



Transformation

REPORT TO THE COMMUNITY | COVENANT FOUNDATION

IMPORTANT MESSAGE:

On April 1, 2016, Caritas Hospitals Foundation (Caritas Foundation) became Covenant Foundation, a new legal entity supporting 15 Covenant sites across the province of Alberta.

Past donations to Caritas Foundation will be managed by Covenant Foundation according to their original purpose. Moving forward, donors will still have the option to direct their support to the area of greatest need, a facility, or a program of their choosing.

This annual report and the financial statements in it cover the 2015/16 fiscal year, the Foundation's last year of operation as Caritas Foundation.

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Anticipating change

MESSAGE FROM COVENANT FOUNDATION’S BOARD CHAIR

The only constant in life is change.

I have met with many business leaders over the course of my career and I could always tell which companies had staying power by asking one simple question, “What does your business look like five years from now?” The business leaders who were anticipating change in their industry and the economy – and had a plan to grow and adapt to meet those changes – those were the businesses that had a better than average chance of surviving and prospering in the future.

We need to approach health care fundraising in much the same way.

Health care as an industry is changing. The way health care is funded is changing too. As a health care fundraising organization, we need to grow and adapt to meet those changing needs and priorities.

By increasing fundraising capacity and community health awareness and education, Covenant Foundation will be well positioned to leverage resources, improve priority alignment, reduce duplication and enhance accountability to our donors and stakeholders.

It’s a time of incredible transformation, change, and growth, and we spent much of the last year preparing ourselves for the challenges that come with creating a new foundation.

Fortunately, for our Board of Directors and Covenant Foundation staff, we have a proud legacy as Caritas Foundation to build on, and the unwavering support of our community.

Your support continues to show enormous trust in the Foundation and in the Covenant family’s ability to deliver outstanding patient and resident care, and we thank you for that.

Covenant Foundation has an exciting year ahead. Together, we are building something truly impactful. What we invest in today will have a profound impact on the health and wellbeing of future generations.

Thank you for helping us make positive change in health care today, for generations to come.

Sincerely,












Ron Gilbertson
Chair, Covenant Foundation Board of Directors



Ron Gilbertson
*Board Chair
Covenant Foundation*

2015/2016 CARITAS FOUNDATION BOARD OF DIRECTORS

 Chris Ashdown	 Rob Christie	 Angela Fong
 Ben Horcica	 Raymond Mack	 Tom Orysiuk
 Anurag Shourie	 Corey Smith	 Patrick Dumelie <i>Ex Officio</i>

Transformation in action

MESSAGE FROM COVENANT FOUNDATION’S CEO

It was a year of tremendous growth and development for Covenant Foundation in terms of who we are, what we do, where we are active, and how we achieve our goals.

We’ve spent the past few years building to this point, where Caritas Foundation could evolve and transform into Covenant Foundation, a new entity with an expanded scope, serving not three, but 15 Covenant Health and Covenant Care facilities across Alberta.

It’s an exciting transformation, and represents the culmination of countless hours of planning and hard work.

In order to serve 15 sites we had to transform. We restructured our team and recruited new staff to ensure we have the right skills in the right places to execute on our new vision. We reviewed our fundraising programs and made changes – adding new events and activities where needed, and removing others. Our Board is also growing and adding membership and we are honoured to have the oversight and leadership of such an influential group of Albertans.

We are proud to report, thanks to the generosity of our donors and stakeholders we were able to commit \$2.4 million in new funding to Covenant Health in 2015/16. Our goal for 2016/17 is even higher, and we believe we are now well positioned to meet it.

We recognize donors have many choices when it comes to their philanthropic giving, which is why we are humbled to have the support and ongoing commitment of many caring individuals, corporations, and organizations.

In this annual report you will read stories about how the Covenant family is making the health care system stronger, more responsive and more sustainable, responding to the communities it serves with compassion, integrity and the highest quality care and services; inspiring stories of hope, healing, and transformation, and how Covenant Foundation donors and stakeholders are making it all possible.

On behalf of Covenant Foundation, my sincerest thanks to our donors and stakeholders, volunteers, and Board Members for helping us recognize our vision, and to the Covenant Family’s leadership, staff, physicians, and volunteers, whose passion and unwavering commitment to the communities they serve make our work so rewarding.

Sincerely,



Tracy Sopkow
CEO, Covenant Foundation



Tracy Sopkow
CEO, Covenant Foundation

“Transformation is a choice. You can stay in your comfort zone, or take the first step for new beginnings.”

– LIGIA M. HOUBEN

A bold new vision

Each day, we are privileged to serve Albertans as they face health changes and challenges that have a profound impact on their lives—from the joy of new birth to a life-altering diagnosis to the realities of aging and end of life.

This is not work we can do alone. We are grateful for our excellent partnership with the Covenant Foundation and the work of a dedicated Foundation Board of Directors and team. This year, we are pleased to work with the Foundation to expand their efforts to 15 of our Covenant Health and Covenant Care facilities. When you support a Covenant hospital or care centre, that support stays in that community, benefiting the people who need it most.

Our team of physicians, staff and volunteers carry on a 150-year service legacy in Alberta. Inspired by the Sisters who laid the foundations of health care in this province, our dedicated teams respond to growing needs and care for people at their most vulnerable times with compassion, skill and innovation.

With the help of the Foundation and many generous Albertans, we are able to provide access to state-of-the-art equipment, improved care environments and innovative approaches to care that address the changing needs of Albertans.

For decades, the Foundation has made a difference in the lives and hopes of the thousands we cared for each day at the Edmonton General Continuing Care Centre, the Misericordia Community Hospital and the Grey Nuns Community Hospital.

Together we have created beautiful and peaceful spaces for terminally ill patients and families to spend precious time together. Together we have expanded care for fragile infants, creating family-friendly neonatal intensive care environments that provide the best support to parents and their wee ones. And together we have improved day-to-day life for seniors who have made their home with Covenant, offering them comfort, dignity and hope.

These are just a few ways you have helped us change lives. And we can do more. With the expanded role of the Covenant Foundation, we are committed to pursuing a bold new vision to create vibrant communities of health and healing, and transform the health system with innovation and compassion.

On behalf of all of us at Covenant Health, thank you for supporting our patients, residents and families – as well as our care teams who serve with skill, hope and courage.

We wish you the gift of health and happiness.



Ed Stelmach
Chair, Board of Directors
Covenant Health
Covenant Care



Patrick Dumelie
President & CEO, Covenant Health
President, Covenant Care



Ed Stelmach
Chair, Board of Directors
Covenant Health
Covenant Care



Patrick Dumelie
President & CEO, Covenant Health
President, Covenant Care



A calling to serve

The Covenant family contributes to the health and wellbeing of Albertans as three non-profit Catholic organizations rooted in a 150-year legacy of compassionate care and service in the province. As sibling organizations, the three separate entities share the values and mission of the congregations of Sisters who founded health care in Alberta. As leaders and innovators in their fields, each organization contributes to a strategic plan to be of greater service and to transform the health care system and create vibrant communities of health and healing. Covenant Foundation supports Covenant Health and Covenant Care.

COVENANT HEALTH is Canada's largest Catholic provider of a broad range of health care services in hospitals and care centres in urban and rural communities across the province as a key partner in Alberta's integrated health system.

COVENANT CARE is a major provider of supportive living, long term care and hospice services in Alberta, responding to the growing and changing needs of an aging population and offering innovative work and care environments where residents and care teams work, thrive and grow.

COVENANT LIVING is a private, not-for-profit organization providing housing options for seniors in warm, welcoming communities that support independence and active living.

IMPACT

Covenant Health is Canada's largest Catholic health care provider, and a major partner in the provincial health system, offering a full continuum of care from birth to end of life:



COVENANT CARE PROVIDES CONTINUING CARE:
At 6 facilities in 5 communities, providing a **HOME FOR 538 SENIORS** with another 310 suites under construction.

TOGETHER, COVENANT HEALTH AND COVENANT CARE:
EMPLOY OVER 15,000 STAFF, physicians and volunteers working in 24 hospitals and seniors care centres in 15 communities across Alberta with a combined budget over **\$895 million**.

Caritas Foundation: a proud legacy

In 1994, three Edmonton hospitals – Edmonton General Continuing Care Centre, Grey Nuns Community Hospital, and the Misericordia Community Hospital – merged into Caritas Health Group. At the same time, two separate Foundations serving the three hospitals also began operating as one – Caritas Foundation.

Caritas Foundation inspired and enabled community support for compassionate, holistic and innovative health care at the three hospitals for more than two decades, building a proud legacy of enabling philanthropy for Catholic health care in Edmonton.

In 2008, Caritas Health Group grew to become Covenant Health. Today, Covenant Health is Canada's largest Catholic health care organization, operating 17 hospitals.

