

Building Together

Annual Report
2022–2023

Message from our Leaders

How can we build the innovative health care system we will need tomorrow, today?

The answer is right in front of us. It is only by working together that we can be both forward-thinking and resilient.

Community involvement allows the best minds with the best ideas to address gaps, spur change and challenge the system to improve and deliver optimal outcomes. We chose **Building Together** as Calgary Health Foundation's guiding theme and call to action.

We strive to proactively help build a future where a visionary health care system centered on patients and families is at the heart of our decisions for the great community we serve.

To do so, Calgary Health Foundation is committed to working with our community stakeholders, partners and all levels of government.

The demand for health care continues to grow across all spectrums, including age, complexity and frequency of illness, and evolution of disease,

but the opportunities in front of us outpace such demand. It is an exciting time for the Foundation, having just completed Newborns Need, the largest fundraising commitment the Foundation has ever independently made.

Looking beyond this successful Newborns Need campaign, the current state of health care is informing what we prioritize to build our organization to have the impact needed.

Thanks to the generosity of our donors and volunteers, we supported the extraordinary teams caring for patients, clients and residents by raising \$24.7M.

The ability to make investments that disrupt the status quo has led to remarkable discoveries and progress.

Some of our major fiscal highlights over the past year include:

A transformational \$10M gift from the Taylor Family Foundation brought us over the finish line of our Newborns Need campaign.

We made more than 200 commitments to varying initiatives across all four hospitals, Carewest long-term care centres and community health programs.

We raised more than \$14.3M in net proceeds from our two home lottery programs, Foothills Hospital Home Lottery and Hospital Home Lottery, and our internal staff lottery, WinWin.

We strengthened our partnerships with organizations committed to enabling excellence in health care, including, but not limited to, Alberta Registered Nursing Education Trust (ARNET), the City of Calgary, the University of Calgary, Cumming School of Medicine, and the Alberta Children's Hospital Foundation.

Building our health care system to meet the demands of tomorrow while addressing the gaps today is a primary objective, and the support we have received over 26 years demonstrates the momentum we can build upon. The work that our staff is doing will impact every person and every generation. So, we thank you — our donors, partners, staff, and volunteers — for supporting the ideas, large and small, that advance health care rapidly.



Murray Sigler

Murray Sigler
President & CEO



Sandy Edmonstone

Sandy Edmonstone
Board Chair

“Your support of Calgary Health Foundation means that together we can build opportunities, invest in health care excellence and support ideas that disrupt the status quo and push the boundaries beyond what anyone thought possible.”

Sandy Edmonstone
Board Chair, Calgary Health Foundation

Don and Ruth Taylor celebrate their \$10M commitment to the Newborns Need campaign alongside Board Chair, Sandy Edmonstone.



The people we serve

How do we **build** opportunities that will lead to serving our community better given the growing demand for health care services? Below are highlights of the ways our community needs and the pressures on our health system are changing. These are things we need to consider to inform investments in care.

Calgary Zone serves

1.5M

People

5X the province of PEI



Albertans with at least one chronic health condition

30%

75% for Albertans over 65+

New residents per day

62

Estimated Calgary metropolitan rate of growth²

Our aging population: 14% of Calgarians are over 65+*



The most substantial increase is anticipated over the next 5 years¹

It is estimated that by 2031, 1 in 5 Albertans will be 65+*



Women were 1.9x more likely to report moderate to severe anxiety (2020-2022)³.

Building holistic views on health care



We believe in taking in the full picture by seeking inputs that allow us to gain a 360 degree perspective on some of the biggest challenges the health system faces. Then we can zoom in and elevate and accelerate change.

Our support covers three critical areas that are supporting patients today and seeking to change the narrative tomorrow:



Care

How can we advance the opportunities at the bedside for patients today?



Wellness

How do we promote health and prevent the progression of illness and disease?



Research

How can we better understand disease and the precision needed to treat it?

With our unique model of investment, we can ensure that donor dollars are used for investments that will maximize impact. Supporting our hospitals, care centres and community health programs allows us to be at the centre of a complex system and help to facilitate collaboration, input and dollars in the most transformational way.

Hospitals

- Foothills Medical Centre
- Peter Lougheed Centre
- Rockyview General Hospital
- South Health Campus

Long-term Care

in partnership with Carewest

- Long-term Care
- Supportive Living
- Alternative Level of Care
- Day Programs
- Sub-acute Rehabilitation and Recovery
- Community Programs

Community Health

- Prevention
- Harm Reduction
- Care in Community
- Vulnerable Population Support
- Primary Care Partnerships



1.95M
Ambulatory Care⁴

↓ 2021-22 [2.5M]



471.5K
Emergency Department Visits

↑ 2021-22 [451.5K]



204.8K
Urgent Care Visits

↑ 2021-22 [180K]



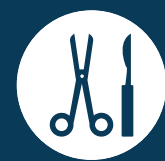
143.8K
Hospital Discharges

↑ 2021-22 [139.4K]



17.4K
Births

↓ 2021-22 [17.6K]



100.9K
Main Operating Room Activity

↑ 2021-22 [96.9K]

¹City of Calgary website
²City of Calgary Economic Outlook 2023

³Mental Health Commission
⁴Medical treatment without hospital admission



Donor
Spotlight



Building earlier detection and treatment

Lung cancer is the leading cause of cancer death among Canadians. About half of lung cancer diagnosis are not made until stage IV.*

One family's legacy gift radically impacts diagnosis and treatment of lung cancer

Every day, 80 Canadians learn that they have lung cancer. One day, Kathleen Fleishman, or Kathy as she was known by family and friends, was one of those Canadians.

Kathy was the heart of her family. She raised her sons, volunteered, loved to travel and was always ready for an adventure. With her family at her side, she fought her cancer diagnosis bravely and thought of the years she had ahead to be a role model to her granddaughters. Sadly, her fight would come to an end after many treatments and surgeries, and her

husband, two sons and daughter-in-laws and four granddaughters would say goodbye to the woman they loved so much.

"She was a fighter," shares her husband, Jerold.

Knowing the tenacity she fought with, the family wanted to honour Kathy for her courage and bravery. And, Jerold wanted his granddaughters to see the impact their grandmother would have on others far beyond the life she lived.

*Source: StatsCAN Plus, 2022

Donor Spotlight

"We knew if we could do something to support early treatment and diagnosis of lung cancer, the better chances people would have of getting the right care and having better outcomes," remarks Jerold of the family's decision to support the bronchoscopy suite at Foothills Medical Centre. "We felt that lung cancer isn't as well known as some other cancers, and it was something that directly impacted our family."

The family's support of bronchoscopy equipment supports patients through two important steps of their lung cancer journey: diagnosis and surgical intervention.

