

UPCOMING EVENTS SUPPORT GREAT CARE AT ST. JOSEPH'S HEALTH CENTRE

Thanks to many of our volunteers, sponsors and community partners, St. Joseph's Health Centre Foundation has some great fundraising events coming up to support our Health Centre. There something for everyone, so be sure to mark the following dates in your calendar.



SUMMER SOLSTICE THURSDAY, JUNE 20TH LIBERTY GRAND

Break out your summer whites for the ultimate kick-off to summer. Front Street Capital is throwing a cocktail party that will bring out Bay Street's finest and a few hundred friends to support the Just for Kids Clinic at St. Joe's. Tickets are \$85 in advance and \$100 at the door.

Get your tickets now at foundation.stjoe.on.ca. They won't last long!



FIRST ANNUAL ST. JOE'S PLATE SATURDAY, JUNE 22ND WOODBINE RACETRACK

All bets are on that this new event will be a great one. Join us at Woodbine Racetrack in a private trackside tent for a thrilling race, a delicious lunch, special guest appearance by Canadian jockey Sandy Hawley and much more. Tickets are \$175 each.

Get your tickets now at donations.stjoe.on.ca/stjoesplate or call us at 416-530-6704.



11TH ANNUAL FALL CLASSIC MONDAY, SEPTEMBER 16TH LAMBTON GOLF & COUNTRY CLUB

Swing FORE St. Joe's in the Foundation's 11th Annual Fall Classic, presented by Pfaff Automotive Partners. Enjoy a round of golf on a picturesque course at Lambton Golf & Country Club, on-course prizes, a BBQ lunch, the chance to test drive some amazing cars courtesy of Pfaff Automotive Partners, a delicious dinner and much more.

Visit foundation.stjoe.on.ca/golf2013 to register or call Renata Lecznar at 416-530-6486 ext. 4053 for more information.



CYCLE 4 ST. JOE'S SUNDAY, SEPTEMBER 29TH

St. Joseph's Health Centre Foundation's newest fundraising event takes place on Sunday, September 29th. Get ready to Cycle 4 St. Joe's by joining a team or signing up on your own for a 25km or 75 km challenge. The event will be held just outside Toronto, where cyclists will enjoy some beautiful scenery along the ride. Cross the finish line feeling great about your personal victory and for supporting great care close to home at St. Joe's.

Register today at cycle4stjoes.ca!



TORONTO WEST HALLOWEEN FEST SUNDAY, OCTOBER 27TH

Mark your calendar now for the 2nd Annual Toronto West Halloween Fest, presented once again by Scotiabank. This year, the parade and party for kids of all ages will be bigger and better than ever... and there's even a 5 km fun run (in costume of course).

More details coming soon...

VISIT FOUNDATION.STJOE.ON.CA, CALL US AT 416-530-6704 OR COME AND SEE US ON THE 5TH FLOOR OF THE SUNNYSIDE BUILDING FOR TICKETS OR MORE INFORMATION.



Support great care close to home. Make a gift today at foundation.stjoe.on.ca, call us at 416.530.6704 or fill out the form below and return it to:

ST. JOSEPH'S HEALTH CENTRE FOUNDATION 30 The Queensway, Toronto, ON M6R 1B5
OR DONATE ONLINE AT DONATIONS.STJOE.ON.CA

Yes! I want to support My St. Joe's.

Name _____
Street _____
City _____ Postal Code _____
Email Address _____
Phone Number _____

Enclosed is my gift of: \$35 \$50 \$75 \$100 OTHER _____

I would like to support: _____

I am paying by: CASH CHEQUE
Please make cheque payable to St. Joseph's Health Centre Foundation

Credit card: VISA MASTERCARD AMERICAN EXPRESS

Credit Card No. _____

Expiry Date _____

Signature _____

I would like more information about making a gift in my will to St. Joseph's Health Centre.

I would like to be put on the mailing list to receive an e-newsletter.



Support great care close to home. Call 416.530.6704, visit foundation.stjoe.on.ca or scan this code to make a gift today!

