

# Foundation

# Matters

A newsletter for donors and friends of St. Joseph's Healthcare | **SUMMER** | 2016

St. Joseph's  
Healthcare  Hamilton  
FOUNDATION  
HOPE HEALING **DISCOVERY**

## A Ripple Effect *The Power of Giving*



Above: Team Scleroderma Research, with Dr. Maggie Larché (center of front row), celebrate after Paris to Ancaster: A Ride for Research

### The Research Institute of St. Joe's Hamilton has four areas of focus:

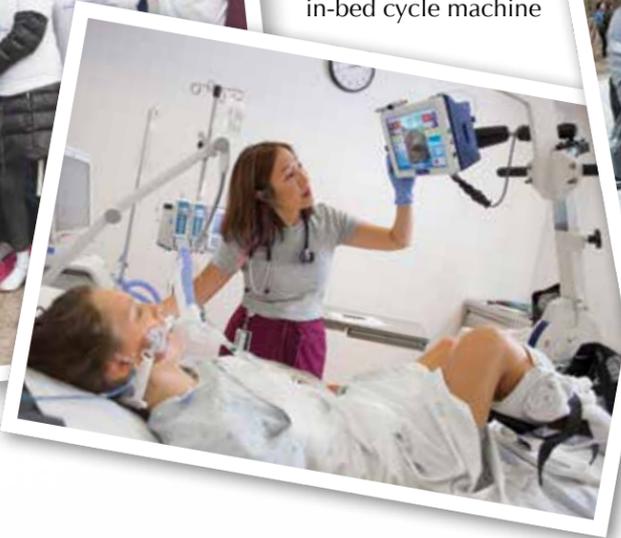
- Kidney & Urinary
- Lungs & Chest
- Mental Health & Addiction
- Father Sean O'Sullivan Research Centre: the umbrella for research that's happening outside of respiratory, kidney and mental health

To learn more visit:  
[research.stjoes.ca](http://research.stjoes.ca)



Above: St. Joe's and McMaster graduate research students from Team Scleroderma Research at Paris to Ancaster: A Ride for Research

Below: Dr. Michelle Kho with a patient using the in-bed cycle machine



Above L to R: St. Joe's researcher Dr. Kjetil Ask, Dr. Mark Inman and Dr. Michelle Kho participating in Paris to Ancaster: A Ride for Research

### Ever wonder just how big an impact your donation has on research at St. Joe's? Or how far a donation can go?

Many St. Joe's researchers know first-hand the impact of generous donor support, but sometimes even they're surprised at just how far that support can take them.

One such researcher, Dr. Michelle Kho, a clinician scientist in the physiotherapy department at St. Joseph's Healthcare Hamilton and assistant professor at the School of Rehabilitation Science at McMaster University, pioneered a study in the Intensive Care Unit (ICU) at St. Joe's to see how in-bed cycling can help critically ill patients early in their ICU stay. Muscle deterioration and weakness can set in and they're at risk of disability after recovery.

"Our first in-bed cycle machine for the CYCLE Research Program was purchased through donor funding from St. Joe's Foundation and was critical to the start of our research," said Dr. Kho. "That funding allowed us to expand the program across Canada more quickly than expected. Now, six other Canadian ICUs are taking part!"

To keep research funding coming in, and to pay it forward

to other researchers and patients, Dr. Kho has been taking part in fundraising events that support St. Joseph's Healthcare Foundation, like the Around the Bay Road Race and, new this year, Paris to Ancaster: A Ride for Research. In the last two years alone – thanks to the generosity of our community – the fundraising teams she's been part of have raised more than \$25,000 for research at our Hospital.

Another St. Joe's and McMaster researcher, rheumatologist Dr. Maggie Larché, led Team Scleroderma Research, a team of 20 strong, in the inaugural year of our fundraising partnership with Paris to Ancaster.

Not only did the team have a presence in all three of the ride routes, but they also achieved their fundraising goal of \$10,000 for scleroderma research at St. Joe's!

Imagine the pride Team Scleroderma Research felt when, less than two months after Paris to Ancaster, they learned those funds were being considered for matching through McMaster

University and the Ontario Graduate Scholarship program. The original \$10,000 will be multiplied to an impressive \$60,000 – all to benefit scleroderma research!

