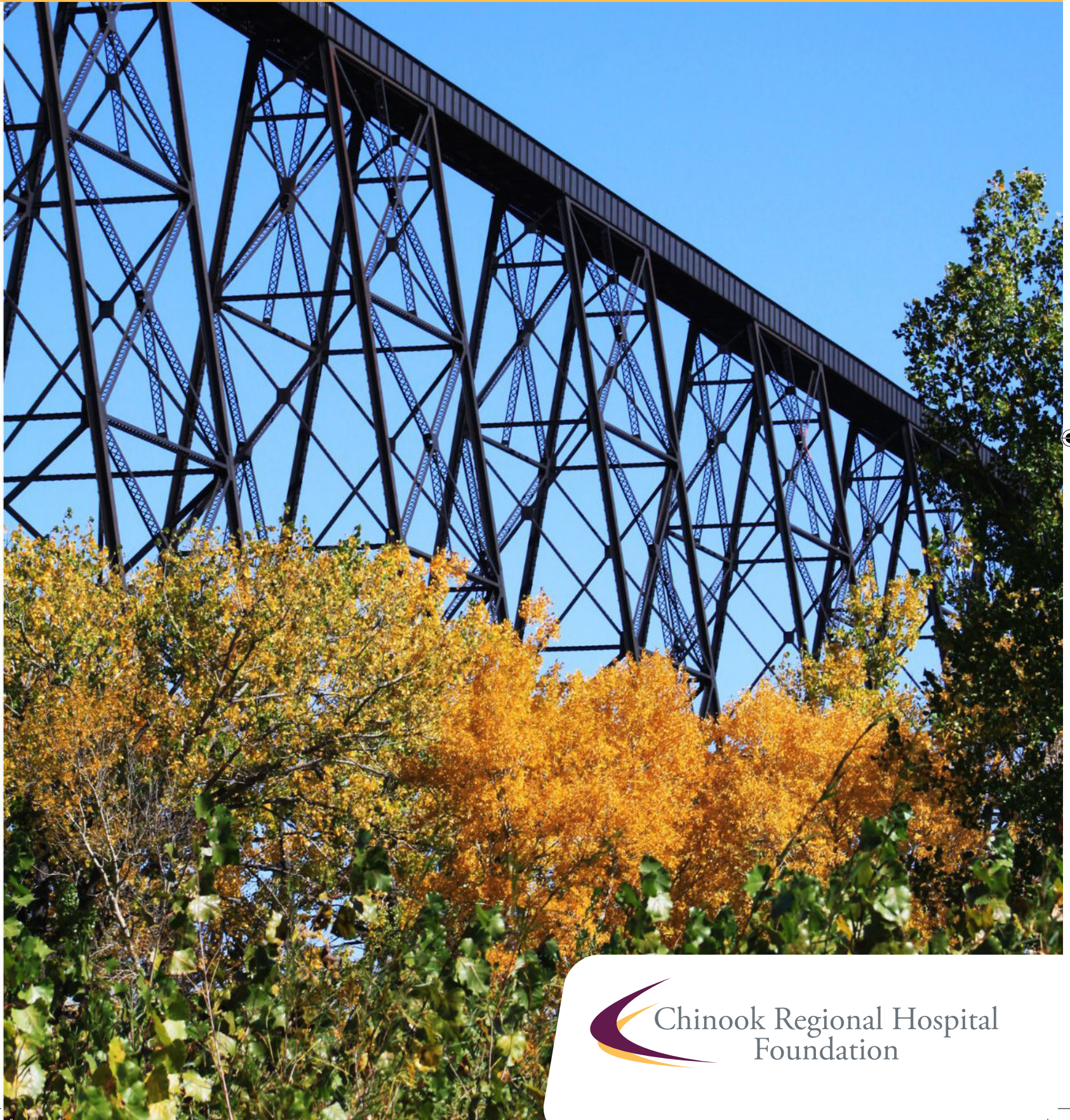


2022-2023
Annual Report to Donors



 Chinook Regional Hospital
Foundation

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

What an incredible year of change and transition; the pandemic has significantly impacted our healthcare professionals. I want to thank all those who have provided the best healthcare service; we certainly could not do it without their dedication and support.

