



These days, it often seems difficult to find the good news – the bright, shining lights that guide us forward through a world that feels full of danger. But if there's one thing that this year has taught us, it's that once you realize those lights exist, you start to notice them everywhere.

More than anything else, this positive spirit and commitment to change is what defines our corner of Alberta. Though times may be hard for many, our hearts are not, and we continue to see unprecedented generosity and helping hands offered without hesitation. If you ever need a reminder that together, we are capable of incredible and seemingly impossible things, you need look no further than our community's support of the Medicine Hat Health Foundation in 2023-24 – a record-breaking year worth every bit of our gratitude to you.



Heather Bach
Executive Director

From Our Board

Reflecting on the past year, I am profoundly inspired by how this community continues to do so much in just twelve short months. With a generosity and indomitable spirit that have propelled us through another remarkable year, we have harnessed that resilience to navigate the challenges of a post-pandemic world and set a new standard for what is possible.

Thanks to over 1,000 community donors, the Medicine Hat Health Foundation raised over \$1.7M to vital programs, departments, and facility upgrades, enhancing services ranging from mental health and cardiac care to orthopedic surgery recovery and prenatal monitoring. These changes ensure that the Foundation can continue operating at the highest standards of excellence and integrity – now and in the future.

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Running a charitable organization is a complex endeavor, requiring a meticulous and detailed approach to planning, transparency, and best practices. But it also requires a recognition of something that transcends all that – the power of a strong, dedicated community. So, I want to express our deepest gratitude and thank all of you for your steadfast support and belief in our mission. Your generosity makes all our work possible in the first place, and we are honoured to be the charity you choose to support, again and again.



As always, we are thrilled with what the last year has brought – but we are even more excited by the opportunities that lie ahead.

Nick Punko
Board Chair

Board of Directors



**Nick Punko – MBA,
CFA, CFP**
Board Chair, Associate
Portfolio Manager,
Wealth Advisor



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Vice Chair; Co-Owner,
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Richelle Wick
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Darrin Gerl
AHS Representative

Our Biggest Goal Ever

All across the hospital, our fleet of cardiac monitors keeps an eye on high-risk patients of all ages and conditions. In 2024, these monitors began to age out of service, meaning they could no longer be repaired or maintained. So, in response, we created and launched the biggest fundraising campaign in our history: Seconds Save Lives, which aims to keep excellent cardiac care close to home.

Raising \$1.2 Million for Local Healthcare

These cardiac monitors are used 24/7 throughout almost every department. They not only inform doctors about immediate cardiac emergencies, but also gather and display vital data about respiration, oxygen levels, heart rate, abdominal pressure, and other metrics to help medical staff make the best possible decisions.

We set out with a goal of raising \$1.2 million by early 2025, which would enable the purchase of new, more technologically advanced monitors as well as additional equipment to increase the quality of local care. Thanks to months of work behind the scenes before the launch of the public phase, we are well on our way to achieving this. As we enter the latter half of the year backed by an incredible, supportive community of private and public donors, we are optimistic about reaching our target.

- **The Central Monitoring System and Telemetry Monitors:** As of August 2024, we have already replaced these critical units in the ICU, ensuring the continuity and high quality of local emergency care.
- **38 bedside monitors (\$20,000 each):** Next up for replacement are more than three dozen larger bedside monitors. These offer unparalleled views into important patient stats and allow for better real-time analysis and diagnoses.
- **LifePak Defibrillator (\$25,000):** This portable defibrillator is a vital part of our resuscitation equipment. It can be deployed quickly during a cardiac emergency, restoring normal heart function in as little time as possible.



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seconds save

“Thank you from the bottom of my heart. I want donors to know that every single dollar that they donate does make a difference, and quite literally helps their community, neighbours, friends, and family members. They save lives.”

– Dr. Sayeh Zielke, Cardiology Lead,
AHS South Zone

New Equipment Purchases in 2023-24

With an ever-growing patient base in the region, we're thrilled to share that our donors once again stepped up to help acquire critical equipment over the past year. Covering all areas of life, from prenatal care to seniors' mental health and everything in between, none of these purchases would be possible without your ongoing support.



Rapid Access Paramedic (RAP) EMS Bikes

Thanks to the Medicine Hat Lions Club, we acquired four new RAP EMS bikes for use around the community. These replaced our previous ones, which were in use for the last 10 years. The paramedic riders are selected, trained, and tested specifically to provide medical treatment while on a bike, and they can be found at community events and downtown in partnership with our local police.



The Hana Orthopedic Table

One of the major fundraising items for 2023 was a new Hana operating table for orthopedic surgery. This is a highly specialized bed that allows better placement for patients undergoing hip and lower limb surgeries, leading to less invasive procedures, easier access for surgeons, and much faster recovery times. Last autumn, we onboarded a new orthopedic surgeon who had exclusively worked with Hana tables, as it is considered a best practice. Funding and purchasing another table allows our surgeons to complete more orthopedic surgeries while enhancing patient comfort and recoveries.



OBIX Prenatal Monitors

You may remember our "Big Hearts for Tiny Heartbeats" campaign that began in 2022. Its goal was to raise funds to replace our old prenatal monitors, bringing in new OBIX machines with better connectivity to specialists around the province, real-time data analysis, and increased functionality. With these, an expectant mother can have an expert opinion from doctors in seconds.

Thanks to public support and a donation by Drowning Ford, we are thrilled to say that the campaign met its goals and the upgraded OBIX systems launched in 2023. This also fits into the provincial launch of Connect Care, a medical data management system that streamlines more than 1,300 independent health information systems into one cohesive digital platform. Thank you for helping make this step a reality for healthcare!