Bronchoscopies are an endoscopic technique used to internally visualize the airway and associated structures for diagnostic and therapeutic purposes. Bronchoscopes are used primarily by Interventional Pulmonary Medicine physicians and thoracic surgeons.

Foothills Medical Centre performs more bronchoscopies than any other facility in Southern Alberta.

It is also the only location, with the exception of South Health Campus, that can perform specialized EBUS bronchoscopies specifically for the purpose of diagnosing lung cancer.



EBUS bronchoscopies have transformed how lung cancer is diagnosed by offering a less invasive procedure that does not require patients to stay in hospital overnight, as they would with more traditional diagnostics.

When you pass the hall of the bronchoscopy suite on Foothills Medical Centre's fourth floor, you'll see Kathleen Fleishman's name on the wall as a message to families from a family who has been there. Most importantly, her granddaughters will see it and be reminded of the giving and caring woman their "noni" was.

The impact of donors

The bronchoscopy suite allows Interventional Pulmonary Medicine physicians and thoracic surgeons to **diagnosis earlier** and provide **better surgical intervention** for patients facing lung cancer.

The generous gift made by the Kathleen Fleishman Foundation transformed care:

Additional enhanced equipment means that a patients wait time for diagnosis has been **decreased by 17-33% from 45 days to one to two weeks.**

New technological advances mean better quality of video imaging, resulting in **more accurate sampling and broader visualization for discovery of cancerous lung tissue.**

Investment in the most advanced technology to increase capacity has also led to **more accurate diagnosis**, and therefor, earlier and more accurate treatment protocols.

Physician
Spotlight

Building new surgical options

Donor support brings new options for prostate surgery

When Dr. Mark Assmus was looking for his next opportunity, the urology program at Rockyview General Hospital was a standout. Calgary's reputation for having a strong team with like-minded individuals striving to innovate and influence urological care across the country aligned with what Dr. Assmus hoped to contribute to the field.

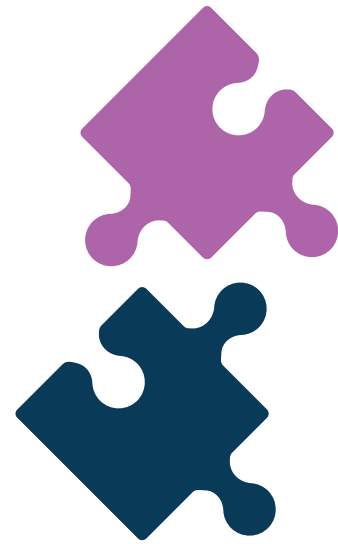
Having trained in Edmonton, Indianapolis and Chicago, Dr. Assmus gained a variety of experiences in new surgical techniques, clinical innovations,

and research collaborations with leaders in his field. One surgical technique Dr. Assmus has brought back to Alberta is called holmium laser enucleation of the prostate, or HoLEP. Enucleation is one of the only interventions for any size prostate gland and can be used to treat men with lower urinary tract symptoms from benign prostatic hyperplasia (BPH) – commonly known as an enlarged prostate.

This condition is very common as men age. It is estimated that **one in five men over the age of 30 years will experience symptoms**

of BPH and this rate continues to rise impacting 80% of men over the age of 70. In severe cases, BPH can lead to damage of the bladder and kidneys and in extreme cases may result in renal failure. In many cases, it can greatly impact overall quality of life and lead to major discomfort.

With donor funding, Dr. Assmus has established a HoLEP treatment program in Calgary to help modernize prostate care throughout Alberta and ensure that the care we deliver here aligns with international best practices.



Technology drastically improves patient outcomes

HoLEP, holmium laser enucleation of the prostate, is a minimally invasive technique that uses mechanical and laser energy to separate the blocking prostate tissue from the prostate capsule to maximally unblock urine flow.

Using this surgical technique drastically impacts patient care as it gives surgeons more treatment options for individuals that have complicated medical conditions, have very large prostates, are on blood thinners or have had previous treatments that may complicate their care. For the patients, the benefits are plentiful; including lower rates of complications during surgery, a more comfortable recovery, and a shorter length of stay in hospital.

Today, many men undergoing alternative standards of care within Alberta spend at minimum one night



Current alternative standard of care treatments can have a 10% re-treatment rate within 10 years, but with the HoLEP procedure, less than 1% of patients need retreatment within 18 years.

and many times greater than one night in hospital post operation. As the HoLEP program ramps up Dr. Assmus and his team's goal is that 75% of patients will go home the same day as their procedure.

For clinicians like Dr. Assmus who are interested in novel ideas and innovating patient care, the ability to practice at their full scope of talent, offer mentorship and have access to research resources is critical in deciding where they will work. With donor support, the ability to accelerate ideas into action is vital to recruit and retain the best in their field right here in Calgary.



“This program simply could not be initiated in Calgary without donor support. Although the program will improve health care costs significantly in the years to come by decreasing length of post-operative hospital stays, reducing re-treatment rates and having a lower complication rate than the current offered treatments, there is a large up-front cost to obtain the

novel surgical technology required to perform HoLEP.

The donor support is what can allow a subspecialist like myself to bring a new surgical technique from outside of Canada to our Calgary doorsteps. This program can immediately improve patient care locally, provide a center to teach other Canadian urologists this technique –

further improving urologic care across the province, and establish our urologic team as a key center for collaborative benign prostate research for years to come.”

– Dr. Mark Assmus

Attracting the best and the brightest is a driver to building centres of excellence

Support for new and state-of-the-art surgical procedures and technology is critical in expanding the depth and breadth of health care services that can be offered to patients. Removing barriers to innovation and encouraging bright minds with entrepreneurial thinking challenges the status quo and creates environments that produce better patient outcomes.

It is also one of the key factors needed to establish a centre of excellence in any given specialty.

Environments that encourage innovation and knowledge translation, have reputable clinical teams that are recognized nationally and internationally and access to the best technology are sought after as the medical training grounds for the future. For Calgary, this means that the best and the brightest in their field build their lives here and our patients receive more interdisciplinary and comprehensive services by teams

with proven track records of success.

Calgary has a history of supporting pioneers in areas such as business, technology, agriculture and oil and gas. As a community we have an appetite to attract new ventures and incubate talent. Through donor support, we are looking to embrace this thinking as we look to tackle some of health care's biggest challenges today and into the future.

Leaders in their field have to establish their roots somewhere. Why not Calgary?



Donors accelerate change

New surgical techniques build opportunities for the future

In Calgary we are establishing a comprehensive benign prostate database which will be utilized to answer exciting novel research questions and continuously assess and improve patient care. Launching this HoLEP program in Calgary allows our urology team to contribute to an exciting state-of-the-art area of current research.

