

CaringConnections

Spring 2017

Your Gifts in Action!

Model's life
and career
back on
track



Dr. Tam is at
it again! pg. 8

Memory of loved
one lives on pg. 9

CARING CONNECTIONS
SPRING 2017

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Welcome

A lot to be proud of in Scarborough

Future of your community hospital is a great example

Scarborough. It's more than the name of a community, more than just a simple place on the map. Scarborough is so much more. It's home to an amazingly diverse population, a fascinating history and more importantly, it has a bright future.

There isn't enough space to list all of the reasons Scarborough is, to put it plainly, awesome. But let me point out what I think is one great example: your hospital.

I am certainly biased in this regard, but please hear me out. Thanks to some exciting changes made last year by the Ministry of Health and Long-Term Care, the now amalgamated Scarborough and Rouge Hospital is well positioned to take the big strides necessary to create the health care system the community deserves.

What we have accomplished despite working in some of the oldest facilities in the entire Province has been extraordinary. Our quality of care numbers are amongst the best, despite overcrowded and outdated facilities. The reason is simple. The staff and physicians care deeply about your health and they work hard to provide the best care for a diverse community. And with the hospitals of Scarborough now combined, we have an opportunity to revolutionize the way health care is delivered, by changing the way we work together and focusing on quality and access, while reducing costs, to create an excellent and sustainable system of care.

In this edition of Caring Connections, we are proud to tell the stories of the many people that support Scarborough and Rouge Hospital. We are very fortunate to have passionate donors and volunteers who go the extra mile to support their hospital and are fired up to be a part of our mission to transform health care in Scarborough.

MICHAEL MAZZA, President and CEO
Scarborough and Rouge Hospital Foundation



In the News

Hospitals merge to officially become new corporation

On December 1, 2016, health care in Scarborough took a positive step forward when the Birchmount and General sites of The Scarborough Hospital and the Centenary site of Rouge Valley Health System officially merged to become a single, new hospital corporation.

The temporary name of the new hospital corporation is Scarborough and Rouge Hospital and the hospital's leadership is excited for the possibilities this merger makes possible.

"This is truly an exciting time for health care in Scarborough," said Andrée Robichaud, Interim



President and CEO of Scarborough and Rouge Hospital. "As one unified organization, we will be able to deliver better and more equitable access to care, as well as provide our community a broader range of high quality services close to home."

For more information, visit www.tsh.to or www.rougevalley.ca.

Foundations partner to better serve Scarborough

An exciting new partnership was announced this past December when the Foundations serving The Scarborough Hospital and the Centenary site of Rouge Valley Health System made official their intention to merge.

The two Foundations began the process of filing 'letters patent of amalgamation' to become Scarborough and Rouge Hospital Foundation, which was finalized as of April 1, 2017.

"I am excited to announce that our family of donors is growing significantly, with supporters of the Birchmount and General sites partnering with supporters of

the Centenary site," said John F. Bankes, Co-Chair, Board of Directors, Scarborough and Rouge Hospital Foundation. "We all share a common goal: to create the world-class health care system that Scarborough deserves, and today, we are better positioned than ever before to do just that."

The partnership of the Foundations brings needed attention to local health care and sets the stage for significant investment at all three sites. Questions about the merger of the Foundations can be directed to Scarborough and Rouge Hospital Foundation, at 416-431-8130.

Enhanced, 24/7 community crisis support

Sadness. Hopelessness. Anxiety. These are just some of the symptoms that may prompt someone to call Scarborough and Rouge Hospital's (SRH) Regional Community Crisis Program, a telephone crisis support line and crisis support team.

Now, thanks to half a million dollars from the Central East Local Health Integration Network individuals who call the crisis line (at 416-495-2891) will be able to immediately speak with a dedicated professional crisis worker, 24 hours a day, seven days a week. Many other crisis services provide supportive counselling and crisis de-escalation over the phone, however, SRH's newly expanded program offers much more: evidence-based psychotherapy sessions by phone and the inclusion of brief e-therapies to augment these telephone sessions.

