



Valley Regional
Hospital Foundation

A huge and heartfelt thank you.

We're grateful for the kindness you've shown and the critical role you've played for the health of our Annapolis Valley community.



Valley Regional
Hospital Foundation

150 Exhibition St
Kentville, NS B4N 5E3
902-678-5414
vrhfoundation.ca

Report to Community 2024

*These are the stories of a healthy community.
They are you. They are because of you.*

Exceptional healthcare is the hallmark of a strong and healthy community.

But this kind of care doesn't magically happen on its own. It takes a network of medical experts, frontline caregivers, support services, volunteers, and donors working together with incredible passion and commitment.

At Valley Regional Hospital Foundation, we're humbled to be part of the incredible network of care in the Annapolis Valley. As we reflect on this past year, we're grateful for the opportunity to work in partnership with you to bring so many stories of care to life. And we're thrilled to share some of these stories with you today.



Doug and his family know the importance of keeping quality healthcare close to home. With your support, stories like theirs come to life in our communities every day.

Doug is a friendly face in the Annapolis Valley. He lives a healthy and happy life today, thanks in part to three very different surgeries over the past ten years at Valley Regional Hospital.

The first surgery was in 2015 when Dr. Hewins gave him a new hip. Before the surgery, even short walks caused a lot of pain. Now, Doug can make the most of retirement—enjoying the golf course and walking his dog.

The second surgery came by surprise when his appendix burst, and Doug was thrust into a critical situation requiring surgery and 11 days in the ICU.

On his third trip to the OR, Doug was diagnosed with prostate cancer, and later had the tumor removed.

At every critical turn, Doug relied on the expertise of his healthcare teams and the equipment at Valley Regional Hospital.

And through all of it, you were there. From C-Arms and CT scanners to wheelchairs and vein finders, donations like yours have helped buy critical hospital equipment, making it possible to keep healthcare close to home.

6,004

Number of surgeries performed at Valley Regional Hospital in 2023



The biggest effort to enhance surgical services in well over a decade

In the spring of 2023, we launched the \$2.5 million Operation Enhancement campaign to refurbish the six operating rooms at Valley Regional Hospital. Comprising 47 pieces of equipment, it's about giving our medical teams the most modern and specialized tools available to deliver first-rate surgical care.

Your support has already made a huge impact on patient care, through some of the early purchases in the campaign—from lifesaving equipment to services not previously offered at Valley Regional Hospital:

Rapid Infuser (\$56,387)

Gets large fluid volumes in the body quickly. Critical in trauma cases with rapid blood loss and lifesaving when seconds count.

Electrosurgical Unit (\$31,980)

Commonly used in Gastroenterology, General Surgery, Ob-Gyn, ENT, Pulmonary Medicine, and Dermatology, to name a few.

ENT NERVE Monitoring (\$43,000)

Protects nerves in neck, throat and thyroid procedures.

Glidescope Video Laryngoscope (\$42,000)

Provides improved intubation and airway management.

Argon Plasma Coagulator (\$25,000)

Seals bleeding and reduces tumors after colonoscopy or upper endoscopy. This service is new to Valley Regional!



Operation Enhancement

CAMPAIGN UPDATE

Just look how our community has rallied to make sure Annapolis Valley has the best surgical tools out there—we're almost to goal!

\$0 \$2.5 Million



State-of-the-art tools for urology

Bladder cancer affects over 13,000 Canadians a year. Prostate cancer is the fourth most common cancer overall and the number one cancer for men.

Detecting and treating these cancers is critical. That's why advanced urology equipment has been centred in the Operation Enhancement campaign from the beginning—and it will be until every last piece of equipment comes in. When lives are on the line having outdated equipment isn't a risk worth taking.

15 Urology Cystoscopes (\$256,000)

A long thin optical instrument used to detect and treat men's cancers.



Urology Table (\$477,000)

Built-in x-ray lets surgeons visualize the various structures of the urinary system.

PCNL Equipment (\$83,000)

Treats large, firm kidney stones. This service is new to Valley Regional Hospital!