In 2013, the Covenant family expanded once more. Covenant Care was established to provide long term care to residents in community-based facilities across Alberta.

COVENANT FOUNDATION: A BOLD FUTURE

By 2013 it was clear Caritas Foundation needed to evolve as well. On April 1, 2016, Covenant Foundation was formed to raise funds for 15 Covenant Health and Covenant Care facilities, and provide support for seven independent affiliate foundations, across Alberta.

Covenant Foundation will continue to support Catholic health care's 150 year legacy of healing the body, enriching the mind, and nurturing the soul by raising funds to support leading-edge programs and services, research, education and state-of-the-art equipment at Covenant facilities.

Past donations to Caritas Foundation will be managed by Covenant Foundation according to the original purpose. Moving forward, donors will still have the option to direct their support to the area of greatest need, a facility, or a program of their choosing.



Edmonton General Continuing Care Centre



Misericordia Community Hospital

CARITAS FOUNDATION LEAVES A LEGACY OF MANY NOTABLE ACHIEVEMENTS, INCLUDING:

- Caritas Hospitals Foundation Home Lottery raised more than \$21 million between 1993 and 2015.
- The Everyone's a Winner Golf Tournament raised more than \$2.2 million between 1993 and 2015.
- In 2003, Caritas Hospitals Foundation raised \$3 million to support a \$30-million enhancement of the Misericordia Community Hospital Campus.
- In 2008, \$400,000 was raised to support what is now known as the Misericordia Community Hospital Institute for Reconstructive Sciences in Medicine (iRSM) program.
- In 2009, \$1 million was raised to support the \$17 million enhancement of the Grey Nuns Community Hospital's third floor Women's Wellness Project.
- In 2010, Caritas Foundation's endowment funds reaches \$10 million.
- In 2014, Caritas Foundation launches its First Breath Campaign to raise \$4.2 million for the Misericordia Community Hospital NICU redevelopment.



Grey Nuns Community Hospital Foundation

SUPPORTING EXCELLENCE IN HEALTH CARE ACROSS ALBERTA

Covenant Foundation supports 15 facilities across the province, including:

COVENANT HEALTH FACILITIES SUPPORTED BY COVENANT FOUNDATION:

Banff Mineral Springs Hospital*

Located in the tourist town of Banff, the Banff Mineral Springs Hospital provides quality, responsive medical services to the residents of Banff, surrounding communities, and visitors from around the world. In 2015 nearly 12,000 people visited the hospital's emergency department, and 3,000 general and specialized orthopedic, vascular, and plastic surgeries were performed by the hospital's team of specialized surgeons and health care professionals.

Banff Mineral Springs is also home to St. Martha's Place, a 25-bed long-term care facility.

Edmonton General Continuing Care Centre*

The Edmonton General Continuing Care Centre (EGCCC) provides long-term care, sub-acute care, and hospice and palliative care (through the Mel Miller Hospice), to a diverse population in Edmonton's city center. The EGCCC cares for as many as 449 long-term care residents and 26 palliative patients at one time.

The EGCCC is also home to the G.F. MacDonald Centre for Lung Health, which has been serving Albertans with respiratory problems and lung disease for more than two decades.

Grey Nuns Community Hospital Foundation*

The Grey Nuns Community Hospital (GNCH) provides a full range of health services to a diverse and growing urban community in southeast Edmonton. The hospital sees nearly 70,000 emergency visits and performs 17,000 surgeries each year. Other services include: a 25-bed NeoNatal Intensive Care Unit, a 66-bed Mental Health Unit, an 8-bed Critical Care Unit, a 26-bed Palliative Care Unit, and a 31-bed Women's Health Unit, which delivered 6,800 babies last year.

The GNCH is home to the Northern Alberta Vascular Centre (NAVC), which provides vascular care for a population of more than two million, serving all of Northern Alberta, the Northwest Territories, as well as parts of British Columbia and Saskatchewan.

Misericordia Community Hospital†

The Misericordia Community Hospital provides a full range of acute care services to a diverse and growing community in southwest Edmonton. The Hospital has 51,000 emergency visits and performs 18,500 surgeries each year. Other areas of specialty include: women and child health, senior's care (geriatrics), and mental health.

Misericordia Community Hospital is home to the Institute for Reconstructive Sciences in Medicine (iRSM) program, which provides specialized reconstructive surgery services.

St. Joseph's Auxiliary Hospital*

St. Joseph's Auxiliary Hospital provides compassionate, holistic 24-hour nursing care to people with complex medical needs. The facility also offers palliative care and other valued supports to Edmonton and the surrounding communities. The facility cares for as many as 188 long-term care residents and 14 palliative patients at a time. St. Joseph's Auxiliary Hospital also operates a community day support program that sees as many as 35 patients a day.

St. Joseph's General Hospital†

Located in the heart of rural Alberta, St. Joseph's General Hospital offers the highest standard of acute care and out-patient services to the residents of Vegreville and the surrounding communities. The hospital cares for 11,000 emergency patients each year and sees more than 9,000 patients through its out-patient programs, which include: hemodialysis, orthopedics, occupational therapy, podiatry, and respiratory therapy.

St. Joseph's Home*

Located in the southern Alberta city of Medicine Hat, St. Joseph's Home provides safe, secure, and compassionate long-term and palliative care, as well as community support and respite care. Palliative services are run through Carmel Hospice.

Villa Caritas†

Villa Caritas is an acute mental health facility located in Edmonton that specializes in caring for seniors with complex mental health and medical issues. The facility works to assess, stabilize, and treat patients and transition them back to the most appropriate care setting in the community. The facility can care for as many as 150 patients at a time. In addition to its inpatient services, Villa Caritas also has more than 20,000 out-patient visits each year.

Youville Home*

Located in the town of St. Albert, Youville Home provides long-term care in a cozy, home-like atmosphere, to as many as 220 residents at a time. Youville Home is built on the site of Alberta's first hospital, founded in 1863 by the Sisters of Charity. Today, the facility is home to some of the Founding Sisters.

COVENANT CARE FACILITIES SUPPORTED BY COVENANT FOUNDATION:

Chateau Vitaline*

Chateau Vitaline is located in the community of Beaumont and provides care for seniors who need assistance with daily living. The centre includes 46 supportive living suites and three lodge suites.

Foyer Lacombe*

Situated on Mission Hill in St. Albert, Foyer Lacombe provides long term and palliative care services to the community.

Holy Cross Manor*

Holy Cross Manor meets the various and changing needs of residents and is located in the northwest community of Evanston, in Calgary. The centre features a home-like design and ensures a safe environment while promoting independence for its more than 100 residents.

St. Margeurite Manor*

Caring for as many as 102 residents at a time, St. Marguerite Manor is located in the northwest community of Evanston, in Calgary.

St. Marguerite Manor is home to Dulcina Hospice, a 26-bed residential hospice, which provides compassionate, end-of-life care in collaboration with the resident and their family.

Saint Thomas Health Centre*

Saint-Thomas Health Centre was built by Edmonton's Francophone community in response to the need for long-term care for the aging French speaking population. The facility services both French and English residents, and has independent living apartments, as well as 138 supportive living beds, including provisions for Alzheimer's and dementia patients.

Villa Marie*

Villa Marie is located in the northeast community of Clearview North, in Red Deer, and cares for as many as 100 long-term residents at a time.

* Long term care facility

† Acute care facility



COVENANT HEALTH AFFILIATE FOUNDATIONS

Covenant Foundation works collaboratively with seven independent foundations who also raise funds for Covenant Health facilities.

Bonnyville Health Foundation – Bonnyville

St. Mary's Hospital, Camrose Foundation – Camrose

Mary Immaculate Hospital (Mundare) Foundation – Mundare

Our Lady of the Rosary Hospital Foundation – Castor

Killam & District Health Care Foundation – Killam

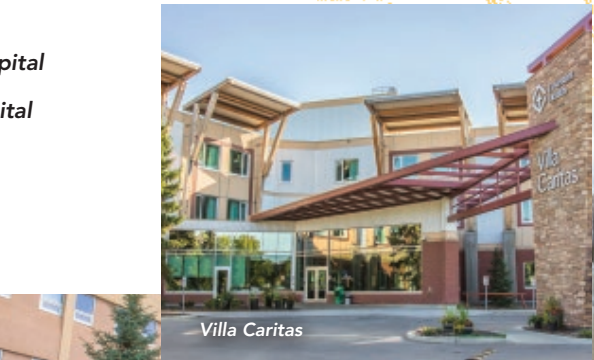
St. Michael's Health Centre Foundation – Lethbridge

St. Mary's Trochu Foundation – Trochu

- Edmonton General Continuing Care Centre
- Misericordia Community Hospital
- Grey Nuns Community Hospital
- St. Joseph's Auxiliary Hospital
- Saint Thomas Health Centre
- Villa Caritas
- Youville Home
- Foyer Lacombe
- Banff Mineral Springs Hospital
- St. Joseph's General Hospital
- St. Joseph's Home
- Chateau Vitaline
- Holy Cross Manor
- St. Margeurite Manor
- Villa Marie

OUR IMPACT

Covenant Foundation supports 15 Covenant facilities across Alberta, from Edmonton to Medicine Hat. Our footprint is vast and our impact is great.