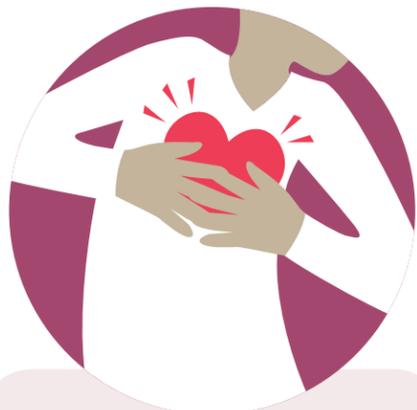


Jenany Jeyarajan is a social worker/crisis counsellor and part of a team providing round-the-clock telephone crisis service.

SAVE A HEART.

Scarborough and Rouge Hospital is home to the **Central East Regional Cardiac Care Centre**, serving the 401-east corridor of Scarborough and Durham. The Regional Cardiac Care Centre is located at our Centenary site, where both **life-changing** and **life-saving** services are provided—including fast-track emergency care for patients having a heart attack.

If you think that you or someone you're with is having a heart attack, here's what to do:



Recognize the signs!

Some common signs indicating you may be having a heart attack include:

- Chest pain
- Pain going to arms, neck or jaw
- Nausea, shortness of breath, or cold sweat

Other signs include extreme fatigue, heart palpitations, indigestion, dizziness or light-headedness.

Known as **Code STEMI**, the regional cardiac centre's **emergency fast-track program began in 2008**, and involves a close partnership with other local hospitals and Emergency Services.



Call 911 immediately!

Do not drive to the hospital! Emergency Services will get you to the care you need the fastest! In Scarborough and Durham, the ambulance will take you directly to the cardiac centre at Centenary. You will be fast-tracked to get life-saving treatment right away.

Relax & take Aspirin®

Stop all physical activity and lie down. Remain calm until the ambulance arrives. If you're not allergic, chew and swallow one adult Aspirin®—or two baby Aspirin (80 mg tablets)—which can help to prevent blood clotting.



Let our cardiologists and health care team take care of your heart!

At the regional cardiac care centre, you will be brought directly to one of the catheterization labs for an emergency *coronary angioplasty* to unblock the artery that is causing the heart attack. All of this is done within a crucial 90-minute target window.

Our Centenary site is the **first hospital in Ontario to provide stand-alone angioplasty services**. Approximately **1,500 procedures are provided every year** at the cardiac care centre.



Community Giving

DO YOU HAVE A PASSION FOR HELPING PEOPLE?

IS A PARTICULAR HOSPITAL PROGRAM MEANINGFUL TO YOU?

Join a Philanthropic Council! Become part of a vibrant and diverse group of people who are committed to supporting the hospital through exciting events, campaigns, and activities.

the community, in support of their community hospital.

This group of diverse women plan and hold regular networking seminars, host fundraising events and organize an annual signature event 'Sip, Shop & Celebrate Women' which has raised more than \$130,000 for Scarborough and Rouge Hospital Foundation in its first three years. The 2017 Sip, Shop & Celebrate event will be

Inspiring philanthropy in Scarborough

The members of the Scarborough Women of Philanthropy (SWOP) are blazing trails when it comes to creating a new and innovative group to advocate for health care in Scarborough.

This collection of dynamic and driven women work tirelessly to support their hospital, and through unique partnerships, they are getting noticed in the community. This past March, the members were invited to help the Scarborough Town Centre (STC) to celebrate International Women's Day, by sharing their inspirational stories.

#HumansOfScarborough, STC

launched a marketing campaign displaying larger than life images of SWOP members in prominent spaces throughout the mall.

The SWOP installment of #HumansOfScarborough features individual members and highlights their achievements, the mission of SWOP, and insights into the women who have made Scarborough's health care a priority. Coming from different backgrounds, cultures, and walks of life, the group's mission is a model of generosity, leadership and dedication to encourage women to celebrate their contributions to

THESE DEDICATED WOMEN ARE ON A MISSION TO AFFECT CHANGE THROUGH PHILANTHROPY AND MAKE AN IMPACT TO BETTER HEALTH CARE FOR A GLOBAL COMMUNITY.

held in November and more details will be posted on the group's website (www.theswop.ca) in the weeks ahead.

SWOP's mission and vision is to empower and unite women for a common goal to affect change through philanthropy and ensure the voices of women are heard.