This equipment will allow us to treat kidney stones, bladder cancers, and enlarged prostates, among other things, in a minimally invasive manner. It allows us to provide state-of-the-art care.

– Dr. Jeff Himmelman, Urologist



Game-changer for hip and knee replacements

One thing everyone's excited about is the Mako Robotic System. Valley Regional Hospital was approved for the technology earlier this year and we eagerly added it to the Operation Enhancement campaign.

For patients needing hip and knee replacement, this orthopedic robot will be a game-changer. Controlled by the surgeon, it essentially customizes the joint replacement for each patient. It helps the surgeon better understand the exact orientation of the bone, so they can more precisely replace the joint, reducing the risk of complication and causing less damage to soft tissues.

Mako Robotic System (\$1,000,000)

Improves hip and knee surgery with less pain, quicker recovery, and reduced need for revision surgery.

Ortho Power Tools (\$175,000)

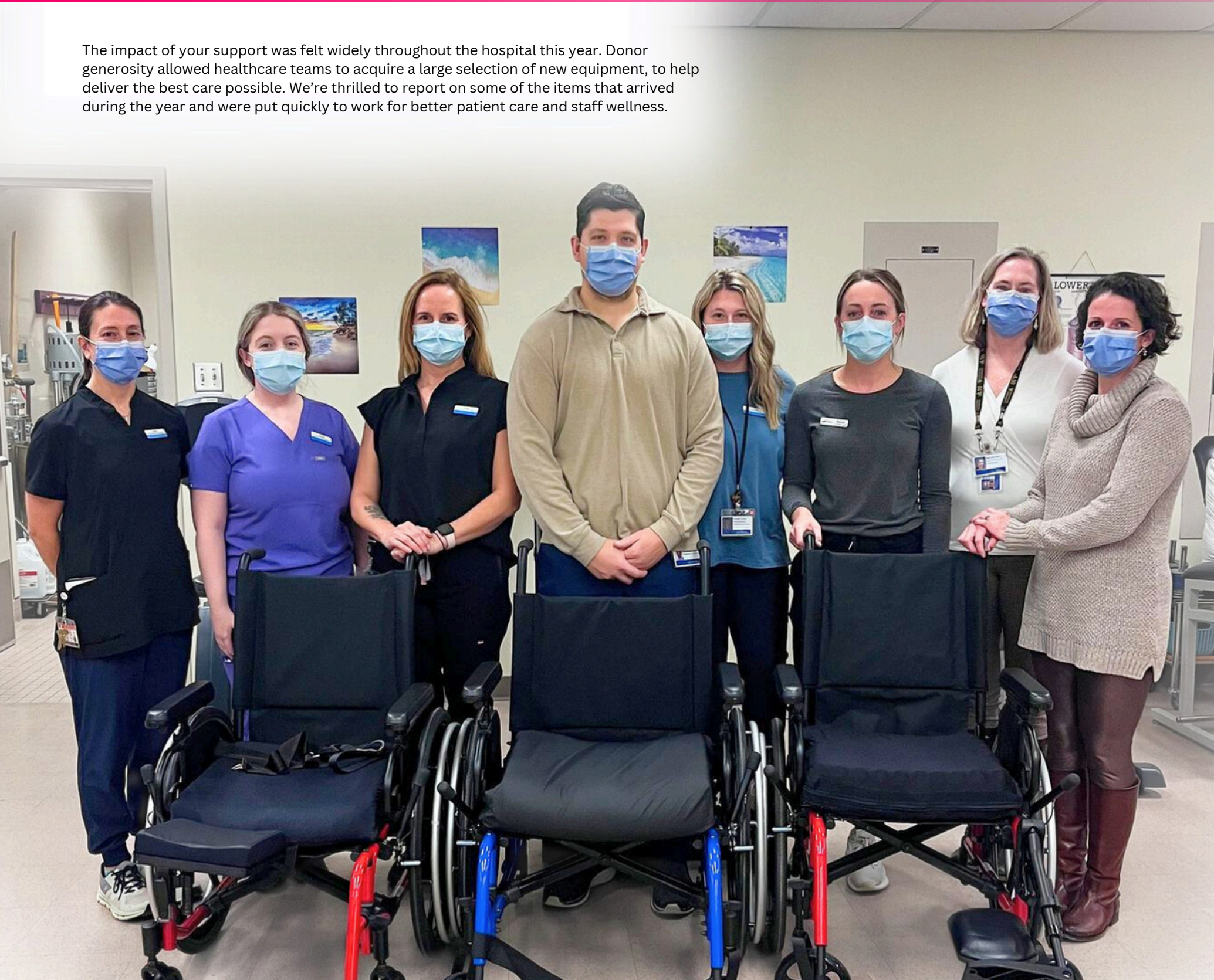
Specialized power tools used in all arthroplasties and orthopedic trauma cases.