One good turn deserves another

Like many others, Jack Trach has been inspired by the kindness, compassion and ingenuity of Covenant Health's Founding Sisters.

The sprightly 85-year-old entrepreneur has been a committed donor to Covenant Foundation, and before it, Caritas, since 1991. In fact, the exact amount of his generosity is unknown because he was donating for decades before the Foundation was in existence.

To understand his commitment to Covenant Foundation and the Sisters of Charity (Grey Nuns), Jack says we have to go back nearly 60 years.

"I was managing Purity Dairies in Edmonton in about 1960. One day I had to drive the owner out to St. Albert. To my surprise, we went to Youville Home, which was run by the Sisters. We were there to talk about the Sisters' dairy business," says Jack. "Goodness gracious, they had about 80 cows there! It was a big operation."

The Sisters were no longer able to oversee the dairy and sold it to Purity Dairies, with the understanding the company would continue to deliver milk to the Edmonton General Hospital, Youville Home, and the Sisters' residences in the west end of Edmonton, as the Sisters had.

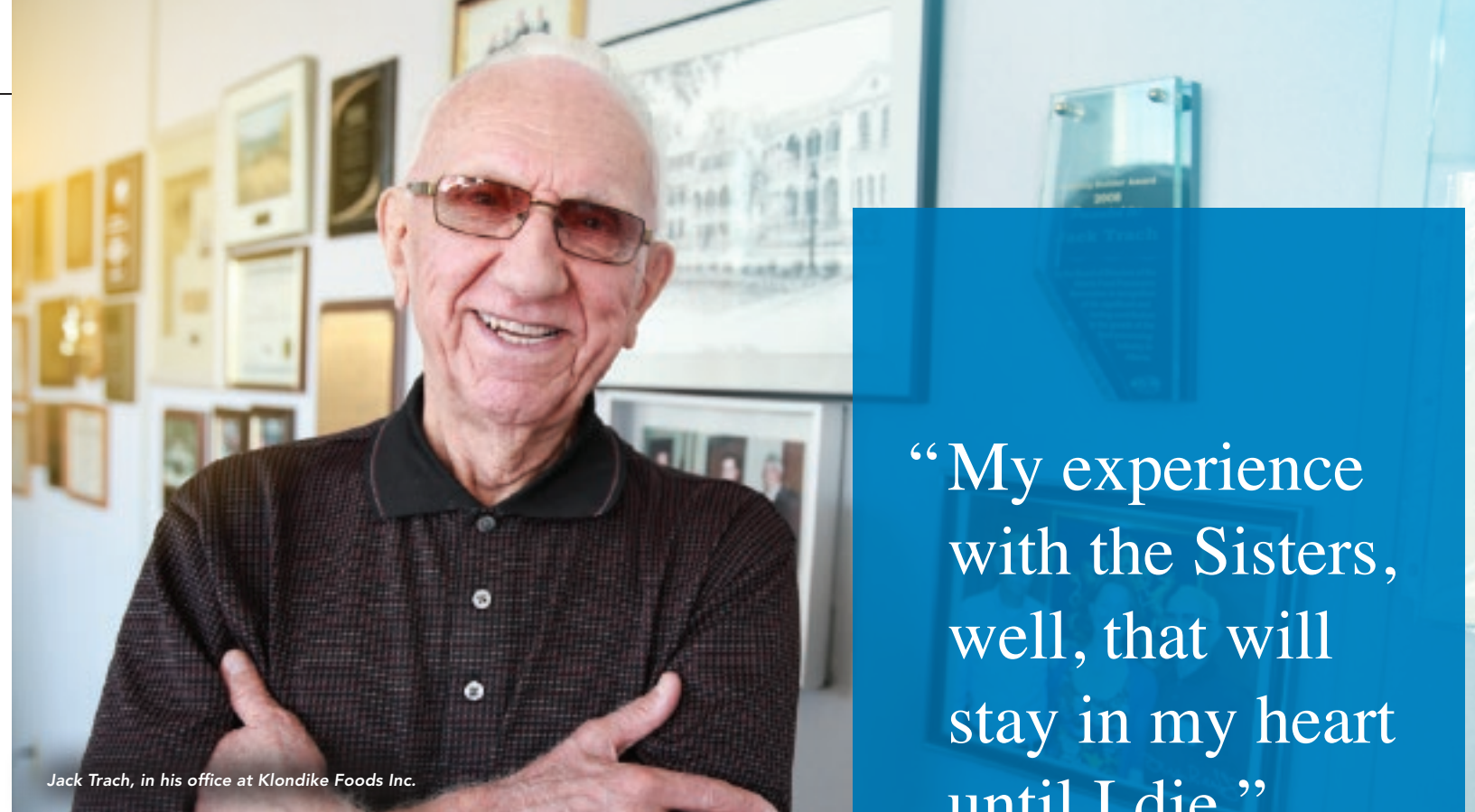
In fact, it was because of this arrangement that Purity Dairies launched its home delivery service throughout Edmonton. They already had three quart jugs from the Sisters to use and simply broadened their service.

"Through the course of those deliveries, I had the opportunity to develop a relationship with the Sisters and Mother Superior over the years," says Jack, who the Sisters requested personally see to the deliveries. "They were wonderful people. I just really enjoyed them and doing business with them."

Years passed and when Purity Dairies was sold, Jack decided it was time to set out on his own. He established a food brokerage, Klondike Foods, in 1971.

But a recurrent health issue brought him back to the nuns, who were still providing care at the Edmonton General Hospital.

"I was bothered with kidney stones, probably a half dozen times, and of course the Sisters remembered me. 'Oh! The milkman!' they would say. They treated me royally. It was always a pleasure and a joy to see them, even under the circumstances," says Jack.



Jack Trach, in his office at Klondike Foods Inc.

Jack began his donations at that time, writing cheques directly to Mother Superior each time his kidney stones returned. She initially declined his generosity, but Jack insisted, and the Sisters were able to use his donations for patient and resident care.

Meanwhile, Klondike Foods continued to thrive and expand. The company is now run by his youngest daughter Charmaine Slosky and her husband Wayne.

"I'm still the president, but that only means I'm making sure they don't hit an iceberg," says Jack. "They helped me expand the business and that allowed me to travel to Thailand, China, Russia, Germany, Denmark, you name it. I've been very fortunate."

"The good Lord has blessed me. I've been in business for 46 years with only a grade eight education behind me. My wife Elsie and I have been married for almost 60 years. We have three successful children," says Jack.

On August 26, 2016, Jack returned to Mission Hill to see Youville Home and meet the Sisters who now reside there. He hadn't stepped foot on the land since the 1960s.

The space had transformed from what Jack remembered.

Since the 60s the facility has expanded and the grounds have changed. What remains, are the Sisters, both in body and spirit. Jack spent an afternoon sharing stories and memories with them.

"I really enjoyed that day with the Sisters. It was like going back in time," says Jack. "My experience with the Sisters, well that will stay in my heart until I die. They were with me at the start of my career. They took care of me when I was sick. And they did important work in the community. I owe a lot to the Sisters."

"My experience
with the Sisters,
well, that will
stay in my heart
until I die."

"Faith plus
action equals
transformation."

— CHARLES F. GLASSMAN



The Founding Sisters pictured outside the original Youville Home.

A LEGACY OF COURAGE AND COMPASSION

Covenant Health's legacy of caring for the sick and vulnerable began over 150 years ago in November 1863 when the Sisters of Charity (Grey Nuns) of Montreal cared for their first patient in St. Albert.

The three Founding Sisters arrived in Alberta in 1859 from Montreal, via St. Boniface, Manitoba. The brave Sisters made the harrowing 51-day journey across the Canadian prairies by horse-drawn carriage.

Once settled, Mission Hill became the base for the Sisters' missionary efforts. On Mission Hill, Alberta's first Sisters' residence, school, orphanage, and hospital were built.

The Sisters cared for many patients there – those injured in the Riel Rebellion, those with contagious diseases – such as Smallpox – and those with mining or farming injuries. There are even records of the Sisters performing teeth extractions and building dentures for their patients.

In the spirit of resourcefulness and sustainability, the Sisters established their own dairy on Mission Hill to provide milk to their patients and the community. Among their commitments, the Sisters brought lunches and milk each day to the men working in the fields near Mission Hill during hay season.

