

Transforming Healthcare, Transforming Lives.

ROYAL ALEXANDRA HOSPITAL

2011-2012 Report to the Community



Distributions to Hospital 2011 - 2012 \$3,881,687

- Robbins Learning Centre
- Lois Hole Hospital for Women & Women's Research Institute
- Orthopedics Surgical Navigation Equipment
- Programs & Equipment
- Research & Education

Our Vision

Building passionate community support for the Royal Alexandra Hospital.

Our Mission

The Royal Alexandra Hospital Foundation, as a respected leader, inspires community support for the Royal Alexandra Hospital and its medical centres of excellence including the Lois Hole Hospital for Women, the CK Hui Heart Centre, the Regional Eye Centre and the Orthopedic Surgery Centre.

The Foundation empowers compassionate, innovative patient care through leading-edge education, research, technology and facility enhancements.

We Dedicate

With deep respect and abundant gratitude, we dedicate this report to our donors.

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6 There is so much more to a hospital than bricks and mortar. There is heart and soul. There is compassion and healing. Transforming Healthcare, Transforming Lives showcases some of the people whose lives have been changed – and saved – at the Royal Alexandra Hospital.

President & Chair's Message Andrew Otway & Anne McLellan

Welcome to the Royal Alexandra Hospital Foundation's 2011-2012 Annual Report.

This year's theme – *Transforming Healthcare, Transforming Lives* – reflects on the many changes we have seen at Royal Alexandra Hospital over the years and the many advances in medicine and healthcare we are able to bring to our hospital thanks to the generosity of our donors.

The Lois Hole Hospital for Women, the CK Hui Heart Centre, the Orthopedic Surgery Centre, the Regional Eye Centre and the Robbins Learning Centre are all outstanding facilities, representing the best that medicine and medical technology has to offer. Now that these vital facilities are established at the Royal Alexandra Hospital, their full potential is being realized as hundreds of thousands of people pass through their doors for treatment every year. They also stand as a testament to better patient care at our hospital thanks to community support.

The past decade of transformation at Royal Alexandra Hospital is very exciting and very gratifying, because it means one thing: better patient care. And that is what really motivates us in almost everything we do. There is so much more to a hospital than bricks and mortar. There is heart and soul. There is compassion and healing. *Transforming Healthcare*, *Transforming Lives* showcases some of the people whose lives have been changed – and saved – at the Royal Alexandra Hospital.

On behalf of the Royal Alexandra Hospital Foundation staff and its volunteer board of directors, thank you for your support over the past year.

Sincerely,

A. Anne McLellan

Chair, Royal Alexandra Hospital Foundation

Andrew Otway

President and CEO, Royal Alexandra Hospital Foundation

Bricks and Mortar, Heart and Soul

Dr. David Mador **Urologic Surgeon**

At the time of the conceptual ideas for the Robbins Pavilion, I was Site Medical Director at the Royal Alexandra Hospital and the idea was born to create a major learning centre within its walls. The Royal Alex has been an important teaching institution for many years, and as we expanded, we needed more venues for teaching and learning.

Funding was an issue; along with Dr. Mark Joffe, we engaged the medical staff at the Royal Alex by selling seats in the Learning Centre. The staff was very supportive, since they all recognized our status as a teaching centre and the great need for a new and modern facility. Our "Take Your Seat" campaign was a great success.

Now that it's open, we're extremely excited about the potential of the Robbins Learning Centre. It has become a real game-changer at the Royal Alex. The Centre consists of three classrooms and a 180-seat auditorium, all equipped with high-definition audio-visual technology that provides a digital link to classrooms, operating suites and other learning facilities around the world. The number of learners that pass through the Royal Alex in a year is astounding, and now we're much better able to accommodate them. The combination of cutting edge technology and a pleasing, comfortable setting is fantastic.

Lois Stefaniuk **Executive Site Director** Royal Alexandra Hospital

L The Robbins Pavilion is the newest addition to the Royal Alexandra Hospital, and it's an incredible accomplishment. It is home to the Lois Hole Hospital for Women, the CK Hui Heart Centre, and the Robbins Learning Centre - three outstanding facilities that represent the future of this respected hospital.

It's quite a feeling to reflect on the journey from looking at blueprints in early morning meetings to overseeing development over the course of six years and then finally seeing this fabulous building in operation. I was the liason between the senior medical team at the Royal Alex and the architects and engineers, overseeing the development and construction of the pavilion.

We always knew that the Robbins Pavilion would be a combination of bricks and mortar and heart and soul. Royal Alexandra Hospital patrons Bill and Mary Jo Robbins were keen on a holistic feel to the entire pavilion, with lots of natural light and beautiful art to brighten things up. The Ted and Lois Hole Healing Garden, the Robbins Chapel and the Walkway of Hope were certainly more than finishing touches - these are special places that provide, comfort and hope to patients and visitors, making an already great hospital even better.

It feels very rewarding to see it all today. Thanks to a lot of dedication, compassionate forethought, and generosity, the result is a world-class set of hospitals and teaching facilities at the Royal Alex.



66 It's an exciting time for the Royal Alex family, it's an exciting time for healthcare, and it's an exciting time for the community. 99

Dr. Mark Joffe Site Medical Director Infection, Prevention and Control Royal Alexandra Hospital

The Robbins Pavilion provides a space for taking care of patients that is second to none. The Royal Alexandra Hospital has a long history of excellent patient care, but the modern facilities in the Robbins Pavilion really mean a great leap forward for us. The building has exceptional facilities for patients, it's a wonderful place to provide care, and for patients it's a wonderful place to receive care.

Along with Dr. David Mador, I helped lobby for the Robbins Learning Centre and took on the challenge of raising money to help build it. We recognized the need for a modern learning centre and along with the Royal Alexandra Hospital Foundation and the University of Alberta – who send a lot of their students here for medical training – raised enough money to help build it. It was a long process, but now we have a terrific facility and it's very rewarding to see it operational.

It's an exciting time for the Royal Alex family, it's an exciting time for healthcare, and it's an exciting time for the community. As healthcare professionals, we can utilize this modern facility to teach, learn, to improve our skills and of course take better care of patients.