These dedicated women are on a mission to affect change through philanthropy and make an impact to better health care for a global community. Learn more about the group at www.theswop.ca and visit www.scarboroughtowncentre.com/posts/women-making-a-difference-in-scarborough to read more about why they believe in better health care for Scarborough!



Do you want to join or start a Philanthropic Council? Don't delay. Contact Guy Bonnell at 416-284-3119 or gbonnell@tsh.to today!

Who's Who

Healthy inside and out

When Susan Bull, R.D. and her team plan meals, she has you in mind. As the Manager of Nutrition and Food Services for the Scarborough and Rouge Hospital's General and Birchmount sites, she and her staff are tasked with ensuring that patients under her care receive meals that not only nourish their bodies but also their spirits.

In the 33 years she's been at the hospital, she's seen the demographics of the community change and it's been her task to adapt her offerings to suit patient needs. It's all part of what makes Scarborough the special community that it is!

"We've adapted and grown as the community did," she says. "We now have halal offerings and we have a lot of vegetarian offerings," among other diverse dietary options available.

"We really have changed from a meat



and potatoes kind of menu along with our very diverse population," she says.

No longer the butt of jokes, the hospital cuisine that Susan and her team serve are good nutritious meals that appeal to a wide variety of cultural tastes. But Susan offers support in more ways than one.

She makes regular donations by way of a payroll gift, meaning she gives a donation to the Foundation every pay period.

Once she realized that equipment purchases come from the Foundation, she says it made sense for her to contribute.

"It is really important for the health care in our community," Susan says of why she donates. "This is where everyone comes."



Passion for community health care

Dr. Catharine Whiteside truly believes Scarborough is a microcosm of Canada with unique opportunities. "This collection of vibrant neighbourhoods, representing every culture and ethnicity that make up the wonderful diversity of our country, also represents all of the health system challenges faced by Canadians," she said. "What I admire most about Scarborough is the genuine commitment of the community and hospital leaders to achieving the highest level of service. The health professionals now practicing in the amalgamated health system have developed truly outstanding regional programs and exemplary care."

Along with this, Scarborough is the home of future leaders in every profession, she said. As former Dean of Medicine at U of T, some of the most outstanding medical students completed their undergraduate degrees at U of T Scarborough, close to home, she explained. Helping nurture this potential, Scarborough and Rouge Hospital sites provide outstanding experiential learning in community-based practice in all health professional fields, she added.

"During the last few years as Dean of Medicine at the University of Toronto, I approached The Scarborough Hospital to partner with the Faculties of Medicine and Pharmacy to launch a new Centre for Integrative Medicine," she said. "I received much interest from hospital and foundation leaders, and we subsequently launched this novel program."

She is proud to be a donor and Vice Chair of the Foundation Board, and believes leading by example is critically important in volunteer work. She explained "I believe the amalgamated hospital in Scarborough heralds a new era for improved health care."

Inspired by Scarborough

When it comes to championing the community, the leadership of the Scarborough and Rouge Hospital Foundation share a deep respect for the multiculturalism represented here.

"I've come to meet and experience many of our diverse cultures and I am amazed and humbled by what our immigrant cultures have gone through to establish themselves as part of the Canadian fabric after being uprooted from their countries of origin," said Guy Bonnell, Vice President of Community Development. "They are hardworking, inclusive, and strive to succeed and be part of their new country."

That sentiment is echoed by his counterpart, Michele Varela, Vice President of Philanthropy. "For me, I have learned so much

about the Muslim, Tamil, and Chinese communities and the unique cultural traditions that each brings to Scarborough," Michele said. "Interacting among the residents of Scarborough and learning what is important to them makes me want to help provide the best health care possible."

With the exciting changes that have taken place in local health care, specifically the merger of the hospitals to form Scarborough and Rouge Hospital, each is optimistic for what this will mean to revolutionizing the way care is provided.



Champion for patients

A lost wristwatch in a hospital might be harder to find than the proverbial needle in a haystack. But when Susan Lorimer was tasked with the challenge, she rose to the occasion.

As a Patient Relations Facilitator at Scarborough and Rouge Hospital, she's responsible for tackling all manner of patient complaints – including lost items.

