

PROPOSAL

Design Time 12 hours

Client Health Sciences Centre Foundation

Designer Liam Roberts

RATIONALE

“Water is considered the elixir and source of life. It covers more than 70% of the Earth’s surface, makes up nearly 70% of our bodies, and constitutes over 70% of our heart and brains,” says Nichols. “This deep biological connection has been shown to trigger an immediate response in our brains when we’re near water. In fact, the mere sight and sound of water can induce a flood of neurochemicals that promote wellness, increase blood flow to the brain and heart and induce relaxation. Thanks to science, we’re now able to connect the dots to the full range of emotional benefits being on, in, or near the water can bring.”

<https://qz.com/1347904/blue-mind-science-proves-the-health-benefits-of-being-by-water/>

INSPIRATION



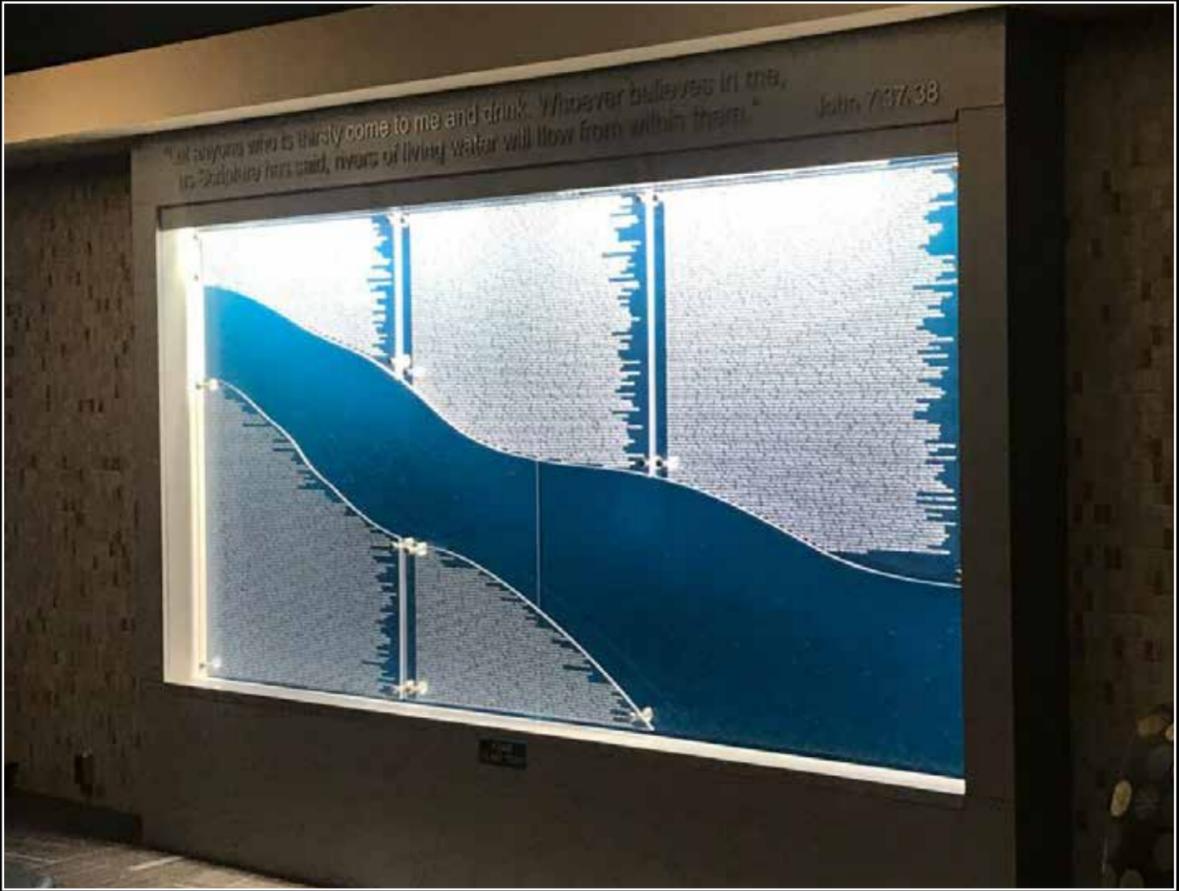
INSPIRATION



INSPIRATION



INSPIRATION



DESIGN

Initially I was intending to do one single sided wall, but quickly realised that the amount of content - stories, donar names and key moments was going to make a very condense amount of words/pictures etc.

