

FOUNDATION FOCUS

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Thank You TO OUR VOLUNTEERS AND DONORS

A MESSAGE FROM OUR CEO

There is a lot to celebrate in this edition of Foundation Focus. It is filled with inspiring stories that show what can happen when people come together to support nurses and nursing students across Canada.

Inside, you will follow an incredible 7,500-kilometre journey for nurses' mental health, celebrate the more than 200 CNF award recipients and meet CNF Scholar, Damilola Iduye, whose nurse-led research is helping advance more equitable healthcare.

I extend my sincere appreciation to the CNF Merit Review Panel. These members volunteer their expertise to ensure every application receives thoughtful and careful consideration. Special thanks to the Panel's Chair, Dr. Cheryl Pollard, for her exceptional leadership and commitment.

To our donors and partners, thank you. Your generosity removes barriers, creates opportunities and helps nurses and nursing students achieve their goals. Together, we are investing in people, advancing nursing excellence and building a stronger future for healthcare in Canada.



With gratitude,

Chris McGarvey,
Chief Executive Officer
Canadian Nurses Foundation



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7,500 KILOMETRES. ONE INCREDIBLE JOURNEY.

MORE THAN \$20,000 RAISED FOR NURSES' MENTAL HEALTH.

After cycling an extraordinary 7,500 kilometres across Canada, CNF champions Dr. Andrew Turnbull and his son, Judah, have crossed the finish line — surpassing their fundraising goal and completing a journey inspired by love, gratitude and a deep commitment to Canada's nurses.

Andrew and Judah set out with a goal of raising \$15,000 for the Canadian Nurses Foundation and our work to strengthen nurses' mental health and well-being. By the time they reached the end of their cross-country ride, they had raised more than \$20,000.

But the heart of this journey was never measured in kilometres or dollars.

Andrew and Judah rode in honour of Andrew's mother and Judah's grandmother, Debby; a nurse whose life and legacy inspired them to give back to the profession she dedicated so much of herself to.

Cycling across the country required determination and perseverance, but Andrew and Judah were never riding alone. Along the way, they were supported by

you: donors, nurses, friends, colleagues, and champions who donated, shared their campaign, sent messages of encouragement, and followed their progress from Victoria, BC to St. John's, NL.

The more than \$20,000 raised will help CNF continue investing in initiatives that support nurses' mental health and well-being. Through our partnership with the Mental Health Commission of Canada, these funds will provide matching support to nursing associations and organizations to train facilitators in The Working Mind (TWM) Healthcare program.

TWM Healthcare is an evidence-based mental health training program designed by nurses, for nurses. It gives employees, managers, and healthcare teams practical tools and knowledge to better support mental health in the workplace.

Andrew and Judah's journey is a powerful reminder of what can happen when people come together behind a shared purpose. And their ride will continue to make a difference—helping expand access to mental health training and supporting healthier workplaces where nurses can thrive.





2026 SCHOLARSHIP CYCLE UPDATE:

INVESTING IN THE NEXT GENERATION OF NURSES AND FUTURE LEADERS IN NURSING

The 2026 scholarship cycle has been one of our strongest yet. We received a tremendous response from students pursuing their education and demonstrating leadership, resilience, and commitment to their communities.

Following a thoughtful and competitive review process, we are proud to award 210 scholarships, bursaries, and certification awards, representing more than \$360,000 invested into nursing education. The strong response to this year's programs demonstrates the continued need for investment in the next generation of nurses.

Every award helps reduce financial barriers, giving students and nurses greater opportunity to focus on their education, advance their careers, and contribute to a stronger healthcare system.

We are deeply grateful to the donors and partners who make these opportunities possible. Your generosity is helping students move closer to their goals while strengthening the future of the nursing profession.

We look forward to introducing this year's recipients and sharing their stories in the months ahead.

PARTNER SPOTLIGHT



Through the support of the AstraZeneca Canada–Canadian Nurses Foundation Scholarship, PhD Candidate Damilola Iduye is advancing research that explores how social and structural factors influence the health experiences of Black populations in Canada living with Type 2 diabetes (T2D).

Type 2 diabetes is a growing health concern in Canada, with Black communities experiencing disproportionately higher rates of the disease. Yet, important gaps remain in understanding how factors such as access to care, socioeconomic circumstances, ethnocultural identity, discrimination, and immigration & citizenship status shape health outcomes.

Damilola's research uses a mixed-methods approach to better understand the lived experiences of Black Canadians with T2D and examine how these intersecting factors influence diabetes management and care. The findings will help build evidence to support more equitable health policies, prevention strategies, and approaches to care.

"Investments in research focused on addressing health inequities and disparities in Black populations in Canada help ensure that their voices, experiences, and health priorities inform evidence, policy, practice, and the development of equity-informed, socioculturally responsive care and more equitable health systems. I am deeply grateful to AstraZeneca Canada and CNF for supporting my research," said Damilola Iduye.

The AstraZeneca Canada–CNF partnership has supported nursing scholars and research innovation for more than 30 years, helping advance discoveries that have the potential to improve health outcomes for Canadians. Together, AstraZeneca Canada and CNF are investing in the next generation of nurse leaders and the research that will shape a healthier future.



PLANNING TODAY FOR TOMORROW'S IMPACT

Leaving a gift in your Will is one of the most meaningful decisions you can make. It is also deeply personal—something to consider in your own time, and in whatever way feels right to you.

At Canadian Nurses Foundation, legacy gifts play a vital role in strengthening the future of nursing in Canada. These gifts help ensure sustainable funding for scholarships, education, and professional development opportunities that support nurses at every stage of their careers.

Legacy gifts allow the Foundation to:

- Plan confidently for long-term impact
- Expand scholarship support for nurses across Canada
- Build endowment funds that provide lasting, reliable funding
- Respond to the evolving needs of the nursing profession

No matter the size, every gift in a Will contributes to advancing nursing excellence and improving health outcomes for communities nationwide.

While your Will remains entirely private, some supporters choose to let us know if they have included the Foundation in their plans. This is never required, but it does allow us to plan thoughtfully for the future and ensure your gift reflects the impact you wish to make.

It also gives us the opportunity to thank you and to honour your generosity.



If you would like to learn more about leaving a gift in your Will, we invite you to connect with **Claire Lewis, Director of Philanthropy and Engagement** at clewis@cnf-fiic.ca or by phone at **1-844-204-0124 Ext. 222**. Claire would be pleased to speak with you personally.

BUILDING THE FUTURE OF NURSING, TOGETHER

Our scholarship program is made possible through the generosity of individuals, families, organizations, foundations, and healthcare partners who believe in the future of nursing.

Your support helps remove financial barriers, recognize excellence, and create opportunities for nursing students and nurses to succeed. Thank you for investing in the next generation of nurses and the future of healthcare.

Demand for scholarships continue to grow, this year we had nearly 1000 applications compared to just 650 in 2025, a more than 40% increase. This shows that there is a need for support.

There are many meaningful ways to make a lasting difference:

- Make a one-time gift to support student scholarships
- Become a monthly donor and provide ongoing support
- Establish a named scholarship or endowment to create a lasting legacy
- Partner with us as an organization or foundation to invest in the future of nursing

Every gift helps open doors for aspiring nurses and contributes to a stronger healthcare workforce for tomorrow.

Invest in nurses. See the difference in healthcare.