Dr. Sandra Davidge Director

Women and Children's Health Research Institute

C The Women and Children's Health Research Institute supports groundbreaking research on a wide spectrum of health issues for women and children. We have more than 300 leading researchers, clinician-scientists, academics, and health-care professionals in our membership, all bringing valuable perspectives to the issue of women and children's health.

To have excellent clinical care, you have to have excellent research that provides the foundation of that care. Thanks to the Royal Alexandra Hospital Foundation and the Stollery Children's Hospital Foundation, we have core funding to continue our important research.

It's a very exciting time for us. We already have research nurses at the Lois Hole Hospital for Women working on trials with physicians and clinical scientists, but our future goal is to have a strong clinical research team find a permanent presence here. The Lois Hole Hospital for Women provides us with a critical place to transform our knowledge from the research stage into better patient care and health policies. The Lois Hole Hospital for Women has become Western Canada's finest women's hospital, and our goal is to make it even better.

Lois Hole Hospital for Women



Lorna Clark Antepartum Unit Manager

Lois Hole Hospital for Women

Pregnancy is meant to be a happy time in a woman's life, but when there are health complications that arise, women and their families are filled with fear and uncertainty. As the Antepartum Unit Manger at the Lois Hole Hospital for Women, I meet women every day coping with a high-risk pregnancy and I see the impact this has on their lives. Many of these women will have to spend days, weeks and even months at the Lois Hole Hospital for Women and it is the goal of our team to deliver compassionate patient care in a warm and comforting environment.

This past year we've been very busy. Our patient numbers are always on the rise and so it has been a real accomplishment to secure four additional beds in our unit as well as an increase in the number of staff. The Lois Hole Hospital for Women is such a beautiful facility with lots of natural light, stunning artwork and all kinds of special features that help to create a healthy and hopeful space for women. Donor support has been instrumental in enabling us to provide those extra touches that help our patients to feel more at home during this difficult time in their lives. When a woman leaves the Lois Hole Hospital for Women as a healthy new mother, this is the greatest success and such a rewarding feeling.

Several years ago, I began experiencing severe menopause symptoms that were taking a dramatic toll on my quality of life. I would find myself unable to concentrate and my mind felt cloudy. I endured terrible night sweats and could no longer get a restful sleep. It was a very dark time in my life as I struggled to cope with these symptoms that were eroding my confidence and making me so unhappy.

This all changed when I found the help I needed at the Lois Hole Hospital for Women. I began to visit the Menopause Clinic there and met with a team of healthcare professionals including doctors, dieticians and pharmacists. Together we worked to identify my needs and create a customized plan. I was given so much useful information, and we found the right treatment through hormone replacement therapy. Everyone I met at the Lois Hole Hospital for Women was knowledgeable, positive and genuinely cared about my health. I am so grateful for the care I received as it was truly life-changing.

Today I'm getting ready for my retirement and I am thrilled to be entering this next stage of my life feeling better than ever. Women of all ages deserve to be healthy and have access to the care they need – I found that care at the Lois Hole Hospital for Women and I've never looked back.



We became donors to the Lois Hole Hospital for Women to say thank you. We delivered both of our children at the Royal Alexandra Hospital, and each of those pregnancies came with complications. At one point we were coming to the hospital every day for checkups, and the staff at the Royal Alex was always excited to see us. We noticed that each of the doctors and nurses and all of the staff were very passionate about all of their patients – it's that extra level of commitment and care that really helps with the whole process.

Charolette Player

Patient

Thankfully both of our children were born healthy, and because of the quality of care we received we really wanted to give back. Our lives were touched and transformed by the Royal Alexandra Hospital during our pregnancy, and that sense of hope we felt when we were here is something that we want other mothers and fathers to have. The work being done at the Lois Hole Hospital for Women is transforming women's health care, and that is something we are honoured to be a part of.

Northern Alberta Neonatal Intensive Care Program

Royal Alexandra Hospital Site

Dr. Marcia Antunes

Neonatologist Royal Alexandra Hospital

As a neonatologist at the Royal Alexandra Hospital, I care for the most fragile babies who are born prematurely or are facing critical illness. Together with a dedicated team of passionate health care professionals, I work to give these babies the very best chance at life in the Neonatal Intensive Care Unit.

This past year has been such a dynamic time for those of us in the NICU with numerous exciting initiatives including establishing a Family Advisory Committee. This has been a really positive step in engaging parents in meaningful conversations involving the policies and procedures in the NICU, and we get valuable input from families. This year also saw the addition of a vital piece of equipment called a Transcutaneous Carbon Dioxide-Oxygen Monitor thanks to the generosity of a local group, the Honourable Order of the Blue Goose.

The NICU at the Royal Alex is a very busy place, and each day we're met with complex medical situations that challenge us and experience moments that are truly inspiring. I witness the potential, and the fighting spirit of each tiny baby I treat and that is why I love what I do.

Steve and Ella Baker Donor and Patient

All four of my kids were born at the Royal Alexandra Hospital but I suppose it was the youngest, Ella, whose entrance into the world was the most interesting. When my wife Tina was pregnant with Ella, she experienced many health complications and was diagnosed with a serious condition called vasa previa, where the placenta is underneath the baby. As a highrisk pregnancy, Tina needed to stay at the Royal Alex for three months for regular monitoring. While it wasn't easy, she received incredible care and it was all worth the struggle when our little girl Ella was born. She was about one month premature and very tiny, weighing in at only 4 pounds, 5 ounces.

As a premature baby Ella was immediately taken to the Neonatal Intensive Care Unit at the Royal Alex Hospital and stayed there for 11 days. During that time we had the pleasure of getting to know the amazing staff in the NICU and we were comforted by their spirit and energy in caring for these delicate babies. Today Ella is a happy and healthy six year old kid and we are so grateful to the NICU for this.

Because of this experience, I have donated regularly to the Royal Alex, but recently I decided to raise even more support for this important area of care. This summer I competed in two ultra marathons, the Sinister 7 and the Canadian Death Race, to raise money for the NICU. Ultra marathons are incredibly challenging both mentally and physically, but there is no greater motivation to keep going than thinking of the babies in the NICU. I run because I love to, and now I run for Ella, the staff in the NICU, and all of the babies and their families who will benefit from the care they receive there.