The combined funds will support graduate student research on scleroderma, fibrosis and other connective tissue diseases over the next four years. "Scleroderma is one of the more prevalent rare diseases, affecting about one in 2,500 Canadians,"

said Dr. Larché.

"Unfortunately, at the moment, there is no cure but that's what we're working on with other internationally renowned scientists. Student research positions like these are invaluable to help us change the course of scleroderma diagnosis and

treatment, so a cure can one day be possible."

Each and every donation to St. Joe's has an impact. And the ripple effect one donation can have is amazing; it can lead to other donations or contributions or elevate a program to a whole new level. Every dollar raised, every day, supports hope, healing and discovery at our Hospital and beyond. Now, that's powerful!

“  
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# A True Measure of Gratitude

Not long after marrying in 1957, Luciano and Teresa Cravero began a lifelong connection to St. Joe's with the arrival of three children, Robert, David and Linda.

Throughout their 55 years of marriage, and raising a family, Luciano and Teresa celebrated many joys and dealt with the everyday bumps and scrapes, stitches and fractures. From the birthing suites to the intensive care unit (ICU), the Cravero family was always cared for at St. Joe's.

The last decade of Teresa's life was spent in and out of hospital – often at St. Joe's. She would share that she appreciated the exceptional care she received and how wonderfully it was delivered. It made a difference to her during those difficult years and until her passing in 2013.

Just two years shy of his wife's passing, Luciano was admitted to St. Joe's. For three weeks he was visited and comforted around-the-clock in the ICU by family and friends. Luciano passed away at the Hospital in early 2015.

## One family's gratitude will be another family's comfort.

"Dad's stay in the ICU was difficult; the days were long, tiring and very emotional. But there wasn't one day, one situation or one interaction with the staff that was anything other than respectful, kind, thoughtful and gentle," recalls daughter Linda.

Together, Luciano and Teresa planned to leave a gift to St. Joe's from their estate. It was important for them to ensure the health of their family and the community for generations to come at the very Hospital where they had been so thoughtfully cared for all those years.

Now, the Cravero Family gift – recognized with a plaque in a renovated quiet room in the ICU – provides a private, quiet space for other families who are going through difficult times to come together, to share family memories, and to support one another. With more than 1,000 patients being cared for in St. Joe's ICU each year, it's a space where one family's gratitude will be another family's comfort.



Luciano and Teresa Cravero

# Our Youth Wellness Centre One Year of Making a Difference!

Happy 1<sup>st</sup> anniversary to St. Joseph's Healthcare Hamilton's Youth Wellness Centre (YWC)!

Located in downtown Hamilton, in a building separate from the Hospital where young people can feel more comfortable, the YWC brings accessible, expert mental health care to youth and young adults between the ages of 17 and 25.

462 referrals came into the Youth Wellness Centre in its first eight months of operation. And 45% of those were self-referrals, meaning it was the youth or young adults that came forward to seek support.

Whether through confidential counselling services, early intervention programs, supporting clients as they transition between youth and adult services, or with the mobile team that reaches out into schools, the YWC has had a tremendous, positive impact on the mental wellness of the youth and young adults in our region.

The YWC is grateful for the community's support. Donations to youth mental health can be made at [stjoesfoundation.ca/give](http://stjoesfoundation.ca/give).

