



Garron family donates \$10M for new MRIs.
See page 3

See how your Promise is making an impact.
See pages 6 – 7

Neighbours come together to support St. Joe's.
See pages 10 – 11

Fun events ahead to help keep the Promise.
See page 12

St. Joseph's Health Centre Foundation Promise Newsletter | Fall 2018

“I never forgot how St. Joe's helped me. Now I can pay them back.”

Transformational donation has special meaning for Hans Koehle

SEE FULL STORY ON PAGE 2



Hans Koehle's gift of \$11.6 million is among the largest in the history of St. Joseph's Health Centre.

Look inside to see how your Promise is making an impact

ST
JOSEPH'S
HEALTH CENTRE FOUNDATION



FORMER PATIENT THANKS ST. JOE'S WITH A GIFT 60 YEARS LATER

Hans Koehle will never forget the generosity shown to him at St. Joseph's Health Centre sixty years ago. It was the summer of 1958 in the wee hours of the morning, and Koehle was with friends celebrating the end of a regatta by the Toronto Sailing and Canoe Club. In a moment of bravado, everything changed.

"A young woman dropped an earring into the water and, without thinking, I dove in to retrieve it for her. Little did I know the water was only three feet deep," he says. "I remember floating face down under the dock and not being able to move until thankfully someone jumped in to get me."

Koehle was resuscitated on the dock and rushed to St. Joe's. He suffered a broken neck and was diagnosed with temporary paralysis. He spent weeks in a full-body cast that he describes as having only tiny holes for his eyes and mouth.

"I was concerned because I couldn't cover my hospital expense. This was before OHIP," recalls Koehle.

"Dr. MacDonald, the surgeon who treated me, let me go home without paying."

Fast-forward 60 years to the \$11.6 million donation from Koehle – a donation that will revolutionize end-of-life care by creating the Lake House Palliative Care Centre. Inspired by the look and feel of a Muskoka or Lake Simcoe cottage, this warm environment with sweeping views of Lake Ontario, is part of an effort to honour the personalized needs of each

patient and their families in the last days of their journey together.

Before his wife Audree died in 2015, she expressed a wish to support other patients and families who would have to go through the emotional process of seeking palliative care.

"Audree received exceptional care at St. Joe's but felt there was always more that could be done to support palliative patients and their families at their most difficult time," says Koehle.

The Lake House Palliative Care Centre is now under construction and will open in about one year. This dedicated centre will have 15,000 square feet, 10 private rooms and other cottage-inspired family spaces like The Great Room.

There will also be an outpatient clinic. "Lake House's outpatient services will empower patients to stay in their own

homes for as long as possible. It provides them with choice," says Dr. Graham Berlyne, medical director for St. Joseph's Medicine and Seniors Care program.

"Audree loved to look out the windows here at St. Joe's to see the panoramic views of Lake Ontario. Her wish was for other patients to enjoy this view. Her wish will be granted," says Maria Dyck, President and CEO of the Foundation.

"The Lake House Palliative Care Centre will reflect its name in the design and décor. Additional funds from Koehle's donation will be allocated for other critical priorities at St. Joseph's.

"We're celebrating one of the largest donations in our history," says Dyck. "A family that received life altering care at St. Joe's is now leaving a tremendous legacy to ensure our neighbours receive caring end-of-life support.



Artist's rendering of the kitchen in the new Lake House Palliative Care Centre

GARRON FAMILY GIFT WILL EXPAND MRI TECHNOLOGY AT ST. JOE'S

St. Joseph's Health Centre – known as one of the busiest MRI centres in the city – has received a big technology boost from Myron and Berna Garron. The \$10 million gift will help St. Joe's increase the number of MRIs it performs each year and help decrease stressful wait times for our west-end community.

This gift is the latest donation by the Garron Family, who have also supported care in East Toronto. Their transformational gift will replace the Health Centre's current MRI, as well as add a second machine to be housed in the Garron Family Centre of Excellence in MRI.



Garron Family

“St. Joseph's is the heart of health care in the west-end and is vital to helping serve and support this vibrant community's diverse needs,” said Victor G. Dodig, President and CEO, CIBC and co-chair of the hospital foundation's Promise Campaign. “As the community grows, St. Joe's will continue to provide residents with the care they need, and the generous

contributions of Myron and Berna Garron will help improve care for those who call the west-end home.”