By 1940, the Mission Hill school and orphanage were phased out, and the Sisters of Charity turned their focus to caring for the elderly. The need was so great that by 1944 the entire facility was allocated for ambulatory and bed-ridden patients. In the 1960s the Sisters sold the dairy. In 1966, a new building opened on Mission Hill and became home to 162 residents. Today, this building is known as Youville Home. Many more renovations and expansions have taken place since, including a major addition in 2007, but today the spirit of the Sisters' mission of compassion and caring remains the same.

Transforming Continuing Care

Covenant Health is a leader in providing holistic and compassionate continuing care. With 1,492 continuing care beds in communities across Alberta, Covenant Health provides services ranging from long term care to palliative care, and responds to the needs of diverse populations with varying medical conditions.

For those entering continuing care, the transition from living independently to entering a facility can be emotional and challenging. Unlike entering a hospital or acute care facility for short term treatment, those entering continuing care will not be discharged. The facility will become the resident's home, and for many, it will be the last home they know.

Jo Ann Molloy, Senior Director of Operations, for Covenant Health's Edmonton General Continuing Care Centre (EGCCC), says this is why it's imperative they challenge the traditional model of care and put more focus on the holistic needs and choices of the people they serve.

The EGCCC, situated in the heart of downtown Edmonton, is the largest continuing care facility in Western Canada, with 495 patients and residents.

"A common misconception is that continuing care is exclusively for seniors, but the reality is that nearly 100 of our residents are under the age of 65," says Jo Ann. "One of our youngest residents is in his thirties."

Jo Ann says the key to improving care begins with seeing residents as unique individuals and respecting their differences and diverse cultural and spiritual needs.

"People have an inherent dignity and value. My vision is to have this be a vibrant place where people can make choices and it's not about their medical condition and what limits them, but it's about what they can do. The care should be in the background," says Jo Ann.

"They're living, contributing, valuable, unique individuals and we need to celebrate that with them and treat them with the due respect and dignity they deserve."



Jo Ann Molloy visit with Edmonton General Continuing Care Centre residents

Jo Ann says her team is implementing a number of changes to improve the way they deliver care to the people they serve, beginning with the simple act of knocking on a resident's door before entering their 'home.'

"If you are going to be caring for people and doing very intimate things for them, it would be good if you started by introducing yourself and asking the person what they would like to be called," says Jo Ann.

"We have been doing a lot of work engaging staff, residents, families, and physicians, in sharing their experience and asking them for ideas to improve the way we do things," says Jo Ann. "That's where the simple idea of knocking on a resident's door came from."

In the spring and summer of 2016, more than 700 Covenant Health continuing care staff members and physicians, residents, and family members were interviewed through stakeholder engagement sessions. The feedback collected is being used to improve care, not just at the EGCCC, but at other Covenant sites as well.

"We do think that are convenient for us. For example, on a 36-bed unit we may get everyone up, washed and dressed and seated in the dining room for breakfast at 7:30 a.m.," says Jo Ann. "But what if they don't want to get up and eat breakfast at 7:30 a.m.? Have we even asked them?"

Jo Ann says in health care delivery it's easy to make assumptions that providers know best and to become so focused on completing tasks that we forget to see the whole person.

"We do not have a perfect system and it's not going to be a quick fix. It's not something that can happen top down, there has to be buy in at the point of care and then leadership support to do it," says Jo Ann. "And there is leadership support. We all believe in this vision and are committed to making it happen."

In addition to making changes to the way care is delivered, Jo Ann and her team are exploring ways to enhance their residents' lives and meet their holistic needs by creating recreational programs, such as music and art therapy, and enhancing services already offered, like resident outings.

This is where Covenant Foundation comes in. Donor support can improve the quality of life for patients and residents at continuing care facilities such as the EGCCC.

In 2015/16, Caritas Foundation was able to commit \$488,000 to the EGCCC to purchase equipment, including resident beds and tubs, and unit enhancements to create a more senior friendly environment.

For more information on how you can support continuing care visit www.covenantfoundation.ca

"A common misconception is that continuing care is exclusively for seniors, but the reality is that nearly 100 of our residents are under the age of 65"



Krista & Lesley

Improving patient and family experience in palliative care

Although the term 'palliative care' is most often associated with the concept of relieving pain for those who are dying, it involves far more than just end-of-life care. Palliative care improves the quality of life for individuals of any age and at any stage of a life-limiting illness by helping to manage both symptoms and the side effects of treatment. This is what Kelley Fournier and her team do.

"Patients come to us with the very worst symptoms, those that can't be managed anywhere else. Sometimes they stay for months, sometimes only days," says Kelley, Supervisor, Grey Nuns Community Hospital Palliative Care Unit.

The Grey Nuns Community Hospital is home to a 20-bed Palliative Care Unit, which, thanks to the support of Covenant Foundation, has been undergoing a major renovation.

"The renovation is all for the patient and family experience; so they can be in a space that is less clinical, feels more comfortable, and has nice colours and furniture. Those details make all the difference."

The project was initiated when one family approached Kelley about transforming a single room into a family-friendly space.

"Clitar Heroes and Lesley Gierulski were the impetus for this project. It's because of their vision that we have been able to do this," says Kelley. "And then other generous donors, including the Stollery Family Foundation and Allard Foundation, were engaged and they believed in the vision too. We were able to pool their efforts to make this possible."

The vision includes renovating every patient room, the family room, and the tub room. The project is slated to be completed in spring 2017.

"Every crisis
contains
within it
the seeds for
transformation
and growth"

— JODIE GALE



Kelly Fournier

Turning loss into hope

It takes someone special to turn the tragedy of losing a daughter into an opportunity to ease the suffering of others and support hospital staff. Meet Lesley Gierulski.

Her daughter Krista was diagnosed with Stage 4 cervical cancer in April 2009. She stayed in the Grey Nuns Community Hospital Palliative Care unit on three separate occasions, before she passed away at 31 years old on March 12, 2010.

"The staff in the palliative unit was amazing. They could see things you needed before you even asked for it," says Lesley. "They have so much compassion, they were so good to us and it was like they were treating the whole family. They walked us through everything and they go well beyond their jobs."

While the care they received was extraordinary, the unit itself was clinical and not as family-centred as they would have liked.

"Krista had three young kids and she needed to spend time with them. But the space was so clinical; it didn't feel like home," says Lesley. "I was talking with someone whose wife just had a baby. He was able to stay overnight and they were all in a big bed together. That could've made such a difference, if she could've cuddled and slept with one of the kids at night."

That simple thought spurred Lesley to action. She contacted some of Krista's fellow runners to get them on board. They created the Clitar Heroes Foundation, named after their running team. They threw an evening fundraiser with a band and silent auction, with the goal of buying one bariatric bed, large enough for loved ones to stay in with the patient.

"At that point, we decided to go big or go home. We went from buying one bed to the goal of renovating all the rooms on the unit. Fixtures, furniture, lighting, floors; it's going to be so beautiful and so much more peaceful," says Lesley.

Their second fundraiser was a red carpet gala at the Chateau Lacombe in 2014.

"It was tough the first while because Krista and I were so close," says Lesley. "Things weren't the same when she left. I was pulling back from people but this fundraising gave me a purpose. It's a great way to keep Krista alive and to make sure no one will forget her. It's a great legacy."

Honouring exceptional care

Jeff Bryson was on vacation with his family when he received the call that his grandmother, Shirley Stollery, had been admitted to the Palliative Care Unit at the Grey Nuns Community Hospital.

"You never know how long you have in those situations, but fortunately we were able to make it back and spend a few days with her before she passed. She didn't have a long stay, but the care and intention from staff was exceptional and we really appreciated that," says Jeff, Executive Director of the Stollery Family Foundation. "I know she felt supported and the staff went out of their way to make her feel comfortable during her final days."

The Stollery Family Foundation has a long history of supporting organizations or programs that have benefited directors of members of the family, and/or vulnerable populations through social services, such as health care.

"When we heard the unit was undergoing a renovation campaign, it seemed like an appropriate time to pay tribute to the care she received, but also to bring the physical facilities and environment up to the same level or the same standard of care that was delivered there," says Jeff.

The Stollery Family Foundation has generously contributed to the Palliative Care Unit renovations.

"Hopefully in some way, the renovation will make grieving and passing easier for other families in the future."

Transforming Palliative Care

Covenant Health supports the most vulnerable members of our community from birth to death with groundbreaking research, thoughtful policy, and compassionate care. One of Covenant Health’s key focuses is palliative and end-of-life care.

As our country’s population continues to age, the number of Canadians dying will continue to increase. The demographic shift, combined with the increasing expectation to have the opportunity to fully live every moment of our lives, drives the urgent need for better palliative care policy, and more palliative care education and resources.

