

INVINCIBLE

A FRESH CHANCE FOR MOMS AND BABIES

You give women a place of comfort and recovery

This summer, you gave women and their newborns a new sanctuary of healing. Thanks to your compassion and generosity, new moms and babies who need extra support were welcomed into their new rooms in the expanded and relocated Families in Recovery Combined Care Service (FIR).

Since 2003, FIR has been a world leader in providing compassionate, safe care to women and their newborns recovering from substance use—and you just made it even better! FIR is a proven life-saving and enriching program available to all women in need, many of whom share a common story of early abuse and trauma, homelessness, and impoverished living conditions.

The new and improved space has larger rooms to provide for more specialized care and allow moms and babies to stay together. Each woman's room is also beautifully equipped with specially designed furnishings thanks to a generous donation from Central City Foundation. The new maternity unit includes clinical, therapeutic, and counselling spaces to support women on their path to recovery.

"It's just so important there's someplace like FIR Square women can go. I think it was a miracle that I found that place. It changed my life. Today I have a beautiful son who never showed any symptoms of withdrawal and is completely healthy."

Jenny, former patient



The average stay in the unit is 72 days—a long time to spend in a hospital environment. Your support helps make the patient rooms, family lounge, and communal kitchen feel like home, with warm touches such as calming murals, breastfeeding chairs and sofas. This home-like setting is also essential in helping women develop new parenting and life skills. Your support for FIR is giving women an invaluable opportunity to make a new start with their babies.

"This space to me means a fresh new beginning for my family, and of course myself. Sometimes all we need is a push in the right direction and someone to say they believe in us – and that is exactly what we received here in this program. For that I thank you."

Current FIR patient

Your thoughtful donations support women on a hopeful and positive journey. Thank you!



A MOTHER'S WORDS OF GRATITUDE

CHERYL

Cheryl's premature son was saved by BC Women's doctors and nurses

"Thank you is not enough...but I would say thank you for being a part of making families whole. It is the gift of life. Words just cannot convey the level of gratitude I feel towards those who financially make it possible for this life-saving work to take place."

RESEARCH CHANGES LIVES

Donor-funded research is transforming the way breast cancer patients are treated.

Every year, donor-funded research grants are given to promising researchers in women's health. One exciting project is transforming the way rehabilitation for breast cancer patients in BC is delivered after surgery.

Dr. Kristin Campbell is the recipient of the \$25,000 *Janet and Ian Wilson Catalyst Grant*. Her research project – *Preferences and Perspectives for Upper-Body Rehabilitation in Post-Operative Survivors of Breast Cancer (PURPOSE BC)* – addresses the fact that few healthcare settings in BC deliver specialized rehabilitation after breast cancer surgery.

“There is limited access to physical therapy in our public health system, especially in rural areas. This grant allowed us to go around the province, identify the gaps in care, and set the stage to change how programming could be done to meet the needs of women after breast cancer surgery.”

Dr. Kristin Campbell, Catalyst Grant recipient

This gap leaves women without access to appropriate care, worried about developing serious upper-body health issues, and unprepared to manage issues that arise. Moving forward, Dr. Campbell is excited to be working with two provincial health authorities to change how this specialized physiotherapy is provided.



Dr. Campbell shown using the perometer, used to detect lymphedema swelling after surgery

“The Catalyst Grant allowed us to undertake a key step in developing a new approach to how physiotherapy services are delivered in our province. This research ensures that education and information will be available to all women in BC!” says Dr. Campbell.

With the success of the Janet and Ian Wilson Catalyst Grant, she is now ready for the next stage of testing the full model of physiotherapy care in BC – for better access and outcomes for women.

Your donations support ground-breaking research that changes women's healthcare across the province. Thank you!



A NEW HOME FOR OUR TINIEST PATIENTS

An update on the new NICU

Our community of donors came together to raise an incredible \$17 million to outfit BC Women's new Neonatal Intensive Care Unit (NICU) with state-of-the-art equipment and technology. In this one-of-a-kind space, families benefit from an updated model of care that keeps women and their newborns together.

Here's what you accomplished!

01

Support and facilities for woman and their partners to be involved in their newborns' care as primary caregivers, as well as the opportunity for the entire family to be present 24/7

02

Family-centered design for 70 private suites, to promote hands-on involvement

03

A MotherBaby Care unit where post-partum women and their critically ill newborns are cared for in the same space – the first of its kind in North America!

