



SOUTHLAKE
FOUNDATION



HOMeward

JOIN THE JOURNEY

SOUTHLAKE'S MATERNAL CHILD PROGRAM

When a baby is born at Southlake, every decision, every treatment, and every moment of care is designed to lead in one direction. **Home.**

HELP US MAKE
THAT
JOURNEY
POSSIBLE.

FROM THE FIRST SIGNS TO THE **FIRST BREATH AND BEYOND.**

Each year, more than 2,600 lives begin at Southlake. For many of their families, it will be the first and last time they pass through our doors. For others, it will be the culmination of a journey that began in our Prenatal Clinic, where they found exceptional care, monitoring and support as they prepared for this incredible moment. After a short stay, these families will bring their little ones home to start a new chapter.

But for some, that path homeward is not as easy.



KRISSY'S LABOUR BEGAN AT JUST 31 WEEKS.

Her Southlake care team was able to halt its progression and put her on bed rest. But a few days later her labour started again—this time it couldn't be stopped.

"I was scared," Krissy remembers. "I knew that Southlake could care for babies as early as 30 weeks, but any earlier and I would have to go to a downtown hospital. And I didn't want that because my family and two older kids are here in Newmarket. Fortunately, I just made it."

Her newborn twins, Connor and Kyle, needed continuous breathing support. Krissy was unable to even hold them as they were rushed to the Southlake's Neonatal Intensive Care Unit (NICU). Leaving her boys behind was one of the most difficult moments in her life.

Four days after the delivery, Krissy had a chance to cuddle Kyle, but she still hadn't held Connor.

"I was in tears. It was Mother's Day and all I wanted was to cuddle my baby." Later that day, while staff prepared Connor for more tests, her wish came true. **"It was a moment I will never forget."**

Amazingly, after some skin-to-skin time with his mother, Connor was stronger. These vital moments of connection become difficult when families need to travel far from home. Because Connor was so close, Krissy could spend that extra time with him.

"The nurses in the NICU were phenomenal. Their constant reassurance, skill, and outstanding care meant everything to us. I can tell you that as a parent, I needed as much love and support as my kids did. And they provided it."



The care that brought Connor and Kyle home is only possible with you by our side. Your investment gives us the equipment needed to let tiny lungs grow and tiny hearts heal.

Contrary to popular belief, the government does not fund new equipment, upgrades or renovations. The equipment we need is dependent upon the support of generous, caring donors in our communities. Much of that equipment is now reaching the end of its service life and must be replaced or upgraded. Despite this, more families than ever are starting a new journey home at Southlake. We're raising \$2 million to get them there.

Invest in leading edge maternal child care in your community and join the journey today.

KEEPING CARE CLOSE.



“Our Neonatal Intensive Care Unit cares for 500 babies each year fighting the toughest battle of their lives. **This is a critical, desperate time for these families, and they depend on us to get them through. But we cannot do it alone.** We need your help to provide the specialized equipment that gives our most vulnerable patients the opportunity to heal and grow.”

- Dr. Charmaine van Schaik, Physician Leader,
Maternal Child Program

Southlake's Maternal Child Program fosters collaborative, family-centered maternal, newborn and paediatric care. Our first-class team of clinicians is dedicated to helping parents build strong, healthy families. And our communities are committed to making this possible.

When parents like Krissy need to travel hours back and forth to a downtown hospital, it adds complexity and stress to an already challenging time. The support systems they rely on are stretched thin and the financial burden is often amplified. With Level 2 prenatal, obstetrical and neonatal care, in addition to paediatrics, Southlake offers the type of specialized services previously only found in tertiary centres like Toronto to thousands of patients right here.

Neonatal Intensive Care Unit

Providing urgent treatment for infants at 30 weeks and above.

Birthing Unit

Delivering thousands of babies each year through Obstetrical, Midwifery and Family Medicine Programs.

Prenatal Clinics

Offering education, support and resources for families expecting a new arrival.

Paediatric Clinics

Supporting outpatient clinics that include neonatal follow-up care, asthma, hematology, paediatric urgent care, jaundice and ophthalmology.

Paediatric Oncology Clinic

Helping more than 1,400 children fighting cancer get back to living like every child should.

