



Promise.

Meet our new
volunteer Board
members from
your community.

See page 4

Learn how one
neighbour is
helping St. Joe's
improve mental
health care.

See page 5

Find out how you
can help transform
emergency care in
your community.

See pages 6 – 7

Look what
your support is
making possible
at St. Joe's.

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Do you know
these neighbours
who are helping
St. Joe's keep
the Promise?

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St. Joseph's Health Centre Foundation Promise Newsletter | Fall 2017



Peter Gilgan honours parents and west-end roots with \$10 million donation

"This is because of you," said Peter Gilgan when announcing his \$10 million gift for St. Joseph's, referring to his 95-year-old mother, who was in attendance. "The circle of life continues."

[SEE FULL STORY ON PAGE 2](#)

Pictured above: Peter Gilgan and his mother Mary Gilgan

[Read inside to learn more](#) about the Promise
St. Joseph's is making to you and your community...
and the impact you've already had.

ST
JOSEPH'S
HEALTH CENTRE FOUNDATION

**PETER GILGAN'S
RECORD GIFT
WILL SUPPORT
THE PROMISE
CAMPAIGN TO
IMPROVE THE
HEALTH OF OUR
COMMUNITY.**





"St. Joe's has always been one of those great places that has never lost its way as a community hospital," said Mayor John Tory. "There are few, if any, who have the depth and scale of commitment to philanthropy and community building than has been shown by everything that Peter Gilgan and his family have done."



St. Joe's leadership team joined Peter Gilgan in celebrating his transformative gift. Back row, left to right: Roman Dubczak, Chair, St. Joseph's Health Centre Foundation Board of Directors; Dr. Robert Howard, Interim CEO of the new health network; Mary MacLeod, VP, Clinical Services and Chief Nursing Executive; and Dr. Dan Cass, VP, Medical and Chief Medical Officer. Front row: Victor Dodig, Campaign Co-Chair and President and CEO, CIBC; Maria Dyck, President and CEO, St. Joseph's Health Centre Foundation; and Peter Gilgan.

On September 7, our St. Joseph's Health Centre community celebrated one of the largest gifts in our history! Peter Gilgan, founder and President of Mattamy Homes, donated \$10 million to St. Joe's Promise Campaign.

"My parents started our family in this community and I was born here along with my six siblings," said Gilgan "I want to make sure that St. Joe's remains a vital community resource for all of the new families starting out here today and am proud to connect my family name to this fine health centre."

Peter Gilgan is one of Canada's most generous philanthropists. He has donated more than \$175 million to support life-changing causes. "The importance of community care, and supporting St. Joe's half-a-million neighbours who rely on this valuable community hospital, cannot be overstated," he said.

This transformative donation will have immediate impact and advance the campaign's goal to modernize and enhance spaces for patients, purchase new equipment and technology, and create specialized areas to meet the community's unique health needs.

Dr. Robert Howard, interim CEO of St. Joseph's Health Centre, Providence Healthcare and St. Michael's Hospital, noted that Peter Gilgan is the network's single largest donor. "Peter, you have chosen to invest in our future and will have an impact for so many Torontonians as a result of your great generosity and foresight," said Dr. Howard. "St. Joe's has been serving the west-end for almost 100 years and significant donations like these help the hospital to advance its vision for a healthier community."

We were thrilled to have the extended Gilgan family at the celebration event, including Peter's 95-year-old mother, Mary. Other notable attendees included Mayor John Tory and our Promise Campaign Co-Chair Victor Dodig, President and CEO of CIBC – who like Peter, was born at St. Joe's.

"Peter's business has always been about building communities," said Victor. "This transformative gift is pivotal to supporting this community, for the people who call it home today and for future generations to come."

In recognition of the gift, the Glendale wing will be renamed the Gilgan Family Wing. Mary Macleod, VP, Clinical Services and Chief Nursing Executive, said about the wing, "It's where thousands of people come to us for care for conditions that literally run the gamut from asthma to wound care and over 27 other conditions in between."

"Peter Gilgan's gift will help us improve our facilities to support our west-end neighbours," said Maria Dyck, President and CEO, St. Joseph's Health Centre Foundation. "We'll be a better Health Centre thanks to him and are grateful that he has remembered where he and his brothers and sisters were born. Beyond dollars and cents, it marks the continued commitment of Peter to supporting community hospitals and great local care."