Robotic technology in hip and knee replacement improves accuracy and safety. Combined with pre-op CT scanning, it enables surgeons to do a detailed assessment of an individual's anatomy and develop a personalized plan that can be executed with precision. Nova Scotia has become a leader in this field.
– Dr. Megan Gillis, Orthopedic Surgeon



Throughout your hospital

The impact of your support was felt widely throughout the hospital this year. Donor generosity allowed healthcare teams to acquire a large selection of new equipment, to help deliver the best care possible. We're thrilled to report on some of the items that arrived during the year and were put quickly to work for better patient care and staff wellness.



Echo Ultrasound x2 (\$191,065)
CARDIAC INVESTIGATION UNIT
Advanced functionality to better diagnose heart conditions

Mini C-Arm (\$94,250)
SURGERY
Provides imaging while a patient is on the operating table

Microscopes x 2 (\$48,070)
LABORATORY SERVICES
Allows more microbiology tests with quicker turnaround times

Micro-Scrubber (\$6,464)
ENVIRONMENTAL SERVICES
Floor cleaner for ease, efficiency, and reduced staff injury

Biosafety Cabinet (\$15,636)
LABORATORY SERVICES
Ensures safety from infectious material during microbiology tests

Vein finder (\$8,809)
MEDICAL UNIT B
Projects image of veins on patient's skin for ease of location

Bladder Scanner x3 (\$49,209)
ER, WOMEN & CHILD, MED B
Ultrasound used to measure size, fullness, and lining of bladder

Wheelchairs x 10 (\$21,453)
REHAB SERVICES
Specialty chairs essential to patient mobility, safety and recovery



Reducing barriers and giving comfort, neighbour to neighbour

No one should have to choose between accessing healthcare and paying for groceries or medication. But for many of our neighbours, it's a daunting reality.

The dialysis unit at Valley Regional sees 11,000 patient visits a year. Some spend 5 hours a day, 3 days a week in dialysis, making it impossible to work full-time.

The Renal Care Fund helps dialysis patients with financial barriers as they access life-saving treatment. Elena knows very well the impact this has.

After immigrating to Nova Scotia from Ukraine last year, Elena needed dialysis. She started treatment in Yarmouth, and when she relocated to Windsor, her treatment moved to the new renal care facility at Valley Regional Hospital.

As Elena builds a new life on Canadian soil, support from the Renal Care Fund removes what's otherwise an insurmountable barrier by helping offset the cost of fuel as she travels to dialysis, 3 times a week. The kindness of community makes it possible.

Through a variety of patient support programs, your donations help neighbours like Elena find comfort during stressful times. Whether it's a simple item like a device charger on a long night, a toiletry bag in the morning, a cuddly bear

for a child in Emergency, or help with transportation costs; your kindness is felt throughout the hospital every day. Last year, over \$56,000 was distributed to programs that support patient care throughout Valley Regional Hospital.

When every dollar and minute is stretched beyond reason, even the small things in life can make a huge difference for someone's mental and physical wellbeing.
– Krista Gerrits, Social Worker, Dialysis

Patient support

Ways you give



For Mark, a monthly gift means sustainable support for the hospital he cares about

People like you stepped up in a big way this year to make an impact on healthcare in your community.

Whether it was through an immediate financial gift; an in-kind donation of shares; fundraising with a day of golf, an art show, cookie sales, or countless other fundraisers; or volunteering time and expertise; you demonstrated loud and clear what it means to be part of a vibrant community that cares.