04

State-of-the-art NICU equipment, from infant incubators to ventilators to cardio monitors

THANK YOU FOR IMPROVING CARE FOR WOMEN AND THEIR NEWBORNS.

MAKE WOMEN'S HEALTH A PRIORITY

Exceptional healthcare doesn't just happen. It takes all of us, working together, to give women the healthcare they deserve. Join the movement!

DONATE

online at bcwomensfoundation.org/donate-now

CREATE

your own fundraiser at bcwomensfoundation.org/fundraisers

ATTEND

an event at bcwomensfoundation.org/events

EXTRA SUPPORT FOR WOMEN AND FAMILIES IN BC

You gave Miranda access to life-saving care

When Miranda's obstetrician sent her to BC Women's for additional fetal monitoring and appointments with the Maternal Fetal Medicine team, she knew she had a tough road ahead.

Not only was Miranda worried about the health of her baby, she had no idea how she would afford regular trips to Vancouver from her home in Princeton, BC. Her pregnancy complications prevented her from working, and the cost of accommodation, transportation, and food in Vancouver was an added burden during an already difficult time.

"It was terrifying, not knowing what we were going to do, how we were going to survive." *Miranda said.*

It's women like Miranda that the Emergency Fund at BC Women's is meant for: financial assistance when it's needed most.

"To have such a large burden taken off was everything. I was so excited, so happy, so grateful, because I have no idea what I would have done."

Eventually, when Miranda's pregnancy became high-risk, she had to relocate to Vancouver full-time – and the Emergency Fund covered her stay at Easter Seals House.

"People come from small towns, they're shocked at what it costs to stay in Vancouver. They're still paying their rent or their mortgage at home...and then they have to come and set up a completely new life here."

Miranda's son Grayson was born at just 27 weeks' gestation and weighed 555 grams. He spent over a year in the BC Women's neonatal intensive care unit (NICU), and was still on a ventilator when he was discharged. Five years later, he's reaching milestones that his doctors never thought possible.

"I wouldn't have my son if it wasn't for this hospital and all of the support I was given...I am forever grateful for that."

Your donations to the BC Women's Emergency Fund made this happen – thank you!

DONOR SPOTLIGHT

Lisa gave birth to her daughter, Sonoma, at BC Women's Hospital. She is a champion of women's health and began giving to BC Women's this year to support programs she cares about. Find out why she gives in her own words:

"I want women to have access to forward-thinking and preventative health-related services and programs. I know women's health research is severely underfunded and as a result, women are suffering with their health. I am happy to donate because I want to change this.

I want to donate to create more programs for women. I know how challenging being a new mom is and if I can help support other new families, then that's amazing. I appreciated everything from the lactation consultant support, to the post-partum physio class, and the milk bank. All of these things were so helpful – and yet I believe we need more of it to truly empower women's health."

LISA MICHAUD
Vancouver





OUR NEW VISION: HEALTHY WOMEN EVERYWHERE, CAPABLE OF ANYTHING

Moving forward, with you by our side

For the past two years, BC Women's has worked with healthcare leaders to take a good, hard look at the women's health space. We used our findings and lessons (there were many!) to develop the best path forward for the Foundation.

Together with our board and hospital colleagues, we landed on a new name, tone and expanded mandate that matches our bold and dynamic vision for the future:

Healthy women everywhere, capable of anything.

THANK YOU!

Update on Birthing Suites at BC Women's

Last year, we reached out to our inspiring community of donors to support the expansion and upgrade of new Birthing Suites at BC Women's Hospital. **Once again, you came through for women's health.** We've reached our goal and now it's full steam ahead!

BC Women's is constantly innovating how healthcare professionals think about and deliver care, with patient's needs always front and centre. Research shows that the more comfortable and secure a woman feels throughout the birthing experience, the likelier she is to have an uncomplicated delivery. Birthing Suites allow women to labour, deliver, and receive post-partum care all in one room.

Thanks to you, 10 new Birthing Suites will be added to the existing 17 rooms. Construction is well-under way, and women and their families will be able to enjoy the new spaces by September 2020.

A remarkable 20% of all births in the province take place at BC Women's each year. This expansion will mean more families can stay together, and more women and their newborns will receive the best birthing care possible.

We know how important the whole family is during this special experience. When these new Birthing Suites are complete, relatives and loved ones will be welcomed into an inviting Family Lounge, a relaxing place in which to gather and celebrate. Now, the experience of partners and families matches the high standards for patients.

Because of you, British Columbian families will be making new memories at BC Women's for years to come.

