

Thank you! A Community With Heart

Following the first year of the COVID-19 pandemic, I expressed my heartfelt gratitude to you, our loyal donors. After another challenging year, where COVID was ever-present, I once again pay tribute to the community for stepping up and continuing to support our world-renowned Heart Institute. Your unwavering investment in the frontline workers, the clinical staff and the ingenuity of our scientists clearly demonstrates your commitment to ensure that Ottawa has the best cardiac care available today, and for generations to come.

The leadership team at the Heart Institute has a clear and powerful vision for research and the Foundation has taken on the challenge of raising \$25 million to ensure its success. This is medicine that matters and will make a difference to our patients.

A key part of the Foundation's connection in the community is reflected in our Board of Directors. I'd like to recognize my board colleagues who work behind the scenes to ensure our outreach, engagement and fundraising programs resonate. We have a terrific board that is deeply engaged in the Heart Institute's future.

The Foundation's 2021-2022 fundraising achievements were a result of a great team, and a great cause. Our fundraising success is the result of the creative efforts of the Foundation staff, and, most importantly, the thoughtful generosity of this community. You continue to inspire all of us with your unfailing financial support.

Thank you to our community of donors and supporters.



Elizabeth Roscoe
Chair, University of Ottawa
Heart Institute Foundation
Board of Directors

Throughout the past year, the team at the Foundation continued the work of fundraising in uncertain times. Together, we built upon the success of the previous year and found engaging ways to reach a new and broader community. Thank you for taking our calls, reading our letters, agreeing to socially distanced front porch chats and meetings over your favorite video platform. These conversations helped us understand what the community wants from the Heart Institute now. You told us to "be bolder and dream bigger" – to tackle the number one cause of premature death in Canada and win. Thank you for taking on this challenge.

I am grateful for the guidance provided by our Foundation's volunteer Board of Directors and the roll-up-our-sleeves energy of special events committees. In only our second year, our JUMP IN™ For Women's Heart Health 30-day challenge went coast to coast across Canada and during Heart Month this past February, the city was glowing as countless businesses and individuals took up the cause to Light the Town Red and bring awareness to the importance of healthy hearts.

Thank you for making this happen and for reminding us daily with your cards and notes that the medical teams at the Heart Institute who have gone above and beyond for our community are the real heroes. Thank you for all you do.

With sincere gratitude,



Lianne Laing
Executive Director,
University of Ottawa Heart
Institute Foundation

BOARD OF DIRECTORS 2021 | 2022 *Thank you to the volunteer leadership team for their dedication and guidance throughout the year.*

Elizabeth Roscoe
Chair, UOHIF Board
Rubicon Strategy

Paul LaBarge
Chair, UOHI Board
Labarge Weinstein LLP

Dr. Robert Cushman
Chair, OHIRC Board, Renfrew
County District Health Unit

Matt Davies,
Governance Committee
Hedgelake Digital Inc.

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Lianne Laing
Executive Director
Heart Institute Foundation

Paul Bodnoff
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UOHI Patient Alumni

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LLP (Retired)

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Muneeba Omar
Department of Innovation,
Science and Economic
Development

Deneen Perrin
Royal Canadian Mint

Aruna Rajula
Department of Innovation,
Science and Economic
Development

Catarina Silva
CEDEC

Natalie Tommy
Nautical Lands Group of
Companies

Michael Vladescu*
WiLAN Inc.

Erin Zipes
1Password

*The Foundation staff and volunteers are deeply saddened by the sudden passing of Board member Michael Vladescu in May 2022. Michael played an active role in shaping the direction of the Foundation. Our condolences to his wife Caroline and their three children, he will be missed.

Heart Institute Priorities

Funded by Donations in 2021/2022



\$8,790,442

Invested in a precision medicine and priority research projects securing matching funds.



\$1,601,838

To purchase specialized equipment and completion of building renovations.



\$377,409

Committed to support patient advocacy, education and gender diversity in cardiac care.

JUMP IN™ FOR WOMEN'S HEART HEALTH

In September 2021, the Heart Institute Foundation's 30-day physical activity and fundraising event went coast-to-coast. With over two million minutes of physical activity shared on social media, 2205 participants raised awareness about the importance of women's heart health and funding for diversity and gender research at the Heart Institute.

FROM COAST TO COAST TO COAST

In February 2022, the city glowed with support as countless businesses participated in **Light the Town Red** to show their support and raise awareness for heart health.

Light The Town Red
and raise awareness for heart health.

FEBRUARY IS
**HEART
MONTH**
#GIVewithHEART

**THANK YOU TO OUR
AMAZING COMMUNITY!
TOGETHER YOU RAISED
A RECORD BREAKING
\$1,072,000!**

Volunteers around the region organized **90 COMMUNITY EVENTS** during February is Heart Month 2022.

THANK YOU FOR YOUR AMAZING ENERGY AND ENTHUSIASM!

