



Life Support

SUMMER/FALL 2018



Dr. Julianna Tomlinson, Senior Research Associate, Neuroscience Program

Opening doors to possibilities

For each of us, there is one particular illness or disease that has touched our families profoundly. For some, it is diabetes, colon cancer, or kidney disease. For me, it is multiple sclerosis (MS.) This disease has affected numerous members of my family. And I wonder to what degree it will have an impact on my family in the future—on my children, or their children.

I am excited, because there is hope. The largest neuromuscular centre in Canada is opening at The Ottawa Hospital. It will be equipped with clinics to provide the very latest treatments for the devastating neuromuscular diseases that affect over 10,000 people in our region alone. A critical aspect of this Centre is the tremendous opportunity for collaboration between clinicians and researchers that make it possible to conduct groundbreaking research into neuromuscular diseases like MS, ALS (Lou Gehrig's disease), and myotonic dystrophy. I am certain that this research has the power to change the course of these diseases and it could happen right here in Ottawa. Great research strengthens great

care and will change the future for families like ours.

Thanks to tremendous support from donors, like you and the Bhargavas (who you will read about on the next page), The Ottawa Hospital has been able to establish itself as a global centre of health care research. The work our scientists do is actually changing the way medicine is practiced around the world and is saving countless lives, improving outcomes, and keeping families together, every single day. It is your generosity that allows these advancements to be made, for today and tomorrow.

Gratefully,

Tim Kluge
President and CEO,
The Ottawa Hospital Foundation



Dancing docs do good

Eight doctors traded lab coats for dance shoes for Dancing with the Docs on Saturday, April 7, 2017. After volunteering much of their time training rigorously for months with professional dance partners, from Arthur Murray Dance Studio, and fundraising in support of The Ottawa Hospital, the doctors competed in front of 800 guests and a panel of three judges.

It was an evening of entertainment at the Hilton Lac-Leamy. Dancers were judged on both their dance moves and fundraising efforts. Eye specialist Dr. Ralf Buhrmann was awarded the coveted Medicine Ball trophy.



“Each doctor showcased an immense commitment to health care and their community by participating, training and fundraising for this event in support of The Ottawa Hospital. It was an incredible success and we can't thank them enough for their hard work and dedication,” said Kelly Goulet, Director, Community Engagement and Business Development at The Ottawa Hospital Foundation.

Raising a grand total of \$433,000 in support of cutting-edge research and care, this year was the most successful Dancing with the Docs to date. Thanks to all the doctors, dancers, guests, and sponsors for truly making this a night to remember.



On a mission of hope

Support for brain disease and spinal cord injury born out of compassion

“There are more than 500 diseases of the brain,” said Ultra Bhargava. “One out of three people will suffer with one of them.” She knows firsthand about devastating brain diseases. Ultra’s father-in-law had Parkinson’s and her mother-in-law had Alzheimer’s.

Her husband Subhas’ (Sam) beloved parents were researchers and business owners, and Ultra and Sam watched as these devastating diseases mercilessly stole the essence of the people they loved. Not long after the loss of their parents, the Bhargavas were struck by another tragedy. Their eldest daughter, 23-year-old Suruchi, was hit by a drunk driver in New York City. The accident left her paralyzed from the neck down. Sadly, Suruchi passed away in 2015.

Out of this terrible grief and sadness, Sam and Ultra found a well of compassion, and were inspired to make a meaningful impact on the lives of people enduring long-term debilitating illness. Finding cures and treatments for devastating diseases of the brain and spinal cord became their life’s mission.

“You see the suffering of your own and you’re helpless to do anything,” said Sam. “Then, you see the scientists giving hope and that’s when you say, ‘Okay, I’m ready.’ We have brilliant scientists at The Ottawa Hospital, who have the talent and knowledge to make a difference. We have already seen tremendous improvement in patients over the years since we started supporting the hospital.”

Through their involvement in the Kiwanis Club of Ottawa Medical Foundation, Sam and Ultra fostered connections to brain research. In 2004, Sam became the founding Chair of the Parkinson Research Consortium, a multidisciplinary team of clinicians and scientists at The Ottawa Hospital and the University of Ottawa. Their interest in supporting research into brain and spine injuries and illnesses inspired them to give significant gifts to establish the Bhargava Chair in Neurodegeneration, and the Suruchi Bhargava Chair in Spinal Cord Research.



Generous donors Sam and Ultra at the presentation of the Suruchi Bhargava Chair in Spinal Cord Research to Dr. Eve Tsai in 2015

The Bhargava’s gifts are donations of stocks.

“Stocks are an easy and efficient way to give because you invest in stocks and they grow. So if I have capital that has appreciated, I’m making profit, but don’t have to pay such a high tax rate on it,” said Sam.