Tax receipts will be issued for donations of \$20 or more. Charitable Business number: 11918 3382 RR0001

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MY ST. JOE'S MOMENTS

Life's most profound moments happen here every day. Have a look for yourself.
See Page 2

THE POWER OF ONE

How one person is raising thousands to make things better for patients at St. Joe's. Meet him and find out how.
See Page 3

HELP CUT WAIT TIMES IN HALF

Your gift to help our urology team treat patients with urological conditions faster will be matched dollar for dollar.
See Page 3

HELP KEEP PEOPLE MOVING

Join our physiotherapists in raising \$5,000 to help those most in need.
See Page 3

HAVE FUN AND SUPPORT ST. JOE'S

Thrilling horse races. Dancing the night away. A cycling challenge or a day on the greens. So many ways to help.
See Page 4

ST. JOSEPH'S HEALTH CENTRE FOUNDATION NEWSLETTER SPRING 2013

My ST. JOE'S



TAKING THOSE FIRST FEW STEPS IN DAYS

MOMENTS



GETTING READY TO GO HOME FOR THE FIRST TIME



FINDING OUT THAT THE LUMP IS BENIGN



KNOWING EVERYTHING IS GOING TO BE OK



[/mystjoes](https://www.facebook.com/mystjoes)

ST. JOSEPH'S
HEALTH CENTRE FOUNDATION TORONTO

LIFE'S MOST PROFOUND MOMENTS HAPPEN HERE EVERY DAY



8:15am

OPERATING ROOM

The day started early for Dr. Shiva Jayaraman (centre) and the surgical team who are pictured here performing a liver resection. Dr. Jayaraman is an expert in Hepatic, Pancreatic and Biliary Tract surgery. St. Joe's is a centre of excellence for this kind of specialized surgery.



10:10am

NEONATAL INTENSIVE CARE UNIT

New mother Joanne Hidalgo and her twin boys Austin and Nolan enjoy a visit with Dr. Hani Akoury, Chief of Obstetrics and Gynecology, and expert in high-risk pregnancies. "It was a difficult pregnancy but Dr. Akoury watched me closely and I made it to 32 weeks so I could have the babies at St. Joe's, close to home."



12:15pm

PAEDIATRICS CONSULTATION CLINIC

Chief of Paediatrics Dr. Eddy Lau shares a moment with Henry during a quick examination. When your child is sick or hurt, you want care to be close to home. Last year, parents brought their kids to see our paediatricians more than 35,000 times – now on a dedicated floor just for kids in the new Our Lady of Mercy Wing.



1:30pm

ELDERLY COMMUNITY HEALTH SERVICES CLINIC

Chief of Geriatrics Dr. David Tal with patient Brigita Miniats, who met Dr. Tal for the first time. "I am so happy to see him today. He has done so much for me already." Last year, 5,000 seniors came to our clinic. Every month, Dr. Tal and his colleagues see about 100 seniors who are at special risk.



3:00pm

ON THE STREETS

It's a typical day for RN Conny Stefan and Police Constable Che Draper. They work together on the streets of west-end Toronto in partnership with Toronto Police Services. This Mobile Crisis Intervention Team is one part of our Mental Health and Addictions Program that provides care for people with serious challenges.



5:00pm

DIAGNOSTIC IMAGING

Jessica Jagroo says when you find a lump in your breast, it's like your world stops. "It consumes you, thinking the absolute worse. You can't eat or sleep until you know for sure." That's why she was so relieved to come to St. Joe's and learn that her lump was benign. "When I left St. Joe's, I couldn't stop smiling."



5:45pm

EMERGENCY DEPARTMENT

Chief of Emergency Dr. Stephen Rhee reviews a patient's case with RN Rachel Yance in our Emergency Department. Last year, our neighbours turned to our Emergency Department more than 97,500 times for care, making it one of the busiest in Ontario.