Diane Kazarian, Mike Talmage and Stephen Caudwell at the Garron celebration event.

St. Joe's currently has one MRI running 24 hours a day, seven days a week, doing about 15,000 scans every year. Myron Garron says he was impressed by how efficiently St. Joe's is in performing MRIs and wanted to support their growth. “This donation is to emphasize the importance of community hospitals that are sometimes overlooked, and need new equipment to reflect technological advancements in medicine,” he says. “We have made it one of our missions to support imaging of all sorts at hospitals in the GTA.”



Dr. Amr Elmaraghy, Luke Gilgan and Bob Clark



Berna and Myron Garron in front of the soon to be renamed Garron Family Our Lady of Mercy Wing

This is the Garron family's second gift to St. Joe's. The first donation is being used to build a second mammography suite in The Geoffrey H. Wood Centre Foundation of Excellence in Breast Cancer Screening and Treatment, which is now under construction.



Doug Farley, Guardian Capital Advisors; Roman Dubczak, Board Chair, St. Joseph's Health Centre Foundation; Mayor John Tory; Victor Dodig, Co-chair of the Promise Campaign; Berna Garron; Myron Garron; Dr. Tim Rutledge, President of the health network; Maria Dyck, President & CEO St. Joseph's Health Centre Foundation

In their honour, the Our Lady of Mercy Wing will be renamed the Garron Family Our Lady of Mercy Wing.

Roman Dubczak, Chair of the Foundation Board of Directors, says the Garron family's gift is significant because it's common for patients to have to wait two to three months for a MRI test. “The Garron family is helping increase capacity at St. Joe's – in time, twice as many patients can receive MRI exams at St. Joe's,” he says. “This generous gift will help our neighbours get the very best care – and close to home.”

KEEPING THE PROMISE

THANK YOU TO ALL OF OUR NEIGHBOURS WHO ARE MAKING A “PINKY PROMISE” TO SUPPORT ST. JOE’S. YOU ARE HELPING KEEP THE PROMISE TO MEET THE SPECIFIC HEALTH CARE NEEDS OF OUR WEST-END COMMUNITY.



Randy Cousins, Foundation volunteer, with Maria Rugg, Clinical Nurse Specialist Palliative Care.

“MY PINKY PROMISE RENEWS MY SUPPORT THAT STARTED OVER 10 YEARS AGO.”

Randy Cousins remembers his mother’s stories about St. Joe’s. “She was being treated for lung cancer and would tell me about her time looking out the window at the lake or reading while having chemotherapy,” he says. “It was never an ordeal for her. I think it was the care of the staff that made a difference.”

The cancer eventually won, says Randy, but he was always impressed with her care – especially when she was in palliative care. The same is true for his father who had Alzheimer’s disease and spent many hours at St. Joe’s Emergency for various issues. “The care has always been great and that’s why I’ve been a long-time donor to St. Joe’s.”

If you’d like to make a gift like Randy, go to supportstjoes.ca to donate today.



Patrick Walsh, Foundation volunteer, with Dr. Michael Kliman, Orthopaedic Surgeon.

“I AM PROUD TO MAKE A PINKY PROMISE FOR ST. JOE’S.”

St. Joe’s has been part of Patrick Walsh’s life since he was six years old. “I had my tonsils out at age six, and have been here several times over the years with the kids.”

In 2007, Patrick had a more extended stay at St. Joe’s. “I had a fall and ended up needing surgery for a broken shoulder. Dr. Michael Kliman put me back together again with a plate and seven screws that are still with me today. I am so grateful,” he says. “I give back as a donor and volunteer because it’s important we support care in our community – you never know when you’re going to need it.”

You can volunteer to help like Patrick too. Go to supportstjoes.ca for more information or to make a donation.

HOW CAN I MAKE A “PINKY PROMISE?”

A “pinky promise” is a commitment to join St. Joe’s in helping us meet the needs of our west-end friends and neighbours. You may have seen some recent advertising of neighbours making their “pinky promise” to St. Joe’s.