Sam and Ultra’s generous support is helping advance brain and spinal cord research at The Ottawa Hospital, and enabling researchers to find better treatments for devastating diseases like Parkinson’s and Alzheimer’s.

We invite you to contact us to discuss your philanthropic wishes.

Leaving a Legacy of Care

Imagine what your gift can do tomorrow

Today at The Ottawa Hospital, we’re using stem cells to halt devastating diseases, personalizing chemotherapy treatment, conducting major surgery through keyhole incisions, repairing hearts after heart attacks, busting deadly stroke-causing blood clots, and destroying cancer cells with viruses.

We are proud to provide this state-of-the-art treatment thanks to your generous support. We invite you to have a conversation with us about how you can continue to support quality patient care and innovative research through gifts of stock, or our estate giving program. We are so grateful that philanthropy today, and plans made of estate gifts tomorrow, are building a health-care legacy at The Ottawa Hospital for our future.

For more information, please contact Heather McLean, Vice-President, hmclean@toh.ca, or call the Foundation office at 613-761-4295.



Heather McLean

Ready for patients, ready for research

New Neuromuscular Centre of Excellence opens

“We want to offer more than just a diagnosis,” said Neurologist Dr. Jodi Warman Chardon. “I could give people their diagnosis in the kindest most compassionate way, but there needs to be more treatments to change their lives for the better.”

Teresa Buffone knows too well how helpless it feels to have a loved one diagnosed with a neuromuscular disease. Her husband Frank died of myotonic dystrophy. Eight people in her family, also have the genetic condition.

More than 10,000 people in eastern Ontario are affected by neuromuscular diseases—progressive medical conditions that impair the functioning of muscles and nerves. Many of these diseases, such as ALS, myotonic dystrophy, or muscular dystrophy, weaken the muscles and cause difficulty with walking, swallowing, breathing, and cardiac processes, and are often fatal.

Dr. Warman Chardon knew that her patients had to go to Montreal, Toronto, and even Miami to participate in clinical trials to help further research in these diseases and, hopefully, discover an effective treatment. She also knew that Ottawa is a hub for neuromuscular disease research with 200 clinicians and scientists (the most of any centre in Canada), including Dr. Michael Rudnicki

who is exploring stem cell treatments for Duchenne muscular dystrophy. She thought there was no reason why clinical trials that become the latest treatments couldn't be offered here in Ottawa. Dr. Warman Chardon teamed up with Senior Scientist Dr. Robin Parks, who was conducting research on neuromuscular diseases.

Their dream to have a centre that would bring these experts together in one place caught traction and in 2016 The Ottawa Hospital began raising funds to build a future centre of excellence. Thanks to incredible donor support, The Ottawa Hospital Neuromuscular Centre opened its doors to patients in May 2018. The Centre will be one of the biggest neuromuscular centres in Canada.

“What's exciting is it's more than just a clinic. It's a clinical research centre,” said Dr. Robin Parks. “So the idea is to do research and get results that will then feed back to the patient to provide insight into new therapies for them.”

“Finally, we'll have a clinical trial centre for ALS and neuromuscular diseases right here in Ottawa, and people won't have to travel far for these trials,” said Teresa, whose son was accepted into a clinical trial in Rochester, New York, but didn't participate because it was too far to travel.

Drs. Warman Chardon and Parks are confident that with neuromuscular experts—clinicians and basic scientists—working together, the translational research that will result from their collaboration will help develop treatments for tomorrow.

Drs. Robin Parks and Jodi Warman Chardon



Partners in Care

Making your support go even further

Monthly giving is...

A wise investment, supporting a valuable and critical community asset so it will be ready when you and your loved ones need it most.

A win-win situation with fewer mailings, which reduces our fundraising costs so that your donation dollars go farther.

Budget friendly, ensuring your donation easily fits into your budget.

A timesaver, so you won't have to write a cheque or search for a stamp every time you make a donation.

Dependable income, allowing the hospital to plan for improvements more effectively and efficiently.

Thanks to our monthly giving program, Partners in Care, you are helping The Ottawa Hospital provide quality patient care and innovative research all year long.

For more information about our Partners in Care, please contact Andrea Peponoulas, Development Officer, at 613-798-5555, ext. 14677, or email apeponoulas@toh.ca

You can also sign up for monthly donations on our secure website at ohfoundation.ca.