The Covenant Health Palliative Institute was created in October 2012, and its staff members are located at both the Grey Nuns Community Hospital and the University of Alberta. With strong partnerships with health care providers, policy makers, and researchers; and with funding from Covenant Foundation, the Palliative Institute focuses on enhancing its capacity to provide quality palliative and end-of-life care, promoting advance care planning, and conducting cutting-edge research with an orientation towards transforming practice.

“Compassionate, effective and timely palliative and end-of-life care is vital for quality health care delivery,” says Dr. Konrad Fassbender, Scientific Director of the Palliative Institute. “When people’s symptoms and pain are managed effectively and they’re allowed to die in a respectful manner, we can provide the best quality of life right up until the end.”

The Institute champions the cause of palliative and end-of-life care with governments at every level. The goal of its public outreach is to advocate for everyone in the province, and more broadly, across Canada, for consistent access to high quality palliative and end-of-life care, and widespread awareness of what physical, social, psychological and spiritual care supports are available for them and their families.

Last year, about 20,000 families in Alberta shared the end-of-life care journey with a loved one. While many people with terminal illness say they would like to die at home or receive palliative care, only about 30 per cent of patients have access to it.

“Compassionate, effective and timely palliative and end-of-life care is vital for quality health care delivery.”



“Transformation can only take place immediately; the revolution is now, not tomorrow.”

– JIDDU KRISHNAMURTI

“End-of-life care is much more than physically caring for a patient, and its benefits are profound. Specialized palliative care can ease trauma of patients and their families, spare them financial burdens, and reduce health care spending by around \$7,500 per patient,” says Palliative Care Executive Lead for Covenant Health Karen Macmillan.

Support and training for frontline health care providers enables them to give comprehensive quality care, and research supported by the Palliative Institute translates into better health care policy. Some highlights include:

- **filling in the gaps of our collective knowledge about end-of-life care and current best practices for palliative care across the country**
- **collaboration with the legal industry to formalize language and procedures in drawing up documents for advance care planning**
- **determining the indicators that can effectively measure quality of life for palliative patients**
- **measuring the effectiveness of care plans for patients, families and healthcare providers**

The Institute is diligently working to increase its voice and share knowledge on the national and international stage. From November 7-9, 2016, in Ottawa, the Palliative Institute will host the “Palliative Care Matters: Building National Consensus Conference.”

The Palliative Institute is partnering with 11 national stakeholders on the initiative, which began with an IPSOS public opinion survey. The conference will include an expert panel providing research and analysis of six major questions

about palliative care and a lay panel – chaired by former national broadcaster, Don Newman – which will consider all the evidence to develop a consensus statement. Finally, the Conference Board of Canada will prepare a final report.

This initiative is designed to bring the public voice to the forefront and develop a national consensus on what matters most in palliative and end-of-life care.

In December 2016, the International Seminar of the European Palliative Care Research Centre will be held in Banff; the first time outside of Europe. Plans are also in the works for a 2017 international conference hosted by two of the Institute’s scientists.

This work, and the advances made possible through it, would not be possible without the support of the Covenant Foundation donors.

To learn more, please visit covenantfoundation.ca or call 780-342-8126.

Transforming the delivery of NeoNatal Intensive Care

Every year, approximately 1,000 babies and their families will rely on the Misericordia Community Hospital for neonatal intensive care and spend their first days, weeks or months in the hospital's NeoNatal Intensive Care Unit (NICU).

"Our brains carry on functions for our bodies. They tell us to breathe and they monitor our heart rates; our hypothalamus regulates temperature. Premature babies don't have the ability to do any of that," says Marnie Kumpula, Program Manager, NICU & Child Health Clinics. "People think of us as a nursery, but we're really not. We're an intensive care unit, no different from a medical intensive care unit."

When the Misericordia's NICU first opened in 1990, it was a state-of-the-art facility. The highest standards of care at the time called for large nurseries with many bassinets and just enough space in between to equipment. Doctors, nurses and specialists could simultaneously care for up to 10 babies.

But our understanding of neonatal care has evolved over the last 25 years. Contemporary neonatal care focuses on a family-integrated model in which each baby stays in his or her own room, with staff and equipment coming to them. Parents and even siblings are able to stay with the baby and be a constant comfort in that crucial time when a baby is catching up to thriving.

"When you know better, you do better," says Robyn Halbert, Certified Nurse Educator, Child Health, Misericordia Community Hospital. "We need to be current and efficient. We know there is better equipment out there and we want to work smarter."

To that end, Covenant Foundation has launched the First Breath Campaign, with a goal to raise \$4.2 million for the NICU. The money will transform the NICU into a patient-centred, family-integrated model, which promises better outcomes for babies and their families. And as the medical community learns to care for babies who are delivered ever-more prematurely, the number of babies in need of intensive care increases, too, so the NICU will double its capacity from 12 infants to 24.

A large portion of the funds raised will purchase cutting-edge technology. A central monitoring system will allow staff to monitor infants in different rooms simultaneously; a pediatric echocardiogram ultrasound probe monitors cardiac development. Otoscopes and ophthalmoscopes



are used to monitor vision and hearing development. Bilirubin meters and phototherapy blankets help jaundiced infants. As technology has progressed, equipment has become more specialized and there is more of it for each patient.

"An infant can use a whole range of equipment to get from birth to home," says Kumpula. "They start in a radiant warmer, then move to an incubator, then to a crib. One little baby needs a whole bunch of stuff."

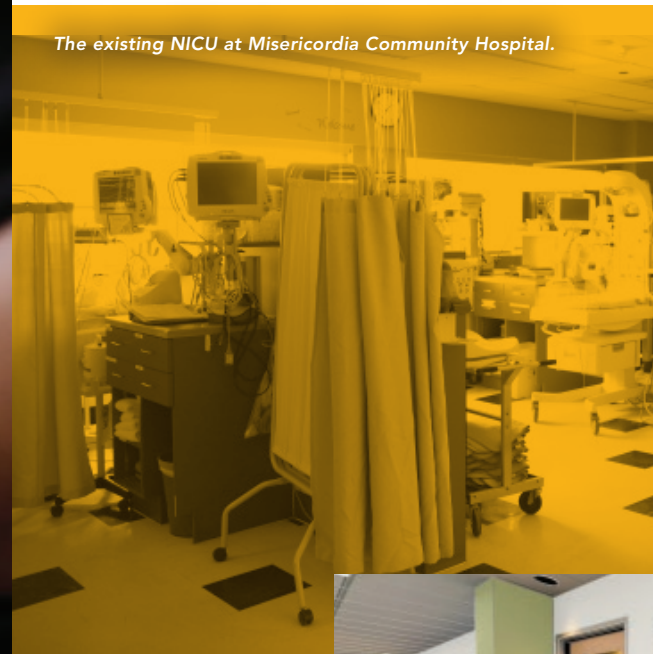
There will be 24 private rooms for babies and their families, with large windows, a convertible sleeper, recliner, storage space, blanket and milk warmers, refrigerators and breast pumps. A new family room (with a kitchen) will help parents to create community in this most stressful and challenging time of their lives. Resources and services are brought into the room to the baby as needed, which minimizes disruptions such as noise and light and transport for care and monitoring.

"With the support of corporate leaders, community organizations, and compassionate and committed donors, Covenant Foundation will make the new NICU a reality," says Tracy Sopkow, CEO, Covenant Foundation. "Every child deserves the best start possible, and every parent deserves to be by their child's side for those critical first days and weeks of life."

Kumpula says private rooms change everything for NICU infants.

"The babies are right next to mom; they hear her heartbeat, they smell her, they can feel her. When you have a baby on a ventilator and totally stressed out and then you put them on mom, in twenty minutes their heart rate has come down and they are settled," says Kumpula. "You just have to see it once. It's amazing. That's the biggest change in care, but it's as old as the hills."

The existing NICU at Misericordia Community Hospital.



An artist's rendering of the new NICU.

“Knowledge
without
transformation
is not wisdom.”

– PAULO COELHO

THE FIRST BREATH IS THE MOST CRITICAL

Covenant Foundation has committed to raise \$4.2 million to renovate and equip a new, state-of-the-art NeoNatal Intensive Care Unit (NICU) at Covenant Health's Misericordia Community Hospital. Of those funds, \$1.7 million will be used to upgrade the NICU equipment. This will include:

- Individual breast pumps, breast milk refrigerators, breast milk warmers, and blanket warmers for each patient room.
- Otoscopes and Ophthalmoscopes to monitor vision and hearing development in newborns.
- Bilirubin meters, phototherapy blankets, and a Phototherapy System Giraffe Spot to treat infants with jaundice.
- Pediatric Echocardiogram Ultrasound Probe to monitor cardiac issues in patients.
- Central Monitoring System to allow health care providers to monitor all patients simultaneously.
- A Giraffe Shuttle to transfer patients from the delivery room to the NICU.

