

PHONE. 819 966-6108 FAX. 819 966-6012

900, de la Carrière Blvd, suite 202 Gatineau (Quebec), J8Y 6T5

gatineauhealthfoundation.ca





# A WORD FROM THE PRESIDENT AND THE DIRECTOR GENERAL

Our fiscal year ended in the midst of a pandemic, but every challenge brings new opportunities. While some may see only obstacles on the road ahead, the last few months have also shown us that the people of the Outaouais region have lost nothing of their great generosity and commitment towards our local health and social services network.

This report highlights some of our achievements over the past year. Reading it, you will come to see that we delivered on projects with considerable impact. For instance, purchasing equipment to produce textured dishes that can meet the needs of the approximately 50% of CHSLD clients who suffer from dysphagia, or acquiring a cold cap that reduces hair and nail loss in chemotherapy patients—a first of its kind for our region!

In 2019–2020, we gave \$3 153 757 to our partner, making this the Foundation's largest annual contribution in the last three years.

Our achievements are a testament to the intense collaboration between the Foundation and the CISSS de l'Outaouais. They show how close our organizations have become, promising even greater results for the years to come. Thank you for making the Centre intégré de santé et de services sociaux de l'Outaouais a source of hope and consolation for its clientele.

The support provided by the Gatineau Health Foundation is all the more valuable in the current context, because while many things have been put on hold during the pandemic, illness is not one of them: many people in our region still have major, urgent social or medical needs that need to be met

We invite you to join forces with the Foundation by maintaining your support to help us fulfill our commitments to the Centre intégré de santé et de services sociaux de l'Outaouais. We will maintain our efforts and seize this opportunity to nurture our precious relationships with our donors. These actions will result in closer relationships and even greater commitments.

On behalf of the Board of Directors and the entire staff, we thank donors and volunteers for their contribution!



Ms. Louise Poirier
President









Ms. Louise Poirier President Gatineau Health Foundation



Ms. Sophie Lemaire Vice president Director, Mutual Fund Representative, Patry, Poulin, Trahan et Associés Inc.



**Dr. Josée Bussières** *Administrator*Doctor, Outaouais CISSS



**Mr. Charles Beaudoin** *Treasurer,*President, Divalco



AND COMMITTEE MEMBERS 2019-2020

DATE 31 MARCH 2020



**Mr. Luc Cadieux** *Administrator*Consultant, retired *Réseau de la santé des services sociaux* 



**Ms. Lisette Crêtes** *Administrator*NBC Banking Services Retiree



Ms. Bettyna Bélizaire Secretary General coordinator, Association des femmes immigrantes de l'Outaouais



**Ms. Nadine Bigras** *Administrator*Lawyer, RGPL Avocats



Mr. Jean Tourigny
Administrator
Management consultant,
Performance & excellence.



**Mr Mathieu Turpin** *Administrateur*Notary, PME Inter Notaires



Mr. Tony Priftakis Administrator Restaurant owner, Buffet des Continents



**Ms. Caroline Malo**Administrator
Directrice générale,
Director general, Le Groupe
P.F. Brisson Peinture Inc.



Mr. Mario Leblanc Administrator Administrator, CRHA, Leblanc & associés



Mr. Jean Pigeon Director general Gatineau Health Foundation



Transfer to General Fund •••••• \$	1 357 819
Physical health program	1 156 676
Youth program · · · · · · · · · · · · · · · · · · ·	\$ 288 372
Mental health and addiction program	\$ 135 263
Autonomy support program for seniors	\$ 121 306
Research	·· <b>\$ 83 191</b>
Various	· \$ 11 130
TOTAL \$	3 153 757



2019-2020 PHILANTROPIC REVENUE SOURCES

Major donations

\$1046627

**Events** 

\$ 721 295

Annual donations

\$ 382 373

Planned donations

\$ 17 935

## FUNDRAISING ACTIVITIES 2019-2020

The Gatineau Health Foundation's team would like to acknowledge the work and commitment of the organizers, volunteers, sponsors and participants who make our fundraising activities possible year after year. Our many successful events have shown beyond any doubt the community's support for our cause. Thank you all for your dedication and for your vibrant engagement alongside us in service of a great cause: healthcare in the Outaouais region!





