Thanks to the generosity of donors, new equipment including holmium laser technology, prostate enucleation endoscopes and prostate tissue morcellators were purchased to develop this program. These upfront resources will not only improve the safety and outcomes of prostate care in Alberta, the need for re-treatment down the road is significantly reduced compared to current treatments.

Rockyview General Hospital will also be a destination for teaching medical students and urologists across the province about this guideline recommended approach to prostate care.



Building trauma-informed wrap around support

When moments that feel like despair, become moments of hope

Heavy weighted footsteps towards a barren cold room. No place to sit, to be comforted or to sooth your anxiety. It was a choice you made to come here because you desperately needed help. The moment's that felt like rock-bottom don't compare to now; to here...

That's how Eve remembers feeling when she entered the emergency psychiatric hold room – her family desperate to be by her side, but unable to hold her hand because there was no chair. Just concrete.

Since her early 20s Eve had an ongoing struggle with anxiety and depression. But then life started to move quickly: Eve became pregnant with twins and then her girls were born prematurely and needed critical care. When they were home and it was like a honeymoon with family and friends coming to see the girls, and the girls growing, and then celebrating their first birthday and walking, and...

One night, the enormity of it all hit Eve like a freight train. They almost lost one of their daughters

because she was so fragile at birth. Eve’s pregnancy was so complicated and risky she had been terrified every day. And Eve went into a place darker and darker as she stared at pills and thought about ending her life until her husband pulled her out.

The next night, when the walls started closing in and the darkness prevailing, Eve called her therapist and was immediately referred to the Emergency Room.

“I’m so sorry, Eve,” said the triage nurse. “But we need to keep you safe.”

As she moved down the hall, Eve began to question if she had made the right decision.

“I felt so ashamed to be there, like I was a prisoner and I had done something wrong. At the same time my environment didn’t match the care I was receiving. Everyone was so caring and supportive and yet I felt in more despair than when I had walked in,” recalls Eve.

“I don’t know what would have happened to me if I had to stay longer than I did, or if my family wasn’t with me and I had to face it alone. The magnitude of my situation came as a hard realization and I was doing everything I could to get out of there.”



The state of mental health

- **87,000** Calgarians seek help for mental health issues each year
- **20,000** Calgarians require emergency and/or inpatient care at one of Calgary’s four adult acute care hospitals
- **There are 21,000-23,000** Emergency Department (ED) visits in Calgary each year for which the primary presenting problem is a mental health concern

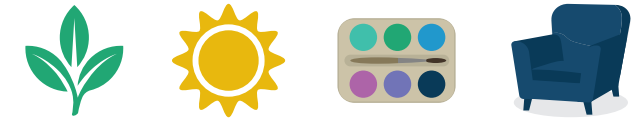
While Eve can’t say enough about the great care she received, it took her a very long time to get over the shame of her experience. She didn’t talk about that night with anyone – not her family or her friends.

But with a new focus on trauma-informed spaces being developed in emergency and across mental health care in Calgary, and the reduced stigma around mental health, Eve is ready to tell her story so that the long, cold and lonely hallway that she walked can be steps towards hope and healing for others.

“I want this experience to be restoring of dignity for anyone that needs it, not something that takes it away,” says Eve about the passion she has for this project. **“These steps are a light to the journey ahead and people should not be afraid to take them.”**



Trauma-informed principles to support mental health needs



Trauma-informed Design (TiD) is a new way of thinking about the needs of people experiencing psychological distress and how the built environment can be tailored to facilitate calm and healing. Integrating knowledge from psychology, neuroscience,

physiology and cultural factors, trauma-informed spaces reduce and remove adverse stimuli and environmental stresses to create a sense of real and perceived safety, and instill a sense of respect, connection, community, control, and dignity.

The result is a calming, therapeutic setting where patients feel their pain is acknowledged, they are valued and empowered, and stigma is decreased.



Following best practices* there are the four key assumptions in a trauma informed approach:

- **Realizing how the physical environment effects an individual’s sense of identity, worth, dignity, and empowerment.**
- **Recognizing that the physical environment has an impact on attitude, mood, and behavior, and that there is a strong link between our physiological state, our emotional state, and the physical environment.**
- **Responding by designing and maintaining supportive and healing environments for trauma-experienced clients or patients to resist re-traumatization.**

Philanthropy allows for spaces designed to meet the medical needs of patients to be transformed under TiD to support the medical and mental health needs of patients.

* SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach manual (October 2014)

Resident
Spotlight

Building a better quality of life



“Who would win in a fight: Elvis Presley or Johnny Cash?”

This is a question Allan asks as he strums his guitar and lends his voice to the rich sounds of Ring of Fire. Music is something that Allan is passionate about. He regularly jams and entertains residents with some of his favorites from across the many genres he’s added to his personal repertoire.

At 34, Allan loves sports having played both hockey and football

as a kid. He enjoys getting outdoors, going bowling, playing basketball and going to outings around the city.

He is like many peers his age – except, six years ago at the age of 28, Allan was diagnosed with a traumatic brain injury following an incident that caused Allan’s brain to be deprived of oxygen for an extended period of time.

Today, he lives at his residence in Carewest’s Colonel Belcher facility where he has the supportive environment he needs for his complex mental health condition.

Traumatic brain injury creates new challenges for individuals as it alters how they experience life. It can change their core qualities, impact memory, attention, judgement and decision making,

How donor support transforms lives at Carewest

Quality of Life and social programming:

Expression, passion and general wellness are feelings residents experience when they have opportunities to participate in programming such as music, art and horticulture therapy. For many residents, full or partial mobility allows them to enjoy the roar of the crowd at a hockey game, the plunging penguins splashing at the zoo or even a day at a car show. These opportunities are beyond the basics of care, and only possible with donor support.

Home-like environments:

Care facilities should feel like a resident’s home with some necessary adaptations. Enhancing environments such as common areas for dining and socialization help reduce isolation and enhance social skills support. Environments where residents have input into design, furniture and art make it feel less institutional and more welcoming as many call it home for many years of their lives.

Vulnerable resident support:

Many Carewest residents are some of society’s most vulnerable members who do not have the support networks many of us do. They often consider fellow residents and staff their family and do not have funding for general expenses such as clothes and shoes or enjoy the benefits of outings and personal entertainment without donor support.

Innovations in care:

The broad range of care provided by Carewest from day and community programs, to rehabilitation and recovery, to long-term care means that residents benefit exponentially from the opportunity to innovate. Enhancing mental health therapy support, reimagining sensory environments and allowing the young and young at heart to experience the world around them in new ways are examples of how donors enable innovation that leads to a more fulfilling life for residents.

as well as it can enhance feelings of loneliness. In some instances, it can make people more irritable, impulsive and have social impairments. The impacts of traumatic brain injury can range from mild to severe.

