



MONTREAL
SACRÉ-CŒUR
HOSPITAL
FOUNDATION

TOGETHER

WE CAN ACHIEVE GREAT THINGS



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MESSAGES FROM OUR LEADERS

Members of the Sacré-Cœur and Albert-Prévost family and friends of the Foundation,

We are proud to present to you our results from 2021, a challenging year due to several waves of COVID-19. Once again, we had to navigate through troubled waters and adapt to all this uncertainty. A big THANK YOU for responding to our calls for donations and keeping us focused on our main goal, which is **helping to improve care**.

The year 2021 was marked by the completion of the construction of new wings above the emergency department. This was a dream come true for the trauma, critical care and obstetrics and gynecology teams which marked the beginning of a great modernization. As a reminder, the Foundation invested **\$12.4 million** in this project for the new Integrated Trauma Centre and the new Mother-Child Unit.

It is with these great achievements in mind that we hope to participate in other innovative projects in the coming years. Our major fundraising campaign, which was put on hold during the pandemic, will resume in 2022 to raise the necessary funds for these projects that will meet urgent needs for Sacré-Cœur and Albert-Prévost.

Thanks to your great generosity, we have been able to support the care teams in 2021 and provide them with state-of-the-art equipment. We have also greatly supported researchers and their research teams so that our physicians and health care professionals can benefit from the new knowledge acquired to better diagnose, treat and care for patients. That's what your donations are all about.

In addition, this fall we introduced a very successful program. Our new **Circle of Big Hearts**, which includes all donors who have signed up for this monthly giving program, had nearly 500 members in December 2021. That's over \$160,000 annually, in addition to the **nearly \$1 million** raised in our campaigns with the general public. THANK YOU to these big hearts!

We feel that a wind of hope is blowing very strongly at the moment. The Foundation will always be there to transform as many lives as possible by ensuring that Sacré-Cœur and Albert-Prévost, two institutions that it has supported for 45 years, have everything they need to offer future care. This is a real commitment on our part! **TOGETHER**, we can do more and, more importantly, we can do better!



**PAUL
BERGERON**

Chief Executive Officer



**BERNARD
PITRE**

Chairman of the Board

FRONT COVER

Visionaries of the ITC :

Dr. Michel Garner (Emergency)

Dr. Patrick Bellemare (Critical Care Unit)

Dr. Ronald Denis (Traumatology)

Mrs. Marie St-Amour
(Retiree and, until recently, a consultant
of the Trauma Program.)

Dr. Marc Giasson (Teaching)

Dr. Gilles Lavigne (Research)

THE ITC: A SOURCE OF GREAT PRIDE

The Integrated Trauma Centre (ITC), a unique concept in Canada, is the pride of Sacré-Cœur. It will fulfill this great hospital's university mission and will allow the teams in the trauma and critical care sectors to continue to excel in the area of expertise.

The ITC is more than 3,500 m² on two floors. It represents **32 individual intensive care rooms**, including **7 isolation rooms**. It represents also **4 research laboratories** and **6 simulation and teaching laboratories**. Our simulation centre will be an important asset in developing the expertise of all critical care providers.

In addition to participating in the financing of the ITC, the Foundation contributed to the realization of the **Mother-Child Unit** located in the same wings of the ITC. These new premises, which also house the **Endoscopy Department**, will allow the teams of professionals and physicians to continue to offer quality care in modern and welcoming environments.

I would like to thank the teams and doctors who have been involved in this unique project for several years, as well as our many partners and our precious donors. It is thanks to all of you that Sacré-Cœur has a centre that is equal to its expertise. And the modernization of Sacré-Cœur, which will celebrate its 100th anniversary in 2026, has only just begun.

TOGETHER, we can do great things.



**FRÉDÉRIC
ABERGEL**

Chief Executive Officer
CIUSSS NÎM

THANK YOU FOR HELPING US MAKE A DREAM COME TRUE!

One of the essential roles played by foundations is to make it possible to carry out innovative projects that truly contribute to the development of a sector and change lives. It is thanks to the Foundation, which helped and supported us relentlessly in all our efforts to convince government authorities of the need for an integrated trauma centre, that our dream was able to come true.

We are very proud of this construction, which was completed in 2021. And of course, this Centre would never have been possible without **the great generosity** of our donors. THANK YOU for making this dream come true for me and my colleagues. **TOGETHER**, not only can we meet the most urgent medical needs, but also do more to improve and advance medicine.

Imagine... \$10 million was raised in a fundraising campaign for the Integrated Trauma Centre. This was a strong argument to convince the Quebec government to invest!

Trauma at Sacré-Cœur is a large team. We're talking about **150 doctors**, **500 nurses** and **25 researchers** all working on trauma. The fact that all these players are in the same place and work together will allow us to treat patients better, innovate and even save more lives.

THANK YOU to our donors and to our Foundation for allowing us to dream big, dream bigger and dream better! It is **TOGETHER** that we make a real difference!



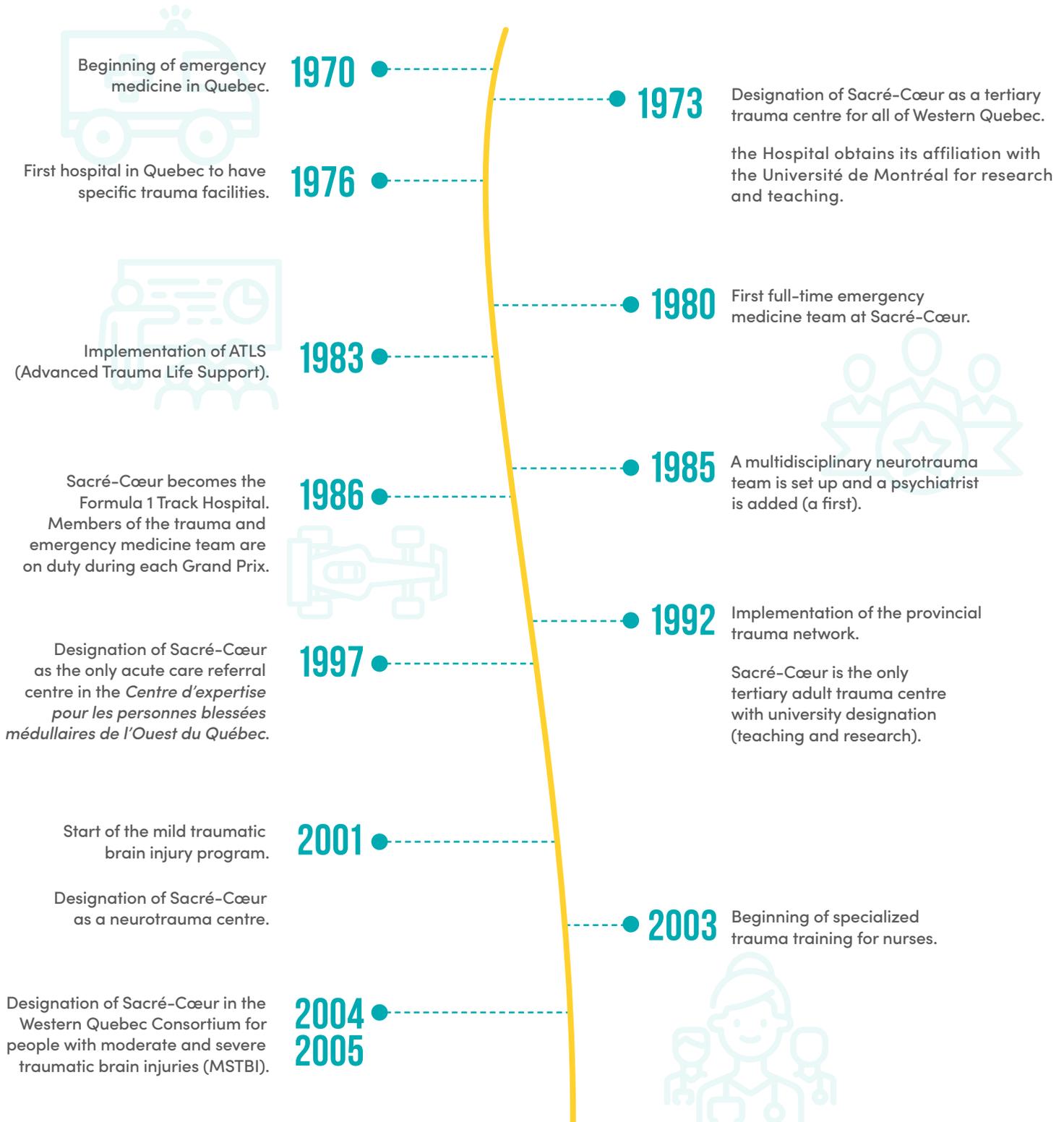
**RONALD
DENIS**

Surgeon and Director of
the Trauma Program at
Montreal Sacré-Cœur Hospital

A LITTLE HISTORY

THE BIRTH OF THE TRAUMA DEPARTMENT AT SACRÉ-CŒUR AND THE GENESIS OF A MAJOR PROJECT

It is difficult to talk about the history of the trauma department without talking about emergency medicine. These two specialties are closely linked. It is no coincidence that the **two new trauma and critical care wings** are located above the emergency department. All of these teams work **TOGETHER** and are the basis of this unique project in Canada, the Integrated Trauma Centre.