#### 2019-2020 PHILANTROPIC **REVENUE SOURCES**



\$ 242 500

LE CYCLOTOUR SANTÉ OUTAOUAIS

\$ 138 212

LA MARCHE EN ROSE OUTAOUAIS

\$ 127 553

LES RÊVES DE MONIQUE

\$ 79 026

DÉFI SKI

\$ 59 097

**ACTIVITÉS TIERS** 

\$ 33 555

AU COEUR DE L'OUTAOUAIS

\$ 25 350

BARRAGE ROUTIER

\$ 16 002



\$ 721 295





## ACHIEVEMENTS 2020



The Gatineau Health Foundation financially supports the Outaouais CISSS by partially or fully funding equipment purchases and projects that have been prioritized by the CISSS.

#### **PEDIATRICS**

#### Le Copain — Intermediate Care Development Project

In order to provide better pediatric services at the Gatineau Hospital, the newly upgraded pediatric unit will soon start to offer intermediate care to the Outaouais population. As it stands, families often have to be redirected to other specialized pediatric care facilities outside the region for certain types of care and interventions. These relocations, with all the travel and related costs they incur, can cause a great deal of stress for families. In collaboration with the Daniel Brière Foundation, we contributed to redesigning the work space, adding three intermediate care beds and acquiring new specialized equipment. The first two phases of the project were completed this year, and work is continuing to complete this major undertaking.



#### **Qube Bedside Monitors for Pediatric Resuscitation**

Thanks to the collaboration of the Outaouais's McDonald's restaurants and the funds raised through McHappy Day, the Gatineau Health Foundation was able to finance the purchase of new Qube bedside monitors for pediatric resuscitation at the CISSS de l'Outaouais. When installed on pediatric resuscitation carts, these monitors help medical and nursing staff work more efficiently during emergencies, thus ensuring safer healthcare for young children.

#### **Financing of Specialized Equipment**

This year, the Foundation partnered with Opération Enfant Soleil to fund various projects in pediatric and youth services, allowing the purchase of various specialized equipment. Among these are **two bottle warmers**, state-of-the-art devices specially designed to warm breast milk to the temperature of the mother's body, which helps hospitalized newborns to be fed more quickly and safely. A **mobile respirator** specifically designed to provide regular and effective ventilation for infants and children will mean safer trips for intubated children who need to be transferred to another facility. In addition, a **vein finder** will help young pediatric patients who must undergo numerous venipunctures during their hospital stays. Finding veins is often difficult for this clientele. By emitting light that makes it easier to see veins and avoid multiple punctures, this device reduces stress and discomfort for children.



#### YOUTH

### A New Multimedia Room at the Maison de l'Apprenti

In the winter of 2020, the Maison de l'Apprenti inaugurated its brand new multimedia room created with funding from the Foundation, in partnership with the Fondation québécoise pour les jeunes contrevenants. The multimedia room will be an invaluable tool for the staff working to rehabilitate youths, offering increased access to critical educational and interactive material while also encouraging fruitful exchanges. The Maison de l'Apprenti is a closed delinquency rehabilitation centre managed by the Youth Protection Branch of the CISSS de l'Outaouais. Its mission is to assist youths on their path to rehabilitation by helping them acquire skills and discover possibilities and resources available to them.



### New Brao Plush Toys to Bring Comfort to Children

Last year, the Foundation's contribution enabled the Youth Protection Branch (YPB) to acquire Brao, an emotional support dog trained by the Mira Foundation, to provide support and comfort to children and teenagers going through stressful or anxiety-inducing situations. This project was a huge success, with tangible results and a skyrocketing demand for the beloved dog. It was then that Brao's two handlers had the idea of purchasing cuddly toys made in Brao's likeness to distribute to the children he meets. Thanks to these cute stuffed replicas, young and old alike can enjoy Brao's comforting presence even when he's not around.



#### **MENTAL HEALTH**

#### **Mental Health Scholarships**

Each year, the Gatineau Health Foundation, in collaboration with the Ottawa Senators Foundation, helps people living with mental illness return to school and promotes their integration into the job market through the Mental Health Scholarship Program. Scholarship recipients can finish studies they had not yet completed, or start a new program altogether, be it at the secondary, college, university or vocational training level. This year, the program awarded scholarships to 21 students.