Our youngest daughter, Paisley, was born at the Lois Hole Hospital for Women in November 2011, almost seven weeks prematurely. She was immediately admitted to the Royal Alexandra Hospital's Neonatal Intensive Care Unit.

When Paisley was 10 days old, she was diagnosed with a rare neurological condition called lissencephaly. Genetic testing also revealed that she had Miller-Dieker Syndrome, a condition which is life-shortening. We were devastated to learn that our little baby Paisley would only be with us for a very short time, but we were determined to make the most of our time with her, and help give her the best possible life that she could have.

As a family, we spent a lot of quality time together at the NICU, relishing simple activities like cuddling, storytelling and bath time, as well as celebrating important occasions with special visitors. We are so thankful for all of the experiences that we shared with our smiling little girl.

The NICU team's family-centered approach to care not only ensured that Paisley received the best medical treatment, it also created an atmosphere wherein she could bond with her parents, her older sister, and all those who loved her. Paisley had a loving home in the NICU and the members of the team were her second family. We are extremely grateful for all of the love and encouragement that our entire family received from the NICU staff.

Paisley passed away in January 2012, at the age of 10 weeks. With great support from friends and family, we undertook a special memorial fundraising project to honour her and also give back to the NICU.

Our precious Paisley lived her entire life at the Royal Alexandra Hospital, and so to us, it will always be a special place. It's where we spent our time together as a complete family, making beautiful memories that we will cherish forever.

Courtney LeBlanc, Rory Yerama and Layla Yerama Donors

CK Hui Heart Centre



Dr. Randall Williams Chief of Cardiology CK Hui Heart Centre

Since the CK Hui Heart Centre opened last year, we have consolidated all of our cardiology care under one roof, which leads to much greater patient satisfaction. Thanks to this consolidation, we can tackle some of the specialized cardiac treatments and cutting-edge procedures which wouldn't have been successful in the past.

Of course, patient care is our main focus. We've made changes in how we manage our patients, resulting in better ability to deliver high quality care. We've been able to expand our patient services and have a lot more flexibility when it comes to choosing the best procedures.

Alongside better patient care, we're very excited about the research that's happening at the CK Hui Heart Centre. We've had very good experiences with our clinical trials which expand the knowledge and science of cardiology. And through innovative community outreach programs such as the Multicultural Heart Health Awareness Program, we're doing our best to educate people about the risks of heart disease. We like to think that we're now one of the leaders in cardiac care in Western Canada. I love to dance, and I'm proud to say I can outlast people half my age on the dance floor. Three years ago I was dancing at a family wedding and began to feel very tired after only a few minutes. I thought I was just having a bad day, but that was just the beginning. My health began to get worse over the next few months and then one day, I just couldn't function and had to call an ambulance. I was shocked when my doctor told me I had four blockages in my heart, ranging from 100% to 50%. In other words, my heart was operating at only one quarter capacity!

Thanks to the doctors at the CK Hui Heart Centre, I had stents installed to clear the worst blockages. I realized what a close call I had, and decided to make some serious changes to save my life. Along with my wonderful wife, I eat better now, I get more exercise, and we enjoy life a lot more.

I'm very glad that the people at the CK Hui Heart Centre are educating people in the South Asian community about good heart health with the South Asian Heart Health Initiative. Everyone needs to take care of themselves, but people in my community are at much greater risk for heart problems. So I hope everyone will start to lead much healthier

lives. 99

Francis Yip

I support the CK Hui Heart Centre because I believe in the work being done there. I had the opportunity to meet with Dr. Po Kee Chung before the centre opened in 2011 and his passion and enthusiasm for the CK Hui Heart Centre really inspired me to become involved. I learned that the team of cardiologists at the CK Hui Heart Centre has a long history of innovative treatments and providing more options for patients, which means better care for so many people.

Dharam

Patient

Dabgotra

We are very lucky to have a facility like the CK Hui Heart Centre at the Royal Alexandra Hospital. I believe that donor support is vital in making sure it continues to provide the very best in care and treatment. It's an honour and a pleasure for me to be involved with the CK Hui Heart Centre, knowing that my support is helping it to continue as a leader in heart health.

Orthopedic Surgery Centre

Dr. Donald Glasgow Orthopedic Trauma & Reconstructive Surgeon

Royal Alexandra Hospital

The Orthopedic Surgery Centre at the Royal Alexandra Hospital is not only a beautiful facility, it has become a well-oiled machine since it opened in 2010. Everything and everybody here is geared towards arthroplasty – the surgical repair of joints – and it means our patients have a really good experience. They have a nice environment during their stay and attentive staff who are completely focused on patient recovery. Also, the fact that the recovery time has been shortened – just a matter of days - makes people feel so much better about an orthopaedic procedure.

We're very grateful for the Royal Alexandra Hospital Foundation funding three more computerized surgical navigation systems at the OSC. This tool allows us to perform surgery with great precision and can make a big difference to our patients – especially those with more difficult and complex deformities. This will help us advance the science of arthoplasty and allow us to be leaders in giving the best possible care. Obviously all of these things really matter to someone getting a new hip or knee. With more of these state-of-the-art tools at our disposal, it really means better care and treatment for patients all across northern Alberta.

Min

Arlene and Ervin Lack Patients

When my husband John and I made the decision to climb Mount Kilimanjaro with 35 other business professionals, doctors, and business leaders in support of the Orthopedic Surgery Centre at the Royal Alexandra Hospital, we knew it would be an unforgettable journey.

The idea of participating in a unique and exciting fundraising initiative that supports a cause close to our hearts was a natural fit. John sits on the board for the Alberta Bone and Joint Institute, so he is familiar with all of the outstanding work being done at the Orthopedic Surgery Centre. We also know first hand the impact that failing bone and joint pain can cause – I have a fused ankle and have dealt with arthritis and osteoporosis. Because of that, we understand the gratitude a patient can feel when they are able to return to a life without chronic bone and joint pain.

Kilimanjaro Climb's goal was to raise funds for a computerized surgical navigation system, a state-of-the-art operating tool that allows surgeons to replace a new hip or knee with absolute precision. A special technology like the navigation system means that patients will have shorter recovery times and can get back to a pain-free life that much sooner.