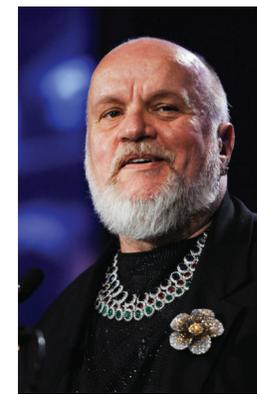
HOW YOU CAN HELP

You can help St. Joe's take care of our neighbours. Each area you just read about has a need. For example:

- There's always a need for surgical instruments. Read about a new table on page 3.
- Plans include making our new Family Birthing Centre and Neonatal ICU feel more like home.
- If you have kids, watch for donor support to expand our Just for Kids Clinic and make the children's floor truly special for kids.
- Your help can spruce up patient lounges and waiting rooms around St. Joe's.
- Local neighbours want to improve our Crisis Stabilization Unit in Emergency.
- You can help bring a new ultrasound to St. Joe's.
- Our Emergency team needs six vital signs monitors that each cost \$6,500.

MAKE A GIFT TODAY! Visit foundation.stjoe.on.ca, call us at 416-530-6704 or come and see us on the 5th floor of the Sunnyside Building.

HOW ONE MAN RAISED \$210,000 FOR ST. JOE'S



Salah Bachir

Since last December, Salah Bachir has been spending four-and-a-half hours a day, three times a week, at St. Joe's Renal Centre on Islington Avenue for dialysis. "I spend much of this time on BlackBerry or watching a clunky TV that is more than a decade old and sometimes works, sometimes doesn't," he says. "I know the same is true for chemo patients in the oncology unit."

This will soon change. Salah recently sent an invitation to all of his contacts inviting them to a Non-Gala Gala, asking everyone to "save the money you'd spend on a new outfit, parking and a babysitter and put it all towards a great cause." His goal was to raise \$150,000 to

replace the old TVs in the dialysis and chemotherapy units at St. Joe's and our Renal Centre on Islington.

Three weeks later, Salah surpassed his target and has raised \$210,000 to-date. This is great news. Now St. Joe's can update the TVs in the renal and chemo clinics!

"When I met Salah for the first time in our dialysis unit, I was inspired immediately by his generous spirit and his passion to make our patients' experience here better," says Maria Dyck, Foundation President. "He is a shining example of what one person can do – and thanks to him, so many of our patients will benefit."

A SPECIAL TRIBUTE SISTER ROBERTA FREEMAN



Sister Roberta Freeman

If you've ever worked or volunteered at St. Joe's, or have been a patient, you may be blessed to know Sister Roberta Freeman.

Sister Roberta has been part of our St. Joe's family for more than 20 years as a member of both our Health Centre and Foundation Board of Directors. She is 86 years young, and her endless passion is inspiring. Her commitment to our Mission and Values of dignity, compassion and respect guide her in everything she does.

This spring, Sister Roberta is retiring from our Health Centre Board of Directors and she will be missed. This is why our volunteers – past and present – are coming together to raise funds that support a meaningful project in her honour. Sister Roberta's very special wish is to tell our My St. Joe's story in a way that celebrates the past, present and future of our Health Centre.

If you'd like to find out more about this wonderful project, please call us at 416-530-6704 or visit foundation.stjoe.on.ca and click on Honouring Sister Roberta under Why You Matter.



Left to right: Dr. Alfonso Marcuzzi, Dr. Ashis Chawla, Dr. Umesh Jain, Dr. Anthony McLean and charge nurse Leslie Jeffreys.

HELP THIS TEAM CUT WAIT TIMES IN HALF

Join our urologists and their patients and help buy a new fluoroscopy table for our Cystoscopy Unit. This is no ordinary table, but one that helps treat people suffering with kidney stones, prostate conditions and other urological conditions.

This table has built-in diagnostic capabilities like X-rays to take high-quality images that guide the physicians in diagnosing and treating urological conditions. Patients can expect less pain and a faster recovery.

"We do about 5,000 procedures every year," says Dr. Umesh Jain, Chief of Urology. "Having this new fluoroscopy table will cut our wait times in half."

EVERY DOLLAR MATCHED

Make your gift by June 24th and it will be matched dollar for dollar. Visit foundation.stjoe.on.ca to donate and select fluoroscopy table from the drop-down menu or call 416-530-6704 to take advantage of this special offer today.