After a two-year hiatus, we were excited to return to the Italian Open and the Christmas Tree Festival—incredible support from all those who participated in these successful and longstanding events. We were thankful to see all the smiling faces and reconnect with long-time friends. The community once again highlighted why Lethbridge and

southern Alberta are in the top ten most-giving areas of the country.

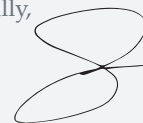
Ongoing work carries on at the foundation. During the year, we worked very hard to adapt and pivot our programs, campaigns and events to meet the new pandemic reality and continue to ensure the best possible patient services as we raise, receive and distribute funds for equipment and programs to enhance our region's patient services and health programs.

We are proud of your gifts' results, as 100% of the funds stay in the area and are reinvested into the community

to ensure excellent healthcare is available for all who need it.

I want to thank everyone for their generosity and commitment to our community. Please visit our new and improved website at www.crhfoundation.ca for more upcoming and exciting news.

Respectfully,



Allan Bartolcic, M.A.
Executive Director

A MESSAGE FROM OUR BOARD CHAIR

The past year has seen many changes as we move into our post-pandemic mode. Most significantly, we have been able to reinstate our two beloved and very visible live fundraisers, namely the Christmas Tree Festival and the Val Matteotti Italian Open. Both events were welcomed. I heard many tell me how much they missed the Tree Festival and what an integral part it had been to their own family's holiday celebrations.

The CRHF staff remain loyal and hard working. As a not-for-profit organization, we are fortunate to have retained a skilled, knowledgeable and industrious group. Allan Bartolcic, our new Executive Director, has completed his first year

with us and settled in well to the running and culture of the Foundation.

As the Board members move back into in-person meetings, we are excited about the prospect of seeing each other face to face and the creative idea sharing that happens when we meet in person. Our directors are dedicated individuals who offer their diverse skills to further improve the quality of Board leadership. This year we have recruited two new members, and each has already demonstrated a willingness to work hard and share their expertise. We are in the early stages of on boarding a new trustee while we continue to look for willing volunteers to help guide the Foundation.

Our work would be in vain if we didn't have the support of our donors and volunteers. With their generosity, we can continue to enhance the quality of health care offered to all those associated with and in need of the services at the Chinook Regional Hospital.

It has been my pleasure to serve on this board for the past seven years.

Sincerely,



Anne Browne
Chair



Care from the Heart, Costco Employees



Allan Bartolcic CRHF, Shonna Lamb CRHF, Tony Rose Let's Pasta, Rocco Suriano Let's Pasta & John Talerico Talerico Financial Group



Medication Carts



Operating Room

Last year Chinook Regional Hospital Foundation disbursed more than 1 million dollars in support of state-of-the-art healthcare equipment, vital programs and special projects.

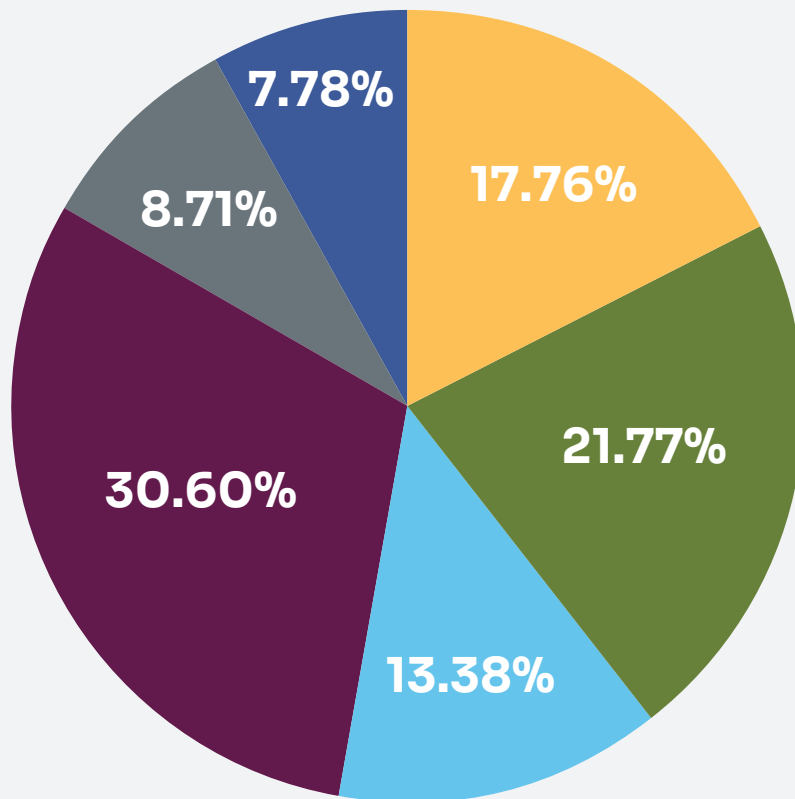
Areas of support included:

- Acute Care
- Addiction and Mental Health
- Ambulatory
- Cardio Respiratory
- COVID Units
- Day Procedures
- Diagnostic Imaging
- Emergency Department
- Gastroenterology
- Indigenous Health
- Inpatient Units
- Intensive Care Unit
- Labour and Delivery
- Nutrition Services
- Medicine
- Out Patients
- Pediatrics
- Pharmacy
- Rehab Medicine
- Surgery
- Volunteer Resources

REVENUE

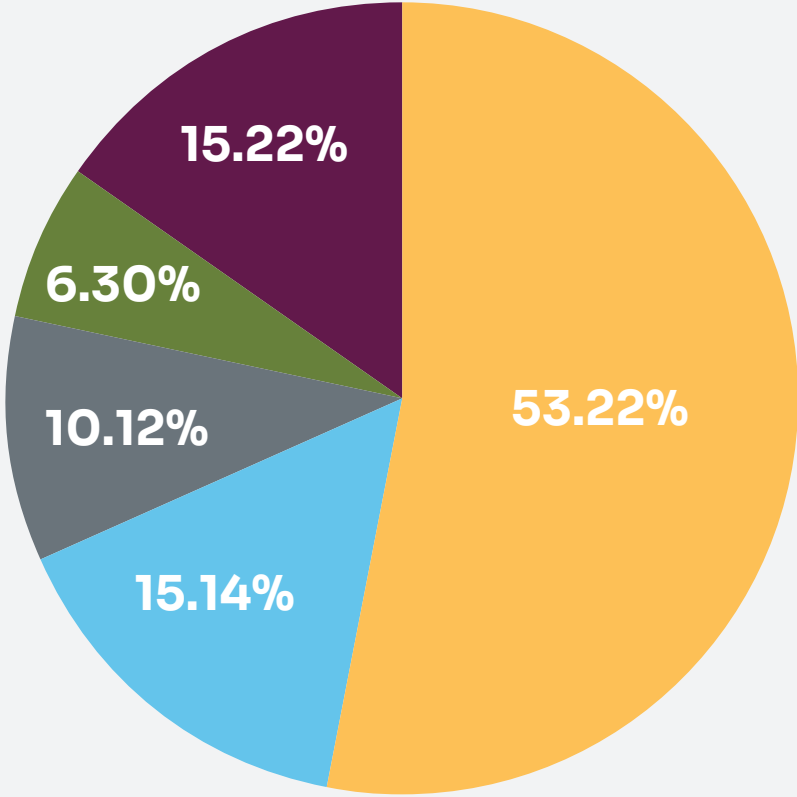
Annual Campaigns	\$391,566	17.76%
General Donations	\$480,008	21.77%
Events	\$294,894	13.38%
Gaming Activities	\$674,660	30.60%
Grants	\$192,000	8.71%
Investment Income	\$171,515	7.78%

Total Revenue **\$2,204,643**



DISBURSEMENTS & OPERATING EXPENSES

Committed Disbursements to CRH	\$1,027,293	53.22%
Available for Future Disbursements	\$292,182	15.14%
Administration	\$195,390	10.12%
Professional Fees	\$121,587	6.30%
Fundraising	\$293,804	15.22%



DR. DIONNE WALSH, SCHWARTZ ROUNDS

As a palliative care physician, compassion is a core virtue that lies at the heart of Dr. Dionne Walsh's practice. And, like so many of the physicians at the Chinook Regional Hospital, Dr. Walsh knows all too well that without support in place, compassion can take its toll.

"I talk to people about hard things all day, like their fears and suffering, what's not going well, and what can be done to make a hard situation a little bit better," she explained. "This naturally transferred over to me talking with other health care providers about their struggles."

Through these conversations, Dr. Walsh learned that while compassion is an invaluable aspect of patient-centred care, this connection with patients can be the very thing that fuels stress and burnout, a challenge that existed long before the added pressures of the pandemic.