The gift is a major event in St. Joseph's history and for the west end. It brings our fundraising to over \$60 million for the Promise Campaign. Peter Gilgan and the thousands of others who have donated will help make Toronto's west end one of the healthiest communities in Canada.

WELCOME ON BOARD

St. Joseph's Health Centre Foundation welcomes Roman Dubczak as our new Chair of the Board of Directors, Simon Nyilassy as Vice-Chair, Jeff Snowden as Treasurer and three new Board members.

"Larry Chapman completed his term as Chair in June and we are glad he will continue to bring his passion to help St. Joe's as a volunteer member of the Board and co-chair of our Cycle 4 St. Joe's event," says Maria Dyck, President and CEO, St. Joseph's Health Centre Foundation. "Roman and Simon are west-end neighbours and both bring strong leadership to position St. Joe's for the future."

Roman served as Vice-Chair of the Board for two years. He is the Managing Director and Head of Global Investment

Banking at CIBC. Simon joined the Board in 2016 and is the founder of Marigold and Associates. Jeff Snowden has been appointed Treasurer. Jeff is the Vice-President, Creditor Distribution at Scotiabank and has served on the Board for three years.

We are also pleased to welcome new Board members Randy Cousins, Ivan Grbesic and Darren B. Lamb – all west-end neighbours who are eager to help St. Joe's make this community one of the healthiest in Canada. Randy is a retired investment professional. Ivan is a Partner at Stikeman Elliott LLP, one of Canada's leading business law firms. You might know Darren B. Lamb from listening to 98.1 CHFI in the morning. He is the co-host of Darren and Mo.

St. Joseph's Health Centre Foundation Board of Directors 2017

Roman Dubczak, Chair
Simon Nyilassy, Vice-Chair
Peter Barnicke
Tamara Bratty
Laurissa Canavan
Larry Chapman
Robert Clark
Dr. Christopher Compeau
Randy Cousins
Ivan T. Grbesic
John Hastings
Louise Hucal
Elizabeth Wademan-Huculak
David Kincaid
Darren B. Lamb
Ed Lycklama
Dr. Peter Menikefs
Jeff Snowden
Connie Stefankiewicz
Michael Talmage
Bernadette Testani
Patrick Walsh

OUR SHARED PURPOSE

St. Joseph's Health Centre unites with Providence Healthcare and St. Michael's Hospital

St. Joseph's Health Centre, Providence Healthcare and St. Michael's Hospital are officially a new health network. The Ministry of Health and Long-Term Care approved the three hospitals' integration proposal, which officially united the three organizations under one corporate entity as of August 1, 2017. Dr. Robert Howard, former President of St. Michael's Hospital, has been appointed the interim CEO of the network.

The three foundations continue to operate independently and all funds directed to St. Joseph's Health Centre Foundation continue to support St. Joe's. Your support is greatly appreciated because of the difference it makes in helping meet the unique needs of our west-end community.

Please visit oursharedpurpose.com to learn more about the new network.

NEIGHBOUR HONOURS HIS FATHER TO HELP OTHERS



Sandy McIntyre

Sandy McIntyre remembers the time he spent at St. Joseph's Health Centre when he was growing up. "I was here a lot with my dad, right by his side, and I learned so much during that time," says Sandy.

His father was Dr. Alexander McIntyre and he was the Chief of General Surgery at St. Joe's. Dr. McIntyre was instrumental in making St. Joe's an academic institution affiliated with the University of Toronto and helping bring the first surgical residents to our Health Centre.

"I saw how important it was for physicians like my father to have the right space to work to help him better care for his patients. This is why I chose to give back – to honour my father at a place that played such an important role in my life, and to help build a better space to care for patients with mental illness. I know there is a great need for more mental health services in our west community."

Sandy's transformative gift will name the Dr. J. Alexander McIntyre Adult Mental Health Emergency Services in our redeveloped unit that is the first point of care for adults, youth and children in crisis due to mental illness.