As Allan describes it, the results of his injury have led him to be too much in his head when he is alone.

Prior to his traumatic brain injury, Allan was a successful stonemason and had experience across the construction industry. He was physically fit, loved music and spent a lot of his free time with friends. These are the things that haven’t changed.

Allan has used the craftsman skills he developed as a stonemason and turned them into a passion for art. He is currently working on scratch-art, which allows him to use similar skills he had following blueprint designs, but he’s also developed a talent for painting and in the winter he knits hats for staff and residents.

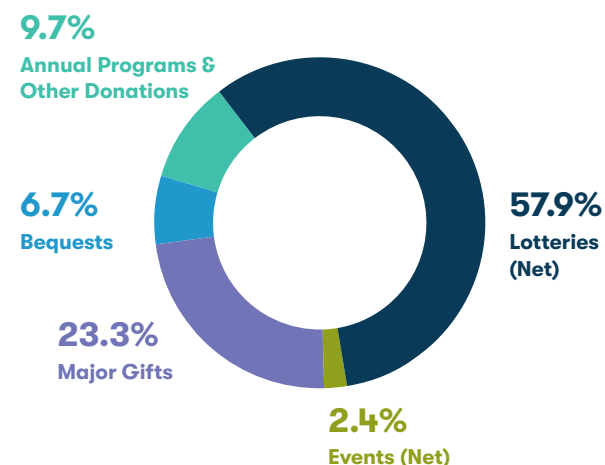
He gets outside with a companion who has taken Allan hiking, to car shows and different events around the city and occasionally to the facility’s gym. As a vibrant young man, these are important to Allan to create positive experiences, enhance his social environments and support his mental wellness. And, what has Allan beaming is the time he gets to spend with the music therapist who is teaching him different chords and helping him to write his own music. He uses a mixer on his computer to develop his own sounds and benefits from the Spotify Premium account to jam to different genres and learn a variety of musical blends.

Living at Carewest’s Colonel Belcher facility has also given Allan the added benefit of a diverse group of friends, especially on social nights when they gather together with veterans, others with varying degrees of mental health needs and staff. He enjoys hearing the stories from the older residents and sharing his music at his table.

Allan is fortunate to have his family nearby who are able to support him, but not all residents are as fortunate. One of the biggest challenges for complex long-term care residents is that their needs often require a combination of medical and social care, while ensuring a supportive and home-like adaptive environment filled with enriching experiences that offer a high quality of life.

Financial Summary

2022-2023
Net Fundraising Revenue
\$24,714,905



Calgary Health Foundation is committed to transparency in our reporting.

Our Finance & Audit Committee of the Board ensures that we continue to operate both efficiently and effectively, while pursuing opportunities to grow our organization’s impact for our donors, our community and health care. We report financial information in two ways; Audited Financial Statements available on the Foundation’s website (calgaryhealthfoundation.ca) and through filing the Registered Charity Information Return (T3010), which can be found on the Government of Canada’s website. While both formats utilize the same information, the Foundation’s Audited Financial Statements provide a better detailed assessment of the organization’s performance.

Lotteries (Net)	57.9%	\$ 14,321,394
Events (Net)	2.4%	\$ 580,852
Major Gifts	23.3%	\$ 5,758,936
Bequests	6.7%	\$ 1,648,937
Annual Programs & Other Donations	9.7%	\$ 2,404,786
		\$ 24,714,905

Our fundraising vs. lottery revenues

Calgary Health Foundation raises money through two streams of business: our fundraising activities, which are benchmarked to industry best practices, that inspire the community to make philanthropic donations in support of our mission; and our charitable lottery revenues which are raised through our three lottery programs – Foothills Hospital Home Lottery, Hospital Home Lottery and WinWin staff lottery.

Our lottery programs have a great return on investment. They are essential to our overall success and make up 57.9%, or a net of \$14.3M, of our total fundraising revenue. We continuously evaluate the return on investment of all of our lottery programs. The expenses of these programs include the purchase of prizes and program marketing. We are proud to say that we run some of the most efficient lotteries in Canada.

Gross Lottery Revenue
\$35,415,055

37.5%	\$13,281,286	Prizes
22.1%	\$7,812,375	Other Expenses
40.4%	\$14,321,394	Net Revenue

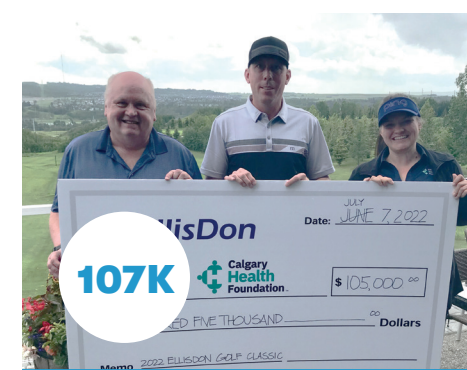
Donors build community and impact through events



The **Shoppers Drug Mart Run for Women** puts women’s mental health at the forefront of the conversation. Thousands of runners and walkers gather in support of the 1 in 5 women who will face mental health challenges in their lifetime. The 2022 hybrid event raised **\$190,000** for the Women’s Mental Health Clinic and trauma-informed care right here in Calgary!



The **Great Italian Wine Encounter** was better than ever with almost 18 wine makers from the most notable wineries in Italy. Net revenue of **\$98,000** will support the advancement of precision medicine for complex autoimmune disease and the development of a new Glomerulonephritis (GN) clinic that will support research and multidisciplinary collaboration.



It was an ace for the **Ellis Don Golf Tournament** supporting the Newborns Need campaign for the redevelopment of Foothills Level 3 Neonatal Intensive Care Unit (NICU)! The teams raised over **\$107,000** to support critically-ill and premature newborns.



A fashionable night for an important cause at the **Country Hills Mercedes-Benz Fashion Show** with the NICU graduates as runway show-stoppers. The event raised **\$53,000** in support for critical equipment for the NICUs.



The **Tiny Footprints Gala** again brought together families with shared experiences around pregnancy and infant loss and many who support them. The event breaks stigma around loss and dedicated more than **\$23,000** to support the care for families facing loss.



Fundraising Efficiency

Calgary Health Foundation raised **\$909,751** per each full time employee for net fundraising revenues of **\$24.7M** showing that our small team is able to effectively work with donors in ensuring a big impact.