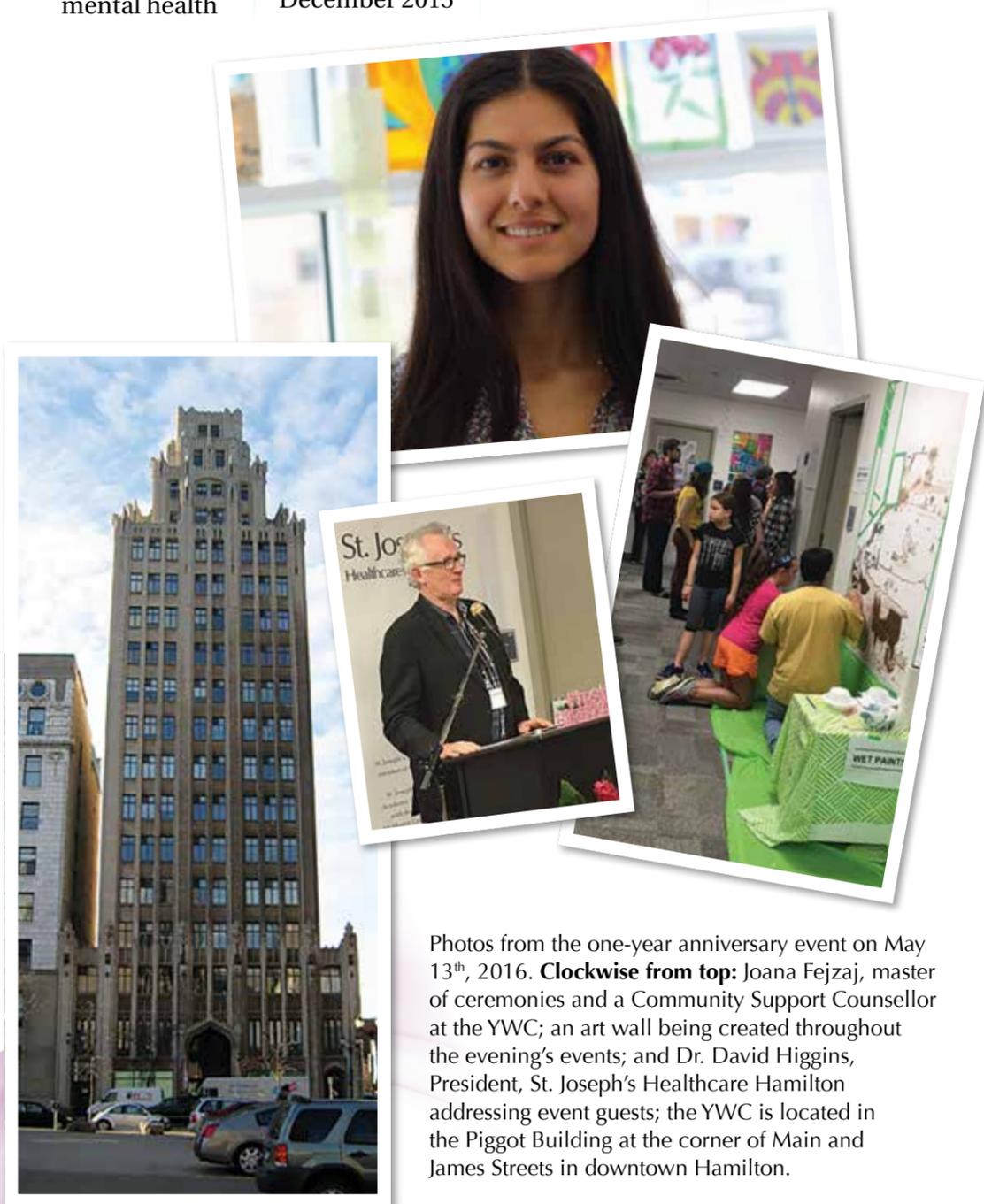
## By the numbers:

**1 in 5**  
**Canadian**  
**youth**  
are struggling  
with their  
mental health

**462**  
**referrals**  
to the YWC  
between  
April and  
December 2015

**45%**  
**of referrals**  
were  
self-referrals

**392**  
**of the referrals**  
went on to  
receive support  
at the YWC



Photos from the one-year anniversary event on May 13<sup>th</sup>, 2016. **Clockwise from top:** Joana Fejzaj, master of ceremonies and a Community Support Counsellor at the YWC; an art wall being created throughout the evening's events; and Dr. David Higgins, President, St. Joseph's Healthcare Hamilton addressing event guests; the YWC is located in the Piggot Building at the corner of Main and James Streets in downtown Hamilton.

Are you a youth or young adult needing support, or know someone who does?

Visit [reachouthamilton.ca](http://reachouthamilton.ca)

**#ReachOut**



## A Roadmap *to Better Care*

It's been four short years since the da Vinci Si surgical robot arrived at St. Joe's. In that time, the robotic surgery program has grown in size and scope – caring for more than 800 patients with diseases or cancers of the head, neck, chest, lung, kidney and urinary system.

The lifesaving robotic surgeries performed at St. Joe's are made possible thanks to the generous support of our donors, especially the Boris Family through the Marta & Owen Boris Foundation.