MATERNAL CHILD PROGRAM LEADERSHIP

Dr. Charmaine van Schaik, Physician Leader

Dr. Arif Manji, Chief of Paediatrics and Paediatric Oncologist

Dr. Genevieve Chang, Chief of Obstetrics

Stephanie Simson, Clinical Manager, Paediatrics and NICU

Sheena Shannon, Clinical Manager, Birthing Unit and Postpartum

2019/2020 VITAL SIGNS

A snapshot of one year of care for children and families at Southlake.

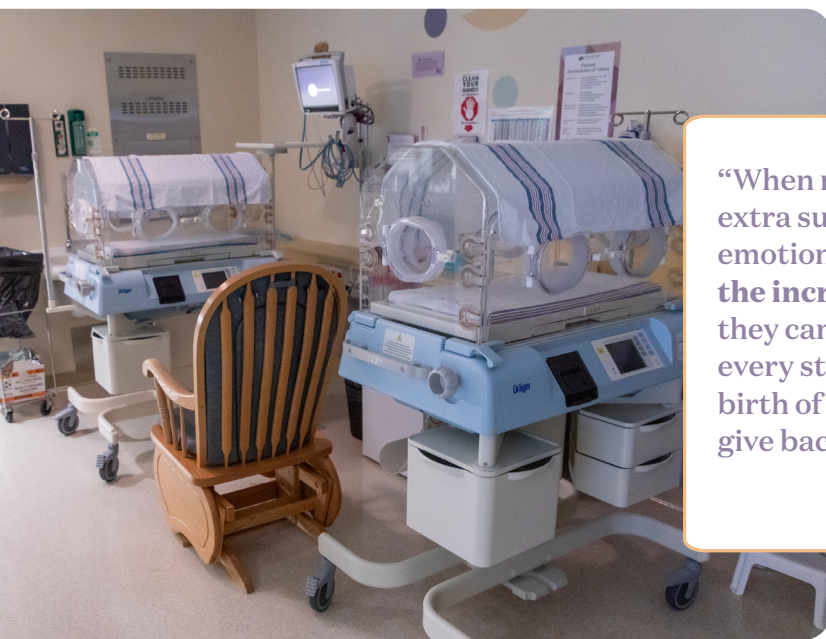


2,611	BABIES BORN
44.8%	WOMEN HAVING THEIR FIRST BABY
439	NICU ADMISSIONS
3,383	NICU PATIENT DAYS
91.5%	SUCCESSFUL BREASTFEEDING RATE WHILE IN HOSPITAL
25.3%	CAESAREAN SECTION RATE
71.2%	SUCCESSFUL VAGINAL BIRTH AFTER CAESAREAN SECTION (VBAC)
42.7%	MOTHERS AGE AT DELIVERY 30-34 YEARS
1,002	CHILDREN CARED FOR IN THE PAEDIATRIC URGENT CARE CLINIC
1,421	PAEDIATRIC ONCOLOGY CLINIC VISITS

NO TIME TO WAIT.

Our community's urgent demand for these services can only be met through equal support from caring and thoughtful donors like you. To continue delivering leading edge care now and into the future, our Maternal Child Program urgently needs to replace outdated equipment that has reached the end of its life. These tools are absolutely essential to our NICU and Birthing Unit. Without them, the most vulnerable infants would need to be transferred far away from home and the love of their families.

The population of Southlake's catchment grew by 30% between 2001 and 2016 – almost three times that of the province as a whole. That growth is expected to increase, which means more babies born and more instances when urgent care is needed to send them home healthy. Keeping up will be crucial for our community's health.



“When my first daughter was born, she needed a bit of extra support in the NICU. Today, the memory is a blur of emotions: joy, anxiety, stress and relief. **But I do remember the incredible team.** Everyone at Southlake was great, and they came together to make sure my family felt supported every step of the way. Two years later, we returned for the birth of my second daughter. After that, I knew I wanted to give back to the hospital that had been there for my family.”

- Neil Stratton, Philanthropy Cabinet Member

Your investment brings a child a little closer to home.

It becomes a vital piece of equipment that nurtures lungs, monitors tiny heartbeats, or simply makes a child's (and their anxious parents') stay at Southlake that much more comfortable. For some, your gift will truly become the gift of life. When every moment matters, having life-sustaining equipment steps away can be the only way to prevent the unthinkable.

By combining those critical tools with compassionate care, an overwhelming challenge becomes achievable. **And a family can welcome their new child home.**

PUTTING THE RIGHT TOOLS IN THE RIGHT HANDS.



“After 31 years working with such an incredible team, I can’t imagine that I could work anywhere else.”