Disbursements and Funding Allocations

Total Disbursements
\$15.3M

Total Funding Allocations
\$12.1M

Future Funding Commitments*
\$60.6M

Disbursements vs. funding allocations

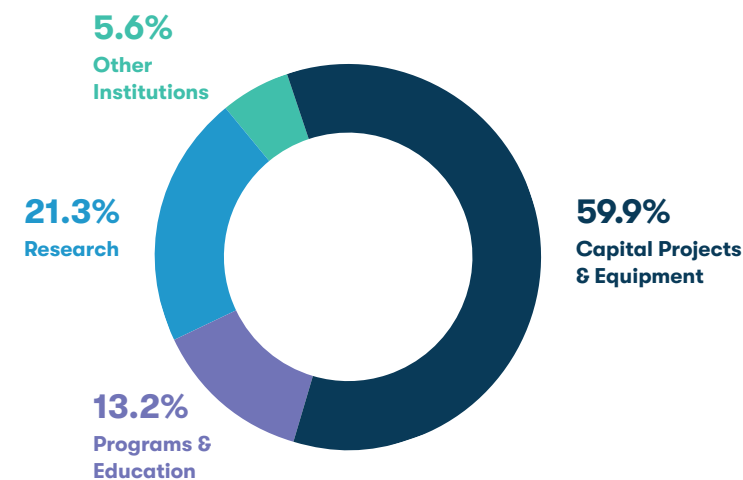
While occasionally grant funding is provided for projects upfront such as research initiatives, Calgary Health Foundation's primary method of disbursement is through a reimbursement of funds model to Alberta Health Services at milestones or at the completion or ready for use date. Therefore, we evaluate two concepts in advancing our mission: Disbursement, which are defined as cash funding provided during the past year, and Funding Allocations, which are commitments made for future disbursement.

Many initiatives the Foundation is involved in have multiyear commitments for capital infrastructure, such as the funding of the Foothills Medical Centre Neonatal Intensive Care Unit, the new Gastroenterology (GI) Unit at Rockyview General Hospital and other large projects.

* Includes funding allocations and commitments with signed agreements from past years, which have not yet been disbursed.
** Includes disbursements to the University of Calgary.

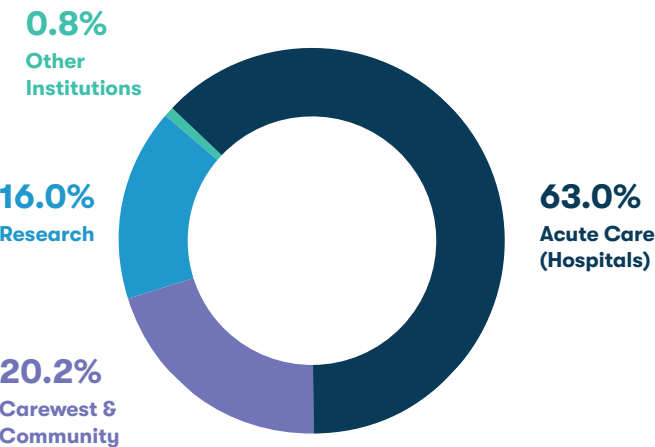
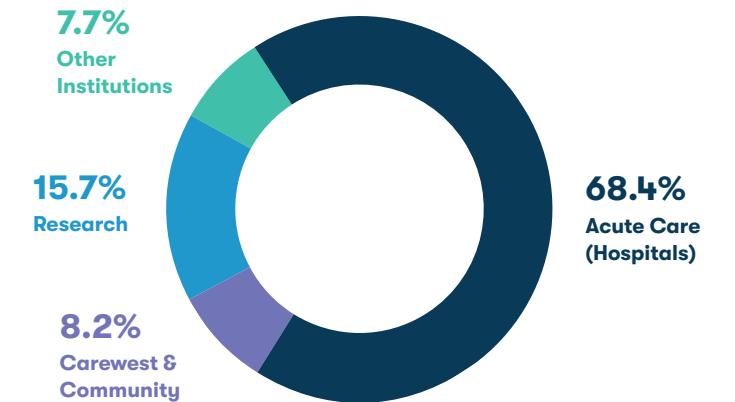
Total Disbursements

Capital Projects & Equipment	59.9%	\$	9,182,040
Programs & Education	13.2%	\$	2,023,941
Research**	21.3%	\$	3,268,796
Other Institutions	5.6%	\$	854,000
		\$	15,328,777



Disbursements by Location

Acute Care (Hospitals)	68.4%	\$	10,472,271
Carewest & Community	8.2%	\$	1,259,097
Research	15.7%	\$	2,413,403
Other Institutions	7.7%	\$	1,184,006
		\$	15,328,777



Funding Allocations by Location

Acute Care (Hospitals)	63.0%	\$	7,614,815
Carewest & Community	20.2%	\$	2,446,674
Research	16.0%	\$	1,935,228
Other Institutions	0.8%	\$	100,000
		\$	12,096,717

Outlook on Commitments

As at March 31, 2023

	Total (\$)	Less than 1 year	2 years	3 years	4 years
Funding commitments ¹	49,992,419	18,438,197	14,016,026	13,970,196	3,568,000
Lottery prizes ²	14,975,280	9,966,880	5,008,400	-	-
Total commitments	64,967,699	28,405,077	19,024,426	13,970,196	3,568,000

¹ Funding commitments include approved projects with either a signed Funding Agreement or signed Memorandum of Understanding.
² As at March 31, 2023, Calgary Health Foundation had committed to purchasing prizes of \$6.3 million for the 2023 Foothills Hospital Home Lottery and \$3.7 million for the 2023 Hospital Home Lottery. Calgary Health Foundation had also committed to purchasing prizes for the 2024 Foothills Hospital Home Lotteries totaling \$4.0 million and for the Hospital Home Lotteries totaling \$1.0 million. The 2023 lotteries will be completed in fiscal 2024 and the 2024 lotteries will be completed in fiscal 2025.

Calgary Health Foundation

2022/23 Audited Financial Statements

On May 24, 2023, our independent auditors, Ernst & Young LLP, issued an unqualified audit report on the financial statements of the Calgary Health Foundation for the year ended March 31, 2023. The 2022/23 Audited Financial Statements, including the independent auditors' report, are available on the Calgary Health Foundation website (<https://www.calgaryhealthfoundation.ca/financial-statements/>) or by contacting the Calgary Health Foundation office at (403) 943-0615.

The following information summarizes the financial position and the operations and changes in fund balances for the Calgary Health Foundation for the year ended March 31, 2023.