"My job is to receive patient and family feedback, both positive and critical of the hospital, and to share that feedback with people within the organization and to elevate the patient's voice to the highest levels," Susan says.

Equal parts mediator, advocate, and quality controller, she bridges the gap between patient and hospital. To do this, she utilizes a bevy of avenues to effectively connect with patients, including full-time Tamil, Mandarin and Cantonese interpreters.

When a patient's wife reported that her late husband's watch was missing, Susan connected with various departments to track it down. And once found, she hand-delivered it to her house. When she arrived, she realized the importance of the item. The woman's husband – who'd just recently passed – was a watch aficionado and the one Susan helped find fit delicately into his jewellery box, completing the collection.

Having worked here for over a decade, Susan has seen firsthand the impact of what the institution and staff deliver to patients and she works hard to ensure the hospital continues to do so. And when she realized that the purchase of equipment wasn't supported by government funding, Susan decided to become a donor and give back in a meaningful way.



Have you been a patient at SRH? Share your patient story at www.srhfoundation.ca/share.

If You Build It, They Will Come



More than 20 years later, and Dr. Paul Tam is at it again.

When Dr. Paul Tam arrived at the former Scarborough General Hospital in February 1982 there was no kidney care program, but a lot of patients requiring life-sustaining dialysis treatment.

“The closest dialysis treatment programs were in Kingston and downtown Toronto,” recalls Dr. Tam. “Dialysis is a four-hour treatment, three times a week. We needed a facility to provide treatment close to home.”

So he got down to work.

A trained Nephrologist (a medical doctor specializing in kidney care and renal

replacement therapy); Dr. Tam began building the business case for a regional nephrology program in Scarborough.

“We needed to demonstrate the community’s needs and show the Ministry of Health the resources we required,” recalls Dr. Tam.

Quantifying patient needs was the easy part, but finding the right medical talent to go on this journey with him was challenging. Dr. Tam was able to recruit Dr. Robert Ting in 1992 and Dr. Gordon Nagai soon returned from California to join the team.

After 14 years of lobbying local politicians and ministry officials,

Dr. Tam’s dream became a reality on September 16, 1996 with the opening of Scarborough’s Regional Nephrology Program, a humble beginning of five haemodialysis stations. Preparation to build the main unit started at the same time.

The main unit opened with 19 dedicated haemodialysis stations offering a capacity to serve 114 patients, which they quickly exceeded.

More than 20 years later and thousands of patients served, the nephrology program has been recognized as one of the largest in North America.

You’d think that Dr. Tam is ready to wind down and ride off into the sunset... but he’s at it again!

“Scarborough needs a facility that offers health care services and education throughout one’s entire lifespan to prevent kidney disease and improve Scarborough’s public health.”

The new Bridletowne Neighbourhood Centre (BNC) will do that as a leading example of healthy infrastructure in Ontario, where partners work together to foster a healthy community for residents to live, work, learn, and play. A partnership between the YMCA, United Way, Scarborough and Rouge Hospital, the city of Toronto, and other local community agencies, the BNC will address the short-, medium-, and long-term needs of the community by building a centre of excellence for chronic disease management.

“I’ve done it before, I can do it again,” laughs Dr. Tam. “But we’ll need everyone’s help to make it a reality.”

A Life Well Lived

A distinguished plaque adorns the wall of the waiting room in the surgical unit at Scarborough and Rouge Hospital’s (SRH) General site, commemorating former patient, Dr. Karim Janmohamed. While it memorializes a generous gift made in his honour, it is first and foremost a lasting way to recognize a man who left a positive impression on all who knew him during his lifetime.

“Our uncle treated everyone like his family,” said Dilshad Nathoo of her uncle, speaking on behalf of her family. “So many of his colleagues and friends shared similar experiences as we, his immediate family did. He personified generosity, humility and kindness.”

Dr. Janmohamed passed away on April 24, 2015, at the age of 71. A historian and respected scholar in Kenya and the USA, among many honours, Dr. Janmohamed was the first Head of the Institute of Ismaili Studies Ismaili Tariqah and Religious Education Board Liaison Department, and spearheaded academic and global educational programs for staff and volunteers at the Ismaili community institution.