Designation of the *Centre d'expertise pour les personnes blessées médullaires de l'Ouest du Québec* as a national reference centre for ventilo-assisted quadriplegic spinal cord injuries.

2005

Celebration of the 30th anniversary of the Sacré-Cœur Trauma Centre.

Beginning of the planning of the ITC project by Dr. Ronald Denis, Dr. Patrick Bellemare and Dr. Gilles Lavigne.

Renewal of 1997 and 2005 spinal cord injury designations.

2012

Resuscitation and trauma simulation sessions begin.

2007
2008

Renewal of the 2004-05 designation in the Western Quebec Consortium for MSTBI.

2008

Opening of the new emergency room with 6 resuscitation spaces, including two dedicated to trauma.

Launch of the Integrated Trauma Centre campaign.

2009

Closing of the Integrated Trauma Centre campaign.

2017

Groundbreaking to announce construction.

2021

Completion of the Integrated Trauma Centre.

Integrated centre for the treatment of polytrauma patients including an ultra-modern intensive care unit and a state-of-the-art clinical simulation centre dedicated to continuing education, teaching and research.

THE LARGEST UNIVERSITY TERTIARY TRAUMA CENTRE IN MONTREAL,
serving the population of Western Quebec.

TRAUMA, ONE OF THE PILLARS OF EXCELLENCE
of the Montreal Sacré-Cœur Hospital.



A UNIFYING PROJECT

THE INTEGRATED TRAUMA CENTRE: A UNIQUE CONCEPT!

The uniqueness of the Integrated Trauma Centre (ITC) lies in the fact that it brings together internal medicine specialists, pharmacists, researchers, teachers, trainees and trauma professionals in one location. The idea is to promote the sharing of information and expertise, to take advantage of everyone's strengths and to create a real synergy between the multidisciplinary teams, all for the benefit of patients and the development of trauma care.

The ITC project, as it is called, is a **\$155 million project**, financed mostly by the Ministère de la Santé et des Services sociaux and in which our Foundation has invested \$12.4 million.

It consists of three projects in one:

1. The development of an Integrated Trauma Centre (ITC) that includes, among other things, a 32-bed intensive care unit adjacent to the clinical research, continuing education and trauma program facilities.
2. The construction of the 26-room labor-delivery-recovery-post-partum Mother-Child Unit, a neonatal intermediate care unit with 10 incubators and a resuscitation area.
3. The relocation and development of endoscopy, including the addition of two new procedure rooms.

With the completion of the emergency department in 2008 and the coronary unit in 2010, the Montreal Sacré-Cœur Hospital is positioning itself as a centre of excellence in the development of critical care trauma services. In a subsequent phase, the operating room will also be consolidated.

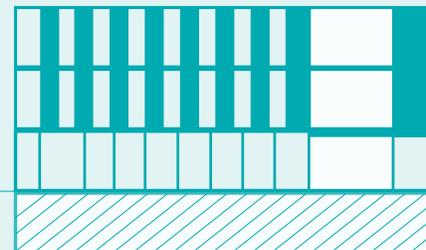
NIVEAUX

03 Mother-Child Unit →

02 Intensive Care Unit →

01 Trauma Program, Research and Teaching →

SS Endoscopy Department →



A VISIT FROM THE MINISTER TO SACRÉ-CŒUR!

“Sacré-Cœur Hospital is an important part of the hospital environment in Montreal, and indeed in all of Quebec. This is why it was crucial to proceed with this major work. The inauguration of these new facilities marks an **important step in our collective efforts** to modernize our health care network, and I am delighted to celebrate this great day with you,” stated the Minister of Health and Social Services, Christian Dubé, during his visit on October 8 to mark the inauguration of the new wings located above the Emergency Department.



**CHRISTIAN
DUBÉ**

Minister of Health and Social Services

Credit: Patrick Sansfaçon, La Presse

RESEARCH AND TEACHING: AT THE HEART OF THE ITC

The need to increase knowledge to better treat the most complex trauma cases that come to Sacré-Cœur makes the research and teaching teams valuable allies for the medical and care teams.

Significant benefits

Researchers are integrated into the clinical process and are in touch with the reality of patients. Clinicians open their doors to them.

Collaboration and openness are essential. Bringing together several research teams and care teams in the same place helps with communication.

The ITC's new cutting-edge technologies will allow researchers to move forward more quickly and to recruit leading experts in their field.

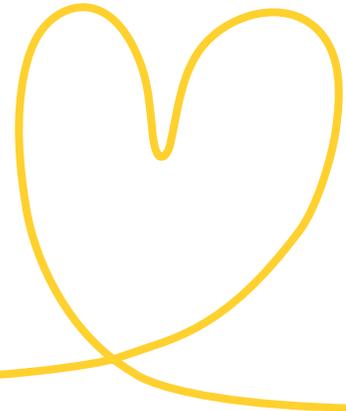
The motor function evaluation laboratory (spinal cord and brain trauma), brain and spinal cord stimulation equipment, neurology laboratory, artificial intelligence laboratory and 25 unassigned spaces for research students will help advance some of the research.

The ITC: Impact of artificial intelligence

The new Chair in Artificial Intelligence, for which the Foundation hopes to raise \$3 million through its current major fundraising campaign, will be located in the ITC. Artificial intelligence will allow clinicians to predict whether or not a patient who has experienced a trauma can recover and determine their quality of life. They will be able to get a biological signature of patients who are doing well compare to those who are not doing well.

Scientific Director, Physical Health, researcher Louis De Beaumont, states with passion and conviction: what makes the strength of the research teams is the quality of the data collected thanks to good clinicians, particularly in trauma and sleep. The quality of the data, the number of trauma patients and the recruitment of a leading expert in the field to process the information give him every hope.

THANK YOU!



The Foundation wishes to thank the two co-chairs of the Integrated Trauma Centre campaign, Mr. Daniel Lamarre and Mr. Normand Legault, and to underline the contribution of the members of the Integrated Trauma Centre campaign cabinet and its president, Mr. André Bérard. These committed people have raised more than **\$10 million** in just one year to make this project a reality.

THANK YOU to the members of the campaign cabinet

Mr. Robert Bastien
Mr. Serge Boucher
Dr. Ronald Denis
Mr. Gabriel Groulx
Mr. Denys Laberge
Mr. Daniel Lamarre
Mr. Michel Larivière
Mrs. Fabienne Larouche

Dr. Gilles Lavigne
Mr. Normand Legault
Mr. Michel Ostiguy
Mr. François Rozon
Mrs. Marie St-Amour
Mr. Louis A. Tanguay
Mr. Michel Trudeau

THANK YOU to the major donors of \$100,000 and more

Alimentation Couche-Tard
Boehringer Ingelheim Canada
Daniel Lamarre Foundation
Family of Giuseppe Borsellino
Family of Pierre Lespérance
J. Armand Bombardier Foundation
Martin-Matte Foundation
Mirella and Lino Saputo Foundation

Molson Foundation
Mouvement Desjardins
National Bank of Canada
Sanofi-Aventis Canada
TFI International
Mr. Yves Des Groseillers

MODERN CARE UNITS

AN INTENSIVE CARE UNIT THAT FOSTER TEAM WORK

The Critical Care Unit is a multi-specialty unit and a nerve centre of the hospital where the most vulnerable patients with the most unstable or at-risk conditions converge.

Critical care and trauma started collaborating in the 1990s and began sharing patient management. Trauma became exclusive to the ICU. Dr. Patrick Bellemare, who has been the Chief of Critical Care at Sacré-Cœur for many years, is convinced that the new ICT is a concept that will take even further the teamwork that has historically made Sacré-Cœur so successful.

The medical team and its partners from various professions (pharmacists, nurses, perfusionists, respiratory therapists, etc.) share their expertise to treat complex cases. This synergy has propelled a gain in awareness in many areas of critical care and the team is committed to pursuing its mission of excellence.

In fact, it is because of its dynamism and ability to adapt that

the Sacré-Cœur team has been designated and established as a leader in the fight against COVID-19 while maintaining its fundamental missions, particularly in trauma.