#### SOCIAL SERVICES

#### **Home Support Program**

The Home Support Program is a fund that benefits families and individuals dealing with particular hardships or a situational crisis. It provides temporary financial assistance to help its recipients continue their treatments or access psychosocial support. Here are a few examples of financial assistance granted in the past year thanks to the contribution of the Gatineau Health Foundation:

- Financial assistance allowed a low-income single mother with a child with behavioural difficulties to pay for babysitters, granting her some much-needed moments of respite;
- 2. The Program paid registration fees to allow young people living with difficulties to participate in Projet Catamaran, a program focussed on socialization activities and providing youths with enriching

experiences, strengthening their social skills and enabling them to create positive relationships, while also providing the family with a moment of respite;

- 3. Compression stockings were purchased for a lowincome patient with severe diabetes who has had a leg amputation and is at risk of having his second leg amputated if preventive measures are not taken;
- 4. Lodging expenses were reimbursed for a couple with few financial resources living in the Haute-Gatineau region. The husband, whose serious brain cancer has left him with a limited autonomy, must be accompanied by his wife five days a week to undergo chemotherapy and radiotherapy treatments for a period of one month. The trips to and from the Gatineau Hospital's Cancer Centre are exhausting for the couple and result in high transportation costs.

#### Safety Kits for the SIPPE Program

Home injury and trauma prevention kits are distributed annually as part of the Integrated Perinatal and Early Childhood Services (SIPPE) program, which is geared towards families dealing with a context of increased vulnerability. These kits are strongly supported by advocates as a preventive measure that can promote the optimal development of the child. They contain smoke detectors, electrical outlet covers, closet latches, bath mats and other essentials. Thanks to the Foundation's contribution, these kits have continued to be distributed to parents benefiting from the SIPPE program in the Outaouais region.

#### **RESEARCH AND EDUCATION**

## Research Project: Quantitative Analysis of Knee Locomotion and Fitness Following Arthroplasty

With the financial support of the Foundation, the Gatineau Hospital Rehabilitation Centre was able to carry out a research project aimed at optimizing the functional recovery of CISSS patients in the Outaouais region receiving knee arthroplasty. The research project, entitled Analyse quantifiée de la locomotion, conditionnement physique et arthroplastie du genou (Quantitative Analysis of Knee Locomotion and Fitness Following Arthroplasty), proposed the implementation of a new rehabilitation program based on motor patterns, as well as a three-dimensional quantified motion analysis.

The results of the study showed, among other things, an increase in patients' willingness to engage in physical activity.

Many of them also purchased training equipment to stay active at home. Interestingly, the research team even noted a renewed enthusiasm for physical activity among accompanying persons, such as spouses and children.

The changes observed by the medical staff during the study showed that the structure adopted as part of the research project was able to alleviate a lack of physical fitness, which was suspected to be largely responsible for various movement disorders humans face in our modern societies

#### **Funding for the Cancer Research Chair**

Thanks to the donations collected during the Cyclotour Santé Outaouais 2019, the Gatineau Health Foundation is proud to support the activities and development of the cancerology clinical research axis of the CISSS de l'Outaouais. The funds raised allow us to offer a wider range of clinical studies targeting a greater variety of cancers.

For more than 5 years, many patients have had access to cutting-edge treatments in their fight against cancer by participating in one of the many clinical studies underway at the CISSS de l'Outaouais's Cancer Centre.

Access to such treatments as part of a clinical study in our region brings a renewed sense of hope to cancer patients, while also allowing them to receive care close to their families and loved ones during this difficult period of their lives.

#### CANCEROLOGY

#### **Cold Cap Counteracts Chemotherapy Effects**

This recently acquired technological innovation, the only of its kind in our region, is already having an impact on hair and nail loss for chemotherapy patients. By limiting the blood flow to the scalp, the cold cap minimizes the amount of "toxic" chemicals in contact with hair cells and reduces hair loss. Nadia Drouin, a patient at the Gatineau Cancer Centre, was able to benefit from the cold cap as part of her breast cancer treatments:

"I used this cap throughout my 6 months of treatments. It helped my hair grow back considerably and regain its original texture, much to the amazement of the oncology staff. The cold cap became a trusty ally during my treatments. It gave me courage and a renewed hope for healing, as well as comforting me throughout this ordeal." - Nadia Drouin



#### **SUPPORTING SENIORS' INDEPENDENCE**



#### **New Moulds for Textured Food Preparation**

In order to meet the specific needs of residents and users with dysphagia, the Gatineau Health Foundation has helped the Outaouais's CHSLDs take their food offering to a new level. Thanks to this support, a centre of expertise for the creation of textured meals has

been established, complete with a team of professional nutritionists and state-of-the-art equipment. Textured dishes are purees moulded with specialized equipment that improves the food's appearance and presentation, while also ensuring its safety for users.