FebruaryIsHeartMonth.ca
#LightTheTownRed



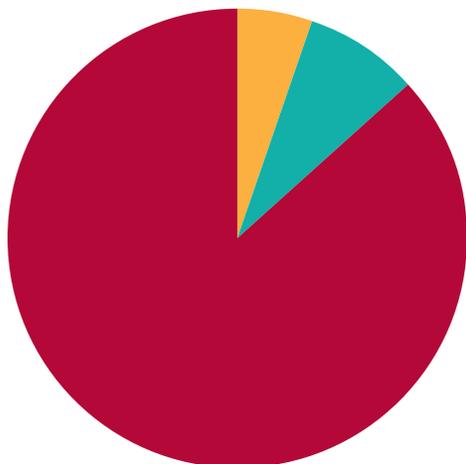
Audited Financial Statements

Financial Statements available at www.foundation.ottawaheart.ca after September 30, 2022.

Trust and Accountability

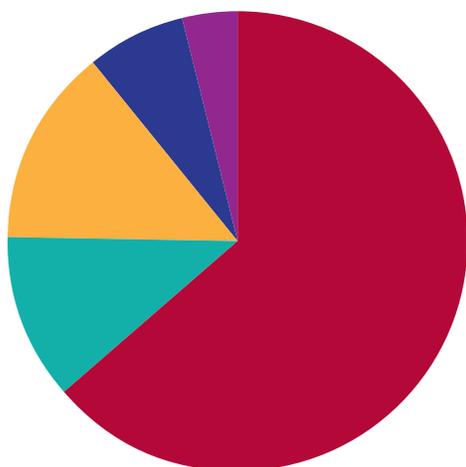
The Foundation is accountable to donors to ensure every donation is used as directed to meet the funding priorities of the University of Ottawa Heart Institute. Investing in ground-

breaking research, the purchase of specialized life-saving equipment, and innovative patient programs are currently the primary focus for allocations. **Thank you** for your continued trust and support.



CONTRIBUTIONS FROM THE COMMUNITY

Donations	\$12,375,678
Bequests	\$1,160,908
Special Events	\$738,677



ALLOCATIONS AND DISTRIBUTION

Research	\$8,790,442
Equipment & Infrastructure	\$1,601,838
Donor Engagement & Community Events	\$1,911,760
Administration	\$959,252
Patient Programs	\$508,877

FUND BALANCES	AS OF MARCH 31, 2022	AS OF MARCH 31, 2021
General – Gains or losses in UOHIF investment portfolio are reflected in the General Fund	\$3,770,000	\$2,012,736
Restricted	\$43,662,762**	\$39,946,567**
Endowed	\$47,605,579	\$44,835,037

* Administration Fees include \$178,007 in loan payments for equipment purchases.

** Includes one time transfer of \$5,000,000 from Heart Institute for deferred projects.

Each year, patients from across our region and throughout Canada seek cardiac care at the Heart Institute.

Thanks to your donations, the Heart Institute can be with patients no matter where they live!

Remote Telehome Monitoring increased exponentially, and patients quickly adapted to these new services.

Delivering complex care after cardiac surgery is critical to avoid infections and hospital readmissions. The Heart Institute initiated Surgical Telehome Monitoring, a pilot program to support patients and their caregivers at home.

Patients were provided with specialized equipment including a tablet with network access, weight scale, and monitors for blood pressure, oxygen saturation, heart rate, and temperature. Each morning, patients were prompted to answer a series of questions and send in photos of their surgical incisions. Responses are monitored remotely by a specialized nurse who can quickly identify any patient who needs to return to hospital. The data is also captured in the patient's electronic records system.

Patients and their caregivers see the benefits of remote monitoring. It can reduce fear, fatigue and discomfort and promotes improved recovery which results in lower hospital readmissions.

Between January 1 and December 31, 2021

58% of patients who had major surgeries, including open heart surgery live in rural Ottawa and beyond.

Over **77,000** diagnostic tests were administered, an increase of 39%!

Innovative Telehome Monitoring programs reduced the need for patients to come into the Heart Institute for follow-up visits prescription changes and rehabilitation classes. These initiatives allowed the institute to **double** the number of cardiac care visits and connect with more patients.

"This was a very reassuring daily check-in knowing that recovery was right on track."

"This program didn't leave me on my own dealing with a situation I don't know much about."

Donations to the Foundation are used to purchase equipment for new initiatives like this pilot program.

Thank you!

Thank you for making your Heart Institute Canada's Heart Institute!

Doctors from the Heart Institute often travel to areas in Canada that need their help, and patients who live thousands of kilometers away travel to Ottawa for complex treatment and surgeries including heart transplants.

Now, its official! Earlier this spring Eastern Health (Newfoundland and Labrador) and the Heart Institute entered into a five-year agreement that would see Ottawa surgeons travelling monthly to Newfoundland, to operate and provide professional and academic training.