Significant benefits

- The new intensive care unit was designed to provide complex care while promoting a caring and soothing environment for the patient and family.
- The new environment is more appropriate and spacious and will be more conducive to patient recovery.
- It will also allow the interdisciplinary team to be more efficient on a daily basis.



CREATION OF AN ACADEMIC CHAIR IN ADVANCED MONITORING

Internal medicine specialists have come together in 2021 to finance the creation of new chair. It will enrich the work of the Fondation Caroline Durand Chair in acute trauma at the Université de Montréal created in 2017, and complement the future chair in artificial intelligence that we also hope to create in the near future. Internal medicine specialists are contributing \$500,000 to this project.



ACADEMIC CHAIR IN
ADVANCED MONITORING
IN INTENSIVE CARE

The goal of the Academic Chair in Advanced Monitoring is to support the collection and value of physiological data continuously generated in intensive care. The collection of a significant amount of quality data will illustrate the importance of the situation related to the intensive care to the chair's team in artificial intelligence. This will allow them to combine their expertise to the one of intensive care researchers. It will promote **innovation and the development of critical care at Sacré-Cœur**, a leader in acute care in Quebec.

A WELL-THOUGHT-OUT MOTHER-CHILD UNIT

The Obstetrics and Gynaecology teams perform more than 2,000 deliveries per year at Sacré-Cœur Hospital. A project to renovate the Mother-Child Unit had been in the air for some 15 years. Postponed many times, it was finally included in the ICT construction project.

Significant benefits

The new Unit is something to be proud of for the Head of Department of Obstetrics and Gynaecology, Dr. Sonia Gagnon, and her entire team. The modern and adapted premises correspond to the overall quality of care they want to provide.

- The new spaces allow for the addition of services, the enhancement of neonatology (for high-risk pregnancies) and, above all, to offer client and family-centred care.
- The rooms are set up according to a new model adopted by several newer hospitals: the LDRP model (labour, delivery, recovery, postpartum), which provides that all these stages take place in the same room throughout the stay. The patient is no longer transferred from one place to another in the birthing unit, but rather the staff moves to her.
- Particular attention was paid to the layout, decoration

and choice of furniture.

- The addition of a permanent breastfeeding counsellor (previously a part-time resource) has increased the range of services.
- New premises that allow for group meetings, information and networking, an important element for clients who sometimes just arrived on the territory and feel isolated.



THANK YOU!

The major fundraising campaign “Help us take care of you”, whose objective was \$35 million, made it possible to carry out this major renovation project for the Mother-Child Unit. The Foundation wishes to acknowledge the major contributions of \$100,000 and more made through this campaign for the realization of this new Unit.

**ALIMENTATION
COUCHE-TARD**

**BELL
CANADA**

**FAMILY OF
RAOUL BLOUIN**

**MIRELLA AND LINO
SAPUTO FOUNDATION**

IN 2021...

YOUR GENEROSITY

THE CANADIAN BIOBANK FOR SLEEP RESEARCH



The Centre for Advanced Research in Sleep Medicine (CARSM), located at Sacré-Cœur Hospital, houses a clinic and research group composed of 6 physicians, 17 researchers, 60 staff and over 50 graduate students. The mission of this centre is to generate new knowledge about sleep and to understand, diagnose, treat and prevent sleep disorders. Each year, the CARSM clinic sees more than 2,500 patients for the diagnosis and treatment of sleep disorders such as insomnia, restless leg syndrome, hypersomnia, narcolepsy, REM sleep behaviour disorder and sleepwalking. Patients are referred from all over the country, and even from Europe and the United States. It is also a major international hub for sleep research.

A Biobank of 40,000 samples

The CARSM team is also the custodian of the Canadian Biobank for sleep research, which contains 40,000 samples of patient blood, urine and cerebrospinal fluid. Add to that an entire informatics infrastructure containing clinical data collected from these same patients who have given their consent to have their samples stored. Sacré-Cœur is a real gem. Julie Carrier, a researcher and full professor in the Department of Psychology at the Université de Montréal, is the Biobank's scientific director.

About 15 laboratories contribute to the Biobank, but this number is likely to increase exponentially, because the more researchers talk about it, the more their colleagues in other centres want to embark on this adventure. The next step, according to Julie Carrier, is to bring the Biobank to its cruising speed, which will allow young researchers to benefit from the efforts made over the last 10 years to develop this Biobank.

The next dream of Julie Carrier and her team is to be able to add a Canadian database with all the sleep patterns associated with these biological samples. For the moment, they have to contact different centres to obtain data. The wish of the Biobank's scientific director is to do the same standardization that was done for the biological samples with polysomnography. "The day we do this, we will be the world leaders," she said spontaneously.

A contribution of \$225,000 from our Foundation, at the end of 2021, provides leverage to consolidate gains and move into a new phase of development that will stimulate discoveries on sleep disorders. In addition to the scientific innovations made possible by the Biobank, this infrastructure allows our researchers to shine at the national and international levels.

TWO IMPORTANT PIECES OF EQUIPMENT FOR THE OPHTHALMOLOGY DEPARTMENT

In 2021, the **Foundation invested \$116,000** out of a total acquisition cost of some \$300,000, to provide the Ophthalmology Department with state-of-the-art equipment. The Government of Quebec provided the remainder of the required funding. The department uses the latest generation Zeiss imaging platform. In addition to providing more accurate treatment of retinal diseases, this platform has attracted a specialist in the field to join the Sacré-Cœur team. "Without this technology, it would not have been possible to recruit a resource of this caliber," says department head Dr. Ali Hafez.

Staff have been trained to use the two devices included in the platform. The first is a CLARUS 700 camera, which was designed for eye care specialists to capture super-wide-angle, true-colour images of the back of the eye with unparalleled image quality and to perform retinal angiography. The other is a Cirrus 7000 OCT machine with OCT angio to perform more advanced ocular imaging. It is possible to follow up on glaucoma and various pathologies, and to detect damage before a patient even realizes that their condition is deteriorating.

ADVANCES CARE

\$107,146 TO IMPROVE PATIENT COMFORT AND FACILITATE WORK ON THE CARE UNITS

Each year since 2018, the Foundation has provided a budgetary allocation for the purchase of small equipment to be found on the care units. **Nearly \$500,000 has been invested** to this day to improve patient comfort and provide staff with additional equipment they need to be more efficient in their work. Geriatric chairs, spirometers, patient lifts, glucose monitors, wall-mounted blood pressure monitors, walkers, etc. have been purchased. The year 2021 was no exception: **\$107,146** was set aside for the acquisition of small equipment, including some for the medical imaging department. For this service alone, more than \$8,000 was invested. Here is what was purchased thanks to your donations:

- Two medical stretchers to facilitate the transfer of patients in stretchers to examination tables. This greatly reduces the risk of falls for the patient and injuries for the caregivers.
- A mobile lead shield to protect against X-rays in the examination rooms.
- Three leaded aprons (small, medium, large) to protect patients from X-rays during examinations.

It is possible to perform up to 30 such examinations in a day, whereas before, about 4 examinations were performed, and not every day. "This optimization of the system makes a big difference, both in terms of the quality of care we provide and the amount of testing our staff is able to do. The tests are technically easier to perform," says Dr. Hafez, who is very pleased with the purchase for Sacré-Cœur, one of the few institutions in the greater Montreal area to have such equipment.

Due to COVID, the purchase of a Carescape v100 vital signs monitor with a mobile workstation has been delayed.

It will allow two more patients to be managed in the recovery room at the same time following complex angiography procedures.

Important equipment, but even more so in times of pandemic!

Jean-Philippe Gauthier, Chief of the Medical Imaging Department, expressed his great appreciation to the Foundation and its donors.

"As you know, radiation protection is one of the most important elements in medical imaging, whether for users or employees, interns, physicians and residents. In the current context, and with the large number of users in isolation, the importance of avoiding multiple manipulations in order to reduce the risk of contamination is paramount. This is why, in the case of patients in isolation, we have to keep more workers on the ward, which requires additional protective equipment."



RESEARCH AND TEACHING

MORE THAN \$1.3 MILLION FOR RESEARCH AND TEACHING IN 2021

Whether it is to support the work of researchers in sleep medicine, traumatology, orthopedics, pneumology, or teams dedicated to teaching, the Foundation will have granted funding for a **total of more than \$1.3 million**. More than \$3.2 million was awarded in 2021 to the Montreal Sacré-Cœur Hospital to support various priority projects that contribute to the development of several care sectors. This is a significant contribution to the research and teaching activities of this major hospital, which has been affiliated with the Université de Montréal for nearly 50 years.

Most of the research teams related to physical health are located within the walls of Sacré-Cœur. Their work touches on three main areas:

Chronic diseases

Cardiology, nephrology, pulmonology, exercise science and bariatric surgery.