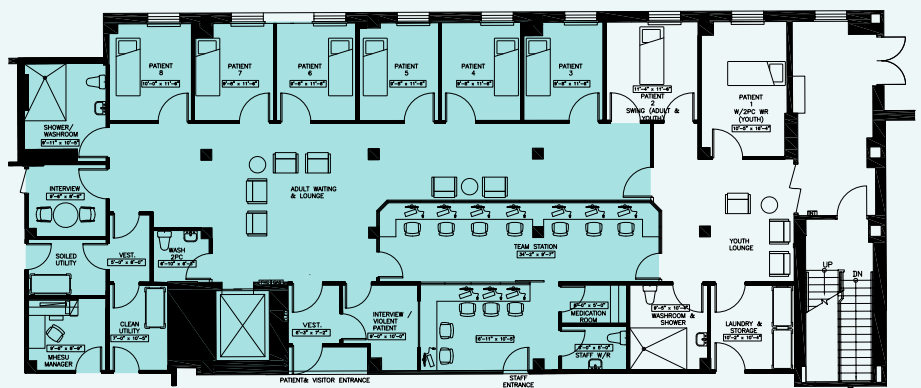
"I am happy my wife Jane and I are able to make this donation to support this critical resource for our community," says Sandy. "St. Joe's means a lot to me and I strongly believe helping those who helped you is the most valuable gift you can give."

BUILDING A BETTER MENTAL HEALTH EMERGENCY SERVICES UNIT

People with mental illness can be suffering in silence – afraid to reach out even when in crisis. St. Joe's is transforming our Mental Health Emergency Services Unit to better meet the needs of the 6,800 adults, youth and children each year who come to our Emergency Department for mental health care.

"The Mental Health Emergency Services Unit will be divided into two areas – one for children and youth, and one for adults so everyone can receive specialized care," says Dr. Jose Silveira, Chief of Psychiatry. "The redesigned unit will feel more welcoming and comfortable, but most importantly, it will more than double the private space so our patients can openly discuss the issues that brought them to Emergency in the first place."

If you'd like to support mental health care at St. Joe's, please go to supportstjoes.ca or call 416-530-6704 to help fund the Mental Health Emergency Services Unit.



Floor plan of the new Mental Health Emergency Services Unit. The area in blue is the Dr. J. Alexander McIntyre Adult Mental Health Emergency Services.

IT'S AN EMERGENCY.

“IF YOU HAVE A MEDICAL CRISIS, YOU WILL GO TO THE CLOSEST EMERGENCY DEPARTMENT IN YOUR COMMUNITY. IF YOU LIVE IN THE WEST-END, CHANCES ARE THAT IT'S ST. JOSEPH'S HEALTH CENTRE.

The Emergency Department is a hospital's front door and is open 24 hours a day, every day of the year. Emergency doctors and nurses are specially trained to care for patients of all ages for everything from broken bones to life-threatening conditions – often before a diagnosis is made and as soon as possible.

Last year, St. Joseph's had more than 100,000 visits to Emergency, making it one of the most trusted and busiest emergency departments in the province. Yet, St. Joe's Emergency was built to treat only 60,000 visits annually when our community was much smaller. Today, now that the west end has more than 500,000 people, our doctors and staff are providing care to more patients than we currently have space for.

It's a challenge that has made your community hospital an innovator.

WHEN YOU OR A LOVED ONE IS SICK OR HURT, YOU WANT THE BEST CARE... FAST

How St. Joe's is reducing wait times.

When you care for more patients than you have space for, you need to be innovative. St. Joe's has implemented several streamlined systems to make sure you see a doctor as soon as possible.

The latest innovation is called Super Track, a Canadian-first that started as a pilot project located in a small space adjacent to Emergency. This innovative model of care ensures patients coming to Emergency are assessed by a care team so they receive the right type of care as quickly as possible. About 55% of patients who go through Super Track are discharged within two hours.

We can still do better.

If you've been to St. Joe's Emergency before, you know space is a challenge. Our physicians and staff do their best to maintain your privacy in an area that is largely using curtains to separate patients in beds, many with loved ones by their side. St. Joe's has a dedicated area for people in crisis due to mental illness, and a separate area for kids in Emergency. Currently, these areas do not reflect the excellence and compassion of our physicians and staff.