Thanks to outstanding community support, the Kilimanjaro team surpassed its original fundraising goal and raised enough for two computerized surgical navigation systems. Overcome with pride, joy, and admiration for our entire team and the journey we made, John and I made the personal decision to donate enough so the Royal Alexandra Hospital Foundation could purchase a third system.

Both John and I are so honoured to say we were a part of such an incredible fundraising experience for such a great cause. To see the way the entire community supported our team really propelled us up the mountain. John and I can say we have reached two summits: the top of Kilimanjaro and the summit of ensuring that the Orthopedic Surgery Centre at the Royal Alexandra Hospital will continue to provide outstanding patient care.

Over the years, we've had both of our knees replaced at the Royal Alexandra Hospital and we're amazed with the results. We were taking our first steps in a couple of days, and back to work within a matter of weeks.

We were both very impressed at the transformation of orthopedic care once the Orthopedic Surgery Centre opened in 2010. What an incredible facility. We can see there was a lot of expert planning that went into that hospital. As a patient, everything is taken care of from start to finish. We were told what to expect before and after the surgery, given a set of exercises to do, and felt very informed and involved in the whole process.

Not only does the Orthopedic Surgery Centre have comfortable, private rooms, but a dedicated staff that take care of you every step of the way. Dr. Gordon Arnett is a marvelous surgeon, and we had complete confidence in him. The rest of the staff at the Orthopedic Surgery Centre were also top notch – they're focused on the best possible care, and we felt that we were in good hands at every moment. They have everyone and everything you need for a successful recovery.

> John and Bunny Ferguson Donors

Campaign for Prostate Health

Dr. Tim Wollin Site Chief of Urology Royal Alexandra Hospital

The Royal Alexandra Hospital is treating over 250 men with prostate cancer a year with the DaVinci Robotic Surgery System, making us the busiest sector in Canada for laparoscopic robotic surgery. Since the program started here in 2007, we've treated more than 2,000 men with robotic-assisted prostatectomies. It's certainly transformed what we do and how we treat prostate cancer. By studying patient outcomes and refining our techniques, we're seeing much more positive results compared to ten years ago.

I know that every urologist is excited about what's on the horizon: the rapid access Prostate Health Clinic at the Edmonton Clinic. The Prostate Health Clinic is certainly going to change the way we help men dealing with prostate cancer. Nurse navigators, patient educators, medical and radiation oncologists, and surgeons will be working together all under one roof, resulting in less back and forth for our patients. It will also mean expedited diagnosis and decision making, which is so important to men who are anxious to start treatment.

Overall, we're very pleased that the combination of seamless, integrated care for men at the Prostate Health Clinic and the effectiveness of the DaVinci Robotic Surgery System will improve care on all fronts for men dealing with prostate cancer.

I was diagnosed with prostate cancer three years ago. My PSA levels had increased over a three month period and my urologist Dr. Eric Estey urged me to get a biopsy. I did, and it revealed that I indeed had prostate cancer.

Learning I had cancer was quite an emotional rollercoaster. I couldn't believe it; I didn't want to believe it. However, I had to face the facts – and quickly. Dr. Estey gave me some options for treatment and after doing some research, I considered a prostatectomy by robotic surgery to be the best route to take. I'm very happy with the results. Everything feels normal for me now.

When I heard about the plans for the rapid access Prostate Health Clinic at the Edmonton Clinic, I was very excited. This is one of the best things that can happen for men in the Edmonton area. Once the Prostate Health Clinic opens, men who are diagnosed with prostate cancer will have one place to go from start to finish for education, consultation and treatment.

Prostate cancer is a disease that's been undercover for too long. Men don't like to talk about it, but we need to talk about it. I'm quite thankful that I started getting screened for prostate cancer at an early age. Early detection is really the key for all men, so that you know exactly where you stand. The sooner you catch it, the better your chances are of beating it.



Gordon Buchanan Donor

My motivation for donating to the Campaign for Prostate Health is pretty simple. Prostate cancer affects a lot of men and we need the best care available for them. They're making great strides in research and treatment, which is encouraging. But we also need to raise awareness. For too long, I think prostate cancer has been something that men haven't discussed or been completely aware of the risk.

We're very fortunate to have such great medical talent in Edmonton. Whether it's treating prostate cancer or women's health or heart care, we have some of the best people in Canada. The Edmonton Clinic will be a very valuable place for prostate cancer patients once it's completed.

You have to put something back into this world; you can't just keep on taking. So that's why I'm proud to support good causes like the Campaign for Prostate Health. No matter what it is, you can't stop pushing and trying to make things better.

Regional Eye Centre

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Dr. Chris Rudnisky

Ophthalmologist Associate Professor, Ophthalmology Faculty of Medicine and Dentistry, University of Alberta

We are fortunate to have all of our specialists under one roof at the Regional Eye Centre and because of that, we are continuously able to treat the growing needs in specialized eye care. It's not uncommon for a patient who has arrived at the Royal Alex Hospital's emergency department to be seen by one of our residents and be booked into the Regional Eye Centre's operating room within a few short hours. It's that sort of streamlined care that sets the Regional Eye Centre apart.

What's most exciting for me as an ophthalmologist is our Tele-Ophthalmology program. The work we are doing for northern Alberta communities has touched thousands. This technology allows our doctors to screen for diabetic retinopathy – a leading cause of blindness – in patients in remote communities without them ever having to step foot in the Regional Eye Centre. This negates the need for 90 percent of diabetics to travel from remote communities for annual examination.

We are so grateful to the Royal Alexandra Hospital Foundation and donor support for helping to fund our important work and patient care. Without it, the Regional Eye Centre wouldn't be able to continuously move forward in our research and build upon our best practices.

I'm proud of the work we are doing, and I'm proud of the work we will continue to do. ~~ ~~



For the last seven years, I had been living with double vision in both of my eyes, making everyday activities like reading, driving and even walking a challenging task. To correct the condition, I had been prescribed glasses which helped, but very soon I was using the maximum prescription available without improvement. Losing hope, I was prepared to live my life dependant on the help of my husband and family.

That all changed when I was referred to the Regional Eye Centre, where I met Dr. Ian MacDonald and his team of nurses, doctors and clinical staff. After discussing my previous history and treatment options, we decided on surgery.