#### **New Motorized Stand-up Lift**

The Gatineau Health Foundation has helped fund the purchase of a motorized stand-up lift to ensure safer movements for patients and to prevent injuries to rehabilitation workers at the Gatineau Hospital. This device not only improves the safety of patients and caregivers, but also increases the mobility of patients who would otherwise not be able to move on their own.

#### A "Living Wall" for the CHSLD Lionel Émond

Since common areas are the main gathering places in CHSLDs, they play a major role in the daily lives of residents. In order to make this space a pleasant and stimulating living environment, the Gatineau Health Foundation partnered with the Forget For a Moment Foundation to finance the construction of a "living wall"

covered with greenery and flowers at the CHSLD Lionel Emond. The same type of initiative, which has been shown to have beneficial effects, has also been carried out in another CHSLD in the region. The new living wall will help foster a more soothing and welcoming environment while providing a taste of nature for residents all year round.



#### **HOSPITAL ENVIRONMENT**

#### **Technical Feasibility Study: Hybrid Room and Neurosurgery Room**

As part of its efforts to carry out two major projects designed to improve the Hull Hospital's surgery capacity, the Gatineau Health Foundation contributed to the funding of a study on the technical feasibility. This study examined two projects aimed at adding a hybrid room and a neurosurgery room to the Hospital, with a particular focus on the predicted impact on operating rooms. These development projects will make it possible to optimize the work of healthcare professionals, in addition to improving services by increasing the quantity and variety of neurosurgical procedures that can be performed in the Outaouais region.

These projects will require major architectural, structural and electromechanical work, in addition to a functional reorganization of common areas and office spaces. The feasibility study will highlight the best paths towards the optimal realization of these projects, in addition to determining the amount of funding required.

#### An Ergometer for the Pneumology Clinic

Thanks to the contribution of generous donors and local businesses, as well as the exceptional generosity of Distribution Matériaux Lavoie in the 18th edition of the Défi Ski Santé, the Gatineau Health Foundation made it possible for the pneumology clinic of the CISSS de l'Outaouais to acquire a new specialized device. Thanks to its new ergometer, the pneumology clinic will be able to administer cardiopulmonary effort tests and deliver better diagnostics, especially for patients with lung cancer. Whereas this procedure was simply not available in prior years, approximately 75 patients will benefit from this critically important health test in its first year of use alone.



#### **Charlotte Mantha Endowment Fund**

On January 17, 2019, Charlotte Mantha, then barely 3 years old, died from influenza-related complications. In the aftermath, her parents courageously decided to amass funds as a way to raise awareness about the vital necessity of investing in pediatric care in our region. With help from the Gatineau Health Foundation, they got organized and raised more than \$10,000 through fundraising activities such as Famille en fête. With this amount, their dream of making a difference could finally come true and they were able to create the Charlotte Mantha Endowment Fund in memory of their daughter. An endowment fund is a capitalized fund whose invested amounts remain untouched, with only the interest generated being used. This ensures sustainable funding for specific projects at the Pediatrics Department of the CISSS de l'Outaouais.

#### **President and Executive Director's Gala**

Last October, several donors and partners gathered at the Centre La RessourSe in the company of the President and Executive Director of the CISSS de l'Outaouais, Ms. Josée Filion. Ms. Filion delivered a spirited, uplifting and promising speech, before doing an interview with our Director General in which she took questions from the guests regarding the CISSS de l'Outaouais's strategic orientations and priorities for the coming year. Among these priorities. Ms. Filion mentioned improving the work environment for all CISSS employees, securing investments geared towards quality of care, and building strong relationships with community partners. She also gave her heartfelt thanks to the Gatineau Health Foundation's donors for their commitment to the CISSS de l'Outaouais. She acknowledged their contribution in the execution of several major projects in recent years and also stressed the importance of their continued support for the development of the CISSS de l'Outaouais.