HIGHLIGHTS OF THE NEW EMERGENCY DEPARTMENT

- **Super Track:** An innovation that is speeding up care in our Emergency Department
- **Children's Emergency Area:** a child-friendly space for kids (19,000 visits last year)
- **Mental Health Emergency Services Unit:** where 7,500 adults and children turn for mental health care
- **Private rooms:** Greater privacy for loved ones and sensitive care situations

A preliminary artist rendering of the transformed Emergency Department





YOU CAN HELP.

Together, we can transform emergency care for our community.

Our community is coming together to redesign our Emergency Department to improve care for you, your loved ones and neighbours. It's all part of our Promise to make this community one of the healthiest in Canada. You depend on us when you come through our doors and expect the best possible care when you need it most. We also depend on you. Tax dollars do not cover most renovations and equipment for community hospitals. Donors like you create change.

What your support will do

Improve Super Track – Now that the system is proven to make emergency care better and faster, we need to further improve it by relocating it into the heart of Emergency.

Transform our Children's Emergency Area – Children and adolescents who come to Emergency have specific care needs. This is why we dedicate areas to provide specialized care for our youngest patients. Your support will help improve our current children's emergency area to ensure kids feel reassured and comfortable at a time when they are frightened. We will renovate the exam rooms and family spaces for greater privacy with child-friendly activities.

Transform our Mental Health Emergency Services Unit – Adults, youth and children suffering with mental illness are amongst our most vulnerable patients. Our Mental Health Emergency Services Unit redesign will ensure our patients and families in crisis have access to private, dignified, and healing spaces to support timely assessment and treatment. This new space will separate adults and children, and create a safe and therapeutic environment for mental health care.

Create spaces that encourage healing – Our Emergency Department needs private rooms for sensitive care situations. We also need to build it with the best practices in infection control in mind. Your support will mean more rooms to accommodate today's equipment and new technology to ensure our teams, patients and families have the privacy, space and latest tools and equipment to provide the best care.

Giving to help build a new Emergency Department at St. Joseph's Health Centre will help care for you, your loved ones and neighbours. Together, let's keep the Promise to make our west-end community one of the healthiest in Canada.

How you can help

Make a pledge – Making a pledge (typically over five years) makes it easier for you to budget because the payment is always the same. It's also easier to make a larger contribution because you can spread it out for five years – giving you a substantial deductible contribution annually. If you are interested, please contact Andrew Finn at 416-530-6390 or afinn@stjoestoronto.ca.

Give monthly – You can become one of our Community of Angels by giving monthly. This is an easy, budget-friendly way to give and you'll receive an annual tax receipt for your total year's donation making tax time easy. Contact Daria Olynyk at 416-530-6486 ext. 3859 or dolynyk@stjoestoronto.ca to start today or give online at supportstjoes.ca.

Make a one-time gift – Visit supportstjoes.ca to make an online one-time gift or call us at 416-530-6704. Just indicate you'd like your donation to support our Emergency Department.

BY THE NUMBERS:

Toronto region's population is one of the fastest growing in Canada. This influx of neighbours is putting the pressure on community hospitals like St. Joe's.

2.7 MILLION

The number of people Toronto community hospitals serve.

500,000

The number of people living in our west-end community.

475,000

The number of Emergency visits to Toronto's community hospitals every year.

100,000+

Number of visits to St. Joe's Emergency last year.

15%

The percentage of Torontonians who are seniors. Seniors often have multiple health conditions and need frequent care

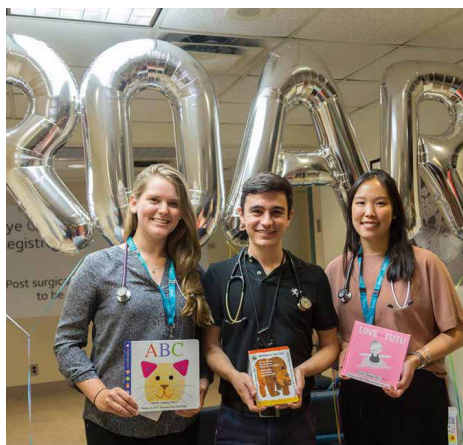
28,000

The number of visits from seniors who came to St. Joe's for care last year.