For Dr. Mark Smith, a retired veterinarian, being a monthly donor means he can provide sustainable support for the hospital he cares so much about.

Mark has been a loyal donor for 32 years. In 2007, he decided to simplify and amplify his contributions by choosing to donate monthly.

If you're donating to a cause that you believe in, a small donation every month can make a big impact. This is my community; it's a simple way to support the causes I care about.

– Mark Smith, monthly donor

Fred and Mary Walsh have left a legacy that transcends their individual lifetimes

Children raised in philanthropic households learn early the importance of giving back and the satisfaction derived from making a positive difference in the world.

Fred and Mary Walsh raised their six children on their family farm, never hesitating to offer a helping hand, a meal, or a lift to a stranger when someone was in need. Regardless of the number of guests in their home, there was always plenty of food, friendship, and goodwill.



Upon the passing of their parents in 2021 and 2023, the Walsh family was proud and grateful to know that Fred and Mary's generous spirit would live on through a bequest they had left in their will to Valley Regional Hospital Foundation.

Fred and Mary's commitment to healthcare and their community has become part of the family's identity—creating a legacy that transcends their individual lifetimes. It's especially meaningful to the family to know their parents' gift will support patients in the areas of cancer care and inpatient psychiatry.

We all want to teach our children to be kind and to give back to community however we are best able. Leaving a charitable gift in your will continues that work well into the future. The spirit of giving continues to thrive, impacting countless lives and perpetuating a cycle of kindness and generosity as seen among the Walsh family.



Inspired to give

Inspired giving in the present, while preparing for legacy giving in the future

Suzanne Balcom is an amazing friend to Valley Regional Hospital Foundation. Inspired by the challenges that surround rural healthcare, in particular, she's been a consistent donor in her living years.

When Suzanne's husband, Dr. Randal Balcom, passed away in 2023, she was moved to have an even bigger impact. The compassionate care that Randy and the family received at the hospital in his final days was a gift she holds close in her heart. In turn, while revising her will, she decided to include Valley Regional Hospital Foundation as a beneficiary.

"Getting to know the function and purpose of Valley Regional Hospital Foundation and its ability to enhance the quality of care that's available to all of us in the valley has given me peace of mind. Leaving a gift in my will allows me to shine light on how fortunate we are to have Valley Regional Hospital and the kind and skilled people that work there."

More than that, Suzanne feels good knowing the future impact her gift will have. She says leaving a gift in her will opened up a new opportunity to give even more significantly when she's not here to give anymore.

It's a wonderful way to leave a legacy of light for the future while continuing to give in the present.

– Suzanne Balcom



Community-led impact

Multi-year pledge honours loved one and strengthens cancer care

When community comes together with drive and purpose, anything can happen. We were fortunate this year to have so many organizations, businesses, and individuals in the Annapolis Valley step up to organize fundraising efforts in support of quality healthcare in their community.

We're especially grateful to highlight Paul Parsons and Sue MacArthur of Fraser's PRO Home Centre. They wanted to support an initiative related to cancer care in honour of a passed family member. They're no strangers to supporting Valley Regional Hospital, having been a key fundraising partner for fetal heart monitors in years past.

In 2022, Fraser's PRO Home Centre committed to a three-year initiative, with a goal to raise \$100,000 for the purchase of five cystoscopes— instruments used for bladder and prostate cancer pre-screening, early detection, and treatment.

For every gallon of PPG Paint purchased at one of five Fraser's PRO Home Centre locations in the Annapolis Valley, \$1 will directly impact the early detection and treatment of cancer at Valley Regional Hospital.

Many drops in the bucket make it overflow. Community-led fundraisers, big and small, have tremendous impact.

22,730

Number of CT Scans performed at Valley Regional Hospital in 2023



We love your enthusiastic support

A big shout-out to these other top community-led fundraisers and everyone who helped make them a success!