For more information on how you can be part of this important campaign, visit covenantfoundation.ca or call 780-342-8126.

Dr. Tami Masterson
examines a young patient.



“We help them to overcome the barriers to their care. We give the kids clothes, buy food, anything, everything, so their basic needs are met.”

Caring

for our most vulnerable children

Working as a health care provider often means looking beyond a patient's physical needs. Mental and emotional states must be addressed; access to care and social and financial resources are crucial. When they're dealing with vulnerable children, things can become even more complicated.

The Covenant Health Foster Care Clinic (CHFCC) has been operating out of the Grey Nuns Community Hospital for six years. All of the children they serve require exceptional care.

“We expect them to have experienced emotional trauma, and we expect unique medical needs that require intervention,” says Dr. Tami Masterson, pediatrician and Physician Lead of the CHFCC program.

Children, newly apprehended by Children and Family Services are referred directly to the CHFCC, unless there is a doctor already listed on the child's file, which is rare. Children can be brought in from the community by anyone; from police officers to foster parents. The background work alone can be staggering.

“A nurse will do a review of the child's medical record, and then I will triage and identify current medical needs and urgency. There's often 100 pages of notes from various agencies, different doctors,” says Dr. Masterson, who saw 47 new patients in June alone. “But this is a transient population, and they are often unable to follow through with care, so it can be difficult to see the whole picture.”

Significant concerns, such as an infant in drug withdrawal, are taken care of immediately, and the CHFCC aims to do all follow-up with patients within three months. What's unique to this program is how far beyond the physical these professionals will go to set up their patients for success.

“We help them to overcome the barriers to their care. We give the kids clothes, buy food, anything, everything, so their basic needs are met.”

Scraping together resources is one of the major challenges facing this vital program.

“We have received private donations through fundraising that are provided to the Covenant Foundation. Our clinic can access these funds to cover the cost of expenses that fall outside the scope of regular health care: food, clothes, toiletries, prescriptions and other important items for the children in the program,” says Dr. Masterson.

Funding is also needed to create more staffing positions, more resources, and to educate the community and other allies.

This kind of work carries the real danger of high staff turnover and burnout. While the work is meaningful and fulfilling, it is also stressful and sad, and the health care providers themselves need care.

“We're good at working in crisis, but it's difficult work,” says Dr. Masterson. “It'd be great to have fully trained allied staff. Our staff needs more support and care to avoid burnout and to continue to provide quality patient care.”

The CHFCC currently cares for 2,000 families, a large majority of the foster care families in the region, with two physicians (only one of whom is full-time), one nurse coordinator, social worker, and an administrative support staff working collaboratively with social agencies.

“We're hoping for a nurse practitioner position which could help with patient care, policy development and advocacy. We've recently had a student completing her masters as an Art Therapist complete her practicum at our clinic. She supported our children and families through art therapy. A Child Life Specialist in the clinic would be great for patients. We have many ideas that would enhance our program, such as developing a website and a reading and resource list for families.”

She says it's important to understand that giving these children proper care and ensuring they don't get lost in the system is crucial for the health of our community and society.

“We're the last stop for a lot of our families, and we need to change how we approach their medical care. These vulnerable children use a lot of our resources. A lot of times, they're pre-destined to their medical conditions. These children and families face enormous adversity and require support to make life changes. Healthy kids turn into healthy adults. And when they're healthy, there's less stress on them and the community.”

For more information on how you can support this and other important Child Health programs, visit www.covenantfoundation.ca or call 780-342-8126.

Spotlight

on the Northern Alberta Vascular Centre



The physicians and staff of the Northern Alberta Vascular Centre (NAVC) are dedicated to providing vascular care for those in need across northern Alberta, the Northwest Territories, British Columbia and Saskatchewan – a total catchment population of more than 2 million.

Housed at Covenant Health’s Grey Nuns Community Hospital, the program is home to seven surgeons, some of the very best in North America, and performs more than 2,300 surgeries every year.

Most people are familiar with cardiovascular surgery, which deals specifically with the heart and its blood flow issues. More broadly, vascular surgery treats all blood circulatory problems outside the heart and brain.

“A common vascular emergency is an abdominal aortic aneurysm. It’s almost like a hose with a kink in it. It balloons at one spot and it’s under a lot of pressure. If it’s not addressed, it can rupture, and if it ruptures, the mortality rate is high,” explains Trevor Small, Senior Director of Operations, Surgery, Ambulatory and Rehab Medicine and Corporate Medical Device Reprocessing, Covenant Health. “To treat this, our surgeons make an incision and use a sheath to pass a guide wire through the femoral artery. It passes that point of weakness, we deploy a graft and it acts as a replacement vessel. It’s awesome work. It’s very rewarding.”

Trevor says, however, medical science has improved in recent years and even greater imaging technology and surgical equipment now exists which could further improve the quality of care his team is able to provide to the people they serve.

“We currently have two operating theatres in which we perform vascular surgery, but we’d like to refit them with brand new equipment. Our current imaging doesn’t allow our surgeons to do the intricate surgeries they could perform,” Trevor says.

He’s talking about endovascular surgery, one of the most important surgical advances in the past two decades. It allows doctors to perform surgery through a small incision and make repairs inside the patient’s vein using real-time X-rays and miniature tools.

“Endovascular surgery is better for patients. They suffer less physical trauma. With less time under general anesthesia and less post-operative discomfort, patients can go home sooner and usually face fewer infections or other complications,” Trevor says.

A post-operative average length of stay for endovascular procedures is about four days, compared to an average 10 days for open surgical repairs.

“Probably around 50 per cent of operations performed at NAVC are emergencies. The other half is procedures booked electively,” Small says. “But in vascular surgery, our time window is about days and weeks, as opposed to other services that can wait months. Once someone is diagnosed, you want to move before something ruptures.”

And the need for vascular surgery continues to rise.

“Demographics, population growth, and a lot of us continue to make bad choices like poor diets and no exercise,” says Trevor of the ever-increasing number of people served by NAVC. “The work we do is essentially limb-saving and lifesaving. Often we’re saving patients from having a stroke. It’s quite dramatic. This is a chance to change people’s lives and save them.”

“50 per cent of operations performed at NAVC are emergencies.”



USING DATA TO EMPOWER SURGEONS

To help the Northern Alberta Vascular Centre (NAVC) better serve the populations it supports, Covenant Foundation has committed to raise \$300,000 to build a Vascular Quality Initiative (VQI) database for the program.

The database will analyze vascular surgeries, including endovascular abdominal aortic aneurism repairs, open abdominal aortic aneurism repairs, and varicose vein procedures.

The information collected from each procedure will be logged, analyzed and used to create benchmarks for regional quality groups. The database will serve as a performance tracker and offer a central real time data and reporting system.

Perhaps most importantly, the VQI will provide tools and analysis to drive ongoing quality improvement. The analysis performed by the VQI can provide surgeons with recommendations for care strategies that may improve patient outcomes.

To learn how you can support this and other advances in vascular medicine, please visit covenantfoundation.ca or call 780-342-8126.

Transforming lives through reconstructive surgery

Breast cancer is a disease wrought with specific difficulties. Women often have complicated emotional issues with breast cancer, especially when treatment includes mastectomy.

Fortunately, many breast cancer patients are suitable candidates for breast reconstruction. Covenant Health, through programs at the Misericordia and Grey Nuns Community Hospitals, is leading the way in providing excellent, compassionate care for these women.

"Breast cancer knows no age, gender or urban/rural boundaries," says Dr. David Olson, Co-Lead of the Comprehensive Breast Care Program in Edmonton and the North Lead of the Alberta Provincial Breast Program.

Breast cancer is a complex disease that will affect 1 in 9 Canadian women during their lifetime. According to the latest statistics, it is estimated that 25,000 women and 220 men in Canada will be diagnosed with breast cancer, and that 5,000 women and 60 men will die from the disease in 2015.

"I see young women in their 20s and 30s, some of whom had genetically linked breast cancer genetic mutations. And sporadic breast cancer cases are more likely to occur in women of increasing age because age is a major risk factor," says Dr. Olson, who has worked at the Misericordia Community Hospital and has been involved with breast reconstruction since 2004.

The demand for breast reconstruction is increasing, as technology improves and as both women and health care providers learn more about the process. About 95 per cent of breast reconstruction work for patients in Northern Alberta takes place at the Misericordia and the Grey Nuns. There are 10 breast cancer surgeons in the region and about eight plastic surgeons who perform breast reconstruction.