In considering how to commemorate this beloved family member, mother, siblings, nieces, and nephews all agreed upon a gift of \$50,000 to their community hospital, where he received wonderful care.

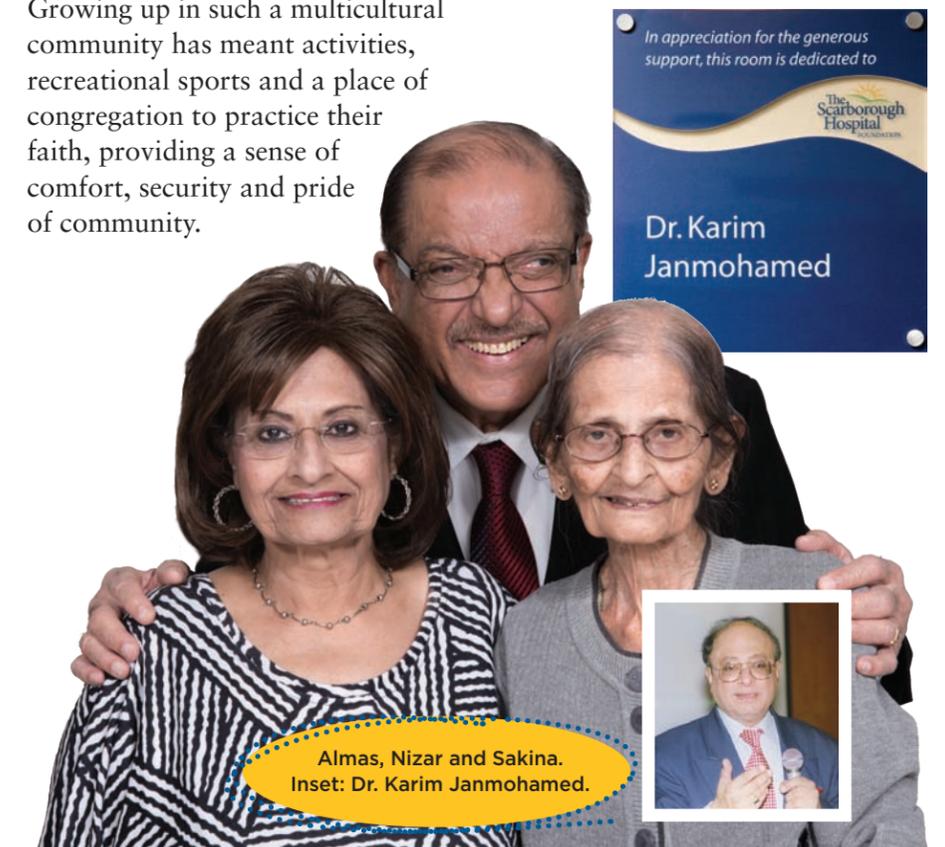
“Our first instinct was to have his memory live on through a generous, humble and kind act, an act that would be displayed for the staff at the hospital (to see), because Karim could not say enough about the nurses and staff who cared for him at the hospital,” comments Karim’s niece, Zahra Bhola. “Although our uncle administered his dialysis at home, when he went for his regular visits to (the General site), he would always come home and talk about a special nurse, Paulette Lewis, who made his dialysis treatment bearable.”

Supporting their hospital in Scarborough was an important part of the decision to donate. Growing up in such a multicultural community has meant activities, recreational sports and a place of congregation to practice their faith, providing a sense of comfort, security and pride of community.

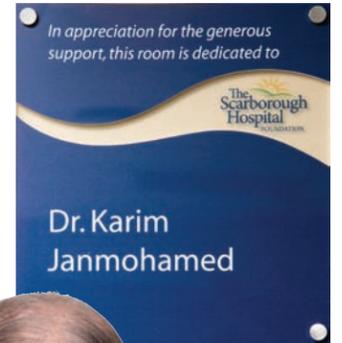
“We believe that we should always give back to improve the community we live in,” his sister Almas Noormohamed shares. “We all enjoy the benefits of our health care system in this country and this small gift will hopefully help continue making our health care system more efficient and effective.”

In further explaining the significance of the gift, to honour their uncle, Dilshad and Zahra speak for themselves, Dr. Janmohamed’s mother, Sakina Janmohamed Giga, his sister Almas Noormohamed, and Nizar Noormohamed, his brother-in-law, all visited the hospital to recognize the donation and the plaque.