Andrea Peponoulas

Building the hospital of the future in Ottawa

99-year lease brings campus from concept to reality

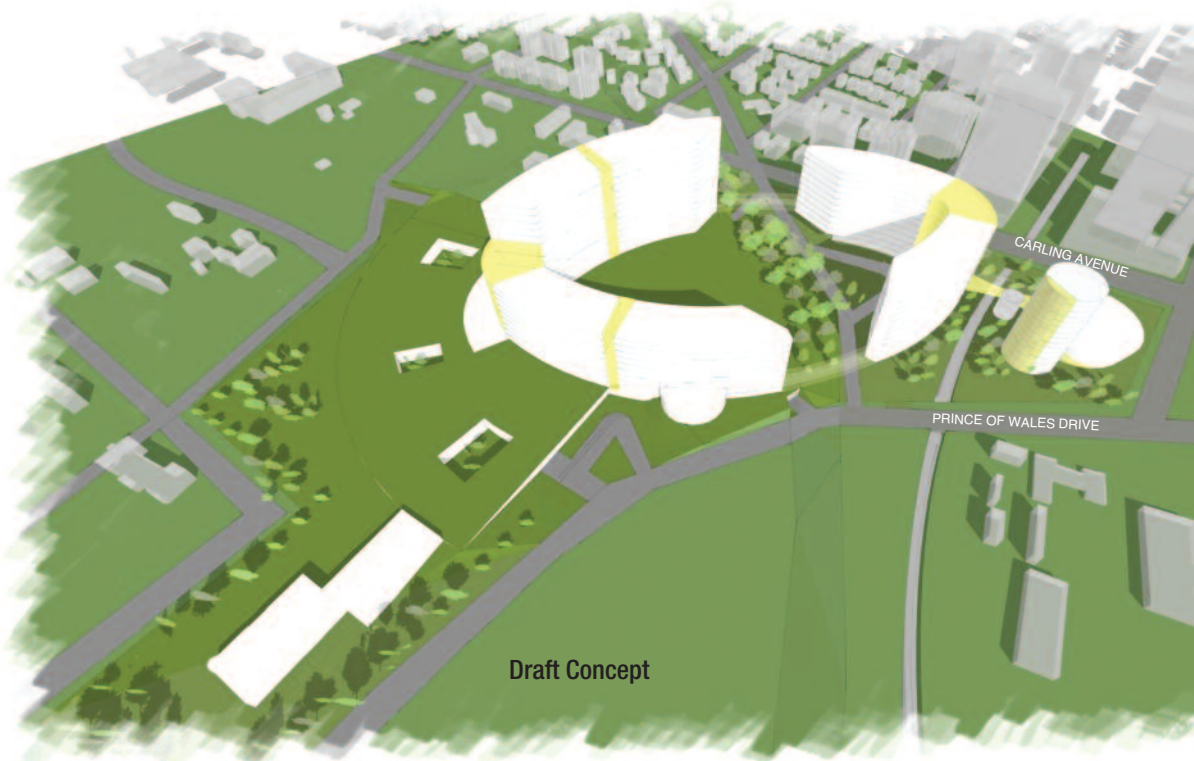
The Ottawa Hospital is embarking on a project that most people in the region will only see once in their lifetime. On the corner where Carling Avenue, Prince of Wales, and Preston Street intersect, we are building a new, state-of-the-art, 21st century hospital in a park-like setting, to replace the aging Civic Campus.

From architecture to infrastructure, our new campus will be patient-centred through and through. It will have more room to be close to family when it matters. Rooms that provide more privacy and natural light will overlook Dow's Lake and the Central Experimental Farm. Healing, both physically and emotionally, are paramount in the design of this new facility.

"Our 21st-century hospital will be fully digitized – a smart hospital – one that knows its patients: their medical history, their communication preferences, and their impressions of past visits. Information will be at our fingertips – accurate and freely available on multiple devices. No paper, no notes," said Dr. Kitts. "As society and health care are thrust further into the digital world, where artificial intelligence and new technology is rapidly changing the landscape, The Ottawa Hospital will continue to be at the forefront.

The new campus design will have increased research and clinical space that will allow us to expand our current world-leading programs and groundbreaking research activities, so that The Ottawa Hospital will continue to be a flagship of excellence in the region for generations to come.

Like the century-old Civic before it, the new campus will be eastern Ontario's only regional trauma centre, and will provide acute, specialized and complex care to the region's 1.3 million



The draft architectural concept of The Ottawa Hospital's new campus depicts two horseshoe-shaped patient-care towers connected by glass walkways that curve around a public park and a tree-lined escarpment. It was developed using feedback from the public, patients and staff members, as well as architectural analysis of the site. You can see details of the draft concept, and more information on the hospital's new campus website, www.GreaterTogether.ca.

residents. On March 23, The Ontario Government committed \$1.8 billion in funding for its development and construction. In February, the hospital signed a 99-year lease with the federal government for the land where it will be built.

As we embark on the next three-year phase, we are excited to work closely with you—our donors—the community, patients and staff, and government partners to finalize a design for the new campus. This is the hospital of the future, and it's poised to become a reality. Together, we will create a 21st-century facility—an incredible legacy of health care.

Please support The Ottawa Hospital *You can also donate online and receive your tax receipt instantly at ohfoundation.ca.*



Inspired by research.
Driven by compassion.

Inspiré par la recherche.
Guidé par la compassion.

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