YOUR IMPACT

Your donations support Promise, the campaign for St. Joseph's Health Centre. Your giving has provided start-up funding for construction projects underway such as The Geoffrey H. Wood Foundation Centre of Excellence in Breast Cancer Screening and Treatment Centre, an improved Mental Health Emergency Services Unit and the new Bachir Yerec Family Dialysis Centre, just to name a few.

In addition to critical renovations to modernize our facilities, your support also helps purchase needed equipment and technology, and funds innovative programs for our patients. Donate today at supportstjoes.ca or call 416-530-6704. Here are just some examples of your dollars in action across St. Joe's.



A ROARING START FOR YOUNG READERS

An anonymous donor is helping kids read. A new program supported by ImagineIF, an innovation fund made possible thanks to a generous donation, has helped our Urban Family Health team launch ROAR – Reach Out and Read.

Now kids coming to our Family Medicine Clinic can enjoy new books in our waiting room and take some home to read. Parents can also receive counseling on literacy to help their little ones improve their reading.

Pictured here are three residents who started the program. From left to right: Sarah Whynot, Eric Fifield and Melissa Yu.



PATIENTS ARE MORE COMFORTABLE THANKS TO THE ROYAL CANADIAN LEGION

A generous donation of more than \$7,000 from the Royal Canadian Legion Ontario Command Charitable Foundation has helped purchase new bariatric chairs for patients at St. Joe's. These new chairs are specifically for larger patients who need more room to sit comfortably. The 10 chairs are now being used on our patient floors, including medicine and in our patient lounges.



NEW DEVICES HELPING PATIENTS AFTER LUNG SURGERY

Ten new digital chest tube units in the operating room are making a difference for patients requiring lung surgery. These devices are used by our thoracic team like Dr. Michael Ko (pictured here) to collect blood from the chest cavity to prevent the lung from collapsing. Before donor support made it possible to purchase these new battery operated systems, patients had to stay in their rooms hooked up to suction in the wall. Now, patients can walk around because the digital chest tubes are portable and lightweight. These new devices also provide a digital readout of any air leaking from the lung so our teams can react immediately.



GRATEFUL PATIENT INSPIRES NEW APP

“I found something.” These are three words Rick Williamson will never forget. After a routine examination of his digestive tract, Rick’s doctor told him he had cancer in his small intestine.

Thankfully Rick had an early diagnosis and was a good candidate for a Whipple procedure, the most effective treatment available for this type of cancer. St. Joe’s is just one of 13 hospitals across Ontario that offers this complex surgery to treat cancer of the liver, pancreas and bile ducts.

Rick came to St. Joe’s to meet Dr. Shiva Jayaraman, a surgeon who specializes in the Whipple procedure and booked his surgery two weeks later; the most difficult two weeks of his life. “The hardest part is getting mentally ready,” he says. “I searched for information online but didn’t feel sure of what to expect.”

Dr. Jayaraman was inspired by Rick’s fears and found a solution. He developed a free web-based app that provides reliable information about the Whipple procedure for patients and their loved ones. “Anyone can access this. Now patients can see if they’re on-track in their recovery and family can better understand what’s happening to their loved ones.”

Dr. Jayaraman led a team of students, developers and current and former patients for over six months to develop whipplepathway.ca, a web-based app that walks patients through the surgical journey from beginning to end.

Rick generously supported the development of the app, which has already been visited by thousands of people in the U.S. and Canada.



WINNING NIGHT AT THE RACES FOR MENTAL HEALTH CARE

In June, more than \$125,000 was raised at the Annual Running of the St. Joe’s Plate to support better mental health care. More than 350 guests came out to support the cause, including our lead supporters The Armstrong/Barnicke Family, Barometer Capital, Beth and Andy Burgess, and other generous sponsors. This year’s funds will help improve the central reception area of our mental health inpatient unit.

The St. Joe’s Plate Committee had another big win later in the month as they celebrated the opening of Lauren’s Lounge (seen below), a beautiful new space for patients who require longer stays at St. Joe’s for mental illness. Lauren’s Lounge is named in memory of Lauren Whelan who lived with mental illness and passed away in 2014.

Lauren’s aunt, Mary Anne Demonte-Whelan (shown far right), is the chair of the St. Joe’s Plate Committee, and Lauren’s mother, Linda D’Eon (shown left), is a volunteer. They, along with a group of passionate volunteers, have now raised \$2.5 million for mental health care.