"We want to take extra time to care for patients who feel alone and scared and we want to spend extra time on the phone updating family members and connecting them to their loved ones, but when we are feeling burned out, we may not have the bandwidth to give patients the extra compassion that they deserve," Dr. Walsh explained. "Sadly, we sometimes feel like we don't have any more empathy to give."

Despite the superhero image that fondly dominates the profession, we often forget that physicians do not, in fact, have superhuman abilities. Physicians are human beings with human needs, and if they don't recognize and care for their own needs, the intense emotional labour can become all-consuming.

"We often don't feel like our problems are 'big enough' to seek formal help, as we navigate cumulative day-to-day micro-traumas, rather than a single critical incident," said Dr. Walsh. "I became really interested in how we can create safe spaces in the hospital community, where we can share our heartaches, learn from one another about how to fill our buckets back up, and have compassion for ourselves, our team members, and our patients."

The Schwartz Rounds® program offers healthcare workers a regularly scheduled time during their fast-paced day to discuss the social and emotional issues they face in caring for patients and families, to connect with one another, and find respite from the many stressors that challenge the healthcare workforce today.

"Schwartz Rounds can be thought of as Rounds from the heart. Each gathering is focused on a theme, such as The Patient I will Never Forget, The Impact of

Unconscious Bias, or Challenging Family Dynamics. Three speakers present a short case that impacted them, and then group members are invited to reflect," Dr. Walsh explained. "As we listen to others describe their experiences and feelings, we empathize and relate to our own experiences, fostering a sense of community and normalizing the sharing of emotional responses among healthcare providers."

The program has been shown to enhance compassion, improve teamwork, and reduce caregiver stress and isolation.

"I had the privilege of participating in Schwartz Rounds with healthcare workers at South Health Campus in Calgary and was awed by the speakers who shared their personal stories with vulnerability and emotion, and by the participants who reflected immense gratitude toward those who shared and followed with their own personal experiences as well as tools and suggestions. Their group had held just a few sessions, but it was clear that the team members present were extremely supportive of one another and were grateful for the opportunity to spend time together thinking about the humanity of their common work."



CHELSEA SLOBODAN, MANAGER OF THE INPATIENT PSYCHIATRY AND PSYCHIATRIC ASSESSMENT NURSE TEAM

Chelsea Slobodan is a Registered Psychiatric Nurse and the Manager of the Inpatient Psychiatry and Psychiatric Assessment Nurse (PAN) team at Chinook Regional Hospital (CRH).

As a passionate frontline worker, she never envisioned a management role in her career path, but when the opportunity to lead the Inpatient Psychiatry and PAN team came along, she knew it was a chance to utilize her nursing skills in a new way.

"I am able to take my years of experience into a variety of mental health settings and apply them to my unit," explains Chelsea, "and that enhances patient care and supports my incredible teams."

As a multi-disciplinary group of professionals passionate about mental health and addiction care, PAN works to provide assessments and consultations to individuals of all ages who are presenting to the Emergency Department with mental health and/or substance use concerns.

With Inpatient Psychiatry, patients have access to a range of healthcare professionals, including Nurses, Psychiatrists, Social Workers, Recreation Therapists, Addiction Counsellors, Pharmacists, Mental Health Therapists, Indigenous Wellness Liaisons, Protective Services, volunteers and Interpreter Services. The Inpatient Psychiatric Unit offers essential programs like culturally appropriate individual and group therapy, wellness programs and mental health referrals.

For Chelsea and both teams, Inpatient Psychiatry and the PAN team, bringing a trauma-informed approach is essential to the care they provide patients. This means weaving an understanding of how

trauma impacts individuals into every aspect of care and working to assess and modify services to create supportive environments that avoid re-traumatization. "Often our physical and mental health is talked about in two separate categories. However, they work intrinsically together," she explains. "For example, when we are in a state of mental wellness, our sleep is improved, we have reduced anxieties and we are more able to adapt and face challenges. When we are physically ill and have chronic pain, our anxiety increases, and we are at a higher risk for a decline in our mental health. We must be looking at the whole person and whole body to properly care for and treat all illnesses, both mental and physical."

The teams also work closely with other AHS teams to collaborate across the healthcare system, continually improving patient care and bringing new ideas to the table. She credits the environment at CRH as integral to this process.

"The hospital is a community within a community. It's an incredible site to work at, and there is always collaboration and a spirit of working together for the betterment of our patients," she explains.