Neurophysiology

Sleep disorders, mental health and neuro-cardiology.

Trauma – acute care

Emergency medicine, pre-hospital emergency care, orthopedics, surgery, head injuries, medical engineering.

Also, because of the hospital's university status, many physicians, care professionals, and researchers devote many hours to teaching and training the next generation of physicians.



SEEKING TO DEEPEN OUR KNOWLEDGE OF INJURED BRAINS

Over the past year, a researcher who is very active in the field of trauma and concussion, Louis De Beaumont, was able **to benefit from a \$27,000 grant** from our Foundation for the acquisition of a magnetic resonance imaging sequence for the clinical component, which will also be used for research.

Trauma research at Sacré-Cœur Hospital has grown tremendously over the past seven years, with the recruitment of eight researchers in the field of neurotrauma alone, making this research group one of the largest in the country. Much of the research in this area is done using images of the brain collected via sophisticated equipment.

This imaging sequence makes it possible to follow in real time the brain's activity which has been damaged by a traumatic injury in order to understand how neurons interact with each other. This sequence provides a better understanding of the progress between this communication and the recovery of consciousness during the coma stage of a patient.

Thanks to the innovations that this gift is enabling, Louis De Beaumont recently received a grant of \$250,000 over two years to implement this new technology and the novel information it provides to patients in intensive care following a severe head injury who present a disorder of consciousness (coma).

In addition, the Foundation has committed to purchasing a special antenna at a cost of \$55,000 to be added to this imaging sequence. Currently, the images taken of the brains of traumatic brain injury patients who are received and treated at Sacré-Cœur (over 1,500 patients annually) cannot be used for research purposes. These images are not accurate enough to be optimally used for research. This deprives researchers of valuable data.

The addition of this antenna to the current equipment will give the images obtained the quality required to be used by our researchers. This research allows for the development of predictive models of patient outcomes, therapeutic pathways and anticipated care and life trajectories.

Knowing that traumatic injuries are the leading cause of death and disability in people under 34 years of age, our researchers' work is improving treatments for this type of injury and reducing death and side effects in these young patients.

MENTAL HEALTH: A SECTOR SUPPORTED BY THE FOUNDATION'S DONORS

A new component of the project “Monitoring the metabolic effects of second-generation antipsychotics in the pediatric population,” this time related to the pandemic, was launched in 2021.

A new component of the project “Monitoring the metabolic effects of second-generation antipsychotics in the pediatric population,” this time related to the pandemic, was launched in 2021.

This large study, which aims to evaluate the effects related to the use of second-generation antipsychotics (SGA) on the health of children and adolescents, began at Sainte-Justine UHC in January 2017. In May 2018, the mental health hospitals Rivière-des-Prairies and Albert-Prévost, both part of our CIUSSS, joined the project.

In children and adolescents, SGAs are indicated for the treatment of affective and/or psychotic disorders, but are also prescribed for the treatment of tics and behavioural disorders associated with autism spectrum disorder, intellectual disability and attention deficit hyperactivity disorder (ADHD).

In the context of the COVID-19 pandemic, face-to-face child psychiatric evaluation and follow-up visits have greatly decreased or been spaced out in favour of follow-up via

teleconsultation or telephone. This important change in the clinical habits of child psychiatrists and nurses may have influenced the quality and/or frequency of metabolic monitoring of youth treated with SGA.

In addition, social changes brought about by this pandemic, such as isolation and increased screen time, increase sedentary behaviour and stress in children and adolescents, thereby increasing their risk of developing or exacerbating excess weight and obesity. Therefore, for youth treated with SGA, clinical monitoring and education about the metabolic effects of SGA, healthy eating habits and physical activity are paramount in the current context.

A \$30,000 investment for two research projects

In order to carry out this study, the Foundation granted **\$15,000** to the child psychiatry team at the Albert-Prévost Mental Health Hospital, in particular to Dr. Drigissa Ilies and Dr. Pascale Abadie. The pandemic component (or practice evaluation) aims to qualitatively assess the impact of the pandemic on the metabolic monitoring habits of young people on antipsychotics studied by professionals working in child psychiatry. This research began in April 2021 and will be completed in 2022. The results of the pandemic component will be presented in the *Journal de l'Association des médecins psychiatres du Québec*, June 2022 issue.

One of the findings is that education is critical to the prevention and treatment of adverse metabolic effects associated with SGA, such as weight gain. Two educational materials regarding healthy lifestyle and eating habits have been developed. Their use in practice could improve the psychoeducation offered about SGA at the Albert-Prévost Mental Health Hospital and all the hospitals that participated in this study.

Another research project involving these same psychiatrists is currently being written regarding the evaluation of video game use and the impact on the pediatric population being followed. The recruitment period for participants is open. It will be interesting to eventually discover the results of this work. The Montreal Sacré-Cœur Hospital Foundation agreed in May 2021 **to fund \$15,000** for this other important research project.



TESTIMONIAL

THOMAS LEE: LIVING AGAIN AFTER A BRAIN TUMOUR

At just 37 years old, Thomas Lee never imagined he would be diagnosed with a brain tumour. Especially since he is the proud father of a three-year-old boy. However, this is the terrible diagnosis he received in April 2021.



**THOMAS
LEE**

At just 37 years old, Thomas Lee never imagined he would be diagnosed with a brain tumour. Especially since he is the proud father of a three-year-old boy. However, this is the terrible diagnosis he received in April 2021.

“It was a shock for my wife and me. How can I explain that such an ordeal happened to me so young?”

It all started with the sneaky onset of headaches and eye problems, which he attributed to his demanding role as a parent and computer manager, as well as the very long hours spent at the computer. “I thought it was normal and that I just needed new glasses,” he says with a half-smile. However, an examination by his optometrist revealed a worrying pressure on the optic nerve. On the advice of the specialist, he immediately went to the emergency room of the Montreal Sacré-Cœur Hospital. Upon arrival, Thomas underwent a series of neurological tests before undergoing a CT scan of his brain.

The diagnosis was clear: a large tumour had lodged in part of his brain. A delicate surgical intervention was required. “It was a shock for my wife and me. How can I explain that such an ordeal happened to me so young? What were the chances of success of the brain surgery that was awaiting me? What would we do if something bad happened to me?” The questions flowed day and night for the couple. So much so that the couple decided to write Thomas’ will, “just in case...”

But that was without counting on the expertise of Dr. Marc F. Giroux, a prominent neurosurgeon and head of the neurological sciences department at the Montreal Sacré-Cœur Hospital. With meticulous care and the support of a seasoned medical team, he successfully removed the four-centimetre tumour that threatened to take Thomas’ life. “I owe it to him that I’m alive! Dr. Giroux was so confident at our first meeting that it took away all my worries. I have nothing but good words for him. After my surgery, he said to me, “You know, a tumour this big doesn’t appear overnight. It’s probably been growing in your brain for years.” Looking back, Thomas understands that his nausea upon waking and the episodic loss of sensation in his right leg and foot that he had experienced months earlier were not trivial. “I also had dizziness when I was doing yoga, in the head-down dog position,” he continues, “it seemed so trivial that I never told my family doctor. But now that I know the cause, it makes sense.”

Thomas Lee feels lucky to have received exceptional care at Sacré-Cœur Hospital. “During my stays, the entire nursing staff has been wonderful to me. The neurosurgeon, nurses and attendants took the time to talk to me. They were supportive and understanding.” He also recalls his time in the intensive care unit. “Every day, I could watch through the glass door of my room as the teams worked tirelessly to care for patients with COVID. To see them saving people in such a difficult situation touched me deeply,” says the donor.

Upon his return home, Thomas was fully engaged in his post-operative recovery. He used a cane to get around and underwent months of intensive physical therapy at Sacré-Cœur and then at a rehabilitation centre. He also took powerful medications that kept him awake. “I had a lot of time to think!” The result? He redirected his professional life, moving from managing teams at an online retail company to managing a healthcare start-up. “After what I experienced and saw at Sacré-Cœur, I wanted to be useful to others,” he says humbly.

A year after his brain surgery, Thomas has regained up to 95% of his coordination and strength in his right leg and foot. “Since I’m not a soccer player, I’m fine!” he laughs, pleased that he can walk and drive again. But what he’s most excited about is being able to sit on the floor and get up to finally play with his son. “Just a few months ago, I couldn’t do it. I can do all that now,” says the man who continues to be closely monitored by Dr. Marc F. Giroux. To express his infinite gratitude for the exceptional care he received, Thomas Lee made a generous donation to Sacré-Cœur. “I wanted to give back to the hospital. I think a case like mine is pretty rare. So, if I can help anyone else who has to go through what I went through or has to be hospitalized at Sacré-Cœur, this is my way of doing good...”