Calgary Health Foundation STATEMENT OF FINANCIAL POSITION

As at March 31,	2023	2022
ASSETS		
Cash	\$ 85,016,128	\$ 84,015,092
Accounts receivable	481,661	467,273
Prepaid expenses	1,507,963	2,563,357
Investments – at market value	96,243,340	96,502,220
Other assets	2,280,683	2,441,450
Total Assets	\$ 185,529,775	\$ 185,989,392
LIABILITIES		
Accounts payable & accrued liabilities	\$ 2,511,118	\$ 2,401,737
Charitable disbursements payable	747,215	2,617,462
Deferred revenue – lotteries and events	14,225,036	17,304,362
Total Liabilities	\$ 17,483,369	\$ 22,323,561
FUND BALANCES		
Operating Fund	\$ 22,160,151	\$ 18,801,008
Restricted Fund	111,705,413	106,883,457
Endowment Fund	33,634,590	33,335,927
	\$ 167,500,154	\$ 159,020,392
Accumulated remeasurement gains	546,252	4,645,439
Total Liabilities & Fund Balance	\$ 185,529,775	\$ 185,989,392

Calgary Health Foundation STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

Year ended March 31,	2023	2022
REVENUE		
Donations	\$ 9,812,659	\$ 9,940,349
Lotteries (net)	14,321,394	16,910,919
Events (net)	580,852	455,770
	24,714,905	27,307,038
Grants – Alberta Health Services	437,127	434,471
Grants – Other Government	14,350	6,376
Investment income	6,389,278	6,949,014
	\$ 31,555,660	\$ 34,696,899
EXPENSES		
Operating expenses	\$ 7,747,121	\$ 6,719,280
Excess of revenue over expenditures before charitable disbursements	\$ 23,808,539	\$ 27,977,619
CHARITABLE DISBURSEMENTS		
Alberta Health Services	11,364,036	6,724,557
University of Calgary	3,110,741	3,559,850
Other Organizations	854,000	260,132
	\$ 15,328,777	\$ 10,544,539
Excess of revenue over expenditures and charitable disbursements	\$ 8,479,762	\$ 17,433,080
Fund balances, beginning of year	159,020,392	141,587,312
Fund balances, end of year	\$ 167,500,154	\$ 159,020,392





You were there when Newborns Needed you!

Donor support provided opportunities for advancement across Calgary and supported new spaces, care initiatives and research from prenatal care to early childhood.

Infrastructure: Expansion and development for newborn and family resources

- | | | | |
|---|------------|---|------------|
| Expansion and development for Newborn Resources | ● Building | Shaganappi Community Health Hub | ● Open |
| Foothills Medical Centre two-story NICU | ● Building | South Health Campus Maternal Triage | ● Building |
| Peter Lougheed Centre Maternal Care Unit | ● Open | South Health Campus Pediatric Emergency Pod | ● Open |
| Peter Lougheed Centre NICU | ● Open | | |



Read more

Care: Family-centred care initiatives

- | | | | |
|--|---------------|--|---------------|
| Birthing Tub at Rockyview General Hospital | ● In progress | MUMS: Perinatal Mental Health Resources for Rural Moms | ● Active |
| Care by Parent Room at South Health Campus | ● Active | Rockyview General Hospital NICU Nutrition Station | ● In progress |
| Central Fetal Monitoring | ● In progress | Southern Alberta Neonatal Transport Services (SANTS) | ● Active |
| NICU advanced equipment | ● In progress | | |



Read more

Research: Clinical research and education to address Calgary's abnormally high rates of preterm birth

- | | | | |
|--|----------|---|----------|
| IMPRESS: Changing Preeclampsia Screening Protocols (through CARA HELLPS) | ● Active | Improving the impact of COVID vaccines for mother-infant health | ● Active |
| Early indicators of Hypoxic-Ischemic Encephalopathy | ● Active | P3 Cohort for Preterm Birth | ● Active |
| Foothills Medical Centre NICU Simulation Lab for Advanced Training and Education | ● Active | | |



Read more

We called and you answered! Thanks to donors, we successfully completed our \$152M campaign for maternal and newborn health. With our donors commitment, we were able to leverage the community's \$66M for a combined investment with Alberta Health Services and the Government of Alberta!

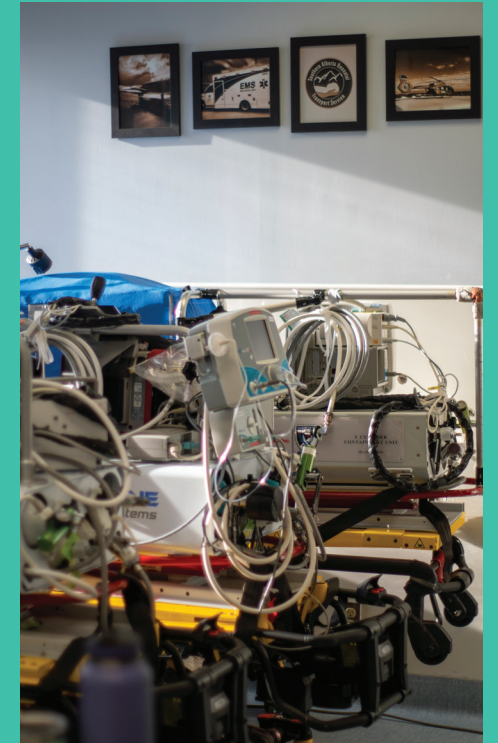
Donors made it happen!



Thank you!



Newborns Need Co-Chairs Stephanie Felesky, Kate Fischer and Lesley Hutcheson



Celebrating success

With donor support ideas **build reality.**

Highlight of projects donors funded \$100K – \$42M

Acute Care

- Cor-Knot device for cardiac valve procedures to improve interoperative efficiency
- Virtual Reality treadmill as part of the RESTORE network in partnership with University of Calgary, Cumming School of Medicine
- Four HD surgical cameras with advanced imaging and specialized settings
- Cardiopulmonary Exercise Testing (CPET) machine for Long COVID
- Music Therapy program expansion to provide more holistic care to patients across Calgary’s hospitals

- New rTMS treatment space for brain stimulation therapy for mental health at Foothills Medical Centre

The need for better space*:



Carewest & Community Care

- Passenger bus for Carewest resident outings
- Renfrew Recovery Centre triage care trailer
- Holistic approach to exploring mental health

- “At-no-cost” medical support for refugees

Common concerns in refugee care:

- Viral illness
- Neglected chronic disease
- Physical injuries and disabilities
- Chronic pain
- Mental health concerns

The Primary Care Network’s Refugee Health Program supports ~12,000 patient visits/year for vulnerable families needing support in care and navigation of the health system.

*2021 Foothills Medical Centre data



Research

- Blood Coagulopathy Monitoring Project
- POET, a research initiative for precision cancer care
- Skin regeneration and wound healing research

- Ten research initiatives by nurses through the Cooper Leadership Fund in partnership with Alberta Registered Nurses Education Trust. Scholarships support nurses pursuing their Masters of Nurse Practitioner, Masters and Doctorate.