I decided to create a free standing unit that could then utilise both sides of the wall. This allowed for better and clearer spacing of content.

The following designs show without colourd lights and with rotating coloured lights via LED strips.

MEET THE PEOPLE, READ THEIR STORIES, BE INSPIRED

LAUGHTER PROVES TO BE THE BEST MEDICINE



LAUGHTER PROVES TO BE THE BEST MEDICINE

For many patients, laughter is a powerful tool for coping with illness and recovery. At HSC, we understand the importance of a positive mindset and provide resources to help patients find joy in their journey.

A REMARKABLE RECOVERY AT HSC



A REMARKABLE RECOVERY AT HSC

After a challenging diagnosis, John's recovery at HSC was remarkable. Through a combination of medical expertise and a supportive care team, he is now enjoying a healthy and active life.

LOCAL DOCTOR FILLS GAP



LOCAL DOCTOR FILLS GAP

The arrival of a local specialist at HSC has filled a critical gap in our services, ensuring our patients receive the highest quality care from a trusted provider.

HEAL WITH THE FAMILY



HEAL WITH THE FAMILY

At HSC, we believe in the power of family support. Our programs are designed to help patients and their loved ones navigate the healthcare journey together, fostering healing and resilience.



MEET THE PEOPLE, READ THEIR STORIES, BE INSPIRED

LAUGHTER PROVES TO BE THE BEST MEDICINE



Laughter is the best medicine. For many patients, a good laugh can help ease pain, reduce stress, and even speed up recovery. At HSC, we encourage our patients to find humor in their journey. From funny stories to lighthearted moments, laughter is a powerful tool for healing. Our staff and patients share their favorite funny moments, proving that laughter truly is the best medicine.

A REMARKABLE RECOVERY AT HSC



After a long and challenging recovery at HSC, a patient is back on their feet, riding a bicycle. This remarkable recovery is a testament to the dedication and expertise of the HSC medical team. The patient's progress is a source of pride for everyone involved in their care.

LOCAL DOCTOR FILLS GAP



A local doctor has joined the HSC team, filling a crucial gap in our services. This addition strengthens our commitment to providing comprehensive care to our community. The doctor's expertise and dedication are a valuable asset to our team.

HALL OF THE FUTURE



Our future is bright, and we are excited to see what's ahead. We are committed to innovation, excellence, and making a difference in the lives of our patients. Together, we will build a better future for all.



KEY MOMENTS IN THE ORGANIZATION'S HISTORY



1976

In late September 1976, the Health Sciences Centre Research Foundation was registered as a Canadian charity and opened its doors.
On October 1, 1976, Dr. W. Luckhurst made a donation to the Health Sciences Centre Research Foundation. It was the Foundation's first gift - made 48 hours after the Foundation started operations.



1980's

In 1981, Jessie H. Lang made her first donation to the Foundation. It was followed by 32 collective annual gifts to the largest trust for an individual donor. The Thorlabco Building on the HSC Winnipeg campus opened its doors in 1983. The building was funded in part by donors to the HSC Foundation.
DeVries and Michal Gentry made their first donation to the Foundation in 1984. They later made the largest, ever legacy gift to the Foundation (\$1.9 million).
In 1985, the Foundation contributed \$4.9 million towards the construction of the 7th floor of the Thorlabco Building at HSC. This space is currently home to 14 principal researchers and their research staff.
In 1988, the Foundation received a \$25,000 gift from the estate of Kathleen L. Webster. This was the first planned gift made to the HSC Foundation.



1999

The White Cross Guild, operators of the Just Like 'New To You' thrift store, made its first donation to the Foundation in 1999. Paul Albrechtson made his first donation to the HSC Foundation in 1999. He would become the Foundation's largest donor contributing over \$10 million before he passed away in 2019.



2000's

The Foundation contributed \$800,000 to the Manitoba Centre for Protonics and Systems Biology in 2000. Automatic monthly donations are an effective and generous way to support the Foundation for the long term. In 2001, Leslie Wren became the Foundation's first monthly donor.
HSC Winnipeg opened the Great-West Life PET/CT Centre in 2004, raising the quality of diagnostics in Manitoba.
In 2006, Ken Hildahl chaired the Hope Project to fund important enhancements to GDM, an HSC ward for patients with leukemia, lymphoma, and other conditions that compromise the immune system.
In 2007, Jackie Stephen chaired the first Keeping Abraxast event to raise funds in support of women in Manitoba living with breast cancer.