- Sheena Shannon, Manager, Birthing Unit

Sheena Shannon knows that birthing nurses often forge incredibly close connections with patients. She’s seen those bonds form first-hand – not only between nurses and patients, but among a team that she describes as a “true family always willing to go above and beyond for each other.”

Our nursing staff provide expert, personalized care every step of the way, helping parents feel in control of an often-overwhelming experience. Sheena knows that only lasts so long, of course. “When you go into labour, you’re no longer in control. Things happen fast and the team needs to be able to react to any difficulty in delivery. That’s when our equipment becomes so important.”

Understanding the unthinkable.

If complications arise, a nurse can be a mother’s lifeline for information as well as comfort. They’ll monitor vital signs in the NICU, then convey that information to worried parents unsure of what will happen next. The accuracy of those insights depends on the quality of monitors used in the NICU. Just as our doctors rely on this clarity to make crucial decisions in care, parents rely on their nursing team to make it understandable. For one mother who delivered during the COVID-19 pandemic, that clarity went a long way.

BY HER SIDE WHEN IT MATTERED MOST.

In August of 2020, Carly Skinner returned to Southlake for the birth of her second child, Annie. Her first was delivered by emergency C-section in 2017, so Carly decided to have a Vaginal Birth After C-section, or VBAC, which comes with unique risks and challenges.

When Carly arrived at the hospital, her contractions were increasing. So was the pain around her previous C-section scar. She was rushed to a private delivery room, where she found a source of support: Nurse Carly Venedam. Of all the people she'd meet at Southlake, the expecting mom was struck most by "Nurse Carly and her genuineness and going above and beyond when she really didn't need to. **It's hard to put into words. I was kind of panicked, but the scary medical info was shared in a way that made me feel that I had some control in the situation. Knowledge is power.**"



Her unborn baby's heart rate was dropping, the same kind of distress that forced her first child to be delivered by c-section. With time a critical factor, Nurse Carly guided her through the final moments of the delivery. Seven minutes later, little Annie was lying on her mother's chest taking her first gulps of air. Then her breathing began to slow, and her tiny body was still gray from lack of oxygen. A Respiratory Therapist rushed her off for emergency care, and Carly was left to recover.

But after a few hours in a CPAP breathing machine in the NICU, Annie was reunited with her mum. She was breathing healthily on her own. As Carly began to focus on her own recovery, Nurse Carly stayed by her side until they were cleared to finish the journey home. Their story isn't unique: every day, five families welcome their newest member into the world at Southlake. **Through complications and intervention, donor support makes the difference to each one.**

WHERE THE JOURNEY HOME BECOMES THE HARDEST.

Our top priority for support is the Neonatal Intensive Care Unit where Carly's newborn daughter, Annie, found the strength to breathe on her own and where so many vulnerable newborns find the care they need to heal, grow and thrive. But it depends on uniquely complex equipment.



For an infant no bigger than the palm of your hand, every piece of equipment must be tailored to their uniquely delicate and fragile body. From monitors and probes that measure the faintest breaths and heartbeats, to beds that offer much-needed warmth and protection, this advanced equipment is intricate, costly, and never one-size-fits all.

“Kids aren’t just little adults. They’re different, both physiologically and clinically. It’s not as though we can simply use smaller tools.”

- Dr. Charmaine van Schaik

Manufacturers aren’t producing equipment for infants and children in the same quantity as those for adults. “Kids are a smaller slice of the pie, so the investment becomes more expensive,” Dr. van Schaik explains, “but it’s investment we must continue to make. **An investment in children is an investment in the future.**” Coupled with the fact that the government does not provide funding for new or replacement equipment, this creates a monumental financial need to bring such critical technology to Southlake.

Now many critical pieces are reaching the end of their service lives. At the same time, the demand in our communities is only increasing. “It’s not as though we only need one or two of these tools,” Dr. van Schaik is quick to point out. “In many cases, we need 10 or more. Kids grow rapidly, so devices that only have a single size for adults will have a whole range for infants and children.”

Our teams are passionate about doing everything they can for every patient. It’s why they go to work. For that, they need the right tools.

JUST SOME OF THE EQUIPMENT MADE POSSIBLE BY YOUR DONATIONS.

Giraffe and Panda Warmers

These specialized beds are designed to maintain a lifesustaining, temperature-controlled environment for newborns to thrive, complete with an X-ray tray to provide infants with uninterrupted warmth. A built-in scale makes measuring a baby's weight easy, while sensors enable clinicians to monitor and track vital signs such as temperature and oxygen saturation levels at a glance.

