

MESSAGE FROM THE PRESIDENT & CEO



Change is a constant companion, and it waits for no one.

At London Health Sciences Foundation (LHSF), we know that progress means embracing change; it's our ability to adapt that will continue to advance patient care. That's why, in the coming months, LHSF and our partners at London Health Sciences Centre (LHSC) will be unveiling initiatives to redefine and improve our health care system for generations to come.

Today, we sit on the brink of a new era in health care delivery. So, let's aim high, lead with heart and hope, and drive the change we need. **Thank you for giving us the courage to face these new horizons. I am grateful to be taking these next steps together.**

With gratitude,

John H. MacFarlane, BBA, LL.B, MPA
President & CEO
London Health Sciences Foundation

THE SOUND OF FREEDOM: Taryn Armstrong's Story

Over a decade ago, Taryn Armstrong experienced a sudden and unsettling change in her hearing. Her world was plunged into silence. As her symptoms worsened, she was forced to leave her job and withdraw from life. Making matters worse, doctors struggled to diagnose her condition.

But after about two years of tests, Taryn was referred to Dr. Sumit Agrawal, a renowned otologist-neurotologist at London Health Sciences Centre (LHSC). An expert in the field, Dr. Agrawal diagnosed Taryn with Meniere's disease, a disorder of the inner ear characterized by severe dizziness, ringing in the ears and hearing loss. Dr. Agrawal also offered Taryn a chance to participate in a ground-breaking clinical trial utilizing advanced cochlear implant technology. With nerves and determination, she underwent the procedure in August 2023. And to her great awe, it worked!

After more than 12 years of living with the disease, Taryn could hear again. Her progress has surpassed everyone's expectations; she has experienced little discomfort and happily reports clear, distinct sound. **More than anything, though, Taryn now has her life back!**



YOUR IMPACT

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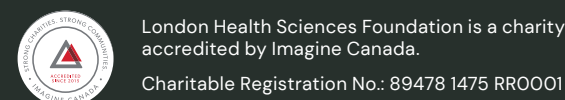
Walk of Champions raises record-breaking support for multiple myeloma cancer research.



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We want to hear from YOU

Please contact us if you have any comments about this newsletter, questions concerning your philanthropic giving or inquiries regarding how our Foundation supports health care at London Health Sciences Centre.

Our team would be happy to help!

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Celebrating 15 Years of the Walk of Champions

The 15th Annual Walk of Champions for multiple myeloma cancer research, held on September 10, 2023, marked a significant milestone in the progress of myeloma research and treatment.

Founded by survivors Dan Childerhose and Keith Fleming, whose own journeys with multiple myeloma inspired the event, the Walk epitomizes hope and resilience in the face of this challenging disease.

Multiple myeloma, an incurable cancer that affects the plasma cells in bone marrow, is a significant health concern in Canada. However, thanks to the unwavering support of donors like you, patients are

now living 15 years or longer, as demonstrated by people like Dan Childerhose.

In 2023, the Walk of Champions reached a significant milestone and raised over \$1M for the London Regional Cancer Program (LRCP) at London Health Sciences Centre for multiple myeloma research, funding critical clinical trials of new myeloma drug therapies. **As the Walk continues to grow in significance, it stands as a testament to the extraordinary efforts of survivors, advocates, donors and researchers in advancing myeloma research and improving the lives of those affected by this disease.**



“Reaching \$1M at the Walk of Champions 2023 was a phenomenal feeling. The event was also extremely meaningful to our support group members and the myeloma patient community receiving care at the London Regional Cancer Program.” —Lisa Bowden, Chair of the Walk of Champions Committee

Meet Dr. Courtney Casserly

Dr. Casserly is a dedicated neurologist at London Health Sciences Centre (LHSC) whose personal experience of illness and loss has impacted her approach to patient care.

Witnessing her aunt’s battle with multiple sclerosis reinforced the fragility of health and strengthened her resolve to provide compassionate, comprehensive care. Through her blend of professional expertise and personal empathy, Dr. Casserly advocates fervently for the well-being of her patients.

Donations to LHSF are crucial for neurologists like Dr. Casserly, ensuring not only a high level of patient care but also ground-breaking research to uncover what each patient truly needs. **Your support goes beyond a contribution; it is a lifeline for those seeking answers and comfort.**



THE NAZEM KADRI SURGICAL CENTRE

The Nazem Kadri Surgical Centre at London Health Sciences Centre (LHSC) has been instrumental in reducing the surgical backlog caused by the pandemic.

This off-campus ambulatory surgical facility has increased LHSC’s surgical capacity by 2,300 cases annually, helping to alleviate the backlog and improve patient access to surgical care. This expansion is a strategic response to the increased demand for surgeries due to pandemic-related delays and interruptions. By leveraging this off-campus facility, LHSC can accommodate more surgeries without overburdening its main operating rooms, ensuring efficient and timely delivery of care.

Thanks to donor support, the Nazem Kadri Surgical Centre is now a reality, showcasing LHSC’s dedication to pioneering advancements in health care. Contributions have directly impacted patients, ensuring they receive timely surgical care, reducing their wait times and enhancing their access to critical surgeries. **Together, we are transforming surgical care delivery, leading to improved health outcomes for our community.**



NAZEM KADRI



BARB AND PAUL HEBERT

A Legacy of Hope

The day after Mother’s Day in 2023, Barb and Paul Hebert greet us with warmth amidst the radiant mid-May weather. Barb’s paintings line the hallway, while memories of their son, Alex, fill their home. Alex, a talented young man who hid his pain behind a bright façade, tragically took his own life 15 years ago.

Despite their profound grief, the Heberts found solace in supporting the First Episode Mood and Anxiety Program (FEMAP) at London Health Sciences Centre. This program, spearheaded by Dr. Elizabeth Osuch, aims to intervene early in mental health issues, especially for youth like Alex. **Inspired by FEMAP’s mission, the Heberts chose to leave a legacy gift in their Will to continue supporting mental health initiatives in honour of their son.**

Their advocacy stems not only from personal loss but also from a desire to foster hope and healing. They believe in empowering individuals to recognize their worth and embrace a brighter future. Through their dedication, they long to inspire others to contribute to causes close to their hearts, leveraging estate planning strategies to benefit both their family’s and the community’s well-being.

To learn more about leaving a legacy gift, please visit lhsf.ca/ways-give/legacy-giving or call Kathy Papineau-Thornhill, Director, Legacy and Memorial Giving at 519-685-8785 or Kathy.PapineauThornhill@lhsc.on.ca