And to say THANK YOU for saving my life!”

TESTIMONIAL

ANTONIETTA SPEDALIERE: SURVIVING A HIT-AND-RUN

Montreal, August 23, 2017, around 6:30 p.m. As Antonietta Spedaliera was walking to her car as she left the office, a pickup truck hit her head-on and sped off. Horrified by the scene, a colleague rushed to Antonietta's aid as she lay unconscious on the road.

Antonietta was rushed to Sacré-Cœur's Integrated Trauma Centre where she was treated by Dr. Jean-François Giguère, an experienced neurosurgeon. Faced with the head trauma, brain damage and cardiac arrest that his patient had suffered, the specialist carried out a long and complex operation. But the severity of her condition was such that she had to be placed

in an artificial coma. This deep sedation had several goals: to prevent Antonietta from suffering from her numerous injuries, and to limit the risks of intracranial pressure following her head trauma while allowing her vital functions to regenerate.

endurance. I have trouble reaching for things. I also have memory lapses, I sometimes search for my words, I used to be fluent in French, English and Italian. I had to give up my job that I loved. The simplest things, like climbing stairs, swimming, working out at the gym, making pasta or gardening, became impossible for me. Today," she continues in the same breath, "I have to learn to live differently."

"The accident happened in August and I woke up in December... It was as if I was waking up from a long dream."

However, nothing was certain about her chances of survival, especially since she suffered a stroke during her coma. Dr. Giguère remained cautious, even going so far as to warn Antonietta's husband that despite all his efforts to save his wife, her chances of survival remained slim. But there was no question of giving up. For three months, the staff of the Sacré-Cœur intensive care unit provided the necessary care until she was transferred to the Institut de réadaptation Gingras-Lindsay-de-Montréal, where she regained consciousness for good. "The accident happened in August and I woke up in December. I was in shock, disoriented. It was as if I was emerging from a long dream. I had no memory. What had happened to me to make me end up in a hospital bed?" the 50-year-old, who led an active and fulfilling life before the hit-and-run accident that turned her whole life upside down, relates with emotion.

Nevertheless, every day she is grateful for the smallest progress she manages to make. "I try to stay positive. Today I was able to make blueberry muffins. I count my small victories, and the good times I have with my husband, Angelo, always by my side." That said, Antonietta doesn't hide her apprehensions about the future. "I hope to be healthy for as long as possible, and to regain more and more autonomy. I hope to be healthy as long as possible, and to become more and more independent, if only to give my husband, who left his job to take care of me, a break at every moment. I would also like to be able to travel again."

If she is willing to talk about her experience, it is to let as many people as possible know about the compassionate care she received especially at Sacré-Cœur. The couple's immense gratitude has translated into a significant donation to the Foundation. "If our gift can help acquire medical equipment, or if it can help provide more care to patients, that's all that matters to Angelo and me. This gift has a deep meaning for both of us. It's a gesture from the heart," she adds warmly. It's also proof that with unconditional love and state-of-the-art care administered with humanity, anything can be overcome.

Since the aftermaths of the accident is major, she is focused on her rehabilitation to improve her motor skills, her communication and her memory issues and to learn to live better with them. Although her condition has improved, five years later she still suffers from the disabling effects of her accident, including hemiplegia on her right side. So much so that at almost 60 years of age, she has to mourn the loss of her former life. "I have lost strength and

**ANTONIETTA
SPEDALIERE**



TESTIMONIAL

FRANCINE LABEL: HONOURING THE MEMORY OF A LOVED ONE

“Look how nice!” Raymond Charbonneau says to his wife, Francine Label, in front of the donor honour roll at Sacré-Cœur Hospital, where he is slowly recovering from brain surgery. A few months earlier, in the summer of 2017, the former high school geography teacher suffered a head injury following a bad fall.



**RAYMOND
CHARBONNEAU**

Headaches that persisted for several weeks led him to consult his family doctor, who sent him for tests. The next day, the GP urged his patient to go to the Sacré-Cœur emergency room.

“At night, I didn’t want to leave him until he closed his eyes. I appreciated that the Hospital allowed me to do so, until he returned home.”

Within hours of his arrival, he underwent surgery to control the growing intracranial hematoma. The surgery was a success, but Mr. Charbonneau required constant care, as he had Alzheimer’s disease, Parkinson’s disease and chronic hepatitis, and also suffered from severe kidney and heart problems. “During his convalescence, I wanted to be with him at all times. At night, I didn’t want to leave him until he closed his eyes. I appreciated that the Hospital allowed me to do so, until he returned home,” emphasizes the woman who put her life on hold to care for her husband.

Alas, in October 2018, Charbonneau had to be admitted again to Sacré-Cœur, this time to treat a heart attack.

At the same time, the Alzheimer’s disease was progressing and his general condition was deteriorating. “The cardiologist was exceptional. Nevertheless, it was a long and difficult period... Raymond, a curious man, globetrotter and music lover, had periods of confusion. He didn’t always realize that he was losing his autonomy, he who still wanted to travel! It was very difficult to see such a brilliant man so diminished. But he always recognized me,” she consoles herself, pausing. “I am grateful for the care Raymond received at Sacré-Cœur. The specialists and caregivers

did everything they could to ease my husband’s suffering. He was so sick... And,” she adds, “I really appreciate that they took the time to meet with me on several occasions to give me a clearer picture of what would happen soon. They guided me on the decisions to be made and they explained to me that, despite all the care he was receiving, the end was approaching...”

Measuring the fragility of his existence, Mr. Charbonneau, a philanthropist at heart, was already wondering about his legacy. “What will I leave behind when I die,” he confided to his constant companion. “He had realized many of his projects. He had traveled the world. He had had an exciting life and he wanted to share it with others. Raymond was an extremely generous man. He had bequeathed part of his estate to the Université de Montréal, in order to grant scholarships bearing his name to students in education.” He also expressed his wish to his companion to make a major gift to Sacré-Cœur, with which he had a deep connection. Not only because of the many treatments he received there, but also because his first wife, who died of breast cancer at age 40, spent the last days of her life there.

On November 2, 2018, Mr. Charbonneau left Sacré-Cœur. He passed away the same evening he arrived at Maison de la Sérénité, in Laval. “Every time I talk about Raymond, I get emotional,” concludes Mrs. Label gently. “He wanted to give to Sacré-Cœur to support research, to help acquire equipment or to develop advanced treatments. It was important to him,” she continues. “He left the amount of the donation to my discretion. I have already left a sum of money in his name, and I intend to give back to Sacré-Cœur, for him, every year during my lifetime. This is my way of immortalizing his memory...”



KIND WORDS FOR THE TEAMS

OUR DONORS ARE GRATEFUL

Throughout the year, our Foundation has the privilege to receive many messages from patients or their loved ones in recognition of the good care they received.

“A huge THANK YOU to all the care staff that I have worked with from near and far during my stay with you. I owe you a part of my life. You have a heart as big as the sky. What a wonderful family you are.”

“A huge THANK YOU to all the caregivers and doctors who took care of me, to all the staff in the emergency room, to the entire team in gastroenterology and to the interns and nurses. I will never forget the good care and empathy of each and every one of you.”

“THANK YOU to the entire hemato-oncology team, doctors and nurses who do a colossal job to care and reassure. THANK YOU to the health team for cleaning and maintaining the rooms. They work hard and are in good spirits. I felt supported in a moment of extreme fragility towards a future filled with hope and health.”

“THANK YOU for the excellent work done by all the hospital employees. It is great dedication especially during this time of pandemic.”

“To the oncology/palliative team: what skill! What excellent work! What greatly impressed me about all the medical staff was their professionalism, their dedication, their kindness, their generosity, their empathy, their good spirits. I will always be grateful. THANK YOU for the excellent care you gave me. You guys are amazing!”

“With great gratitude for the care given to my spouse in the emergency department, intensive care and internal medicine during his hospitalization in the fall of 2021. Your teams saved his life, brought him comfort, and led him on the road to recovery with the utmost skill and concern. I will be eternally grateful to them.”

FOUNDATION ANNIVERSARY

THE FOUNDATION CELEBRATES 45 YEARS OF EXISTENCE

The creation of the Foundation by the Congregation of the Sisters of Providence was made possible 45 years ago by a significant bequest, also known as a “legacy gift”. This gift was made by Mrs. Sophie-Marie Charlebois Letang, widow of Mr. Anselme Letang. Mr. Letang was the founder and president of Letang Hardware, a Montreal-based business specializing in the importation of hardware products.

