights Health Foundation to improve access to quality, and culturally appropriate, healthcare for Indigenous people in the Wood Buffalo region.

This was the beginning of the Better Together Indigenous Health Project, a multi-year \$500,000 project, to launch research, listening, and conversations to identify problems Indigenous people have experienced accessing quality healthcare.

The goal of the Better Together team is to inform the creation of an Indigenous Health Clinic at the Northern Lights Health Centre that is inclusive of cultural practices and ensures increased access and local capacity to deliver health services.

Now in its second year as a committee, the Better Together project team is looking forward to the next phase of the project-connecting to rural and First Nations communities to hear first-hand about the gaps and supports needed.

We would like to take this opportunity to thank Syncrude (Operated by Suncor) for their tremendous support for this important work.



Children's Mental Health

Donors to the Health Foundation are funding the creation of age-appropriate mental health treatment spaces for youth and adolescents at the Northern Lights Health Centre.

This exciting project will add support services and programs for children receiving treatment for severe mental health indicators. The project involves the renovation of three spaces on the Pediatric unit of the hospital to create a new staff room, and two age-appropriate children and youth sensory and mental health programming spaces.

Supporting a child through a mental health crisis with service coordination is an extremely rewarding experience for the team at the hospital. They are having REAL impact that will help children to be successful at home, in school, and in forming friendships and achieving happiness in the future.

Construction of the Sentopia Centre presented by Syncrude and the Synergy Hub presented by CNOOC is now underway. This project will cost approximately \$500,000 and is 100% funded by donors! We would like to take this opportunity to thank Syncrude (Operated by Suncor), CNOOC International, the Tuccaro Group, Athabasca Corporation, RBC Dominion Securities, Cenovus Energy, and Vault Pipelines for their corporate gifts. And we offer a special thank you to the many community members who have made generous donations in support of these important health spaces.



donor *Impact* report

Third Party Fundraisers

CIM Annual Golf Tournament

The CIM Oil Sands Golf Tournament presented by Thompson Infinity was held on Saturday, June 18, 2022 at the Fort McMurray Golf Club. The sold-out tournament had over 140 guests who enjoyed live music, food and drinks on the course, participated in the raffles and prizes, team photos and of course—a great day of golfing! The event was a major success, raising over \$21,000 all in support of the Northern Lights Health Foundation. In this last decade, the highly anticipated tournament has helped CIM raise over \$155,000 for the Foundation!

Ramadan Toy Drive

Throughout the month of Ramadan (April 1, 2022–May 1, 2022), the Markaz-UI-Islam Fort McMurray Islamic Center and the Fort McMurray Islamic School held a community cash and toy drive. The annual collection ensures that children in hospital care receive a comforting gift, promoting their well-being and providing a safe and healthy activity for them. This year, the Foundation received 7 large boxes of toys, games, and activities as well as a cheque for \$2,650! These funds supported the creation of the new in-patient rooms for children's metal health therapy—The Sentopia Centre and Synergy Hub. Thank you to everyone who donated cash and toys during the month of Ramadan!



donor *Impact* report

Third Party Fundraisers

Sterling Farthing

Mrs. Francis Jean, known as Grandma Jean to Sterling and his siblings, has a very special place in the hearts of so many in our community, including 8 year old Sterling. Sterling came in to the Health Foundation to celebrate his 8th birthday and to make a donation in support of Palliative Care in memory of Mrs. Jean. Since his 5th birthday, Sterling has asked for cash instead of gifts so he could make this special gesture for his Grandma. He was so happy to learn what 'Philanthropy' is and find out the kind of impact he will make with his thoughtfulness.

Charlie Sullivan

Even the cold Fort McMurray winters can't stop kids from making a difference! Charlie and his younger brother set up a station at the end of their driveway one afternoon, complete with a handmade "Warm-Up Menu" which included hot chocolate, hot apple cider, hot tea, and French vanilla. "I hosted a hot chocolate and hot cider stand to raise money for kids who have to be in the hospital," said Charlie. "It was fun and I liked meeting people and bringing the money in to help other kids."

Smile Cookies

Tim Horton's Smile Cookie Week campaign ran at participating restaurants across Canada from September 19–25, 2022. In the Regional Municipality of Wood Buffalo, 100 percent from each chocolate chunk Smile Cookie sold at the Hardin Street, Eagle Ridge, Quarry Ridge, and Thickwood locations was donated to the Northern Lights Health Foundation (NLHF).