2010s

In 2011, the HSC Foundation held its first Savor Wine & Food Experience, a flagship fundraising event. Since 2011, Savor has raised about \$1.4 million.
The Keyes Institute for Advanced Medicine opened its doors in 2012. Emily Over organized the first Tea for Eating Disorders in 2015, raising over \$33,000. This was one of the most successful grassroots fundraisers organized by a member of the community on the Foundation's behalf.
In 2013, the state-of-the-art Centre for Surgical Innovation started operating in the Keyes Institute. Foundation donors invested \$12.2 million in this important project.
Bill Maggs was the first new Foundation donor in 2016-2017, our 40th anniversary year. As well in 2012, HSC unveiled the Varian Edge, a state-of-the-art piece of equipment that eradicates certain tumours with extreme precision while leaving healthy cells intact. The Edge was purchased with a \$5 million gift from Paul Albrechtson.



2019

Thanks to the generosity of donors to the Health Sciences Centre Foundation, HSC Winnipeg opened the doors to the new Will Tullow Thoracic Surgery Clinic and Endoscopy Unit in 2019. The new clinic reduces wait times and improves care for patients with esophageal cancer, lung cancer, and other thoracic conditions.



THANK YOU TO ALL OUR DONARS

- The Paul Albrechtson Foundation
- Manitoba Public Insurance
- Bank of Montreal
- Borne and John Kubler
- Herb and Dixie Baker
- Benefactors Trust Fund Inc.
- Estate of Pauline Dwyer Gentry
- Canada Life
- HSC & HSC Trust Charity of Work
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- Richard Mowatt and Doreen Mowatt Mowatt's Gift Mowatt and Family
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- Estate of Margaret Wilson/Gateway Tom and Mirella Dimick
- The Parsons Foundation
- Ernie and Lorraine Potluka
- Potluka LLP

MEET THE PEOPLE, READ THEIR STORIES, BE INSPIRED

LAUGHTER PROVES TO BE THE BEST MEDICINE



Shirley and Laszlo Pothe with their son Joey who has always been there for his parents with love and support - along with his family.

Laszlo Pothe sheds light on living with MS for National MS Awareness Month.

Over 14 years ago, Laszlo Pothe was forced to cross off "long walks on the beach" from his list of favourite activities.

While in his 60s, Laszlo was walking with his friends at Victoria Beach when he felt a strange weakness in his leg a weakness that almost made him fall over. Knowing that something was off, Laszlo called his doctor the next day. Despite Laszlo's swift action to seek medical help, it wasn't until a few years and a myriad of tests later that Laszlo received his diagnosis: progressive multiple sclerosis (MS).

People with MS suffer from an extremely wide range of symptoms such as blurred vision, fatigue, dizziness, and weakness. Due to the wide range of symptoms, and the variation of symptoms per individual, MS takes time to diagnose. This disease is chronic, unpredictable, and impacts the central nervous system by disrupting the flow of information from the brain to the body.

Laszlo, now in his 70s, retired from a career in retail shortly after receiving his diagnosis. Once an avid tennis player, Laszlo now uses a walker and a wheelchair, and gets his dose of daily exercise by playing Wii bowling a sports simulation video game with his wife Shirley. While Laszlo had to give up numerous activities due to MS, he remains optimistic, grateful, and forever a fan of a good laugh. "Growing up, my father would say 'Once you lose your sense of humour, pack it in,'" shares Laszlo.

For Laszlo, laughter isn't just the best medicine, it's the only medicine.

"I am grateful that I don't need to take any pills at this stage of my MS diagnosis. I don't want to feel sorry for myself, and I am in good spirits," says Laszlo.

While Laszlo has been able to live with MS without depending on pills, he has had to rely on the care of HSC Winnipeg. Seven or eight years ago, Laszlo suffered from an MS flare-up where he couldn't get up and had to be rushed to HSC in an ambulance. After three weeks of tests and mobility rehabilitation, Laszlo returned home. "I was able to regain walking and haven't had a flare-up since. HSC is excellent. We are lucky to have such dedicated, caring staff," says Laszlo. To show their support for HSC, Laszlo and Shirley signed up to be monthly donors even before Laszlo needed HSC care. "HSC needs every penny they can get," notes Laszlo.

Laszlo's ability to find humour and optimism is admirable but he knows that living with MS is no joke. By the time you have finished this article, someone around the world will have been diagnosed with MS. One in every 3,000 people have MS globally, Canada has the highest rates.