“He accomplished so much in his life and gave back unconditionally to his community through his time, and knowledge, selflessly.”



Almas, Nizar and Sakina. Inset: Dr. Karim Janmohamed.



Help those living with kidney disease by donating to SRH at www.srhfoundation.ca.

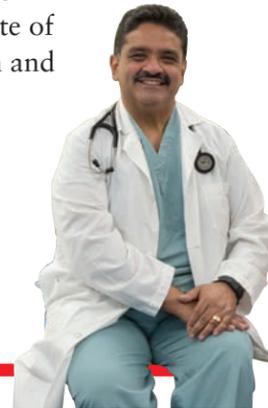
“Silent Killer” Strikes Young Model

Jamie Dornan knows what it's like to come close to death.

At 18 years old, she is an aspiring model and an active college student, and until just recently, she didn't know that she was also someone who is susceptible to an irregular heartbeat, or arrhythmia. A brush with death led to a discovery that changed her life and potentially threatened a career on the runway and in front of the cameras. But thanks to the excellent care and

individual at this stage only has minutes until death. Also known as the “silent killer,” as there are few to no warning signs, 85 to 95 per cent of those who experience SCA die before they arrive at a hospital.

After Jamie's first episode, she was referred to the Central East Regional Cardiac Care Centre, located at the Centenary site of Scarborough and



(S-ICD™), designed to shock an irregular heartbeat back into a normal rhythm. She had the procedure. Six weeks after the implantation, the device did its job, as it delivered “therapy,” or a shock, to her. Jamie was familiar with ICDs as a member of her family has the traditional transvenous ICD, implanted in the upper left chest wall under the collarbone, with electrical leads that are imbedded in the heart muscle. So it was obvious why she was afraid that this type of device could spell the end of her modelling career before it had even really begun.

We brought doctor and patient together recently to talk about the experience and learn more about what it meant. In this Q&A, Jamie and Dr. Janmohamed talk about the events leading up to her diagnosis, how she came to receive care in Scarborough and why the S-ICD™ was the best choice for her, and what is involved in living with this device.

Q: Jamie, how did you find out you had a heart condition?

I passed out at college and the paramedics took me to Lakeridge Health in Oshawa. A cardiologist

paid me a visit in my hospital room to let me know what had happened to me, and why I was in the cardiac unit. He told me I had a cardiac arrest. Before this happened, I had no signs or symptoms, and had no awareness that I had passed out either. I was walking down the hall one minute, the next minute I woke up in hospital, a full week later.

Q: Dr. Janmohamed, how did Jamie come to be in your care?

Jamie survived her episode of sudden cardiac arrest due to the prompt response of bystanders to initiate CPR and call for paramedics. Their timely arrival and early defibrillation permitted Jamie to survive. Her complete neurological recovery was attributable to expert actions of the medical team at Lakeridge Health Oshawa and the cooling procedures that followed.

Once complete recovery had occurred, she was investigated to determine the underlying cause of her arrhythmia and the risk of recurrence in the future. She was referred to the Central East Regional Cardiac Care Center. It was there that she was referred to me at the arrhythmia service. I determined that she was at risk of a recurrent cardiac arrest and recommended that she receive an ICD implantation.

Q: Jamie, what were your initial concerns about having a device implanted?

I was worried about the

continued on page 12

OCCASIONALLY SHE MAY HAVE ARRHYTHMIAS AND TREATMENT BY HER ICD. WITH THE HELP OF RISK FACTOR MODIFICATION AND MEDICATIONS WE WILL MINIMIZE SUCH EVENTS.

innovative methods of doctors right here in Scarborough, her life and modelling career are back on track.

Jamie experienced episodes of ventricular fibrillation (VFib), where her heart beats so quickly it quivers and doesn't pump. There is then no blood moving from the ventricle and the heart stops functioning. This leads to sudden cardiac arrest (SCA), and an

Rouge Hospital. The Centre offers the only comprehensive cardiac arrhythmia program in the Central East Local Health Integration Network. There, Dr. Amir Janmohamed worked with Jamie, an aspiring model, on a solution to not only save her life, but her livelihood as well.