2022 areas of research by recipients include:

- Cardiac care
- Cancer care
- Early dementia support
- End-stage renal failure
- NICU and Pediatric care
- Palliative End of Life
- Medical Assistance in Dying (MAID)

Progress report on key projects

Rockyview General Hospital GI Clinic	● Building	Foothills Medical Centre NICU Simulation Room	● Open
South Health Campus Maternal Triage	● Building	Foothills Medical Centre CathLab	● Building
rTMS Clinic Rockyview General Hospital	● Building	Elbow River Healing Lodge	● Building
rTMS Clinic Foothills Medical Centre	● Open	Chronic Pain Centre Research Room	● Building
Foothills Medical Centre NICU	● Building		

Giving programs a boost

Your support has impacted the quality and comfort of care for patients across Calgary in large and small ways. These are some areas impacted:

1 Peter Lougheed Centre – Emergency Room

Funding for: Portable bladder scanner

In the emergency setting the bladder scanner assists our health care team in diagnosis, evaluation and treatment of urinary retention. This portable scanner removes the discomfort and risk to patients of traditional urethral catheterization to determine bladder volume.

3 Sexual & Reproductive Health*

Funding for: Gynecology instrumentation for exams and contraception placement

The examination lights support better care for the 15,000 people with a uterus who cannot afford contraception or have barriers to accessing sexual & reproductive health services elsewhere in the community.

5 Foothills Medical Centre – Cervical Cancer Surgery

Funding for: Gyne interstitial instrumentation for cervical cancer

The instrumentation allows intra uterine application of brachytherapy treatment for patients with cervical cancer. Its use allows for targeting of the outer delineation of a cervical cancer, promoting positive outcomes.

2 South Health Campus – Allied Health

Funding for: Video Rhino-Laryngoscope technology

The equipment is used by Speech Language Pathologists for swallowing assessments and has greatly improved ease of access for patients with mobility concerns, or specialized sitting requirements. Through having this assessment at their bedside, patients are provided with a better care plan that suits their needs.

4 Richmond Road Diagnostic Treatment Centre – Dermatology Clinic

Funding for: Procedure chair

Specialized chairs that enhance comfort for the more than 150 patients per month undergoing surgical treatment for skin cancer (melanoma, squamous and basal cell carcinomas).



“The care team really helped us feel comfortable caring for a premature baby once we were discharged. Thank you for loaning the scales - it helped me ensure she was feeding and growing adequately.”
– Grateful Family

“It is so comforting to know that our donors are aware of our needs and willing to help!”
– Care Manager



6 Rockyview General Hospital – Surgery

Funding for: Liposuction unit for lymphedema

Many patients following lymph node dissection for breast cancer and melanomas require treatment for lymphedema of the arms and legs, which can be very painful and potentially be unusable if not surgically addressed.

8 Sheldon Chumir Health Centre – Urgent Care

Funding for: Handheld Tonometer

Many vulnerable patients who would not be able to attend an optometrist benefit from this tool to check eye pressure without requiring drops.

10 Integrated Home Care (city-wide)

Funding for: Feeding evaluation tools

For many being cared for at home, utilization of adaptive tools minimizes the need for caregivers to assist with feeding and improves quality of life by promoting independence.

7 South Calgary Health Centre

Funding for: Cardiac Monitors

Additional monitors reduce wait times and ensure that for patients presenting with cardiac like symptoms, or other GI, vague symptoms requiring cardiac issues can quickly be ruled out.

9 Carewest – Garrison Green

Funding for: Interactive mural wall

This enhancement of a home-like environment assists supportive care for seniors with a diagnosis of dementia or Alzheimer’s demonstrating agitation, restlessness, wandering and exit seeking behaviors.

11 Postpartum Community Care

Funding for: Portable infant weigh scales and breast pumps loan program

At home monitoring can quickly identify key challenges in infant growth and weight gain.

* Barriers may include not being able to afford birth control, not being able to access benefits, or the need for confidentiality. The program also supports youth and clients of all genders who are street engaged, people who use drugs, sex workers, students, and people disproportionately impacted by health disparities.

The lives you've changed

Everyone has a story.
Every life can be changed.

These are just a few of the stories we shared over the past year that were possible because donors made sure the best care was available when it was needed most.



Bernhard Family

"You have to put your trust in these people. They truly did what was best for our kids. I am just so thankful for everybody that helped us along the journey."

Josh Bernhard
Noah and Emma's dad



Dahl Family

"The NICU wrapped us in their arms and were an incredible support to us during a very scary time. No one understands what it truly means to have a baby in the NICU until you have experienced it."

Caylee Dahl
Carson & Jackson's mom



Terry Williams

"We are grateful for the quick and impactful care that Terry received. The quality of people's lives can be significantly impacted by early and quick intervention. It is the difference between being a caregiver and getting my partner back."

Carly Williams
Terry's wife



Kael Bernard

"The care Kael received was the difference between what is and what could have been."

Tim Bernard
Kael's dad



Bodie Family

"Foothills staff are angels on earth. We would not have our precious little man without them. They literally laughed with us, cried with us, fought with and for us. He was loved as if surrounded by family there. We could thank them for a lifetime and it wouldn't be enough."

Chelsea Bodie
Blair's mom



Sarah Reid

"If it were not for the critical care that I received, I would not be here for my son today. He still has his mom thanks to their knowledge and expertise."

Sarah Reid
Grateful patient



Rick Weich

"Our youngest son was graduating from high school in June and Rick had to miss it. This was a difficult time for us but one of our nurses helped us through by reminding us that they were working towards getting Rick to future weddings and holding his future grandbabies. Rick has already been able to enjoy our oldest son's wedding, thanks to the incredible care team."

Kathy Weich
Rick's wife

Looking forward

Building the future of health care, today



Calgary Health Foundation is fortunate enough to work across the spectrum of disease, through the continuum of care, and on projects that touch every age group. Health care is the one thing that will impact everyone, and our donors are looking to us to help them make investments that are personal and meaningful.

That's how our donors are shaping the future of health.

But, there are some topics that feel so big they need a bit more discussion, a bit more focus and a bit more spotlight to accelerate progress.

Calgary is home to some of the best and brightest medical minds in the country and we are proud to be their partner in taking some of the biggest opportunities and accelerating change.



Here are **six areas** where we are building momentum that will transform the future of medicine:

Mental Health

Raising hope: Where healing begins



Canada is facing a mental health epidemic, with 1 in 5 Canadians experiencing a mental illness in any given year.

Improving addiction and mental health capacity and patient outcomes in the AHS Calgary Zone requires a multifaceted approach across the continuum of care. Extensive waitlists for community-based services contribute to patients deteriorating and presenting to the emergency department for urgent care. Additionally, those discharged from hospitals may not be equipped well to access the services they need quickly to thrive in the community, resulting in readmission or escalation of support needed.

With the generous support of the community, we won't have to wait or prioritize initiatives to ensure that the growing community relying on mental health support receives the best care possible when they need it. Because when our loved ones need it, we want to ensure they receive nothing less.