A REMARKABLE RECOVERY AT HSC



Trevar loves being active outside and is a seasoned cyclist.

"Less than a year ago, I lay paralyzed on a trail in Riding Mountain National Park."

Less than a year ago, I lay paralyzed on a trail in Riding Mountain National Park. I could not have imagined that I would be walking again and writing to you.

As I write this, I am filled with immense emotion. On August 11, my friend Arno and I set out on an advanced mountain bike trail. Early into the ride, I rounded a corner and was faced with a ditch. I braked and toppled myself over the handlebars. I smashed my face into the ground, snapping my neck backwards and crushing my spinal cord. My body went cold and numb from my shoulders down. I lay motionless with blood running down my face. The summer sun was scaring my mouth was dry and sticky from dehydration. I was unable to sweat away the wasps flying around my face.

With Arno at my side, I lay there in fear waiting for help as there was no cellphone reception. We were soon met by other cyclists who searched for help. After hours of waiting in the heat, I was extracted off the trail by paramedics and the Parks Canada Search and Rescue Team.

I was taken on a STARC air ambulance to HSC, Winnipeg. I began mentally spiraling during the flight would be a paraplegic or quadriplegic? I could not even think about how this would affect my wife and our three teenage daughters. I did not want to lose my independence and be a burden to my family for the rest of my life. I wanted to die.

Upon landing, I was quickly rushed to HSC Adult Emergency. My clothes were cut off and several tests were done, including an MRI to show the location of the spinal cord injury.

Little did I know that during my stay of just over three weeks, I would find something akin to a family at HSC.

The care and expertise of Dr. Michael Gertus, the surgeon who operated on my vertebrae and fused my neck, freed up space for my swollen spinal cord to begin healing. This highly specialized spine surgery that requires a team consisting of specialized spine surgeons, anesthesiologists, and nurses allowed me to be able to move again. During my first physiotherapy visit, my doctor encouraged me to take my first steps. I stood up from the wheelchair, I was terrified, and I was so unsteady. My feet felt like pins and needles. I was filled with emotion and thought of dancing with my daughter at her upcoming graduation and dancing with all my daughters at their future weddings. Darryl and his assistant Mik were there every step of the way, literally.

After over a week in Recovery I was transferred to BR-5, the inpatient Spinal Cord Rehab Unit, where I was met with an incredible team of nurses, physiotherapists, and occupational therapists including Dr. Alan Carey, Director of the Spinal Cord Injury Rehabilitation Unit. I could not see my wife Sarah's eyes that she felt comfortable leaving me she knew I would be in good hands. From the welcoming demeanour of nurse jobs when I arrived, to the friendly unit assistants who always filled my spirit, to the care of nurse Nicole who didn't leave my side during a panic attack triggered by acute stress disorder, Sarah was right.

I went from being unable to roll over in bed to being myself walking off of bed just weeks. I am asking you to please help ensure that other patients have the same chance at a positive outcome. Help them dance with their children at graduations, weddings, and beyond, help to ensure they can celebrate a lifetime of milestones.

LOCAL DOCTOR FILLS GAP



Dr. Alessandra Cassano-Bailey and her colleague.

Classroom, and chemotherapy; Dr. Cassano-Bailey scores straight A's.

Woman. Interventional radiologist. The only word those terms together in Manitoba until Dr. Alessandra Cassano-Bailey entered the field of interventional radiology in 2012.

Before Dr. Cassano-Bailey was a doctor, she was Miss Cassano, physics and chemistry teacher at St. John's High School where she attended as a student not too long before. This position where she first made room for herself in what was traditionally a male-dominated field. "I took over from my old physics teacher who was retiring and was happy to have a female in that role," says Dr. Cassano-Bailey.

While Dr. Cassano-Bailey knew from a young age that she wanted to be a doctor, she avoided a position for teaching when she talked her father University of Manitoba basketball coach. Dr. Cassano-Bailey pursued teaching before following her childhood dream of becoming a doctor. Even though Dr. Cassano-Bailey has retired from the basketball court and the high school classroom, she has found a field where she can wear in teaching in her current role as an interventional radiologist at HSC Winnipeg. Dr. Cassano-Bailey mentors resident doctors and teaches her patients about their own health. "I was able to build one career on top of the other," notes Dr. Cassano-Bailey.