Giraffe Incubator Carestations

Combining innovative technology with exceptional thermal performance, the Giraffe Incubator Carestation is designed to mimic the womb and provides a state-of-the-art neonatal environment that promotes natural, peaceful healing, while fostering a close bond between families and their babies. These invaluable pieces of equipment also strengthen the bond between families and their babies at a critical time by providing digestible information about their little ones' progress along the way.

Giraffe OmniBed Carestations

The Giraffe OmniBed Carestation is designed to address the changing and complex demands of the NICU with consistently controlled thermal environments, improved patient access and visibility, and reliable clinical performance. With these devices in the NICU, infants are one step closer to their caregivers' expertise, their parents' embrace and to going home healthy.



“Our work is made possible by you. We are so grateful for the support of our community, not only to our clinicians and nurses, but for the families who come through our doors every day. The compassion and care our colleagues provide is a reflection of the love our neighbours share with their hospital. On behalf of the entire team: thank you.”

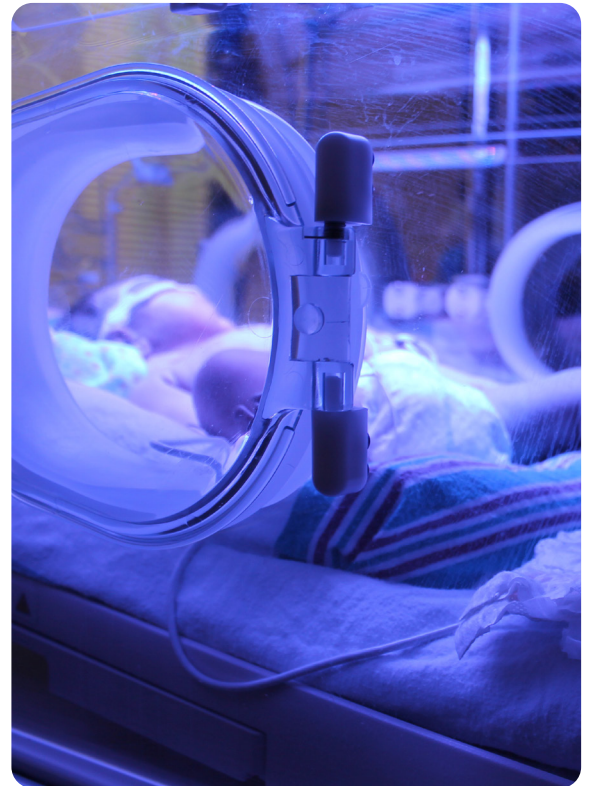
-Dr. Charmaine van Schaik

Fetal Monitors

This critical monitoring tool measures fetus heart rhythm from late pregnancy right through the labour itself. The newest generation of Fetal Monitors can be used without restricting the labour and birthing choices of the mother and family. Any changes in the fetal heart rate can be immediately detected by the clinical team, who are able to intervene immediately with the necessary treatment.

Obstetric Ultrasound Expansion

Time and proximity are critical for high-risk pregnancies, so close monitoring for any changes is vital. For such pregnancies, the constant monitoring can mean numerous trips to a large downtown hospital with the right technology. By expanding our capacity for obstetric ultrasound, we can make it possible for the most challenging pregnancies to be monitored close to home.



HELP US KEEP FAMILIES WHOLE.

For Krissy, Carly and hundreds of other parents whose newborns need extra love and support, Southlake is here to turn a matter of life and death into just a temporary detour on the journey home. They can rely on the kind of talent and technology unavailable in many communities like ours.

By nurturing a premature child's growth or intervening after a complex birth to provide the breath of life, you help unlock the endless possibilities of that child's life. That's why the equipment used in those precious minutes, hours, days or even weeks in our NICU is so vital.



It truly takes a village to raise a child, as the African proverb says. In the face of a rapidly growing community and with the limitations of government funding, the generosity of our donors has never been more important. We cannot do this alone. We need you by our side, to be by their side.

With the help of caring donors like you, we're raising \$2 million to give our talented teams the very best equipment and support new families on their journey home.

When you give, your love joins families in the delivery room. It's there in the NICU as little lungs, little hearts and the littlest members of our communities grow stronger. And it's there when brothers, sisters, mothers and fathers finally welcome their newest family member home. The impact of your investment will last an entire lifetime, but it begins on that first, most difficult journey.

Will you join us?

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