Over the next month, canvassers will be visiting neighbourhoods asking our neighbours to make their promise of support by becoming monthly donors. Please join us and be sure to share your promise on Facebook, Twitter or Instagram with [#mypinkypromise](https://www.instagram.com/mypinkypromise).



Lorna Martin and her late husband created the Lori’s Legacy Fund.



Peggy Boccia with her daughter at the Donor Appreciation event.

“MY LEGACY LIVES ON AT ST. JOE’S.”

It’s a legacy that started at the kitchen table after Lorna Martin and Doug Martin’s daughter Lorna-Lynn, or Lori, passed away from cancer. “We wanted to do something special to honour her memory, so we created Lori’s Legacy Fund – a walk that raised more than \$1 million for St. Joe’s,” says Lorna.

Lori’s Legacy Fund supports critical needs in the oncology unit. Now, Lorna is extending her generosity by naming two rooms in the Lake House Palliative Care Centre, one in memory of her son John, and the other in honour of her family.

“St. Joe’s has been part of my family’s life for a long time. I’ve named St. Joe’s in my will because I want to help others who need care for years to come.

Learn about including St. Joseph’s Health Centre Foundation in your will. Visit supportstjoes.ca/leave-a-legacy or call us at 416-530-6704.

“I PROMISE TO GIVE MONTHLY BECAUSE ST. JOE’S HAS SPECIAL MEANING FOR MY FAMILY.”

“My husband – Dr. Aldo Boccia – was a dental surgeon at St. Joe’s for more than 30 years before he passed away in 2016,” says Peggy Boccia. “He loved this hospital and we’ve done what we can over the years to support the care here for our west-end community.”

The Boccia family have been donors since 1986 and have given more than \$100,000 – in fact, Dr. Boccia was the largest donor among the medical staff.

Peggy and her family continue to make donations every year on a monthly basis. As well, they give twice yearly to mark Peggy’s and Aldo’s birthdays, believing St. Joe’s to be a “cornerstone in the Toronto healthcare system and vital to the community it serves.”

You can join Peggy by becoming a monthly donor or consider celebrating milestone occasions by giving back to St. Joe’s. Visit supportstjoes.ca under Ways to Give to learn more about your options.

KEEPING THE PROMISE IS MAKING AN IMPACT



David E. depends on close-to-home care.

“ST. JOE’S EMERGENCY IS HERE WHEN I NEED IT.”

After selling their business in 2008, David E. and his wife sold their family home in Toronto and retired to Collingwood. That decision has since changed so they can stay close to their family and St. Joe’s.

“My wife has dysautonomia, which is a chronic condition that causes her to fall and blackout if she stands up too quickly,” he says. “When it first started, I’d rush her to St. Joe’s Emergency, and always felt grateful that we live close-by. I’ve since been able to help her on my own with only occasional visits to St. Joe’s.”

But last spring, things changed again. “She fell and I couldn’t revive her. I brought her to Emergency and she was admitted for three days under the watchful eye of such caring doctors and staff,” says David. “She’s getting the help she needs now, but we’re staying in the west end so we’re close to St. Joe’s.”

David says St. Joe’s is the heart of this community because so many people rely on great care that’s nearby. David is so appreciative of the care his wife receives, he is always sure to make a donation at each visit – now totalling more than \$15,000 since 2017. “We see the need for a new Emergency Department – the doctors and staff are excellent, but are working in a space that’s too small for the volume of patients. This is our way of saying thank you and supporting emergency care for our community.”

You can join David in supporting emergency care by making a donation today. Visit supportstjoes.ca, call us a 416-530-6704 or drop by our Donations Office on the main floor of the Health Centre. You can even make a gift to honour a physician, nurse or team by naming them to the St. Joe’s Circle.



Sandra Belvedere and Maria Dyck, President and CEO of St. Joseph’s Health Centre Foundation

GIFT FOR KIDS MEANS PLAY TIME AT ST. JOE’S

Good news for parents bringing their children to St. Joe’s. Thanks to donor support, there’s now a playground called Sandy’s Dream that will help make the trip to hospital less stressful for kids.