OUR COMMUNITY



LADIES' LUNCH SUPPORTS A GREAT CAUSE

A big thank you to the over 200 women who attended Tamara Bratty and Julia Bratty's Ladies' Lunch in support of St. Joe's in the spring. In its seventh year, this Ladies' Lunch has raised more than \$525,000 for St. Joe's. This year's proceeds will support The Geoffrey H. Wood Foundation Centre of Excellence in Breast Cancer Screening and Treatment, where we will double the number of screenings we do each year and provide better, timely care for women. Thank you to Tamara (who is also a member of the Foundation's Board of Directors) and Julia for their amazing support every year.

Julia Bratty and Tamara Bratty



NORDSTROM IS GIVING BACK ALREADY

Our new neighbour Nordstrom Sherway Gardens raised \$140,000 at its Nordstrom Night Out on September 13. The fashionable evening celebrated the opening of the store with the full proceeds from ticket sales split between St. Joseph's and Big Brothers Big Sisters of Toronto. St. Joe's is pleased to receive \$70,000 towards the Promise Campaign for a healthier community.

CARES

Our community is coming together to help St. Joe's keep the Promise to make this community one of the healthiest in Canada. Whether it's by making a donation, hosting an event or attending one, it's inspiring to see how our west-end spirit can help create a healthier community.



CAPUCCI SALON HOSTS HAIR-RAISING EVENT

Many of our west-end neighbours timed their haircut, colour and blowdries to support St. Joe's. More than \$7,000 was raised at Capucci Salon this past spring for the Promise Campaign. Thank you to the stylists for donating their time to support local care. The team at Capucci Salon will be hosting another fundraiser this spring.



JC SALONS FUNDRAISES FOR NEW BREAST CENTRE

JC Salons has been a neighbour of St. Joe's for more than 30 years and is doing their part this year to bring the community together to support our Promise Campaign. "Everything we raise for St. Joe's will support The Geoffrey H. Wood Foundation Centre of Excellence in Breast Cancer Screening and Treatment," says Anita Cupello, co-owner of JC Salons. "This new facility is needed for women in our community facing breast cancer." So far, JC Salons has raised more than \$3,000 thanks to this fundraiser and the salon plans to have another haircutting event in 2018.



MCDONALD'S IS HELPING KEEP THE PROMISE

Many of our staff and neighbours were all smiles at McDonald's in early May for McHappy Day. McDonald's locations at The Queensway and Roncesvalles, King Street West and Dufferin, and King Street West at Bathurst donated \$1 from every Happy Meal, Big Mac or hot McCafé to support St. Joe's Promise Campaign.



ST. JOE'S PLAYS OPERATION IN THE COMMUNITY

Hundreds of kids came to visit the Foundation's Operating Room tent at community festivals this past September. Special thank you to everyone who played for an "Honourary Surgeon" certificate or bought a brick to help support priorities like our Emergency Department.

To learn more about how you can get involved, go to supportstjoes.ca or call us at 416.530.6704.



CELEBRATING THE SPIRIT OF GIVING AT DONOR RECOGNITION EVENT

At this past spring's Annual Donor Wall recognition event, Maria Dyck said: "It's always a great day when there's an opportunity to thank a donor in person." More than 100 people gathered in the lobby by the Donor Wall to recognize 107 donors who have either made a gift of \$10,000 or more or who have moved up a level in their giving. A highlight of the evening was remembering 129 special people who have left us but their legacy lives on through their giving, including some who named St. Joseph's Health Centre in their will.

Maria highlighted the progress on the Promise Campaign (now over \$60 million raised) and the impact donors have already had at St. Joseph's Health Centre, as renovations and construction are underway and new equipment is now in use. "It takes all of us," said Maria. "Transformative gifts from lead donors, corporations and foundations, monthly donors who help fund the greatest needs, donations to honour special people, and all of our neighbours who have been giving, fundraising and holding events to benefit St. Joe's."

To learn more about giving and how you can be added to the Donor Wall, please contact Daria Olynyk at 416-530-6486 ext. 3859 or dolynyk@stjoestoronto.ca.