“Without the generosity of donors, the robotic surgery program at the Hospital would not be available to our community,” said Sera Filice-Armenio, president and CEO, St. Joseph's Healthcare Foundation. “Our supporters fund the additional equipment needed for each robotic surgery and the research studies undertaken to evaluate these innovative procedures.”

And the addition of a new piece of technology – the Firefly – has the potential to change how we do robotic lung cancer surgery yet again.

With the current robotic system, lung cancer surgeons like Dr. Waël Hanna can create a roadmap of a patient's lung with more accuracy than traditional surgery alone. But researchers believe the Firefly will enhance that roadmap. By inserting dye directly into a patient's tumour, the Firefly can pinpoint the tumour so only it – and nothing more – is removed in surgery.

“The Firefly will allow us to try new techniques and we're anticipating this innovation will take robotic lung cancer surgery to a whole new level,” said Dr. Hanna. “We'd hopefully see much better outcomes for our lung cancer patients.”

For patients with small tumours it means less time in surgery and less risk. A patient keeps more of their healthy lung tissue. There can be faster healing. And it all leads to a faster return home.

The Boris Family Centre for Robotic Surgery at St. Joseph's Healthcare Hamilton is a national leader in robotic surgery. The studies we're leading – including what's to come with the Firefly – are recognized around the world as pioneering and support hope, healing and discovery at our Hospital and around the world.

Find out how you, too, can make a difference to the robotic surgery program at our Hospital by visiting [stjoesfoundation.ca](http://stjoesfoundation.ca).

St. Joseph's  
Healthcare  Hamilton

Boris Family  
Centre for Robotic Surgery



Dr. Waël Hanna, thoracic surgeon at St. Joe's

## Meet our Firestone Miracle Worker: Dr. Gerard Cox

Since 2012, St. Joe's Grateful Patient Program has been a meaningful way for our donors to say thanks for the excellent care they receive at our Hospital. By making a gift in recognition of a staff member or care team, they're expressing gratitude to those who have truly made a difference. So far, over 300 individuals and more than 40 departments have been acknowledged in this special way – they're our St. Joe's Miracle Workers!

And with so many dedicated staff at St. Joe's, it's no surprise that some have been honoured more than once. One such Miracle Worker is Dr. Gerard Cox, a respirologist in our world-renowned Firestone Institute for Respiratory Health. He's already been recognized 20 times and is deserving of the title of Mega Miracle Worker, a special honour reserved for those with 10 nominations or more.

Along with the rest of the Firestone Team – the regional lead in respiratory care and research – Dr. Cox works tirelessly to serve patients with asthma, chronic obstructive pulmonary disease (COPD), lung cancer, and more. Through their compassionate care and innovative discoveries, the Firestone physicians and researchers are helping their patients breathe a little easier, and for many, that truly is a miracle.

*“Dr. Cox and his team made me feel like I was their top priority by always giving me quality care and taking the time to listen to my concerns. He helped me manage my disease and in doing so, he gave me a longer, happier life!”*

– Meaghan, A Grateful Patient

It's staff like Dr. Cox that inspire grateful patients and their families to support our Hospital with gifts that help us continue delivering exceptional patient care. Together, staff and donors enable research into areas like COPD and asthma – to name just a few – and are creating a healthier future for our region through their compassion, dedication and partnership.



Would you like to learn more about the Grateful Patient Program and how you can recognize your own St. Joe's Miracle Worker?

Visit [stjoesfoundation.ca/gratefulpatient](http://stjoesfoundation.ca/gratefulpatient) for more information.