When Mrs. Letang’s son died in 1968, a trust was created and five organizations received considerable amounts of money in equal shares, including our Hospital, then called Hôpital du Sacré-Cœur de Cartierville. The estate was then valued at more than \$5 million, a colossal sum for that period. A total of more than \$2 million was donated to our Foundation until 2000 through this estate.

Over the years, the Foundation has received more than 140 legacy gifts. The total value of these gifts is \$10 million.

The value of the legacy gifts ranges from a few hundred dollars to over \$2 million. Among the exceptional gifts that the Foundation has received over the past ten years are those of physicians Guy Blanchard and Germain Beauregard, Denis Auger and Georges Létourneau, and Monique Meunier Cotellesso, Monique Lanoie and Jeanne Claraz Dassé. These legacy gifts, and many others that are more modest, but just as important, allow our Foundation to build for the long term. During the year 2021, more than \$1 million was accumulated through this type of donation.



“Because of your donations, we are transforming lives.”

PÉNÉLOPE
McQUADE

Volunteer spokesperson for the Foundation

THANK YOU PENELOPE

In 2021, you reached the five-year milestone as a spokesperson. Thank you for your commitment, generosity and kindness!

— The Foundation team



THE LOYAL DONORS CIRCLE

SACRÉ-CŒUR... FOREVER!

The Loyal Donors Circle acknowledges the commitment of those who have supported us for many years in recognition of the good care they received for themselves, their loved ones, or because of their employment relationship or attachment to the Hospital. Here are the names of those who celebrated in 2021 the 20th, 25th or 30th anniversary of their first donation:



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THANK YOU!



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THE CIRCLE OF BIG HEARTS

OUR MONTHLY GIVING PROGRAM

The Foundation also thanks those donors who choose to participate in our monthly giving and payroll deduction programs. These programs provide a predictable source of revenue and allow the Foundation to better plan its activities. It is an ongoing support for our cause.

In 2021, **221 donors** joined our monthly giving program and maintained their commitment.



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THANK YOU FOR YOUR SUPPORT!

PIERRE KARL PÉLADEAU AND HIS BIG HEART!

In 2021, the Foundation received the support of Mr. Pierre Karl Péladeau who supported the Circle of Big Hearts program in a wonderful way. He chose to double the value of donations from new monthly donors from September to December 2021, to a maximum of \$25,000. In doing so, he wanted donors to join him in becoming loyal donors to Sacré-Cœur for many years to come.

*“My father, my family and I have a special attachment to Sacré-Cœur Hospital and we have happily supported its projects since its creation 45 years ago. I have decided to do one more thing by joining the Circle of Big Hearts initiative. It is **TOGETHER**, and for a long time, that we can make a difference for Sacré-Cœur.”*



**PIERRE KARL
PÉLADEAU**

Donor

THANK YOU TO OUR DONORS

GIVING: A PRICELESS GESTURE

The Foundation would like to acknowledge the generosity of individuals, businesses, organizations and partners who made a gift in 2020. Based on available information and in accordance with the new recognition policy in place, this list identifies donors who contributed between January 1 and December 31, 2020 in the amount of \$1,000 or more for individuals, families and private foundations, and \$5,000 or more for corporations, public foundations and other organizations.

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Succession Noel Frenette
Succession Thérèse Bouffard
Succession Yvon Plourde

DOCTORS

Albert, Martin
Assedou, Aaron
Beaudry, Véronique
Beaulieu, Yanick
Bellemare, Patrick
Bernard, Francis
Bertelli, Christiane
Bertrand, François
Bouchard, Josée
Bouchard, Sylvie
Bourque, Daniel
Brunet, Mathieu
Brunette, Véronique
Castonguay, Véronique
Cavayas, Yiorgos Alexandros
Chauny, Jean-Marc
Choquet, Pierre
Cournoyer, Alexis
Daoust, Raoul
Doucet, Michel
Duda, Barbara
Duniewicz, Magdalena
Garneau, François-Xavier
Garner, Michel
Giard, Annie
Gilbert, Danielle
Goupil, Remi

Gravel, Evelyne
Huard, Verilibe
Jodoin, Alain
Labrecque, Michèle Alexandra
Lalonde, Éric
Laroche, Mathieu
Larocque, Alexandre
Lavigne, Gilles
Le Guillan, Soazig
Lebel, Alain
Lepage-Sabourin, Isabelle
Lessard, Justine
Levert, Valérie
Lévesque, Émilie
Lonerger, Ann-Marie
Malo, Jean-Luc
Messier, Alexandre
Montplaisir, Isabelle
Moramarco, Jessica
Morris, Judy
Nadeau, Réginald
Ngo, Thanh-Lan
Notebaert, Éric
Ouellet, Robin
Papacotsia, Jean
Pelletier, Karyne
Piette, Claude
Piette, Eric
Pilon, Michèle
Primeau, Vanessa
Raymond-Carrier, Stéphanie
Rico, Philippe
Rioux, Jean-Philippe
Robert, Marie-Michelle
Roulier, Stéphan
Rousseau, Anne-Marie
Roy, Marie-Andrée
Samson, Caroline
Sauvé, Claude
Scarborough, François
Serri, Karim
Toulouse, Mathieu
Trojanov, Stéphan
Trojanov, Yves
Vachon, Isabelle
Verdant, Colin
Verrier, Pierre
Vincent, Martin
Whittom, Renaud

MEDICAL GROUPS

Internal Medicine physicians HSCM

FOUNDATIONS

Fondation Alain Paquet
Fondation Chopin-Péladeau
Fondation de la Famille

J. Rodolphe Rousseau
Fondation de l'art pour la guérison
Fondation Denise Dagenais
Fondation Denise et Robert Gibelleau
Fondation Emilie-Tavernier-Gamelin
Fondation Famille Bertrand
Fondation Hervey Morin et Yolande Thibault
Fondation J. Armand Bombardier
Fondation Jacques & Michel Auger
Fondation Luc Maurice
Fondation Pierrot LeBrun
Fondation Réal et Chantal Mimeault
Fondation Yvan Morin
Fonds Famille St-Laurent
Mohammed Kanwal Family Foundation
The Vartan & Lise Toroussian Foundation

ASSOCIATION & RELIGIOUS COMMUNITIES

Congrégation des Petites
Filles de Saint-Joseph
Ordre Fraternel des Aigles
Aire 3981 Terrebonne
Sœurs de la Providence,
Province Émilie-Gamelin

BUSINESSES

Abbott Medical Canada
AstraZeneca Canada
Behaviour Interactif
BMO Banque de Montréal
Caisse de dépôt et
placement du Québec
CIBC
Cie de Publication Alpha
Cogeco Communications
Edwards Lifesciences Canada
Enertrak
Gestion Savoyard DB
Guillevin International
Industrie de Palettes
Standard (IPS)
Johnson & Johnson
Medtronic du Canada
Power Corporation du Canada
RBC Banque Royale
Roxboro Excavation
Saputo
SAQ
Smith & Nephew
Spesinvest
Standard Product
Stryker Canada
TFI International

THANK YOU!

2021 EVENTS

THANK YOU TO OUR FAITHFUL PARTNERS AND COLLABORATORS OF OUR EVENTS

The year 2021, like the previous one, was strongly affected by the COVID-19 crisis, directly affecting how fundraising events were held. The calendar and the formulas were turned upside down by the health measures in effect, sometimes causing a certain amount of headache for the organizing committees and the Foundation team. Fortunately, it was heartwarming for our organization to feel the support of our partners and collaborators throughout the year, to see the committees use their creativity and to see the enthusiasm of the participants at each of the activities.

JANUARY 23rd

CHARITY PREVIEW OF THE MONTREAL AUTO SHOW

The Montreal Automobile Dealers Corporation Foundation offered a generous solution to the problem of not being able to hold the traditional *Avant-Première Bénéfice* at the Palais des congrès, an evening that supports six hospital foundations in the greater Montreal area. A virtual comedy show featuring Jérémy Demay and P-A Méthot on January 23 was offered to those who donated to this initiative. This show was complemented by an online auction. A total of **\$31,220** was donated to our Foundation.



JUNE 12 TO JULY 12

VÉLO ONCO

The Vélo Onco organizing committee put together a special edition to keep participants engaged in the cause, despite the impossibility of holding the event in person due to the health regulations in effect at the time. They invited people to complete a cycling challenge of their choice, between June 12 and July 12, and to create a fundraiser with their friends and family. The result of this great demonstration of solidarity was **\$16,105** raised for the Hospital's Hematology-Oncology Department.

SEPTEMBER 13th

37th EDITION OF THE OMNIUM

The Omnum Committee was happy to see golfers, donors and partners on the greens of the Saint-Raphael Golf Club. The smiles were there. And all of the generosity raised **\$151,475** for the Hospital. A special THANK YOU to our partner **RBC Royal Bank** who has supported this event for almost 20 years.