SALAH DOES IT AGAIN

Salah Bachir is one of St. Joseph's strongest supporters. He hosts the annual Salah Bachir Show for St. Joe's and has provided funding for the new Bachir Yerex Family Dialysis Centre. Earlier this year, he was named International Fundraiser of the Year and now we congratulate Salah for being inducted into the Canadian Film and Television Hall of Fame. Maria Dyck, President and CEO of St. Joseph's Health Centre Foundation describes Salah as "the kind of guy who always sees the possibility and he's prepared to work to get there."



Joseph Barrese

A PROMISE TO SUPPORT ST. JOE'S FOR GENERATIONS TO COME

Even in his seventies, Joseph Barrese made the two-hour drive from his new home in Orillia to St. Joe's for care. "He grew up in the west end and St. Joe's always felt like an extension of home to him," said his nephew Wayne Barrese. "He liked the doctors and staff, felt comfortable and cared for through a heart condition and later prostate cancer."

As Joseph got older, it was no longer safe for him to make the long drive from Orillia. "The team at St. Joseph's made the transition to Orillia easier by helping him get the specialists he needed for his medical needs."

Joseph passed away in January and even though he hadn't been to St. Joe's for awhile, he remembered St. Joe's in his will as a way of thanking the Health Centre for years of care. "He was a fun, sociable man who worked hard at everything he did," said Wayne. "He wasn't wealthy, but he donated what he could to what mattered to him. St. Joe's was always part of his life."

If you are interested in naming St. Joe's in your will or learning more about planned giving, please contact Andrew Finn at 416-530-6390 or afinn@stjoestoronto.ca. You can also visit our website at supportstjoes.ca and look under Ways to Give.



"Our daughter Emily had two ischemic strokes when she was five. We made a gift to honour the Emergency team at St. Joe's for the incredible care she received all those years ago. The team took immediate action. St. Joseph's is why she is alive today."

– Robin Pilkey and Chris Henderson

You can thank your doctor, nurse or your St. Joe's team. Name them to the St. Joe's Circle by making a gift to say thank you. The person you are honouring will receive a special letter to let them know you have made a gift to recognize them, as well as a lanyard and commemorative pin. Their name will also be added to our St. Joe's Circle Wall.

To honour someone today, visit supportstjoes.ca and look under Ways to Give, call Rajai Habib at 416-530-6704 or come by our Donation Office on the first floor of the Health Centre.

BARNICKE FAMILY SHOWS THEIR CHILDREN THE MEANING OF GIVING

Georgia Barnicke turned nine this past spring. Like any typical young girl, she planned a sleepover with her friends that included making slime and lots of glitter. But what she didn't expect was any gifts. "We talked to her about using Echoage so instead of having her friends bring her gifts, we asked them to go online and make a donation to St. Joe's," said Michael Barnicke, Georgia's father.

The Barnicke family has a long history of giving to St. Joe's. "My grandfather J.J. Barnicke was from the west end. He was on the Foundation Board and made a gift to name a patient care wing in my grandmother's memory. My father Peter is now a member of the Foundation Board, and I joined the golf committee this year," said Michael. "For Georgia, her birthday donations were a way to connect her to our hospital and learn about the importance of giving back to help others."

If you have a child with an upcoming birthday, you can do what Georgia did to support St. Joe's. Go to echoage.com and select St. Joseph's Health Centre Foundation as your charity of choice.



Left to right: Peter Barnicke, Alexandra, Georgia, Adelaide and Michael Barnicke



CELEBRATE THE BIRTH OF A BABY

When Theresa Casarin had her second baby at St. Joe's, she felt grateful to have nurse Tanya Beatty by her side. "She was a tremendous help and went above and beyond to make our experience a positive one," says Theresa. "It's why I made a donation in her honour through the St. Joe's Baby Club."

Celebrate the birth of a baby with a donation to St. Joe's. The baby's first name and birth month will be added to our Baby Wall in the Our Lady of Mercy Wing. You can also recognize someone at St. Joe's for providing great care. For more information, visit stjoesbabyclub.ca or contact Darlene Swinton at 416-530-6486 ext. 3452 or dswinton@stjoestoronto.ca.