This constant striving toward improving patient care is also made possible through the support of donors to the Chinook Regional Hospital Foundation.

Funds raised have gone towards improving facilities, including new safety features in patient rooms, more welcoming floor plans for common areas and group therapy sessions, and new nursing stations for cross-team collaboration.

However, one of the most anticipated improvements made possible by donors

to the Chinook Regional Hospital Foundation is a new outdoor courtyard space that Inpatient Psychiatry patients can access from the unit.

"Fresh air and nature are so important to healing," Chelsea explains, "and now our patients have access to the outdoors while in hospital and can enjoy gardening activities with our Recreation Therapists and nursing staff. Bringing the outdoors into our inpatient program adds holistic care. It means that we can provide a larger variety of programs to benefit our diverse and wonderful patient population to best support them on their journeys."

"Without the services of Inpatient Psychiatry and the PAN team at CRH, we would not be able to provide acute mental health care for people in need in our community and the surrounding areas," Chelsea notes. "Our hospital is an extension of our community, and we always need to keep in mind that we need to be setting our patients and their loved ones up for success in the community upon discharge." Your support makes a difference.

Individuals in our community facing mental health and addiction challenges deserve support. When you donate to the Chinook Regional Hospital Foundation, you're helping healthcare workers like Chelsea and the PAN team deliver the best possible care in our communities.

We celebrate the collaborative, multi-disciplinary spirit of the PAN team at Chinook Regional Hospital. With your support, we can continue to provide healthcare programs like PAN in our community.

GREAT WAYS TO GIVE

BECOME A MONTHLY DONOR

Automatic payments from your credit card are convenient and save you the time and money it takes to mail in donations. At the end of the year, you'll be surprised by how your contributions and tax credits have added up, while providing a stable and reliable source of funding for Chinook Regional Hospital.

HONOUR A LOVED ONE

A gift made in honour of a family member or friend is a special and unique way to pay tribute to them or their memory, or to celebrate a milestone occasion such as a birthday or wedding. Caring Heart Tribute funds can be viewed at www.crhfoundation.ca.

GIVE THE GIFT OF SECURITIES

Save a significant amount of money at tax time by donating securities, such as publicly traded shares and mutual funds, even if you have a capital loss!

MAKE A LEGACY GIFT

Consider leaving a gift in your will to the Chinook Regional Hospital. All contributions, whether modest or grand, are pooled together to have a great impact on patient care in our hospital, benefiting the health and wellbeing of our community. For more information, email: shonna.lamb@ahs.ca.

LOG ONTO OUR WEBSITE

Visit www.crhfoundation.ca for the latest news, to make a secure online donation and for more information on how you can support the healthcare of our community!

The Chinook Regional Hospital Foundation receives and distributes funds for equipment and programs that enhance patient services and health programs in our community. This support goes to any area of need in the Chinook Regional Hospital, but specifically toward state-of-the-art healthcare equipment, vital programs and special projects in your hospital.

Our volunteer Board of Directors ensures all funds are dispersed in keeping with the wishes of our donors. Each Director brings unique experience and expertise to the Board.

Our dedicated and professional staff, led by Executive Director Allan Bartolcic, is experienced in fund development for healthcare in general and in our community in particular.

Together, we commit to ethical practices and sound management of your donations – in order to provide the best possible support for the health of our community.

If you would like more information on how you can make a gift to support the efforts of the Chinook Regional Hospital Foundation, please visit us at www.crhfoundation.ca or call our offices at 403-388-6001.

Chinook Regional Hospital Foundation Board of Directors (2022-23)

Anne Browne, Chair
Cathy Martin, Vice Chair
James Nilsson, Immediate Past Chair
Bryan Machacek, Finance Chair
Karen Raphael, Resource and Policy Development Chair
Amber Darroch, Director
Asif Muhammed, Director
Candace Ford, Director
Brian Harrison, Director
Paul Rocca, Director
Allan Bartolcic, Executive Director (Ex Officio)
Pamela Rockerbie, Assistant to the Executive Director (Ex Officio)

Chinook Regional Hospital Foundation Staff

Allan Bartolcic, Executive Director
Shonna Lamb, Development Officer
Sheryl Benson-Loman, Gift Administrator
Sherri Odland, Gift Administrator
Pamela Rockerbie, Executive Assistant

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