## UPCOMING EVENTS IN SUPPORT OF ST. JOE'S

### Lina DeSantis Memorial Golf Tournament

Thursday, September 1<sup>st</sup>, 2016  
Glendale Golf & Country Club

Sponsorship opportunities  
available

**For Inquiries:** Contact Angeline at  
[angeline@stjoesfoundation.ca](mailto:angeline@stjoesfoundation.ca)  
or 905.522.1155 ext. 35981

### St. Joseph's Healthcare Foundation's 19th Annual Gala – Puttin' on the Ritz

Saturday, November 5<sup>th</sup>, 2016  
LIUNA Station  
360 James Street North

**Time:** 6:30 p.m.

Tickets \$325 each, corporate  
tables and sponsorship  
opportunities are available

**For Tickets:**  
[stjoesfoundation.ca/gala](http://stjoesfoundation.ca/gala)

**For Inquiries:** Contact Angeline at  
[angeline@stjoesfoundation.ca](mailto:angeline@stjoesfoundation.ca)  
or 905.522.1155 ext. 35981

# A Legacy *Inspired by Hope*

For 14 years, Janet Young has been a chaplain at St. Joe's, guiding patients who struggle with mental illness and addiction challenges to explore their faith throughout the healing journey.

"Over the years I've seen how interested the care teams at St. Joe's are in the role spiritual care can have in a patient's treatment and recovery," said Janet. "We have a mutual respect for one another, a lot of hope for our patients, and a real willingness to encourage, affirm and support them in achieving their goals through physical, mental and spiritual care."

Janet cares mostly for the wellbeing of patients living with schizophrenia. She's been affected by many patients throughout her career, but the memory of one particular patient still floods her mind and triggers her emotions. That's because of the profound impact the patient had not only on her, but on other members of the care team.

It's the deeply moving moments of caring for patients that fuels Janet to continue on in her ministry. And she likes to share these moments with her two adult daughters. "I've always wanted to be the example to my daughters that it's possible to both have and live a dream. I want them to strive toward a meaningful career, follow their passion, and to be truly satisfied."

St. Joe's Chaplain & Provisional  
Teaching Supervisor, Janet Young, with the  
Spiritual Care Wall Mural created by Art Therapy  
Patients at the West 5<sup>th</sup> Campus

Janet's fulfilling career has inspired her to give generously to St. Joe's as a donor since 2004. And now she's planned a gift to St. Joe's in her will in memory of the patient who so deeply touched her

life. Like other legacy donors, Janet knows that the needs of the Hospital – new equipment and funding for research studies – will only be met through the generosity of past and future generations.

"Ultimately, I'm leaving my gift to St. Joe's because the staff here and the work we do recognizes the humanity in people, and because everyone needs love, care and community. That's what St. Joe's gives."

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... because  
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That's what  
St. Joe's gives.  
”



*A Legacy of*  
**HOPE HEALING **DISCOVERY****

If you would like more information about how to make a planned gift through your will, please call Lisa at 905.522.1155, ext. 35978 or visit [stjoesfoundation.ca/GiftPlanning](http://stjoesfoundation.ca/GiftPlanning).

## TELUS Ride for Dad Funds Prostate Cancer Research at St. Joe's

For a second year in a row, the Prostate Cancer Fight Foundation (PCFF) and St. Joseph's Healthcare Hamilton have joined forces in the fight to save men's lives through prostate cancer research!

On June 2<sup>nd</sup>, supporters, donors and friends gathered in the Spiritual Garden at St. Joe's Charlton Campus where PCFF presented a cheque for \$8,140 to the Hospital. The generous gift is a result of funds raised by volunteers and supporters of the Golden Horseshoe Chapter of the 2015 TELUS Ride For Dad. The event also kicked off a month-long fundraising campaign for the 2016 TELUS Ride for Dad, which wrapped up June 18<sup>th</sup>.

With one in seven men being diagnosed with prostate cancer in his lifetime, it's the most commonly diagnosed cancer among Canadian men. And these funds will directly support research in this area.

St. Joe's is the regional lead for prostate cancer surgery, and our physicians, researchers and surgeons are finding ground-breaking treatment options for prostate cancer, including less invasive robotic surgery. Dr. Bobby Shayegan, Head of



**L to R:** Jim Summers of the local Ride for Dad chapter presenting cheque to research team Dr. Bobby Shayegan, Dr. Rick Austin, Ali Al-Hashimi and Jen Hoogenes, and from St. Joe's Foundation Dana Visocchi Rice

Urology, Cancer Surgery, and the Chair of Robotic Surgery at St. Joe's, performs the most robotic surgeries in Canada. He and his team are able to learn more about this disease through the support of gifts like the one from PCFF. Together, we're changing how prostate cancer is treated for patients within our community and beyond.



TELUS  
MOTORCYCLE  
RIDE FOR DAD