Women's Health

Addressing In-EQUALity in care



Over 50% of the population identifies as female, yet only 8% of grant funding from Canada's main research funder (2009-2020) was dedicated to female-specific outcomes.*

As the foundation of a family's overall health, it is important that women have access to quality care that can lead to improved health for children and families. The health of families and communities is no doubt, tied to the health of women. However, even though women make up half of society, their unique health needs have not received equal attention, funding or advocacy. This gap has led to significant harm for women across the globe, in terms of delayed

diagnosis, medication tragedies, poorer outcomes, and reduced access to surgical care.

While the inequality of care for women is gaining attention across the country, Calgary is in a unique position through its attraction of world-class talent to lead the establishment of a robust Women's Health Centre of Excellence that will change the narrative for women well into the future.

* National Institute of Health



Surgery teams bringing new innovations to care

Surgery

Transforming innovation in the OR and beyond

Today, approximately 70,000 Albertans are waiting for surgeries. Many are in pain. Many may not return to the quality of life they once enjoyed. Some are living with the uncertainty of their diagnosis or outcome possible. Their needs expand all areas of care and all specialties. They all understand that there is a long road ahead, which will include extensive healing and rehabilitation following their surgical appointment.

Innovation in surgery is what allows for new procedures, more minimally invasive techniques, an increase in possible interventions for complex conditions and enhanced support for patients throughout their care journey.

The best patient outcomes in surgery will involve more than the government's investment in improved access; it will involve a partnership with the community's philanthropic support for the ideas that allow Albertans to receive care quicker, have shorter recovery times and receive intervention in ways that are on the cutting edge.



Nose Hill Siksikaitstapi Medicine Wheel in Calgary

Indigenous Health

Promoting greater health equity and culturally appropriate care

Health inequities facing many Indigenous peoples are in large part the result of the system and process of colonialism that disrupted the complex political, social, and economic systems of Indigenous peoples. This resulted in several unjust and avoidable differences in social, economic, and environmental circumstances otherwise known as the social determinants of health.

Indigenous peoples have rich and complex healing and wellness traditions that have sustained and supported their nations since time immemorial. There are countless strong Indigenous voices in Alberta that have kept these vital traditions alive and have sought to guide AHS on Indigenous health. Through the Indigenous Wellness Core program, AHS aims to foster lasting and meaningful relationships with Indigenous people here in Alberta. The focus is to eliminate racism and close the gap in accessing health care while supporting and elevating Indigenous healing and wellness practices in all ways possible, working in collaboration with Indigenous care providers and elders to provide a level of care that is world-class.



The Cardiac CathLab offers minimally-invasive interventions

Cardiac Care

Getting to the heart of the matter

One minute you may be happily going about your day – and the next, you can be fighting for your life. This is the harsh reality of cardiovascular disease, the number one global killer for both men and women and the second leading cause of death in Canada.

When cardiac issues arise, time is of the essence: every heartbeat matters.

That's why Calgary Health Foundation is partnering with University of Calgary's Libin Cardiac Institute, Cumming School of Medicine, and Alberta Health Services to launch **From the Heart**, an initiative to advance cardiovascular health in the Calgary Zone. Together, we have identified strategic investments in research, leadership, programs, and innovative equipment that will be game-changing for all Calgarians.

At the heart of it, we are working tirelessly to change the trajectory of cardiovascular health for future generations, while advancing knowledge and enhancing clinical care to protect you and your loved ones today.



Supportive care for all mobilities

Seniors Health

Growing older together

By 2030, an estimated 20% of Alberta's population will be over the age of 65. And, while we don't like to think about it, the reality is that aging has a significant impact on physical and mental health.

But, there is no 'typical' older person.

Some maintain the physical and mental health of someone much younger; others have a history or genetic disposition to disease and complex conditions. Many experience socioeconomic and environmental factors that create additional challenges in their wellness as they get older. Some break bones and recover – others do not.

As our population ages and people live longer, we will need to be innovative in how we meet the unique and wide-ranging challenges seniors face when it comes to health, including promoting wellness and independence as well as focus on superior care delivery.

Aging is something we all do, but healthier aging requires the right investments. Let's grow older together.

Our Volunteers

Our Board of Directors*



SANDY EDMONSTONE
Board Chair



MURRAY SIGLER
Ex-Officio
President & CEO

Calgary Health Foundation is fortunate to benefit from the experience and expertise of community volunteers. We would like to express our gratitude to all those who commit their time and talent to ensure our organization is well positioned for the future. A special thank you to those whose terms of service to our Board ended in 2022/23.

LESLEY HUTCHESON
Vice-Chair

SARAH KENNEDY
Vice-Chair

DAVE ROUTLEDGE
Vice-Chair

IVETA ANDREEVA

DR. MARK ANSELMO

KIRK BAILEY

NANCY CALVIN

ROGER CHAFFIN
Chair, Governance

DR. CHRIS EAGLE

KATE FISCHER

BONNIE HEALY

KATHY HNATIUK
Chair, Government Relations

DR. RICHARD HU

ROBERT KING

AMANDA KOUSINIORIS

ALICE LAM

EDA LIBIN

CATHERINE MACNEILL

ROD MCKAY
Chair, Finance & Audit

MARK OWERKO

ROBERT PEABODY
Chair, Funding Oversight

Executive Leadership*

REBECCA BOWMAN

Vice President, Philanthropy &
Chief Development Officer

MICHAEL BIRNIE

Vice President & Chief
Technology Officer

KATHRYN WANVIG

Vice President & Chief Financial Officer

Calgary Health Foundation would like to congratulate the following volunteers and community members on their Queen Elizabeth II Platinum Jubilee medal nominations. Their contributions to health care have greatly benefited Albertans.

ROGER CHAFFIN
GARY DURBENIUK
DR. CHRIS EAGLE
SANDY EDMONSTONE
STEPHANIE FELESKY
KATE FISCHER
BONNIE HEALY
KATHY HNATIUK

LESLEY HUTCHESON
SARAH KENNEDY
BOBBY LIBIN
DAVE ROUTLEDGE
WILLIAM (BILL) SEMBO**
DON TAYLOR
RUTH TAYLOR

*as of June 30, 2023

** also received the Order of Canada in 2022

Together, we make breakthroughs possible.

Through collaboration, unrelenting persistence and a sharp focus on care, wellness and research, we are unyielding in our efforts to ensure our community receives the most progressive health care in the world — because our loved ones and yours deserve nothing less.



Accreditations





Let's Build Together:



Calgary Health Foundation

800-11012 Macleod Trail SE
Calgary, AB T2J 6A5
403-943-0615
fundraising@calgaryhealthfoundation.ca