Jaundice Meters

Jaundice meters are used to screen newborns for hyperbilirubinemia, a build-up of bilirubin that causes yellowing of the eyes and skin. They rely on a method known as transcutaneous bilirubinometry (TcB). This is an important part of a complete assessment for newborns, in alignment with preset hyperbilirubinemia screening guidelines. With an increasing population in the region, the additional meters will help ensure there are enough to go around the department.



Flowers for 2 North

Sometimes, a bit of fresh air and colourful plants can do wonders. Thanks to public donations, we acquired supplies to support the geriatric and rehabilitation unit horticulture program, including soil, plants, seeds, and flowers. This program helps enhance our senior patients' quality of life and offers recreational therapy, an increase to morale, and beautification of an outdoor space.



Children's Allied Health Murals

One of our most well-known community supporters, Paintergirl, returned to our halls once again this past year. She gave the hallway and reception area a colourful refresh, creating a more inviting atmosphere with less anxiety for children and their families. Special thanks to the Smile Cookies program for making this happen!



Little Things for Big Impacts

- **Improvements at 5 North** – Several parts of the 5 North Psychiatric & Addictions unit received some love this past year. Thanks to renovations funded by Canadian Natural Resources, Ltd. and supported by MHHF, an upgraded nutrition centre provides appliances, amenities, visiting space, and a casual spot for coffee, snacks, and drinks. In addition, the department had very limited space for patient items, and has benefited from new lockers and dressers where patients can safely store personal belongings, such as purses.
- **Christmas Gift Bags (Addictions & Mental Health Outreach Services)** – Thanks to our donors, this year our Outreach Services team provided holiday gift bags and backpacks to hundreds of individuals struggling with complex addiction and mental health issues. These contained hygiene items, socks, mitts, and Christmas treats – providing a perfect opportunity to extend kindness and enhance the lives of many marginalized and vulnerable people with little external support..
- **Patient Hygiene Packs** – Being in the emergency room is hard enough, but it's even more difficult to stay overnight without basic items like toothbrushes. We work with the hospital to provide these hygiene necessities to patients, mental health patients, and vulnerable populations, free of charge. It's a small gesture that makes a world of difference. Thanks to Methanex for supplying this year's hygiene packs.
- **IV Carts for 5 East** – This year, we acquired two additional IV carts for the medical/surgical units on 5 East, making continuity and quality of care easier for patients in the unit.
- **South Zone EMS Teddy Bears (Big Marble Farms)** – Thanks to Big Marble Farms for enabling the purchase of more teddy bears for South Zone emergency response teams. These simple gifts provide a quick source of comfort for young children in distress.

What Your Donations Do

While numbers and details about equipment are important to get a sense of the scale of your impact, sometimes the greatest effects are felt in ways that are harder to quantify. They are felt in smiles, in tears, in sighs of relief, and in countless small gestures around the community – all adding up to something amazing.

Making a Change: Our Volunteers

It's no secret that we couldn't do all we do without the constant support and proud contributions of dozens of volunteers. From the 10 volunteer board members providing our strategic direction to the helpers available for community events and the hospital's Gift Shop, their selflessness allows our impact to continue every year.

2,581.25 total volunteer hours

1,976 hours in the Gift Shop and manning the gift cart

461.25 hours donated by office administrative volunteers

144 total volunteer hours for special events like the Tribute Tree



Delegating Donations: Areas of Need

For the 2023-24 fiscal year, the majority of donations – over a million dollars in total – went to our areas of greatest need. This includes the campaign to replace the aging cardiac monitors in the ICU.

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Department	Given	Percentage
Greatest Needs	\$1,290,000	49.56%
Operational/Interest Revenue*	\$902,000	34.65%
Donor-Selected Equipment	\$220,000	8.45%
Cancer Care	\$107,000	4.11%
Children's Health	\$35,500	1.36%
Sponsorship	\$25,000	0.96%
Mental Health	\$19,000	0.73%
Seniors' Health	\$3,500	0.13%
Women's Health	\$500	0.02%
Men's Health	\$500	0.02%

**not included in overall public donation figures*

A Closer Look

This was another record-setting year for the Foundation, with nearly half of our donor base joining it for the first time. In total, the Foundation raised over **\$1.7 million from public donations in 2023-24.**

Statistic	Number
Donors	1,796
New Donors (% of total)	835 (46.5%)
Number of Gifts	2,145
Average Gift	\$832.69
Total Raised	\$1.7 million

Thank You



Our Wonderful Community

As we reflect on all we've accomplished together in 2023-24, we at the Medicine Hat Health Foundation are profoundly grateful for the unwavering support from our community. Despite all the reasons there may be to do otherwise, our donors continue to selflessly prioritize the health and well-being of their neighbors, again and again.

This generosity makes real, tangible change possible – not just in concrete ways, like new cardiac monitors for the ICU or an additional Hana table. It inspires hope and meaning in thousands of our fellow citizens. It shows what is possible when we come together and commit to improving healthcare here at home.

We've done much, but our mission is far from complete. Healthcare is a constant journey, and we will never stop trying to make it better for our community. Your donations are what makes it all possible, and we invite you to continue making this journey with us.

Stay connected through our website or on social media to learn how you can help. United, let's make 2024-25 better than we ever dared to imagine.

Thank you,
The Medicine Hat Health Foundation



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Seconds Save Lives – cardiac.ourhealthfoundation.ca



Medicine Hat Health Foundation

Working With You to Make a Difference for 25+ Years

ourhealthfoundation.ca

P: (403) 528-8133

E: info@ourhealthfoundation.ca

666 5 St SW, Medicine Hat, AB, T1A 4H6