JULY 9 TO 15

AUCTION OF EXCEPTIONAL WINES



The Wine Tasting Evening Committee, in agreement with the main partner of the event, **RBC Royal Bank**, decided to postpone the evening for one year in its usual format and chose to set up an online fundraising auction. Our wine lovers were able to continue to support the Foundation while having the chance to get their hands on some great bottles. This initiative was successful and raised a **total of \$38,500**.

SEPTEMBER 22nd

FOUNDATION DAY

For the past few years, the Foundation has held a day dedicated to the Hospital's staff members. This initiative is an opportunity to thank them for their kindness and dedication, which are the basis of many donations. This year, 1,192 people came to the Foundation's courtyard to participate in draws, pick up a gift donated by **Ardène** and eat a slice of pizza. The Foundation's team also made a nightly tour of the units and met with staff at the Albert-Prévost Mental Health Hospital.



NOVEMBER 19 TO DECEMBER 5

ENCAN EN LIGNE SACRÉ-CŒUR

The *Encan en ligne Sacré-Cœur*, presented by our great partner **BMO**, returned for a second year with its theme *Miser sur un lot, c'est miser sur la santé* (Betting on an item is betting on health). The auction, which offered more than 100 items for all tastes, raised **\$54,354**. Our auctions cannot be successful without the participants who bid on them, of course. The Foundation is also grateful for the support of individuals and businesses who generously donate prizes for auction.

OTHER INITIATIVES IN OUR COMMUNITY

Art for Healing Foundation

Still very active with us in 2021, this partner has been a great accomplice since the early days of building the Sacré-Cœur Hospital Art Collection. This growing collection consists of works that are all donated to our Foundation, many of which were received through the Art for Healing Foundation. This collection brings a little bit of colour to the walls of Sacré-Cœur and Albert-Prévost to the delight of patients, visitors and staff.



Philips Lifeline

This partner provides our Foundation with a rebate of five dollars per month for each subscriber who registers for the Lifeline medical alert service with our code.

Souris Mini

Through its My First Beanie program, Souris Mini donates nearly 2,000 hats annually for newborns in the Sacré-Cœur Mother-Child Unit. All donations received are given back to this Unit.

Bôsapin

A 20% discount is given to our Foundation on all sales of trees made with our code on their platform. What distinguishes this partner's service is the delivery of the tree directly to the door by a real wood soldier.

IGA Duchemin

THANK YOU to our customers and the Duchemin family for the donations that our Foundation receives through the recovery and recycling machines for cans and returnable bottles that offer the possibility of making a donation to our Foundation.

THANKS TO OUR MEDIA PARTNERS!



FOUNDATION TEAM

THE HARD WORK OF A TEAM OF EXPERTS

The Foundation can count on a team of experts in their field who organize several events per year, put forward numerous projects and fundraising initiatives, support the members of the Board of Directors in soliciting their network and respond to donors.

PAUL BERGERON

Chief Executive Officer

SUSAN AKYAVUZ

Assistant, Capital Campaign

VIOLETTE BRISSON

Clerk, Administrative support

STÉPHANE CÔTÉ

Business development Director

MARIE GRENON

Director of Communications
and public relations

KATIA LANDUCCI

Publicity and promotion Advisor

BRIGITTE LEMIEUX

Assistant to the Chief Executive Officer

NADINE LEROUX

Senior Director of Marketing
and Communications

JAMEL OUARTI

Director of Finance, Administration
and Human Resources

ISABELLE RONDEAU

Supervisor of Data management

SUZY RONDEAU

Administrative technician

RICHARD STEELE

Events Coordinator

MARIE-CLAUDE TELLIER

Director of Major
and Planned Donations

TANIA TROTIER-PÉRUSSE

Director of Events

Volunteers always ready to support the cause!

Whether it's to perform clerical duties, help out at events or sell tickets, for example, our generous volunteers provide support to the Foundation's permanent staff. In 2021, nearly 500 hours were logged.

Charline Arbour
Stéphanie Beaudoin
Raymonde Bélisle

Benoit Blondin
Marcel Caya
Pierre Chaussé

Jean-Yves D'Amours
Diane De Grosbois
Hélène Desrosiers

Daniel Gingras
John Hay
Jocelyne Leroux

Jean-Luc Malo
Christiane Martin

THANK YOU TO THOSE PEOPLE!

Employees who give a valuable hand to the Foundation

The Foundation can count on some twenty dedicated employees from Sacré-Cœur and Albert-Prévost, our ambassadors. These people take their time to help promote the Foundation to the entire staff by selling Sacré-Cœur travel lottery tickets. Here they are:

Nancy Anglehart
Annie Béliveau
Sonia Boudreault
André Boulanger
Sébastien Charron
Manon Déry

Jodelle Étienne
Jean-Philippe Gauthier
Audrey Grégoire
Malika Idrissi
Marie-Hélène Kyriakakis
Patrick Lajoie

Nathalie Leblanc
Manon Léger
Sophie Maillé
René Milot
Alain Morneau
Jessika Morrissette

Isabelle Rondeau
Julie Roy
Lucie Roy
Jozef Semen
Tania Stachecki
Nathalie Yegarian

RESULTS AND STATISTICS

\$3,200,272 DONATED IN 2021

Thanks to various fundraising campaigns, solicitations, benefit events, fundraisers and especially to the great generosity of our donors, the Foundation has given Sacré-Cœur and Albert-Prévost \$3,200,272 for care, research and teaching. Since its creation in 1976, **more than \$89 million** has been donated to these two institutions. This amount, although impressive, does not take into account donations received for specific projects or the purchase of equipment that have not yet been completed or used.

In addition, the Foundation created an endowment fund several years ago, the assets of which are invested in accordance with our investment policy and are intended to ensure the sustainability of the Foundation. The Hospital's sectors of excellence are strongly supported by the Foundation as well as the academic component (research and teaching), which gives the institution a distinctive character.



Investment of the funds raised:

| | |
|---|---------------------|
| ● Research and teaching | \$24,757,595 |
| ● Traumatology, surgery and orthopedics | \$22,580,525 |
| ● Cardiology | \$10,881,867 |
| ● Respirology | \$2,989,922 |
| ● Mental Health | \$1,217,640 |
| ● Other departments and service | \$25,593,072 |
| <hr/> | |
| Total | \$89,020,621 |

SOME INTERESTING FIGURES AND STATISTICS:

SACRÉ-CŒUR
(PHYSICAL HEALTH)
+
ALBERT-PRÉVOST
(MENTAL HEALTH)



4,393
employees



3,250
women



1,143
men



1,033 nurses

188 orderlies

117 professionals (occupational therapists, physiotherapists, social workers, respiratory therapists, etc.)

400 doctors

465 hospital beds

20,000 hospitalisations per year

74,100 outpatient visits per year

More than 50,000 emergency visits per year

RESEARCH



84 full-time researchers

120 associate researchers

599 students

TEACHING*



3,671 students and trainees in total

2,636 medical students

748 nursing students

287 students in other professions

* A student may do more than one stage during the same year.

STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

For the year ended December 31, 2021

| | General Fund | Capital Fund | Development Fund | Endowment Fund | Specific Fund | 2021 | 2020 |
|--|-------------------|-----------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| REVENUES | \$ | \$ | \$ | \$ | \$ | \$ | \$ |
| Contributions | 2,067,277 | — | 829,738 | — | 1,497,885 | 4,394,900 | 4,068,227 |
| Investment income | 6,507,780 | — | 864,941 | 35,247 | 1,816,857 | 9,224,825 | 173,818 |
| Fundraising activities | 385,443 | — | 211,803 | — | 82,916 | 680,162 | 828,651 |
| Commercial activities | 4,326 | — | 18,734 | — | — | 23,060 | 1,093,042 |
| Canada emergency wage subsidy | 205,064 | — | — | — | — | 205,064 | 280,253 |
| Total | 9,169,890 | — | 1,925,216 | 35,247 | 3,397,658 | 14,528,011 | 6,443,991 |
| EXPENSES | | | | | | | |
| Expenses inherent to contributions | 247,371 | — | 212,126 | — | — | 459,497 | 356,885 |
| Investment management and custody | 188,894 | — | — | — | — | 188,894 | 160,501 |
| Fundraising activities | 269,097 | — | 105,577 | — | 8,091 | 382,765 | 631,626 |
| Commercial activities | — | — | — | — | — | — | 1,107,663 |
| Administration | 1,294,047 | — | — | — | — | 1,294,047 | 1,191,709 |
| Amortization of capital assets | — | 10,545 | — | — | — | 10,545 | 7,436 |
| Total | 1,999,409 | 10,545 | 317,703 | — | 8,091 | 2,335,748 | 3,455,820 |
| Excess (deficiency) of revenues over expenses before donations | 7,170,481 | (10,545) | 1,607,513 | 35,247 | 3,389,567 | 12,192,263 | 2,988,171 |
| Donations to CIUSSS du Nord-de- l'Île-de-Montréal / Hôpital du Sacré-Coeur de Montréal and Hôpital en santé mentale Albert-Prévost | 779,529 | — | 1,453,265 | — | 967,478 | 3,200,272 | 1,570,077 |
| Excess (deficiency) of revenues over expenses | 6,390,952 | (10,545) | 154,248 | 35,247 | 2,422,089 | 8,991,991 | 1,418,094 |
| Fund balances, beginning of year | 12,054,334 | 36,866 | 17,088,496 | 11,044,399 | 12,694,761 | 52,918,856 | 51,500,762 |
| Interfund transfers | (586,835) | 18,036 | — | 568,799 | — | — | — |
| Fund balances, end of year | 17,858,451 | 44,357 | 17,242,744 | 11,648,445 | 15,116,850 | 61,910,847 | 52,918,856 |

You can view the **complete financial statements of 2021** on our web site (in Publications/Annual Reports). There are also available on request.