One of Dr. Cassano-Bailey's mentorship areas is transarterial chemoembolization (TACE), which is a procedure that blocks the blood supply to a tumour, resulting in the death of cancer cells. In 2012, Dr. Cassano-Bailey was one of a small group of interventional radiologists across Canada to use this innovative technique to treat cancer and slow the growth of a tumour.

"There was a big gap in her care in Manitoba," says Dr. Cassano-Bailey. "Manitoba had the lowest liver disease survival rates in Canada. I am extremely passionate about interventional radiology and wanted our province to progress along with what is being offered in Canada."

TACE is one of a handful of locally directed treatments offered to patients who do not qualify for curative treatments, such as removing part of the liver. Many patients are in this category, finding that they have liver disease and a tumour that is too large for curative treatment or a liver transplant. For these patients, the median life expectancy was as low as 11 months. With the introduction of TACE, this has been improved to 18 months and beyond.

In addition to excellent disease control with very little side effects, TACE is also a "bridge therapy" to a curative transplant. On average, patients often wait for a liver transplant for 12 months. TACE helps to keep the disease controlled so that the patient can remain a candidate and eventually undergo a successful transplant.

"A significant number of people with liver disease qualify for TACE. Those who qualify are individuals who have tumours that are too large for surgery or radio frequency, and a liver transplant isn't an option," notes Dr. Cassano-Bailey.

One of the grateful patients that Dr. Cassano-Bailey has treated with TACE is Marie Schreck. Four years ago, Schreck learned she had a tumour on her liver. After a general surgeon said he didn't want to operate on her liver due to fear of it being, Schreck felt discouraged until Dr. Cassano-Bailey stepped in. "I was blown away by her talent," says Schreck. "She came in prior to my surgery and explained everything to me. She said, 'This is not a cure, but we are going to manage this as best as we can for as long as we can.'"

Dr. Cassano-Bailey administered the TACE procedure on Schreck twice before handing the third and fourth TACE procedures to her protégé, Dr. Stephanie Dyck.

"I want to pay homage to these women who have given me the gift of life four times. At age 76, every year is a blessing," says Schreck.

ALL IN THE FAMILY



*L-R: Kelli Janes' sister Samantha, their mom, and Kelli. *Photo taken prior to current code red restrictions.*

Sisters follow in mother's footsteps to provide psychiatric care at HSC Winnipeg.

In ninth grade when Kelli Janes participated in "Take Time to Think Day" with her mom, she had no idea that she was spending the day at her own future place of work. Just like her mom did for close to 20 years, Janes now works today as a psychiatric nurse at Health Sciences Centre.

"Growing up and hearing about her job, what it entailed, and the patients she worked with was fascinating," says Janes. "I've always loved an underdog story. If there are two teams playing against each other I'm cheering for the team that's never won before. With mental health, it's a population of people who have had so many barriers and a lot of what it was very appealing for me to be a part of the team that tries to provide help for that population."

Inspired by her mother's career path, Janes enrolled in Brandon University's Psychiatric Nursing Program. And she wasn't the only Janes who studied there as her older sister had also decided to follow in their mother's footsteps. "The family pathway always felt a little odd for my dad and brother," says Janes. "There is always a lot of nursing talk."

Having family members in the same field has proved to be invaluable for Janes. With 12-hour shifts and a constant rotation of patients, she appreciates having immediate family who can relate and give advice on specific concerns or questions related to nursing. And amidst the pandemic that need for support has only grown.

Janes works on the Addictions Unit at HSC, assisting individuals who struggle with substance use disorders. With hospital stays that range anywhere from a couple of days to a couple of months, their 11-bed unit houses patients in a range of acute stages. COVID-19 has severely impacted the resources that the Addictions Unit is able to provide to these patients. Services such as 28-day programs and counselling have had to cut their capacity in half to accommodate physical distancing. Other healthy coping strategies that would normally be suggested such as coffee with friends to keep patients away from problematic behaviours, are not allowed under current health restrictions. In the face of the pandemic, Janes has expanded to include administering COVID-19 vaccines a sign of the times and adaptability of nurses.

Janes acknowledges the challenges but chooses to concentrate on the rewarding aspects of the job.

"When patients come back after they've maintained their sobriety for a while, I could cry when I see them," says Janes. "It is so nice to know that they're doing so much better. It is going to have so many benefits for their physical health, their mental health, and their loved ones. Some days, it doesn't even feel like work. It is so special to see those positive changes happen for people."



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