AVR Radiothon for Valley Regional Hospital Foundation

Tim Hortons Smile Cookie

Golf Day at Ken Wo , Eagle Crest, Paragon, and Berwick Heights

Kentville Toyota Vehicles for Valley Regional Hospital Foundation

Two Birds One Stone Mother's Day Sale

Family First Medical Sidewalk Sale

New Scotland Candle Scent of the Month

Valley Harvest Marathon

Last year, the new ownership group of the iconic Old Orchard Inn saw an opportunity to further engage with the Annapolis Valley community and became an official fundraising partner with the Foundation.

In less than a year, the Old Orchard Inn has supplied toiletry products for the Comfort Care program, catered multiple events, and hosted a new Holiday Tree fundraiser during the Festival of Lights campaign.

Annapolis Valley residents, and beyond, have been a huge part of the success of the Old Orchard Inn. We value the hospital as a charity of choice as they also support every single resident in and around the Valley.

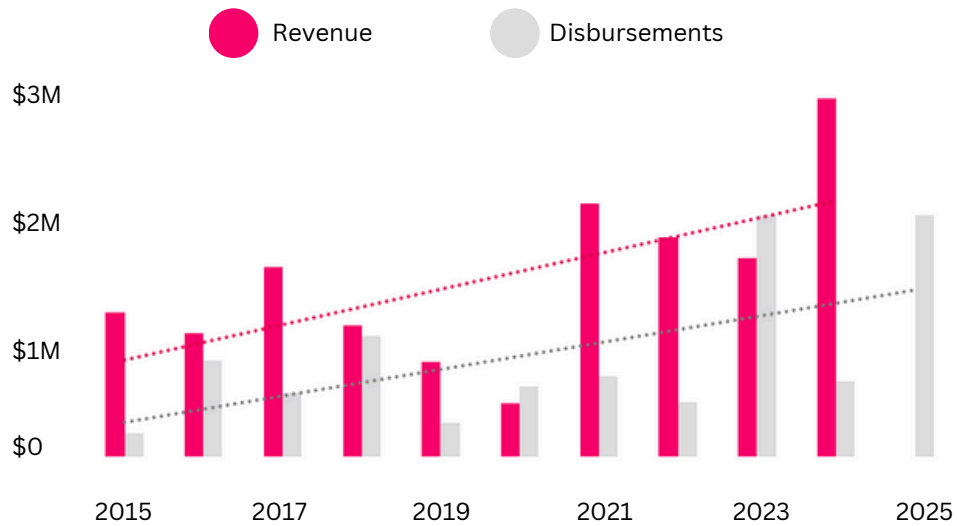
– James Clouthier, General Manager



Financials

An impactful upward trend

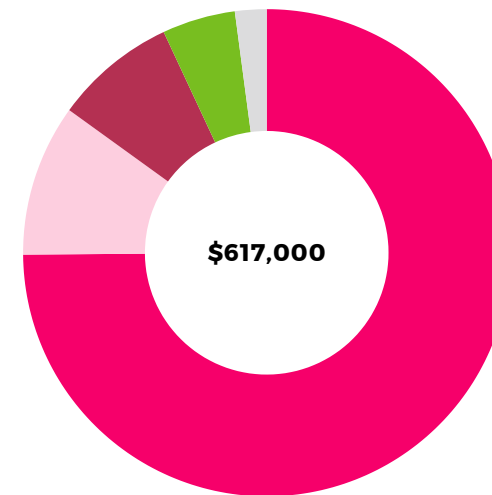
Below, a comparison of revenue and disbursements over the last 10 years shows a healthy growth pattern in both the way donors are stepping up with support, and our resolve to put that generosity to work for the health of our Annapolis Valley communities.



A quick snapshot

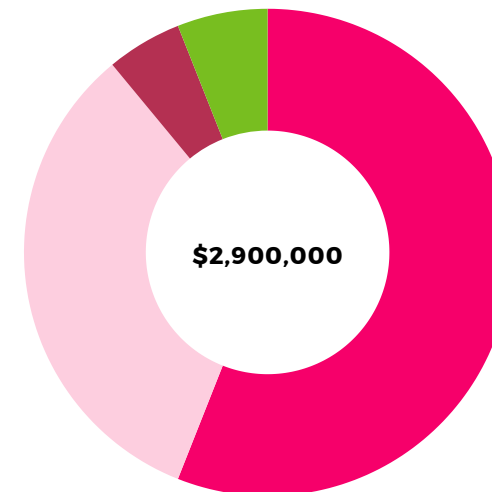
In 2023-2024, revenue jumped 80% over the previous year. A big part of the increase came from three exceptional bequests. While disbursements were down in the same period, that will quickly change in the coming months, as we complete upgrades to the operating rooms. At the end of our fiscal period, we had outstanding commitments totaling \$1.9 million in equipment purchases, to be completed in 2024-2025.