Dr. Olson, deals with about 250 breast cancer cases every year, Dr. Lisa Korus, MPH FRCSC, a plastic surgeon specializing in breast reconstruction, based out of the Grey Nuns Community Hospital, sees as many as 180 patients every year.

Dr. Korus returned to Edmonton in 2013 after completing her Fellowships in Toronto and London to work at the Grey Nuns Community Hospital.

"We have a great teams in the operating room and the in-patient ward. Everyone is eager to collaborate and work hard for their patients," says Dr. Korus

A large part of the success of the program is the willingness of the health care providers to work together and try new initiatives.

"Our operating room administration and staff have really bought into a concept called 'room swapping'. This is a unique way of blending two operating rooms, so that a general surgeon can perform his or her component of the cancer operation, while the other room is being used by the plastic surgeon, and then they swap rooms," says Dr. Olson.

This creates efficiencies of resources, staff and equipment. It also lessens the number of times a patient has to submit to surgery, which reduces chances of complications and recovery time.

"It can be very rewarding when a woman needs a mastectomy and realizes she will go to sleep with the cancer, and wake up not only with the cancer removed, but also a newly reconstructed breast."

Many people don't know if reconstructive options are possible for breast cancer patients.

"It's amazing the lack of awareness there is around reconstruction as an option for women after having a mastectomy. So many patients are unaware of their options and raising that awareness is very important," says Dr. Korus.

While working in Toronto, Dr. Korus experienced Breast Reconstruction Awareness (BRA) Day and committed to organizing a similar event in Edmonton. With the help of Covenant Foundation, Edmonton's first annual BRA Day took place in October 2015. More than 400 people attended the event which included talks from plastic surgeons, breast cancer doctors, and past and present patients. They shared their knowledge and concerns, including the emotional stresses of confidence and identity, and discussed surgical options, such as implant reconstruction and autologous procedures, in which the patient's own tissue is used to recreate the breast.

The informational event finished with the Show & Tell Lounge, where women dealing with breast cancer were able to speak with and view other breast cancer survivors' bodies after reconstruction. It was an empowering and emotional ending.

Dr. Korus says that breast reconstruction isn't essential for cancer patients and may not be the right option for everyone, but for those patients who do want it, the surgery is empowering.

"For a lot of the women who undergo breast reconstruction surgery, they find it completes their cancer journey. It helps them finalize their treatment and bring their journey to an end."

"Breast cancer is a difficult diagnosis for any person to hear, and can be made even more difficult to deal with when the only option is for a mastectomy," says Dr. Olson. "But even if delayed reconstruction is the only option, to see the look on a woman's face when she and her family come into the office and she says, 'I feel normal again', that's rewarding."

The second annual BRA Day, sponsored by Covenant Foundation, took place on October 18, 2016.



Dr. David Olson, Co-Lead of the Comprehensive Breast Care Program in Edmonton and the North Lead of the Alberta Provincial Breast Program.



Dr. Lisa Korus, MPH FRCSC

IMPROVING PATIENT OUTCOMES

"Breast cancer knows no age, gender or urban/rural boundaries."

Covenant Foundation has committed \$300,000 to equip the Comprehensive Breast Care Program with Spy Elite Technology, which will improve Dr. Dave Olson and team's ability to perform reconstructive surgery on breast cancer patients.

SPY Elite Technology is an advanced imaging system that enables surgeons to see microvascular blood flow and perfusion – the process by which blood is delivered to body tissue – while operating. Inadequate blood flow can cause damage to tissue and cause devastating complications.

This technology will provide surgeons with important information to help them make critical decisions in the operating room, which may result in improved success rates and lowered post-operative complications.

"Our surgeons, doctors, and health care providers need the best possible tools to provide the best possible care," says Tracy Sopkow, CEO, Covenant Foundation. "Donor support is critical. It's what makes the difference between good and great health care."

To learn more about, or support this important campaign, visit covenantfoundation.ca or call 780-342-8126

Norman Rousseau's legacy of hope

Norman Rousseau enjoyed a long life with many adventures, and thanks to his generosity many Albertans will enjoy the same.

Norman, a long-time donor, passed away on January 13, 2015, at the age of 85. His niece, Joan Rousseau, a nurse from Chilliwack, BC, came to stay at Norm's and visited with him during his care. She said she was happy to take care of her uncle, who had taken care of so many others during his life.

Many years earlier, Norman had created a family trust to ensure his younger sister, Eva, who lives with mental illness, will always receive proper care.

"He put Eva on a pedestal. She never had the opportunities everyone else had," says Joan. "We knew he wanted to make a difference for other people who needed health care, like his sister. We knew he planned to give the bulk of his estate to various health care institutions, but we didn't know the details. He was a very private person."

Norman may have kept to himself, but he was very generous. Covenant Foundation received a substantial gift from his estate, as did other health care organizations in Edmonton.

"Norman's gift will create healing opportunities for generations to come, that's the legacy of leaving a planned gift in your estate," says Tracy Sopkow, CEO, Covenant Foundation. "We are very grateful for Norman's foresight and generosity. His gift will touch countless lives."

"Money was no big deal to Norman. He just believed if you had a lot, you helped those that had less," says Joan. "He gave it a lot of thought, and really liked the idea of helping people to live quality lives."

Born and raised in Winnipeg, Norman finished grade 11 in 1951 and headed to Alberta, which he'd heard was a land of opportunity in the earth-moving business.

Norman was a shrewd businessman who bridged both the public and private sectors in heavy construction for 50 years. For the last twenty, he lived on-site above his office.

"You'd never know he was financially well off," Joan laughs. "He stayed very humble. He was a minimalist and had other interests."

Norman was a voracious reader and world traveller. Some of his favourites included world history, Peru, and Hong Kong.

"He always felt he had to prove himself because he didn't have a university education. He always said he schooled himself in the school of life. He had a very adventurous spirit," says Joan, and tells one of her favourite stories about Norman.

"About five years ago we went to Penticton to river raft. He had on a crazy polka-dotted shirt, weird socks pulled up to his knees, a baseball cap; he was a sight for sore eyes! By then he was legally blind. He took out his hearing aids and he was just like Mr. Magoo. Well, he had so much attention from young women there, he said, 'Too bad I wasn't 50 years younger, I could run and catch a few of them!'"

Joan is proud of her Uncle Norman's legacy, which will help so many.

"Life is short, we have to make the most of it, and Norman certainly did. He always wanted to make a difference, and leaving a gift like this touches a whole population. It's the greatest gift."

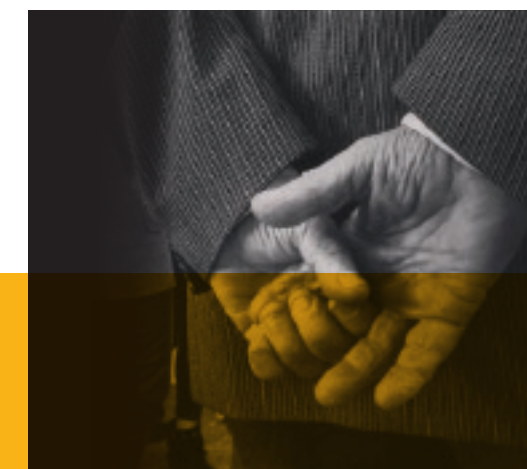
"He stayed very humble. He was a minimalist."



Norman Rousseau

"Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one."

– MARIANNE WILLIAMSON



PLANNED GIVING NOW
CREATES A LEGACY FOR
THE FUTURE

Planned giving is one of the simplest and most rewarding ways to support a cause that is important to you and your loved ones. Planned giving – a gift made in your Will to a charity of your choice – ensures your philanthropic goals continue to be met well into the future. By leaving a gift in your Will to Covenant Foundation you can ensure hope and healing are always available to those who need it most, for generations to come.

Planned gifts include: bequests, gifts of life insurance, marketable securities, and endowment funds.

A lawyer can help you plan your Will and review your philanthropic options. If you have questions about Covenant Foundation's specific planned giving policies and procedures, please contact the Foundation office at 780-342-8126.

Making dreams come true



Covenant Foundation has been encouraging Albertans to “Dream Bigger” for more than two decades, beginning in 1993 when the Foundation launched the Caritas Foundation Lottery.

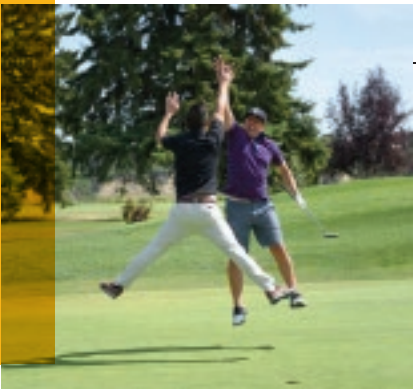
Twenty-three home winners and countless other prizes later, Covenant Foundation’s lottery – now known as Caritas DreamLife Lottery – is still supporting the same important cause, but now boasts even bigger and better prize offerings.