#### A Fun Evening Learning About Planned Gifts

In fall 2019, about 30 professionals were invited to an informal evening discussion on the topic of planned gifts. During the event, hosted by Yan Aubé, participants were treated to a variety of drinks, with the added benefit of the this spirits connoisseur's expert advice. The tasting then led to a great discussion on philanthropy and health care projects that can affect our community. The Foundation was very pleased with the event's success, and hopes to repeat it on an annual basis



#### **Creation of Cercle Memora**

For the Gatineau Health Foundation, donors are of the utmost importance. This is why every year, the Foundation strives to highlight its donors' great generosity by recognizing their contributions. Planned gifts, however, are only made known after a donor's death. The Foundation was determined to find a special and meaningful way to recognize this incredible commitment towards the health of our community. That is why this year, the Foundation created the Memora Circle in order to give these donors a special place and to continue cherishing the precious relationships we had them.





In-kind donations were included in the making of these lists.

#### \$100 000 +

Bourdeau, Rhéal Charles Hector Dumont M.D. Inc.

Marois, Maurice Trottier, Pierre

#### \$ 50 000 to \$ 99 999

Charbonneau, Paul-André Opération Enfant Soleil

#### \$ 10 000 to \$ 49 999

3987990 Canada Inc Beaudry, François Centraide Ottawa Children's Aid Foundation Club Piscine Fondation Daniel Brière Fonds de la Famille Gravel Glatfelter Gatineau Ltée Guilmette, Benoît Heafey, Pierre

La Fondation Mathis Dumais-Dontigny Laporte. Madeleine Laporte, Michel Le Groupe Brigil

Les immeubles E. Tassé Itée Les Restaurants

JMarchand Inc.
Medtronic of Canada LTD
Pharmacie Jean
Coutu-153926 can inc
Rallye Mitsubishi. Dormani
Automotive Group
Rioux Pinsonnault,
Madeleine

Succession André Lévesque Succession Rosette Chartrand

#### \$5000 to \$9999

Apotex Inc.
Boudreault,
Jean-Claude
Coopérative funéraire de l'Outaouais
Distribution Matériaux
Lavoie
Equinoxe JMP
Gauthier, Noël
Gauvreau Transport
Lachapelle Buick GMC
Lavoie, Roland
Les Restaurants Sylvain
Vincent Inc.

Otsuka Canada Pharmaceutique Tremblay, Pauline

#### \$ 2 500 to \$ 4 999

A4 Architecture + design
Assante - Gestion de
patrimoine
Boless inc.
Buffet des Continents,
9171-1549 Québec Inc.
Cabral Do Couto Raposo,
Maria
Carle, Claudette
Charron, Luc
Cima +
Claude Levesque MD Inc.
Député de Gatineau
Député de Pontiac

Députée de Hull Dr André Gagnon Inc Famille en fête Fondation Ed Brunet Inc. Ideal Roofing Company Le jardin des Anges et Archanges Les Restaurants du Marchand Inc. Machgara Society Mantha, Nicolas PayPal Giving Fund Canada Pigeon, Jean Société du Groupe d'Embouteillage Pepsi Tremblay, Allan Tremblay, Danny Truong, Nhan Victor Victor

## **CUMULATIVE DONATIONS 1984-2020**

CMDP du CSSS de

In-kind donations were included in the making of these lists.

#### \$1000000+

Brigil Lafortune, Ernest Marois, Maurice

#### \$ 500 000 to \$ 999 999

Bourdeau, Rhéal Caisse Desjardins de Hull-Aylmer Défi Ski Santé Fondation Daniel Brière Les Rêves de Monique Opération Enfant Soleil

#### \$ 250 000 to \$ 499 999

Amgen Canada

Audet, Réjean
Banque Scotia - The
Scotia Bank
Canada Vie/Canada Life anciennement The GreatWest Life Assurance
Company
Cyclo-Défi contre le
cancer (Équipe de
Gatineau)

Énergie Renouvelable

Brookfield inc.

Hydro-Québec, Affaires institutionnelles, accueil et commandites

L'Association des bénévoles des Hôpitaux du CSSS de Gatineau

Les immeubles E. Tassé Itée

Omnium Alexandre Picard ORC Foundation Ottawa Senators

Foundation Soeurs de la Charité d'Ottawa

Tournoi de golf CHVO VitalAire Canada Inc.