“We want to minimize any anxiety kids feel when they come for care,” says Dr. Eddy Lau, a paediatrician and interim Chief Medical Officer. “Generous donors created the child-friendly CIBC Just for Kids Clinic and paediatric waiting area for all the clinics in the department. Now we have an outdoor space that is just as welcoming for youngsters.”

Sandy’s Dream is possible because long-time supporter Sandra Belvedere wanted to do something special for families coming to St. Joe’s. The new playground includes a wooden train named in tribute to her grand-daughter Melissa.

The playground is a hit with both patients and kids in the neighbourhood. Ethan and Singh come to St. Joe’s Asthma and CIBC Just for Kids Clinic for care. Their mom says now their visits are something to look forward to. “We arrived early for an appointment so the playground was perfect for two boys with lots of energy.”



Dermatologist Dr. Erin Dahlke will lead the only clinic in southwestern Ontario that treats skin cancer using micrographic surgery.

NEW CLINIC TO TREAT SKIN CANCER, THANKS TO YOU

Your support is opening the only clinic in southwestern Ontario to treat skin cancer using Mohs micrographic surgery, the number one treatment choice because of its high cure rates. Donations from supporters like you are funding redevelopment work to transform a space into the new clinic and purchase the surgical equipment needed to treat patients.

“Mohs micrographic surgery utilizes a precise surgical technique that allows skin cancers to be removed entirely while preserving all of the surrounding healthy tissue,” says Dr. Erin Dahlke, a dermatologist leading the clinic. Melissa Morey-Hollis, Program Director, Medicine and Seniors Program, says the new clinic is good news for patients who can't travel and cannot wait up to 13 months for treatment. “We're finally able to offer, close to home, this gold standard treatment care for the most common cancer in our community.”



A big thank you to Rick Fisher, and Adrian and Lydia Ruzycky for supporting St. Joe's.

“ST. JOE'S EMERGENCY IS HERE WHEN I NEED IT.”

Pizzeria Defina is doing more for this community than offering a great lunch or dinner option. A big thank you to local business owner Adrian Ruzycky who is giving back to our community by helping neighbours with heart issues receive better, more comfortable care.

Family, friends and neighbours joined Adrian in raising more than \$24,000 to purchase two echocardiography beds for St. Joe's. The new beds make lengthy procedures more comfortable for patients and include special features that allow the sonographer to easily reach the patient from all sides to take better images of the heart.

Adrian's gift celebrates the life of his son Luka Ruzycky, who passed away at the age of 18 due to a heart-related condition. Last year, along with family and friends Adrian raised \$12,000 to purchase an EKG (electrocardiograph) machine.

HELP ST. JOE'S KEEP THE PROMISE TO MEET THE NEEDS OF OUR WEST-END COMMUNITY!

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

Together, we can keep the Promise.



Meredith Omstead at St. Joe's Plate

YOU ARE HELPING IMPROVE CARE FOR PEOPLE WITH MENTAL ILLNESS

Meredith Omstead says she was proud of being a perfectionist until her body and mind could no longer handle the stress she placed upon herself. At the St. Joe's Plate event in June, Meredith bravely told her story beginning with her first panic attack.

After months of intrusive thoughts, something Meredith described as “nightmares but while I was awake,” she knew she needed help. “The ride to St. Joe's was one of the scariest things I've ever encountered. Fear comes from the unknown, and I had no idea what to expect.” At the age of 19, Meredith was admitted to the Health Centre's Mental Health Emergency Services Unit – what she now describes as “something from a horror movie... I really didn't feel safe.”

This is the same unit that will soon feel like a healing environment for patients, thanks to donors like you who have come forward to help. The new Mental Health Emergency Services Unit will re-open later this year,

and is designed to be warm and welcoming for adults, youth and children, who will be treated in separate, private areas.

The new unit will go a long way in helping people like Meredith begin their journey to recovery. Meredith is now thriving after getting the care she needed and hopes people continue to support mental health care. “Mental health is health, and we need to treat it like we treat physical health – from the way our system is run, to being transparent about how you're feeling to understanding that recovery is attainable.”

Improving mental health care is a priority for St. Joe's. If you are interested in helping our team care for those with mental illness, please give today. There are several programs and initiatives underway at St. Joe's that need your support. Go to supportstjoes.ca or call us at 416-530-6704.