The competition between the four locations to bake, decorate, and sell the most cookies was heated and the NLHF staff and volunteers were back in the kitchens decorating as fast as the bakers could produce cookies. As a result, these restaurants had a record-breaking year with \$36,402 in Smile Cookie sales. Now that's a lot of smiles! Thank you for supporting Smile Cookie week—it's deliciously easy to help make a difference!





donor *Impact* report

Signature Events

Spring Fling

Presented by:
Syncrude
Operated by Suncor

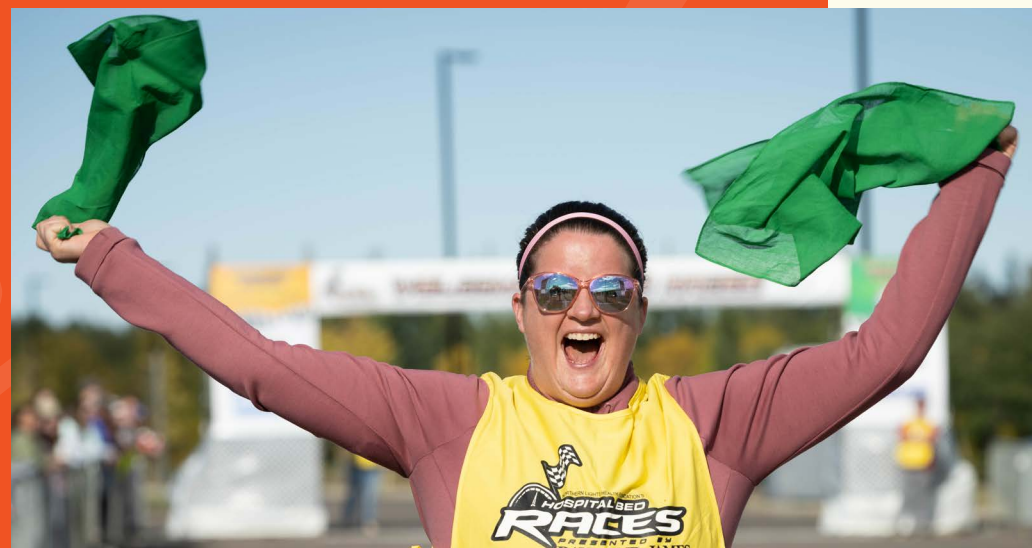
Spring Fling 2022

Spring Fling is the Health Foundation's opportunity to showcase completed, current, and future projects funded by sponsors and donors and the evening was in full bloom, raising \$360,000 for new projects.

The Health Showcase had representatives from Alberta Health Services on hand to give demonstrations and explain the impact of donor support through funded equipment and technology. Guests also got to experience the 'Floating OR' which featured Stryker's game-changing, minimally invasive surgical equipment which will increase the type and number of surgeries done locally.

Throughout the evening guests played Giant Plinko and Giant Operation and took part in the energetic live auction. Upcoming projects in children's mental health, senior's care, home care, and Indigenous health were also announced, along with the call to action to fund the creation of children and youth mental health spaces—the Sentopia Centre presented by Syncrude and the Synergy Hub presented by CNOOC International—which itself raised \$100,000!





donor *Impact* report

Signature Events



Hospital Bed Races 2022

For the 5th year, the Snye's Upper Parking lot was transformed into a racetrack for the annual Hospital Bed Races presented by Raymond James. Teams of four were dressed in their best outfits—from flight suits to granny costumes—and raced their hearts out to bring home the Golden Bedpan trophy as the fastest team.

A sponsored BBQ fueled the racers, bystanders cheered from the sidelines and music, filled the air all afternoon. At the end of the day awards were handed out for the fastest team, the most team spirit, and most funds raised as a team and individually.

While racing is the main event, it's the fundraising from each team and the sponsorships and donations from local businesses that dominate. Setting a record for the highest amount raised for the event, together everyone raised over \$75,000 to show their support for local healthcare!

donor *Impact* report

Signature Events

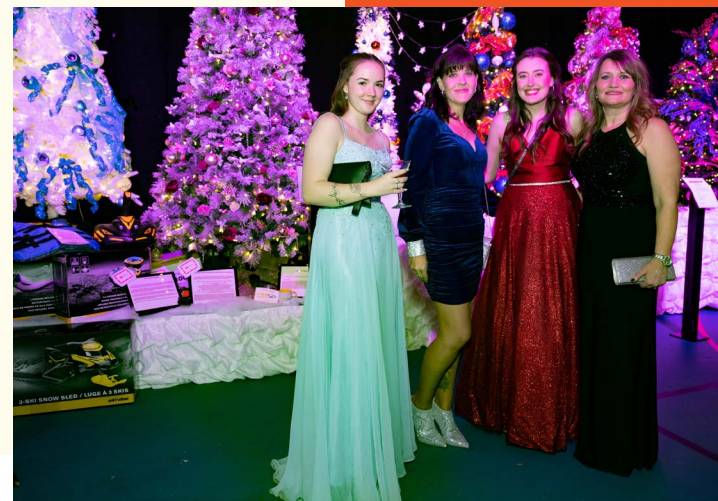


Festival of Trees 2022

The beloved holiday festival returned to the Island in November after being held virtually the last two years and the community was more than ready to step back into the festivities they know and love—raising an astounding \$755,000 for regional healthcare initiatives!

The three-day weekend was made possible by the generosity of the festival's 175 sponsors and 300 volunteers who worked tirelessly as Santa's Elves to ensure more than 8,500 guests experienced the magic of Festival of Trees.