STATEMENT OF FINANCIAL POSITION

As at December 31, 2021

| | General Fund | Capital Fund | Development Fund | Endowment Fund | Specific Fund | 2021 | 2020 |
|--|-------------------|---------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| ASSETS | \$ | \$ | \$ | \$ | \$ | \$ | \$ |
| Investments and accrued interest | | | | | | | |
| Investments | 59,023,885 | — | — | — | — | 59,023,885 | 49,786,527 |
| Accrued interest | 43,527 | — | — | — | — | 43,527 | 69,588 |
| Total | 59,067,412 | — | — | — | — | 59,067,412 | 49,856,115 |
| OTHER ASSETS | | | | | | | |
| Cash | 2,373,579 | — | — | — | — | 2,373,579 | 3,446,195 |
| Accounts receivable | 312,321 | — | — | — | — | 312,321 | 523,979 |
| Amounts due by the General Fund to other funds | — | — | 17,242,744 * | 11,648,445* | 15,116,850 * | — | — |
| Prepaid expenses and other assets | 505,516 | — | — | — | — | 505,516 | 464,228 |
| Capital assets | — | 44,357 | — | — | — | 44,357 | 36,866 |
| | 3,191,416 | 44,357 | 17,242,744 | 11,648,445 | 15,116,850 | 3,235,773 | 4,471,268 |
| Total | 62,258,828 | 44,357 | 17,242,744 | 11,648,445 | 15,116,850 | 62,303,185 | 54,327,383 |
| LIABILITIES | | | | | | | |
| Accounts payable and accrued liabilities | 392,338 | — | — | — | — | 392,338 | 1,377,006 |
| Deferred revenues | — | — | — | — | — | — | 31,521 |
| Amounts due by the General Fund to other funds | 44,008,039* | — | — | — | — | — | — |
| Total | 44,440,377 | — | — | — | — | 392,338 | 1,408,527 |
| FUND BALANCES | | | | | | | |
| Investis en immobilisations | — | 44,357 | — | — | — | 44,357 | 36,866 |
| Externally restricted | — | — | 17,242,744 | 5,122,557 | 15,116,850 | 37,482,151 | 34,870,567 |
| Internally restricted | — | — | — | 6,525,888 | — | 6,525,888 | 5,957,089 |
| Unrestricted | 17,858,451 | — | — | — | — | 17,858,451 | 12,054,334 |
| | 17,858,451 | 44,357 | 17,242,744 | 11,648,445 | 15,116,850 | 61,910,847 | 52,918,856 |
| Total | 62,258,828 | 44,357 | 17,242,744 | 11,648,445 | 15,116,850 | 62,303,185 | 54,327,383 |

* The items are not included in the total column since they offset each other.

CAPITAL CAMPAIGN

PHYSICIANS TEAM UP WITH THE FOUNDATION

Physicians are joining forces to contribute to the achievement of the capital fundraising campaign objective. The campaign has been on hiatus since the start of the pandemic, but the projects identified as priorities have become even more urgent to complete. Head of the Department of Specialized Medicine, Dr. Vicky Soulière, has agreed to form a group of physicians to support the efforts of the Foundation's team in this major operation that aims to raise \$40 million over the next few years.

“The Montreal Sacré-Cœur Hospital is one of the jewels in the crown of Quebec’s health care network. Our many medical expertises explain why 25% of the Quebec population could be treated there, that is, nearly 2 million people. In the current state of affairs, if we want to continue to take care of our patients by offering quality treatments at the cutting edge of technology and scientific advances, we must invest massively.”

VICKY SOULIÈRE

Head of the Department of Specialized Medicine



GOAL:
\$40 MILLION
TOGETHER
WE CAN ACHIEVE GREAT THINGS

The six projects to be completed:

- ✓ Cancer Centre
- ✓ Spinal Cord Injury Unit
- ✓ Mental Health Centre
- ✓ Integrated Renal Support Centre
- ✓ Outpatient Clinic
- ✓ Chair in Artificial Intelligence, Research and Teaching

BOARD MEMBERS

100% COMMITTED TO THE MAJOR CAMPAIGN AND TO THE FOUNDATION

The Foundation's Board of Directors is made up of a group of volunteer men and women who have demonstrated their commitment to making the relaunch of the major fundraising campaign a real success. Each member personally committed to making a substantial donation to the major campaign, which resulted in a total amount of over \$1.4 million being raised. Never before seen in the history of the Foundation. THANK YOU to everyone for this great example of what we can do **TOGETHER**.

As of December 31, 2021, the Board was composed of:



CHAIRMAN OF THE BOARD

Bernard Pitre
Commissioner –
Technological
transformation
City of Laval



VICE PRESIDENTS

M^e Michel Bourgeois
Counselor and
Corporate Director



TREASURER

Robert J. Bouchard
Chairman of the board
Guillevin International Cie



Louis A. Tanguay
Corporate Director



SECRETARY

Réjean Berthiaume
Engineering Consultant

ADMINISTRATEURS



Raed Bechara
President and CEO
Industrie de palettes
Standard (IPS) inc.



Danny Berthelet
President
Gestion JB



Julie Boucher
Executive Vice President
CIUSSS NÎM



Salvatore Crivello
President of the youth wing
President
Pavages Black Horse



Gilles Dagenais
President
Société d'investissement
F.D.M. Itée



André Desautels
Chief Legal Officer and
Corporate Secretary
WSP Canada inc.



Mario Deschamps
Consultant,
Corporate Director



Claude Gagnon
President
BMO Financial Group,
Quebec



Stéphane Garcies
VP Public Sector
and International
National Bank of Canada



Eugenio Mannarino
VP Business Financial
Services for Laval,
Laurentides, Lanaudière
RBC Banque Royale



André Martin
Commercial relations
Consultant
Gestion A. L. Martin



Yvon Martin
President
Les placements
Solicom



Louis Morin
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Busrel



Nathalie Paré
VP Corporate Strategy
Geloso



Pierre Pelland
Corporate Director



Isabelle Poirier
VP, Human Resources
Magnus Poirier



Dr. Caroline Samson
Radiologist,
Sacré-Cœur Hospital



Dr. Josée Savoie
Director of Professional
Services
CIUSSS NÎM



Marie-Frédérique Senécal
National Broking Director -
Eastern Region and
Specialties
AON



Daniel Sinnett, Ph. D.
Director of Research,
Teaching and Innovation
CIUSSS NÎM



Charles Taite
President
Pointe-Picard Capital

THE FOUNDATION'S RAISON D'ÊTRE

Founded in 1976 by the Sisters of Providence, the Montreal Sacré-Cœur Hospital Foundation has as its mission to help the extended Sacré-Cœur and Albert-Prévost team constantly improve the care, treatment and environment of patients, while supporting the research and teaching activity of this university hospital. In addition to furthering this mission, the Foundation's team, directors, volunteers and partners place great importance **on sharing these values and attributes:**

- > compassion
- > creativity
- > collaboration
- > Le respect
- > meticulousness
- > thoughtfulness and generosity
- > transparency and l'integrity



**MONTRÉAL
SACRÉ-CŒUR
HOSPITAL
FOUNDATION**

5400, Gouin Blvd. West
Montréal, Québec H4J 1C5

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fondationhscm.org

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Graphic Design: CINQ CINQ studio

In this publication, the use of the masculine gender to refer to individuals is for the sake of brevity.

Acronym used:

CIUSSS NÎM: Centre intégré universitaire de santé et de services sociaux du Nord-de-l'Île-de-Montréal