WINNING NIGHT AT THE RACES FOR MENTAL HEALTH CARE

Three hundred of our west-end neighbours enjoyed a night at the races to support better mental health care at St. Joe's. More than \$103,000 was raised this year to purchase interactive media screens for the new Transitional Aged Youth Unit, now under construction.

The media screens will enable patient to interact with care providers, community resource providers, and even family and friends. The idea is to ensure patients feel connected. Patients will also be able to access soothing music and visuals that reduce anxiety. The unit will use the screens for educational purposes as well – from video-call conferences to education and activities.

Thank you to the dedicated St. Joe's Plate committee members for helping provide better mental health care for our community.



Pictured above: St. Joe's Plate committee led by Mary Anne De Monte Whelen (centre front row)

THANK YOU TO OUR BOARD OF DIRECTORS FOR HELPING KEEP THE PROMISE

Our neighbours give in different ways to support care in our community. Some give monthly, make a one-time donation, choose to name St. Joe's in their will, or participate in a special event, just to name a few examples.

There are also special people who give, but also volunteer their time to guide the Foundation in its fundraising efforts to support the Health Centre. Special thank you to our Foundation Board of Directors for their leadership in helping St. Joe's keep the Promise to meet the specific healthcare needs of our community.



Members of St. Joseph's Health Centre Foundation Board of Directors. Back row: Bob Clark, Ed Lycklama, Randy Cousins, Diane Kazarian, Bernadette Testani, Dr. Peter Menikefs, Ivan Grbesic. Middle row: Jeff Snowden, David Kincaid, Louise Hucal, Elizabeth Wademan, Peter Barnicke, Mike Talmage. Front row: Maria Dyck (President and CEO, St. Joseph's Health Centre Foundation), Pat Walsh, Dr. Tim Rutledge, Dr. Chris Compeau, Roman Dubczak (Chair), Larry Chapman. Missing: Tamara Bratty, John Hastings, Darren B. Lamb, Simon Nylassy, Connie Stefankiewicz.

DONORS, VOLUNTEERS, NEIGHBOURS AND STAFF MAKE THEIR PINKY PROMISE TO ST. JOE'S.



Francesco Fiore, Pamela Hopson and their son Edward



Connie Stefankiewicz
and her daughter Emma



Maria Pasic, Jeff Companion



Meghan Savigny and her son Cohen



Sylvie Moreland, Hnem Sang



Raj Ramdayal, Rica Best

What's your pinky promise to St. Joe's? Over the last month, we've been capturing people from the community making their pinky promise to support St. Joe's. Share yours on Instagram using #MyPinkyPromise.

FALL FUN FOR ST. JOE'S

Fall Classic Golf Tournament and Cycle 4 St. Joe's events bring the community together



Ryan Hawk, winner of the Cartier watch raffle and Ferit Tecimer, owner of Humbertown Jewellers.



Level5 foursome: Tom Green, David Kincaid, Dee Dee Green, Janet Kincaid



The starting line at Cycle 4 St. Joe's.



Pfaff foursome: Michael Grange, Mike Talmage, Horst Bulau, John Clarke



Bob Clark, Larry Chapman, Roman Dubczak (Chair of the Foundation Board), Maria Dyck (Foundation President & CEO).

In early September, 140 golfers came out in spite of the rain to St. George's Golf and Country Club to raise funds towards priorities like a new Emergency Department. With thanks to presenting sponsor Pfaff, cart sponsor Wasteco, raffle sponsor Humbertown Jewellers, and many more, over \$290,000 was raised for emergency care. Committee Chair and Board of Directors member Mike Talmage said a little rain didn't dampen the spirits of our neighbours who golf every year to support their community hospital.

Next year's Fall Classic is September 9th, 2019. Mark your calendar now!

Later in the month, 320 riders showed their support by cycling for St. Joe's. The picturesque ride through the Milton area brought out staff, families, beginner riders and dedicated cyclists for one of four routes. Special mention to our Cycle Ambassadors who each raised \$5,000 or more, as well as our Young Ambassadors, those under 40 who raised \$1,000 or more.