Three weeks later I had surgery on both of my eyes to correct my double vision. I was very impressed with Dr. MacDonald, and the rest of the team at the Regional Eye Centre. They explained everything prior to the operation and made me feel like they truly cared about me. I've never experienced that level of patient care before; it certainly makes a difference.

The surgery went very well, and within weeks I could see clearly. It was remarkable! At first I would wake up each morning and 'test' my eyes just to make sure I wasn't dreaming.

It's been over a year since my surgery, and I can say the Regional Eye Centre has restored my confidence and quality of life. It's no longer the beginning of the end for me. I can play with my grandkids, tend to my garden, and read books again – all of the joyous hobbies I thought I would have to give up.

I can never thank the Regional Eye Centre enough for what they've done for me. They gave me my life back.

Natasha Robb

Development Officer – Special Projects Royal Alexandra Hospital Foundation

after I started working at the Foundation in 2005. As a fundraiser, I feel it's important to set an example and donate to the causes you help promote. Over the years we've raised money for such good causes, and I know that what we help fund – new clinics, new equipment, important medical research – really helps people live better lives. I've been proud to support a variety of our campaigns, including the Robbins Learning Centre and Kilimanjaro Climb 2011. Right now I'm supporting the Regional Eye Centre with monthly payroll deductions through our Lifesaver program. I know the Regional Eye Centre plays a really necessary role not only for patients in Edmonton, but across northern Alberta. I'm happy to support the important work they do.

I started donating to the Royal Alexandra Hospital soon

Priority Needs

6E

PHILIPS

Raya Caouette Registered Nurse

A day in the emergency room at the Royal Alex can mean anything. One moment it's calm, the next it can be complete chaos. We see every kind of case you can imagine.

We don't always spend a lot of time with our patients – our job is to treat and stabilize them quickly and then move them to another part of the hospital for care and recovery. But that short time we spend with them is very important. When our patients are transferred to the Intensive Care Unit or the Critical Care Unit, we visit them and check on their progress. We've spent time crying with family members and holding their hands. Our patients make an impact on our lives just as we make an impact on theirs.

I hope that people will continue to support priority needs at the Royal Alex. This is the area of the hospital that serves all walks of life every single day. We're the ones helping your mother, your grandfather, your uncle, your son. We want to be able to give them the best care possible.

Vivian Mendes

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Patient

I was having what I thought was a minor health issue – a bad cough – and saw my family doctor about it. She performed an ECG just to make sure I was alright. Imagine my surprise when my doctor contacted me the next day and said that I should proceed to the Royal Alex Hospital's emergency department immediately – I was having a heart attack!

Once I was admitted, the emergency staff verified that it was ventricular tachycardia, which is very serious. Nurses appeared out of nowhere to start IVs and medication. My heart rate was stabilized in a matter of minutes. From there, I was transferred to the Cardiac Care Unit at the CK Hui Heart Centre for further treatment.

Everyone in the Royal Alex Emergency Department was kind, quick and professional. They have such a tough job, and from what I saw on that day, they do it very well. If it hadn't been for the Royal Alex, I probably wouldn't be here today.

& & I started donating to the Royal Alexandra Hospital soon after I started working here in 2008. As a member of the Environmental Services Team, I see a lot of the behind-the-scenes care that happens on the Royal Alex campus. The critical care that the doctors, nurses and clinic staff provide to patients is something to marvel at.

I had a friend pass through the Royal Alex with H1-N1 and I know that he received very good care here, so that is one of the things that inspired me to become a donor. I'm supporting priority needs at the Royal Alex with monthly payroll deductions through our Lifesaver program. To know that I'm helping patients receive better care when they need it the most makes me proud.

I know that this is an important place for a lot of people – I can see it everyday as I walk through our hospital hallways. So I can't think of a better way to give back to the community than giving to my hospital. Asfeha Adgoy Donor

Robotic Surgery: A New Frontier

Dr. Tiffany Wells

Gynecological Oncologist

As a gynecological oncologist at the Lois Hole Hospital for Women, I treat women who are battling various types of gynecologic cancers. Their journeys are full of strength and determination as they fight this devastating disease.

I help in that fight as a surgeon. Each day I deal with many complex and challenging cases. Technology plays a vital role in what I do, and the DaVinci Robotic Surgery System has been an incredible tool for us at the Royal Alexandra Hospital. The DaVinci is a minimally invasive piece of surgical equipment used to operate on cancers of the uterus, endometrium and cervix. As surgeons, the DaVinci has become a tremendous asset, and for patients it has truly changed their surgery experience. Traditional surgical methods require a patient staying in the hospital for three to five days after surgery and four to six weeks for recovery – with the DaVinci, patients are going home the very next day and are recovering in two weeks. My patients are amazed at how little pain they experience, how quickly they recover, and from a cosmetic perspective there are only a few small incisions as opposed to a large midsection cut. The DaVinci really has transformed the whole process of surgery.

Over the next year I'm looking forward to using the DaVinci on more complex cases and pushing the limits on what we are able to do with the robot. The fight against cancer takes an army of resources and having the DaVinci robot in our arsenal is one more way we can battle cancer and give women their health and their lives back.



Last year at the age of 22, I was diagnosed with cervical cancer. To say I was stunned would be an understatement. I had no symptoms whatsoever, and my first thought was 'I'm young and healthy, and sure don't feel like I have cancer'. Could this be a mistake?

It was no mistake. The phone call I received was the start of a four-month journey – one that involved tests, more tests, consultations with oncologists at the Lois Hole Hospital for Women, meeting a surgeon named Dr. Tiffany Wells, and learning about a high-tech piece of equipment called the DaVinci Robotic Surgery System at the Royal Alexandra Hospital.

My family wanted the best treatment for me, and if that meant travelling out of the country, we were prepared to do so. But my parents, Ron and Brenda Mackie, learned that Edmonton is a leader in surgical treatment for cervical cancer. Surgeons at the Royal Alex are successfully employing the DaVinci Surgical Robot more than any other hospital in Canada. It was terrific to learn that the best hospital was right here in our own city. Dr. Wells is a wonderful doctor. As her patient, I found her reassuring and kind, and someone with whom I felt very comfortable asking questions. Her answers were straightforward and I had great confidence in her ability as a surgeon.