#### \$ 100 000 to \$ 249 999

Azrieli Foundation
Banque Nationale du
Canada
Belley, Guy
Bouchard, Mario
Bourdeau, Pierrette
Caisse Desjardins de
Gatineau
Centraide Ottawa
Charbonneau,
Paul-André
CHARLES HECTOR
DUMONT M.D. INC.
Club Piscine

Gatineau CSSS de Gatineau, La Gappe Fresenius Medical Care Canada Inc. Gazifère inc La Fondation Adolphe et Roger Ducharme La Fondation Mathis Dumais-Dontigny LEO Pharma Inc. Mayrand, Michel Morin, Marguerite Pfizer Canada Inc. Pharmacie Jean Coutu-153926 can inc Poirier-Defoy, Claude Reny, Marcel Rocheleau, Guy Rona L'entrepôt Gatineau Sanofi Bristol-Myers Squibb Tremblay, Pauline Triassi. Émmanuel Trottier, Pierre

#### \$ 50 000 to \$ 99 999

8633509 Canada inc. (Construction JPL) Association Culturelle Portugaise D'Aylmer
AstraZeneca Canada Inc.
Bellai Frères Construction
Ltée
Besner, Jacques
Besner, Jean-Sébastien
Boehringer Ingelheim
Boston Scientific Ltd.
Bureau, Marc
Caisse populaire
Desjardins Rivière Blanche
Chabot, Diane

Chabot, Diane
Charlebois-Trépanier
Assurance et Gestion de risques
Député de Chapleau
Députée de Hull
Desmarais, Marie
Desrosiers, Philippe
Développements
Immobiliers Gamelin Itée
Drouin, Michel
Durette, Michel
Fondation B-3L
Fondation Camille
Villeneuve

Fondation les Centres Jeunesse Gauvreau Transport Goyette, Michel Guilmette, Benoît Heafey, Pierre Herman, Richard Assurance et services financiers Inc. Katz. Joel La Capitale groupe financier, Centre financier régional Nord-Ouest Laboratoires Abbott Itée Lavallée, Serge Les Centres Jeunesse de l'Outaouais Les Olympiques de Gatineau Les Restaurants l'Marchand Inc. Lévesque, Anne-Marie Mainville, Francois Marcil Lavallée Michel Quesnel. Pharmacien Munroe, Michael Parade des Hommes Rallye Mitsubishi, Dormani Automotive Group Ricard, Daniel Spacelabs Healthcare (Canada) Inc. Stryker Canada LP Tousignant, Jean

Industrielle-Alliance.





□ \$100

□ \$50

#### YES, I WANT TO MAKE A DONATION TO THE GATINEAU HEALTH FOUNDATION

Mail to Gatineau Health Foundation, 900 De la Carrière Bldv. Suite 202 Gatineau (Quebec) J8Y 6T5 Contact us at 819-966-6108

SIN	IGLE	DOI	NATIO	ON
	\$25	0		\$

MONTHLY DONATION					
I authorize the Foundation to	o make a monthly preauthorize	d withdrawal for the follo	owing amount:		
□ \$10 □ \$20 □	\$25	(\$5 min)			
☐ On the 1 <sup>st</sup> of each month	On the 15 <sup>th</sup> of each mo	onth, starting in	/	(	month/year)
PAYMENT METHODS   UNIC	QUE AND MONTHLY DONATION	NS			
☐ Cheque (Please make ye	our cheque payable to the Gati	neau Health Foundation	)		
<ul><li>Bank withdrawal - I auth and attach a sample che</li></ul>	orize the Gatineau Health Four eque marked "void".	ndation to withdraw the a	above amount from	n my account	
Signature:					
Credit card :   VISA	Donor's name:				
Card #:			Expiry Date:	/	(month/year)
CVV (Card Verification Value. 3 digit on the back of your card):			Signature:		
Address (city, province and	postal code):				
Phone:	Email:				
☐ I want my donation to go	specifically to: Department:				
☐ I want a tax receipt (\$20	+)				

□ \$30 □ Other \$ \_\_\_

#### **ONLINE DONATION**

☐ I want my donation to remain anonymous

 $\square$  I would like to receive information on dations by will or other planned gifts