With thanks to our presenting sponsor Medavie Blue Cross, co-founding sponsors Mattamy Homes and Spidertech, and route sponsors BLG and CIBC, along with the fundraising efforts of everyone participating, more than \$300,000 was raised to support emergency care and other greatest needs at St. Joe's. Committee Chairs Larry Chapman and Bob Clark said they look forward to this ride every year. "Many of us have received care from St. Joe's, so it's a pleasure to come together and give back in this fun way."

Next year's Cycle 4 St. Joe's is September 22nd, 2019. Check out more photos on Facebook!

Help St. Joe's keep the Promise to meet the needs of our west-end community. Make your gift today to support Promise by going online at supportstjoes.ca, calling 416-530-6704 or coming to see us at the Donations Office on the first floor of the Health Centre (1M-136). Together, we can keep the Promise.

UPCOMING EVENTS MARK YOUR CALENDAR!

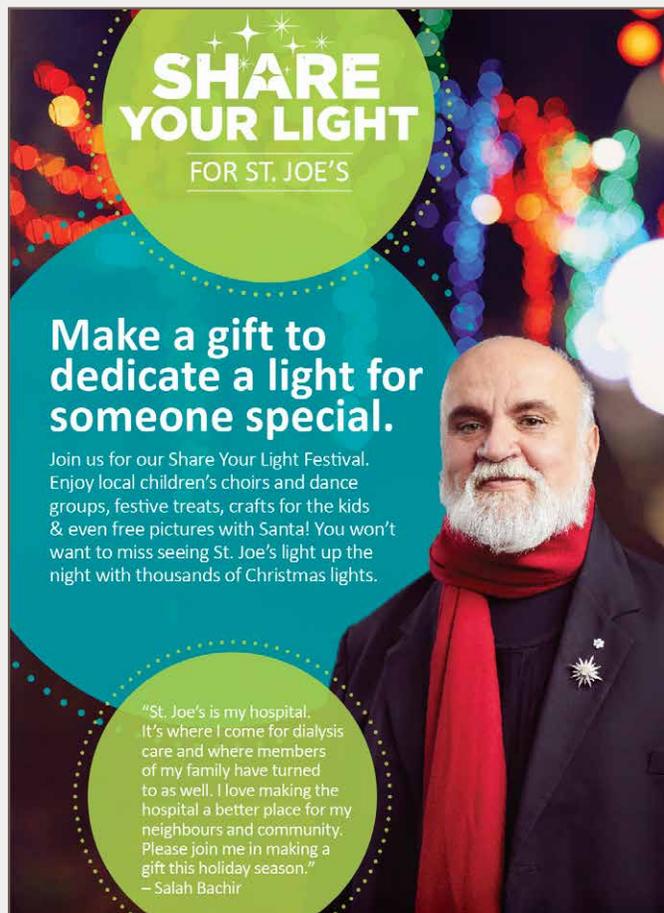


ST. JOSEPH'S TORONTO WEST HALLOWEEN FEST

Sunday, October 28, 2018
Bloor West Village (between Windermere and Runnymede)
11 a.m. to 4 p.m.

Bring the kids to Bloor West Village for a fun-filled day at St. Joseph's Toronto West Halloween Fest. Join in the costume parade, see live performances by Sunshine and Broccoli, try out your skills at the Hockey Zone – and don't miss the pet Halloween costume fashion show! Visit stjoeshallooweenfest.ca for details and sign-up to get your free trick or treat bag.

Thank you to all of our sponsors including Scotiabank, Citytv and The Art of Real Estate, Christine Simpson.



SHARE YOUR LIGHT

Wednesday, November 21, 2018
St. Joseph's Health Centre, Main entrance
5:30 p.m. to 7 p.m.

The Share your Light Festival is a great way to kick-off the holiday season. Join your neighbours in lighting up St. Joe's. This outdoor festival is a spirited way to support St. Joe's while enjoying performances by local choirs, dance groups and even pictures with Santa. Go to shareyourlight.ca for details and to dedicate a light to remember or honour someone special to you.

Help St. Joseph's Health Centre keep the Promise to meet the specific healthcare needs of our west-end community.

Make your gift today to support Promise by going online at supportstjoes.ca, calling 416-530-6704, or visit our Donation Office on the first floor of the Health Centre (1M-136).