Our audited financial statements can be found on our website at vrhfoundation.ca.



Your gifts at work

- Equipment - \$462,571
- Patient Support - \$62,259
- Chaplaincy Grant - \$49,992
- Community Grants - \$30,000
- Other - \$12,943



Where the gifts came from

- Individuals - \$1,624,000
- Estates - \$957,000
- Businesses - \$145,000
- Foundations, Service Clubs, Other - \$174,000

A message for you, with thanks

On behalf of our board and staff, it's an honour and privilege to share with you our 2023-2024 Report to Community. We do so with a profound sense of gratitude, purpose and commitment.

Valley Regional Hospital Foundation stands as a beacon of hope and support for our local healthcare system. Through your dedication and generosity, we've provided community resources and equipment that enhance the quality of care delivered at our hospital and in the community. From cutting-edge medical technology to patient care programs, your contributions have made a tangible difference in the lives of countless individuals and families.

Valley Regional Hospital stands as the largest regional hospital on the mainland of Nova Scotia; each year serving 180,000 outpatient visits; 47,000 emergency room visits; 23,000 CT scans; 6,000 surgeries; and so much more. These numbers underscore the critical role our hospital plays in the health and well-being of our community.

Since our inception as a charity 40 years ago—separate from, yet working closely with the hospital—you've channeled over \$22 million in philanthropic support to advance healthcare. Incredible.

As a Board, we've engaged in fruitful discussion about the importance of growing both revenue and spending to advance our mission. It's noteworthy that

different hospital foundations adopt varying approaches—some focus heavily on investment income, while others prioritize spending each year's contributions. Our approach has always been a balanced one, ensuring prudent financial stewardship while strategically deploying both human and financial resources to maximize impact.

Our funding review process was a focal point of improvement last year. Through tighter processes and evaluation criteria, we're making more timely and informed decisions on how to allocate spending.

Last fall, we bid farewell to Ellen Crowley, our previous CEO, to whom I extend heartfelt gratitude. Ellen's leadership, vision, and unwavering dedication left an indelible mark. Her guidance propelled us forward, and her insights shaped our path to success.

Simultaneously, we were thrilled to welcome Karen Theriault as our new CEO. With a wealth of experience and a passion for our mission, Karen brings a fresh perspective and renewed energy to the team. It's been a pleasure to embark on this new chapter together, continuing to strive for excellence.

I also want to thank my fellow Board members for their dedicated service and unwavering commitment. Thank you for sharing your perspectives, expertise, and passion for enhanced healthcare in our Annapolis Valley community.



Looking ahead, we face new challenges and opportunities. The landscape of healthcare is ever evolving, and I'm confident in our ability to navigate these waters with grace and determination. By fostering collaboration and staying true to our core values, we'll help ensure that Valley Regional Hospital remains a cornerstone of health and wellness for generations to come.

In closing, I extend heartfelt gratitude to each and every one of you—donors, volunteers, healthcare professionals, and community leaders. Your commitment to our shared mission is the bedrock upon which our success rests.

Thank you for being part of our story,

Logan Morse, President

2024-2025 Board of Directors

Mandeep Panesar
Kathleen Mulherin
Andrena Hull
Mike Landry, Vice President
Brittany Traynor, Secretary
Debbie Hennigar, Past President
Logan Morse, President
Rick Ramsay



Connect with a member of our team

Looking to make an impact on the health of your community? Reach out at 902-678-5414 or info@vrhfoundation.ca. We'd love to hear from you!

Taylor de Vries
Angela Mansfield
Stacey Floris
Karen Theriault
Hillary Webb
Lisa Mitchell