Theresa Casarin and son Iver

ST. JOE'S NEWS



CIBC JUST FOR KIDS CLINIC WINS INTERNATIONAL CODAAWARDS MERIT AWARD

St. Joseph's CIBC Just for Kids Clinic isn't only a hit with kids – it's also a stand-out in the architectural community. The clinic recently won an International CODAAward (Collaboration of Design and Art). The CODAAwards recognize projects that successfully integrate commissioned art into interior, architectural or public spaces.



DR. DAN CASS PLAYS KEY ROLE IN MAKING SPORT SAFER

Dr. Dan Cass, VP, Medical and Chief Medical Officer at St. Joseph's, is helping make sport safer for students and amateur athletes. Dr. Cass chaired the Rowan's Law Advisory Committee that developed recommendations on concussion safety. The report was tabled in the Ontario legislature and the government has committed to moving forward with concussion legislation. The Committee was established to review the jury recommendations made as a result of the coroner's inquest into the tragic death of 17-year-old varsity rugby player Rowan Stringer.



NEW CLINIC HELPS BABIES GET HOME SOONER

When Ponam gave birth to baby Kaia in May, they both required extra support – Kaia was underweight and Ponam was having trouble breastfeeding. She was referred to a brand new resource available at St. Joe's – our Newborn Clinic.

The Newborn Clinic supports babies who are discharged but need a final next-day assessment because of jaundice, weight loss or difficulty feeding. The clinic provides direct, one-on-one support from a paediatrician and lactation consultant.

"We were really stressed at the time because there was so much weight loss – it was really overwhelming," Ponam says. "Knowing the clinic is here made me feel more comfortable being at home with a new baby."

Pictured above: Ponam and her baby Kaia



PATIENTS ON DIALYSIS CYCLING THROUGH TREATMENT

St. Joe's is now one of only three hospitals in the GTA to offer exercise for patients while receiving dialysis treatment. Twice a week, Registered Kinesiologist Naz Gholami pulls out mobile cycling machines for up to eight patients at the Community Renal Centre for about 45 minutes of exercise during treatment.

Patients say they feel better and have more energy. Even those who used to have difficulty with everyday tasks can now climb a flight of stairs without getting winded or shop without needing to stop and rest. Soon dialysis patients will receive treatment in the new Bachir Yerex Family Dialysis Centre opening in 2018.

Pictured left: Jason now exercises during treatment

HAVE SOME FUN AND HELP KEEP THE PROMISE

UPCOMING EVENTS



TORONTO WEST HALLOWEEN FEST OCTOBER 29, 2017

Bloor West Village (between Windermere and Runnymede)
11 a.m. to 4 p.m.

Dress up and come out to Bloor West Village for St. Joseph's Toronto West Halloween Fest. Scotiabank is the lead sponsor once again for this year's fun-filled event for the whole family. Together, we are supporting care for kids, including improving our Emergency Department. Join your neighbours for a costume parade through the community, sing and dance with Splash n' Boots, and enjoy the games, crafts and other activities throughout the day. Visit stjoeshalloweenfest.ca for all of the details.



SHARE YOUR LIGHT NOVEMBER 29, 2017

St. Joseph's Health Centre, Main entrance
5:30 p.m. to 7 p.m.

Our Share your Light Festival is a great way to kick off the holiday season. Join our community in lighting up St. Joe's in a way that brings joy to our patients and neighbours. Local choirs and dance groups will perform to get everyone in the spirit.

Go to shareyourlight.ca for details and to dedicate a light to remember or honour someone special to you.



THIS JUST IN! GOLFING AND CYCLING FOR ST. JOE'S

St. Joe's Fall Classic raised \$210,000 for St. Joe's thanks to Pfaff Automotive Partners, Wasteco and many other sponsors and golfers. And a few weeks later, riders of all ages got on their bikes to Cycle 4 St. Joe's, sponsored by Mattamy Homes, Spidertech and others.

Watch for the highlights in our next issue!



Help St. Joseph's Health Centre keep the Promise to make this community one of the healthiest in Canada.

Make your gift today to support Promise by going online at supportstjoes.ca, calling 416-530-6704, or coming to see us at our Donation Office on the first floor of the Health Centre (1M-136) or our main office on the 5th floor of the Sunnyside Building.