“Everyone who purchases a lottery ticket dreams of winning big,” says Tracy Sopkow, CEO, Covenant Foundation. “But the truth is there are no losers in our lotteries. Every ticket purchased directly supports patient and resident care at Covenant facilities.”

Since 1993, more than \$21 million has been raised through lotteries for Covenant Health’s priority programs. Here’s a look at how Foundation lotteries have positively impacted patient and resident care at Covenant facilities over the years.

- 2001** A portion of the \$1.18 million raised in 2001 established (what grew to become) a \$10 million endowment fund to ensure the Foundation’s sustainability.
- 2002** Funds raised purchased a “dual-headed diagnostic nuclear medicine camera,” a vital piece of nuclear medicine equipment used in diagnostic imaging.
- 2005** In 2005, funds were used to create three enhanced operating suites at the Grey Nuns Community Hospital and the Misericordia Community Hospital.
- 2007** Funds supported the Excellence in Family Care Campaign at the Grey Nuns Community Hospital, and palliative care programing at the Misericordia Community Hospital.
- 2008** As the Excellence in Family Care Campaign continues, proceeds from the lottery support the development of a fully-renovated NeoNatal Intensive Care Unit at the Grey Nuns Community Hospital. A portion of proceeds also supported the Bed Renewal Project at the Edmonton General Continuing Care Centre, replacing 136 beds to provide greater comfort for residents.
- 2010** In 2010, proceeds from the lottery purchased state-of-the-art medical equipment for the Institute for Reconstructive Sciences in Medicine (iRSM) at the Misericordia Community Hospital.
- 2011** Funds raised supported the development of the Palliative Institute.
- 2015** The Northern Alberta Vascular Centre based at the Grey Nuns Community Hospital was the beneficiary of proceeds in 2015.
- 2016** This year, funds raised through the Caritas DreamLife Lottery will support Covenant Foundation’s First Breath Campaign to build and equip a new NeoNatal Intensive Care Unit at the Misericordia Community Hospital.

THANK YOU TO OUR 2015 EAW SPONSORS



The 22nd Annual Everyone’s A Winner Golf Tournament, which took place on August 10, 2015 at the Edmonton Country Club, was a fantastic success, raising important funds for the Grey Nuns Community Hospital, Misericordia Community Hospital, and Edmonton General Continuing Care Centre.

Since its inception more than two decades ago, Everyone’s a Winner has raised more than \$2.2 million, in support of Covenant Health and the 150-year legacy of providing quality, compassionate care.

On behalf of the Covenant Foundation board, staff and tournament organizing committee, thank you to our golfers, partners, and generous 2015 sponsors for their support!

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HOST YOUR OWN EVENT!

Are you looking for a unique and fun way to support Covenant Foundation?

Whether you’re a business owner, school, service club, or individual, you can host your own event to raise funds for the Foundation or one of the facilities we support. Event ideas include: golf tournaments, office lunches and casual-dress days, car washes, birthday parties, gala dinners, bingos, fashion shows, garage sales, and more.

Whatever you do, your event will have a positive impact on patient care, programs and services, research, and education at Covenant facilities across the province of Alberta.

Covenant Foundation staff can provide you with the tools and inspiration you need to host your fundraising event and support you along the way. For more information, call 780-342-8126 or visit covenantfoundation.ca

Helping to make Edmonton a great place to live



Ken Knowles is respected for his commitment to the community and for excellence in leadership. He is a people person; a results-driven leader with over 40 years experience working within the not-for-profit sector, racing/gaming, entertainment and exhibition management industry. He also loves Edmonton and continues to strive to use his talents and passion to contribute to making Edmonton a great place to live.

Ken retired in 2010 as President and CEO of Northlands after serving there for 25 years. Since graduating from the University of Calgary he has also held management positions with both the Calgary Stampede and the Regina Exhibition. After over 40 years in the business he misses the staff!

"We were all one big extended family, creating amazing events for people to enjoy during their leisure time," says Ken. "We accomplished so many great things together, working as a team towards goals to enhance our community."

Ken joined the Covenant Foundation Board (then known as Caritas) in 2000 and served until 2015. His interest in the Foundation started with the Everyone's a Winner Golf Tournament, where he served on the initial organizing committee. The avid golfer is proud of the well-known tournament, which has raised over \$2.2 million since its inception.

"The opportunity to give back and try to make a difference is a passion," says Ken. "The Caritas Home Lottery (now Caritas DreamLife Lottery) is another impressive project. It's raised \$21 million since it began in 1994. That's a significant amount of money and it makes such a positive difference to health care in Edmonton."

The Past Board Chair says the Covenant Health programs, services, research, education and equipment that are made possible with support from the public, is nothing short of inspiring.

"One program at the Misericordia Hospital that is not well known, is the Institute for Reconstructive Sciences in Medicine (iSRM). It is a joint initiative established in 1993 with the U of A, Covenant Health and Alberta Health Services. It is an internationally recognized clinic and research institute focused on medical reconstructive sciences. It provides complex specialized implant technologies to patients with head and neck defects resulting from cancer, trauma and congenital conditions. It's one of three specialized centres in the world! And talk about making a difference in someone's life after having lost an ear or part of a jaw! The care patients receive here gives them back their confidence and way of life," says Ken.

During Ken's career he was a member of the Edmonton Chamber of Commerce, Director and Chairman of the Board of the Caritas Hospitals Foundation, Chair of the Lotteries Committee and Vice Chair of the Governance Committee. He sat on the United Way Cabinet for many years and was Campaign Chair of the United Way Capital Region in 2007. He was also a director of the Edmonton and Capital Region Tourism Partnership Council, and of the McMan Youth Family and Community Services Association. He also sat on the Board for Alberta Golf for many years.

Ken has found many ways to fill the "teamwork" gap since he retired so as to still be of service to the community, in areas of interest to him. He currently sits on the Board of the Alberta Gaming and Liquor Commission.

Ken urges all Edmontonians to get involved in the various Covenant Foundation fundraising initiatives.

"Covenant Foundation supports Covenant Health and its facilities, which provide health care from birth to palliative care, and everything in between. At some point in time, these hospitals and care facilities will touch everyone. What we all do together makes a positive difference... and helps make our community a better, healthier, and more compassionate place to live and raise our families."

"Transformation is much more than using skills, resources, and technology. It's all about habits of the mind."

– MALCOLM GLADWELL



CARITAS HOSPITALS FOUNDATION

Combined Statement of Operations and Changes in Net Assets*

For the year ended March 31, 2016

	2016				2015
	Donor Restricted Fund \$	Unrestricted Fund \$	Donor Endowment Fund \$	Internally Restricted Fund \$	Total \$
REVENUE					
Home lotteries	4,784,696	-	-	-	4,784,696
Charitable donations	540,123	384,901	5,600	-	930,624
Grants from Associates of Caritas	360,000	-	-	-	360,000
Other fundraising projects	129,515	222,648	-	-	352,163
Grants	705,385	274,935	1,219	-	981,539
Other revenue	-	40,500	-	-	40,500
Investment income	190,741	486,990	(179,926)	(587,888)	(90,083)
Administrative support	-	244,500	-	-	244,500
	6,710,460	1,654,474	(173,107)	(587,888)	7,603,939
EXPENSES					
Home lotteries	4,992,476	127,599	-	-	5,120,075
Grants to Covenant Health	2,445,681	18,381	(76,492)	-	2,387,570
Charitable donations – direct costs	-	179,389	-	-	179,389
Other fundraising projects	66,108	151,121	-	-	217,229
Grants	-	-	-	-	-
Administration	36,380	954,511	6,308	-	997,199
Administrative support	-	244,500	-	-	244,500
	7,540,645	1,675,501	(70,184)	-	9,145,962
Deficiency of revenue over expenses for the year	(830,185)	(21,027)	(102,923)	(587,888)	(1,542,023)
Net assets – Beginning of year	8,410,980	3,784,506	8,235,467	11,231,842	31,662,795
Interfund transfer	334,884	(334,884)	-	-	-
Net assets – End of year	7,915,679	3,428,595	8,132,544	10,643,954	30,120,772

*To view Caritas Hospitals Foundation's full audited statements for the 2015/2016 fiscal year, visit www.covenantfoundation.ca



Covenant Foundation, Room 3C60, 11111 Jasper Avenue, Edmonton, AB T5K 0L4

Formerly Caritas Foundation, Covenant Foundation was formed on April 1, 2016 to increase fundraising capacity and promote community health, awareness and education of Covenant Health and Catholic health care; and to raise funds to support excellence in patient care, research, and education at Covenant Health facilities across Alberta.

CovenantFoundation.ca



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