And there certainly was some magic in the air—the Northeastern Alberta Aboriginal Business Association's (NAABA) tree submission broke the live auction record for the most funds ever raised for a single tree during the gala's live tree auction. Titled "Jingle All The Way," the tree was purchased in a winning three-way bid by Tuccaro Group, Syncrude, and Fort McKay First Nation, each contributing \$40,000 to raise an incredible \$120,000!



grateful patient Adrian Vanderham

"The care I received was absolutely amazing," says Adrian Vanderham. "I never expected to be a patient at the hospital, let alone an emergency patient, but there I was, and I was in a dire situation."

For 10 days Adrian felt like his "life was on a roller coaster" as the medical team worked to find and control a rectal bleed. His intervention was intense including 3 colonoscopies, 9 units of blood, plasma, and numerous medications. He credits the doctors for locating and fixing the bleed location and saving his large intestine.

"I would never have believed all of this medical treatment was available right here in Wood Buffalo," said Adrian. "During my stay the doctors and nurses always had time to answer my questions or just give me encouragement. The care that I received was absolutely amazing; the nurses and doctors were the kindest and most caring group of people I have even had the pleasure of meeting and I will be forever thankful that I was in their capable hands. The food services and the housekeeping staff were also so very friendly. I know words will never describe how grateful and blessed I am for the care I received from everyone in the hospital, especially the surgical unit staff on the second floor. Hopefully the fix is a permanent one and I won't need to return, but if I do I know I will get the best of care!"

Please keep your donations coming to the Health Foundation. Every single day patients need the equipment, programs, and services that your donations help to fund.

excellence in *action*

Our donors, members of the Board of Directors, and our staff have demonstrated excellence in their fields and have advanced the mission of the Foundation through leadership and philanthropy. In 2022, the following were acknowledged by community, provincial, and national organizations for their contributions and achievements.

AFP National Philanthropy Day Awards

- Chris Wilson
- Kyle Taback
- Fort Mac Hockey Bros (Parker & Cruz Flett)

Heart of Wood Buffalo Awards

- Chris Wilson
- Fort Mac Hockey Bros (Parker & Cruz Flett)

Queen Elizabeth II Platinum Jubilee Medal

- Cindy Amerongen
- Nelson Barbosa
- Karla Buffalo
- Nicole Bourque-Bouchier
- Howie Ewashko
- Dan Fouts
- Marty Giles
- Kevin Shulko
- Kyle Taback
- Dave Tuccaro
- Chris Wilson
- John Wilson

Regional Aboriginal Recognition Awards

- Chris Wilson

financial report

Statement of Financial Position

Year ended March 31, 2023 with comparative information for 2022

	2023	2022
ASSETS		
Current Assets:		
Cash	1,892,387	1,493,677
Marketable Securities	12,737,903	12,794,565
Accounts Receivable	27,880	259,339
Prepaid Expenses	8,586	5,112
	14,666,756	14,552,693
Capital Assets	45,439	52,367
	14,712,195	14,605,060
LIABILITIES AND FUND BALANCES		
Current Liabilities:		
Accounts Payable and Accrued Liabilities	166,579	171,080
Deferred Revenue	245,500	273,500
	412,079	444,580
Fund Balances:		
Unrestricted	7,504,315	6,461,556
Externally Restricted	5,151,641	6,004,989
Internally Restricted	1,598,721	1,641,568
Invested in Capital Assets	45,439	52,367
	14,300,116	14,160,480
	14,712,195	14,605,060

Statement of Operations

Year ended March 31, 2023 with comparative information for 2022

	2023	2022
Revenue:		
Fundraising Activities	3,744,703	3,292,794
Gifts-in-Kind	123,295	113,237
Investment Income	57,938	81,053
Other Revenue	-	25,833
	3,925,936	3,512,917
Expenses:		
Salaries and Benefits	630,018	483,209
Fundraising Activities	553,786	259,403
Office and Other	146,585	129,735
Amortization of Capital Assets	6,928	6,927
	1,337,317	879,274
Excess of Revenue Over Expenses Before the Undernoted	2,588,619	2,633,643
Donations to Alberta Health Services	2,448,983	3,281,019
Excess (Deficiency) of Revenues Over Expenses	139,636	(647,376)

Excerpts from the audited financial statements by MNP LLP.

For full audited statements, visit nlhf.ca

mission

Engaging people, inspiring philanthropy,
and securing funds for a healthy
Wood Buffalo region.

vision

Strong, healthy communities. Together.

shared values

- **PASSION:**

We are excited to connect the community to our mission; we are committed to investing in the best health care; we are dedicated to the wellness of our region.

- **INTEGRITY:**

We honour our word; we are transparent and accountable; we appreciate your gift and we handle it with the utmost care.

- **VISIONARY:**

We strive for innovation; we are visionary in our thinking; we are leaders in collaboration; we believe anything is possible.

- **RESPECT:**

We demonstrate respect for our region's rightsholders and stakeholder's, their diversity, unique needs, and contributions.

- **HONOUR:**

We are committed to advancing truth and reconciliation through knowledge, respect, representation, and action.



Contact Us

For more information about the Health Foundation or to make a donation, please contact us.

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Visit us on the web at nlhf.ca

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