My surgery took place approximately four months after the diagnosis. Thanks to Dr. Wells' great skill with the DaVinci Robotic Surgery System, my laparascopic surgery was clean, quick, precise, and resulted in five very tiny incisions that are quickly fading away. I was in the hospital for only one night, and I returned to work and to my university classes in one week.

Going through a cancer diagnosis and surgical treatment can teach you many things about yourself, your family, and your relationships. It was an anxious and worrisome time for me, my boyfriend, my parents and my sisters. But thanks to humour, mutual support, and a fantastic care team at the Lois Hole Hospital for Women – including a high-tech robot – I'm here today to tell my story. I'm very grateful.

Planned Giving

Kazimierz (Kasey) Kozak

It has always been important to my late wife Tina and me to find ways to help make our community better. I like to consider all the options, so when I was making provisions in my will, I did my homework. I wanted to support an organization that has been important in our lives, which would respect my wishes, and which I trusted to make the best use of our support. The Royal Alexandra Hospital was the place I found that best fit the bill. When you support healthcare, you support the entire community and help many people, so it was a good choice for me to name the Royal Alexandra Hospital as the beneficiary in my will. I have very much appreciated working with everyone at the Royal Alexandra Hospital Foundation. They go out of their way to keep me informed and make me feel like part of the family. I would encourage others to also consider supporting the Royal Alexandra Hospital as part of their estate planning.

A Legacy of Leadership

stra hope - that real upliftin

hope-that things will turn out

Dale Sheard

Community Leader

Kay Thous

At some point in your adult life you begin to truly value your health. Around the same time, you also understand and appreciate the importance of good healthcare.

I have been a donor to the Royal Alexandra Hospital Foundation since 1987. After being invited for a tour of the hospital I thought this might be a place in which I could make a positive impact. That's why I was pleased to be invited to join the Board of Directors of the Royal Alexandra Hospital Foundation in 2001. The last 12 years have been some of the most fulfilling years of my life.

As my time on the Board draws to a close, I am filled with a sense of pride for what has been accomplished and a feeling of excitement for the future. I have witnessed 'the Alex' transform and secure its place as a teaching and research leader in our community. It has evolved into a world-class hospital, offering the latest treatments and innovative research while building upon exceptional and compassionate patient care.

I also witnessed the creation of the Lois Hole Hospital for Women and this was certainly a memorable time in my life. My awareness of the importance of women's health comes from a very personal place. When we were 22 years old one of my closest friends was diagnosed with ovarian cancer. I remember our shock and confusion with her initial diagnosis because we knew little about the disease. Her strength and her struggle over the two years before her death ignited in me a life-long passion and determination to improve women's healthcare. >



A Legacy of Leadership continued

As Chair of the Lois Hole Hospital for Women Campaign I worked with a brilliant team of dedicated volunteers and staff members to help build the first women's hospital in our city and bring to light a new and important focus on women's health. It has been incredible to watch what was once just an idea and see it progress into a state-of-the-art hospital that offers specialized care for women. When the doors of the Lois Hole Hospital for Women opened on April 8, 2010 it was a momentous occasion in the history of our city and our province. A shared dream came true and women across our entire country will benefit as a result.

It was a memorable moment when we asked the Honourable Lois Hole – then Lieutenant Governor of Alberta – if we could name our new women's hospital in her honour. Foundation President Andrew Otway, myself and fellow board member Grant Ericksen met with Lois over tea at the Alberta Legislature. Her name had always been at the top of our list as we all felt that she embodied what we hoped this hospital would be: warm, intelligent, compassionate, and with a continual thirst for knowledge. When we told her of our idea, her eyes welled with tears and she said, 'If any hospital had asked me this, it would have been an honour, but I've always considered the Royal Alex my hospital and my family's hospital so this means so much to me'. This is a memory that I will always cherish.

As I conclude this chapter of my life, I realize that this is not the end of my community support and I will continue to champion women's health. I'm very proud to support the Cavarzan Chair in Mature Women's Health Research at the Lois Hole Hospital for Women and delighted to be part of the Board for the Women and Children's Health Research Institute (WCHRI). I believe very strongly in the vital role research plays in the healthcare equation, and I am excited to support both of these efforts. We've always said the Lois Hole Hospital for Women treats women of all ages and in all stages of life and these research groups will ensure that for the future.

I will always have a deep connection to the Foundation, the Royal Alexandra Hospital, and the Lois Hole Hospital for Women. I've been very fortunate in my personal and professional life, and so it just feels right to give back. As the famous saying goes, I hope to leave this world a little better than I found it.



In the Community

Speaking of Health

An ounce of prevention is worth a pound of cure – that's the idea behind Speaking of Health, the Royal Alexandra Hospital Foundation's biannual public lecture series. Featuring informative lectures from some of Canada's foremost health care experts, Speaking of Health offers people from all walks of life valuable insights about their health and the best ways to take charge of it. Loyal audiences at Speaking of Health have continued to express their appreciation for this community-minded endeavor.

For more information, visit our website at www.royalalex.org

The Gilbert Lecture

Since 2004, the highly-acclaimed Gilbert Lecture brings nationally and internationally acclaimed leaders in the world of healthcare to the Royal Alexandra Hospital. The lecture series provides medical professionals a unique forum to learn about the newest and most fascinating issues in treatment, research and the evolution of medicine. The Gilbert Lecture focuses on two of the late Dr. Alan Gilbert's areas of special interest and expertise: medical education and inner city medicine.

Mary Jo Huey Robbins Nursing Lecture

The Mary Jo Huey Robbins Nursing Lecture was created to honor the role of nursing at the Royal Alexandra Hospital, where a proud tradition of nursing excellence has existed for generations. Named after Royal Alexandra Hospital patron Mary Jo Robbins – herself an accomplished nurse for many years – this important lecture brings information and inspiration to the nurses of the Royal Alexandra Hospital.

Multicultural Heart Health Awareness Program

The Multicultural Heart Health Awareness Program is an innovative public campaign targeting the diverse populations of our city. Designed to increase knowledge of heart disease and stroke in Edmonton's ethnic communities, the Multicultural Heart Health Awareness Program is another example of the exceptional care provided by the CK Hui Heart Centre. The first ethnic group in Alberta to benefit from this new program was the Chinese community in Edmonton, followed by the South Asian community. The Royal Alexandra Hospital Foundation has designated \$250,000 towards the Multicultural Heart Health Awareness Program.

Board of Directors

Royal Alexandra Hospital Foundation























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Since its establishment in 1984, the Royal Alexandra Hospital Foundation has been proud to support the Royal Alexandra Hospital — one of Canada's preeminent teaching and research hospitals. The Foundation's Board of Directors are community leaders who are committed to delivering advice, direction, and counsel in all fundraising efforts. As advocates for the Royal Alexandra Hospital, these volunteers engage the community in meaningful philanthropy that will support the priority needs of the hospital, allow new research and make advancements in patient care possible.





















- I. Hon. A. Anne McLellan, PC OC, Chair, Counsel Bennett Jones LLP
- 2. Debby Carlson, Past Chair, Principal, M.B. Percy Consulting Ltd.
- 3. Dr. Garnet E. Cummings, Physician (Retired)
- 4. John Day, QC, Laywer (Retired), Chair, Grant MacEwan University
- 5. Grant Ericksen, President, Ericksen Motor Holdings Ltd.
- 6. Ron Hodgson, President, Ron Hodgson Pontiac Buick GMC Ltd.
- 7. Linda Hughes, Chancellor, University of Alberta
- 8. Roger Hutlet, Chief Financial Officer, All Weather Windows
- 9. Dr. Zaheer Lakhani, CM, Clinical Professor, University of Alberta
- 10. Lynn Mandel, Community Volunteer
- II. Dan Manning, Account Executive, CTV Edmonton
- 12. Cathy MacDonald, Vice President, PCML Consulting Inc.
- 13. Maureen McCaw, Executive Vice President, Leger Marketing
- 14. Melanie Nakatsui, Community Volunteer
- 15. Bruce Pennock, CA, Partner, Pennock Acheson Nielsen Devaney
- 16. David Ross, Vice President, TD Commercial Bank
- 17. Dale Sheard, President, Cavarzan Inc.
- 18. Joseph Thompson, Past Chairman, PCL Construction Group
- 19. Olivia Butti, Community Advisor
- 20. Dr. William Dickout, Medical Director, Royal Alexandra Hospital
- 21. Andrew Otway, President & CEO, Royal Alexandra Hospital Foundation
- 22. Joanna Pawlyshyn, Vice President, Chief Operating Officer, Royal Alexandra Hospital
- 23. Lois Stefaniuk, Site Executive Director, Royal Alexandra Hospital
- 24. Bill and Mary Jo Robbins, Patrons

Financials





Statement of Financial Position

Year end March 31, 2012 with comparative figures for 2011

Extract from the annual audited financial statements

	2012	2011
Assets		
Current assets:		
Cash	\$ 6,377,832	\$ 3,370,384
Restricted cash	2,047,963	2,039,047
Accounts receivable	296,955	259,416
Other assets	868,624	973,825
Prepaid expenses and deposits	20,013	67,525
	9,611,387	6,710,197
Capital assets	203,374	
Land held for resale	14,500	14,500
Portfolio investments	28,146,152	27,513,109
	\$ 37,975,413	\$34,237,806
Liabilities and Fund Balances		
Current liabilities:		
Accounts payable and accrued liabilities	\$ 1,102,828	\$ 1,060,848
Deferred revenue	3,561,750	3,082,613
	4,664,578	4,143,46
Fund balances:		
Endowment funds	18,532,924	17,163,60
Externally restricted funds	9,961,666	8,197,693
Internally restricted funds	4,430,463	4,733,04
Unrestricted fund	385,782	
	33,310,835	30,094,345
	\$ 37,975,413	\$34,237,806

On behalf of the Board:

M. Anne Mchella

Chair Board of Directors

President[®] Chief Executive Officer

Year End Finance Review and Transfers

Information presented in these charts and graphs has been obtained from the audited financial statements for the year ending March 31, 2012.



Fund held in trust for the RAH Transfers to the RAH



Transfers to the Royal Alexandra Hospital



Fund Balances

Extract from the annual audited financial statements

	Year End Balance 2012	Year End Balance 2011
Capital Projects		
Robbins Learning Centre	843,926	2,172,458
Total Capital Funds	\$ 843,926	\$ 2,172,458
CK Hui Heart Centre/Cardiology		
Cardiology	50,177	49,253
Cardiology Innovation Endowment	1,533,724	1,496,224
Cardiology Innovation Interest	188,708	180,090
CK Hui Cardiology	866,903	761,342
The Hui Family Endowment for Cardiology Research and Innovation	1,015,335	763,912
The Hui Family Endowment for Cardiology Research and Innovation Interest	80,561	76,209
William K. Robbins Endowment for Research and Innovation in Cardiology	1,511,193	1,510,160
William K. Robbins Endowment for Research and Innovation in Cardiology Interest	71,266	63,69
Talibi Cardiology Innovation	85,289	85,289
Total CK Hui Heart Centre/Cardiology Funds	\$ 5,403,156	\$ 4,986,170
General Purpose		
Casino Fundraising	79,853	
Full House Lottery	(952,631)	(444,128
General Fundraising Fund	-	25,000
Gift in Kind	8,950	8,950
Steve Ozipko Priority Equipment	356,051	354,033
Pay Day Jackpot	159,626	208,87
Priority Equipment	98,432	93,070
RAH Foundation Fund	4,430,463	4,733,04
RAH Foundation Fund Interest	-	(375,059

	Year End Balance 2012	Year End Balance 2011
Lois Hole Hospital for Women/ Women's Health		
Adam Burkholder Memorial	9,329	10,776
Edmonton Eskimo Women's Ovarian Cancer Research Endowment	163,776	104,991
Edmonton Eskimo Women's Ovarian Cancer Research Endowment Interest	13,145	12,520
Cavarzan Chair in Mature Women's Health Research Endowment	3,008,319	3,008,319
Cavarzan Chair in Mature Women's Health Research Endowment Interest	397,978	380,831
Cecilia Johnstone Endowment for Cervical Cancer	351,794	344,794
Cecilia Johnstone Endowment for Cervical Cancer Interest	30,688	28,712
Harvest Celebrations Lois Hole Hospital of Women Gala	193,379	22,786
Walk to Remember	56,728	24,942
Lois Hole Hospital for Women Bereavement General	150	-
Lois Hole Hospital for Women Endowment	2,250,000	2,250,000
Lois Hole Hospital for Women	1,630,539	953,858
Mary Jo Robbins Endowment for Research and Innovation in Women's Health	1,007,332	1,006,644
Mary Jo Robbins Endowment for Research and Innovation in Women's Health Interest	46,680	41,631
Sawin & Baldwin Chair in Ovarian Cancer Research	1,457,657	1,456,661
Sawin & Baldwin Chair in Ovarian Cancer Research Interest	179,100	171,794
Dr. Zenon Shewciw Endowment Fund for Gynecological Oncology	134,002	133,911
Dr. Zenon Shewciw Endowment Fund for Gynecological Oncology Interest	19,322	18,650
Terry Horwitz Fund	11,964	10,039
Terry Traft Endowment for Reproductive Endocrinology/In Vitro Fertilization	16,250	15,650
Terry Traft Endowment for Reproductive Endocrinology/In Vitro Fertilization Interest	1,322	1,246
Women's Program	20,004	24,731
Total Lois Hole Hospital for Women/ Women's Health Funds	\$10,999,458	\$10,023,487
Campaign for Prostate Health		
Garlic Stomp - Sorrentino's	524,103	337,094
Men's Health Research and Innovation Endowment	1,029,186	1,028,483
Men's Health Research and Innovation Endowment Interest	109,190	104,031
Men's Health	3,170,037	1,367,967
Urology	86,680	86,680
Total Men's Health Funds	\$ 4,919,196	\$ 2,924,255
N.1.C.U.		
Buddies for Babies	-	345
Neonatal Education	7,335	7,335
N.I.C.U. Donations	176,292	127,405
	9,016	8,186
N.I.C.U. Bereavement		
	5,776	9.776
N.I.C.U. Compassionate Support		9,776 15.375
	5,776 16,065 513	9,776 15,375 513

	Year End Balance 2012	Year End Balance 2011
Ophthalmology		
Eye Institute	16,485	39,167
Lions Eye Research Endowment	339,597	331,211
Lions Eye Research Endowment Interest	59,379	57,463
George and Dorothy O'Neill Eye Research Endowment	170,791	170,79
George and Dorothy O'Neill Eye Research Endowment Interest	52,278	51,304
Ophthalmology Donations	20,630	27,448
Ophthalmology Research Endowment	2,768,038	1,766,430
Ophthalmology Research Endowment Interest	116,904	105,118
Ophthalmology Equipment	29,801	29,592
Total Ophthalmology Funds	\$ 3,573,903	\$ 2,578,524
Orthopedics		
Orthopedics	748,195	101,620
Orthopedics Research and Innovation Endowment	1,074,924	1,074,923
Orthopedics Research and Innovation Endowment Interest	88,714	82,58
Kilimanjaro Climb 2011	-	116,91
Total Orthopedics Funds	\$ 1,911,833	\$ 1,376,052
Research and Education		
Critical Care Fund - Education	714	63
Grant Funds	10,000	
Harold and Florence Mosley Nursing Education and Research	34,583	37,383
Nursing Unit 33 Education	132	13
Perinatal Research Centre Donations Fund- Externally Restricted	18,503	18,503
Research and Innovation - Unrestricted	47,871	47,77
Respiratory Education	3,683	3,45
Total Research and Education Funds	\$ 115,486	\$ 107,880
Special Purpose		
Aboriginal Diabetes	1,727	1,72
Aboriginal Welcome Baby	471	37
Acute Care - for the Elderly	1,118	1,11
Dr. C.A. Berner Endowment Fund for Patient Care Excellence	27,109	27,00
Dr. C.A. Berner Endowment Fund for Patient Care Excellence Interest	8,770	8,61
Al Blumer Memorial Fund	5,346	12,78
Critical Care Unit	4,433	3,83
Cable Family Compassionate Support Endowment Fund IV	578,438	578,04
Cable Family Compassionate Support Endowment Fund IV Interest	35,737	42,83
Dr.Vince Campbell Memorial Fund	721	72
Cancer Fund	1,800	1,450

	Year End Balance 2012	Year End Balance 2011
Special Purpose (continued)		
Children's Mental Health	51,144	50,553
Colorectal Research	24,769	24,769
Alice Delany Memorial	1,931	1,920
Diabetes Donation	6,111	5,860
Emergency Department	41,285	40,053
Catherine Folinsbee Fund for Pediatric Care	10,459	10,452
Catherine Folinsbee Fund for Pediatric Care Interest	2,250	2,198
Agnes Moffatt Fraser Patient Comfort Fund	66,136	65,761
Holmes Endowment	30,000	30,000
Holmes Endowment Interest	11,299	11,128
Chris Hrudey Endowment Fund - In Memory of William Hrudey	50,000	50,000
Chris Hrudey Endowment Fund - In Memory of William Hrudey Interest	46,621	46,336
Intensive Care Unit	47,914	45,185
InVitro Fertility Clinic (IVF)	5,560	2,350
Medicine Fund	2,500	2,000
Chris Lambert Memorial Trust	28,212	34,052
Dr. Larry Olhauser Fund	500	500
Palliative Care	17,393	12,238
Pastoral Care	250	516
Pastoral Care Worship Centre	-	5,696
Peter & Mary Prokopiw Endowment	5,000	5,000
Peter & Mary Prokopiw Endowment Interest	2,224	2,196
Rheumatology Outpatient Clinic	5,000	5,000
Dr. Elizabeth Schwab Fund	8,318	3,278
Sigurborg Gundrun Gail Pjetursson Adult Psychiatry	6,199	6,049
Supportive Care	1,670	1,570
Surgery Donation	600	500
David White Memorial Fund	9,121	9,119
Total Special Purpose Funds	\$ 1,148,136	\$ 1,152,794
Total Funds	\$33,310,835	\$30,094,345

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Royal Alexandra

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