His recommendation was the implantation of a subcutaneous implantable cardioverter-defibrillator



Patient Jamie Dornan is grateful to cardiologist Dr. Amir Janmohamed for saving her life, as well as her career.



Did You Know?

The Regional Cardiac Arrhythmia Service provides patients access to timely clinical and interventional cardiac EP services that include (but are not limited to):

1. Clinical evaluation and follow up.
2. Non-invasive cardiac arrhythmia testing and evaluation including: ECGs, Holter monitors, loop monitors, and signal averaged ECGs.
3. Device implants and follow up of: loop monitors, pacemakers, implantable defibrillators and heart failure devices, including home monitoring.
4. Invasive electrophysiology studies and ablations, including trans-septal procedures.
5. Complex mapping and ablations.

appearance of it, such as the scars and the box itself. Also, having to live with it and it possibly affecting my everyday living. I didn't want something in my chest.

Q: Dr. Janmohamed, how did you accommodate Jamie's concerns?

Jamie needed an ICD to protect her clinically and return to normal activity as a young adult. She also wanted to pursue a career in modelling. As the only implanter for subcutaneous ICDs in the Central East LHIN region, I undertook the procedure. It met her health-care needs while avoiding a visible scar and device on her upper chest wall. The S-ICD™ is implanted in a position where it is inconspicuous yet effective. It has already delivered appropriate therapy and resuscitated her from ventricular arrhythmia and cardiac arrest that could otherwise have led to sudden cardiac death.

Q: Jamie, what happened when you had this second cardiac arrest, after the device was implanted? What did it do?

The device shocked me and saved my life. I was at a concert and started seeing black, so I got down on my hands and knees, and I passed out. I woke up, laying on the floor, with a crowd staring at me. My friend said I was down for a minute and that my chest was trembling. After it shocked me, I regained consciousness, and was fine. I checked in with Dr. Janmohamed and he said the device shocked my heart back

into functioning rhythm within 16 seconds of entering VFib.

Q: Dr. Janmohamed, what will be involved for Jamie, moving forward, in maintaining her ICD?

She will require periodic clinical and device follow-up, on the average once every six months or whenever she receives treatment from her ICD. Occasionally she may have arrhythmias and treatment by her ICD. With the help of risk factor modification and medications we will minimize such events. In due course, the battery will wear down and we will need to replace the device. The wire/electrode will be reusable but the device can't be reused. The device will, on average, last five to eight years depending upon treatment provided. At that point another procedure to exchange the device will be needed.

Q: Jamie, how does it feel to live with your ICD?

I've adapted. I now don't notice it and forget it is there. I'm so glad I went through with getting the defibrillator implanted. It is barely visible; you can't tell it's there even when I'm wearing a tank top. I am healing very well and the scar is already fading. The thought of me having it was scary at first but now it's comforting to know I am always protected. It has already proved that it can save my life! If I had to say one thing to anyone, whether you're my age or older, go through with the implantation. It's worth it!



IT'S BACK

This new breed of obstacle course is back for its second year to give you another chance to experience the rush. Race through challenges faced by Toronto's police, paramedics, and firefighters—and have fun while you help support life-saving care at Scarborough and Rouge Hospital.



09.30.17 MORNINGSIDE PARK

VISIT WWW.BRAVE.TO TO REGISTER

Whether you are a competitive athlete, or just enjoy a walk in the park, you can be a part of the excitement at Canadian Tire Brave T.O.!

Your support today will help programs like the Regional Cardiac Care Centre provide the top-quality patient care you deserve. Donate online at www.srhfoundation.ca.

Your Gifts in Action

Your donations bring *life-saving* equipment to SRH.

Your generous gifts to SRH Foundation help us replace aging equipment with state-of-the-art technology and medical supplies.

“Hurry hard!”

To Canadians, the phrase is synonymous with the sport of curling. For Peter Volk, it also represents some of the urgency he feels to support his community hospital. And so, using a curling bonspiel to support local health care made sense in many ways he said, when he was searching for appropriate ways to raise funds to bring a new C-arm X-ray machine to Scarborough and Rouge Hospital.



As General Counsel for Pacific Exploration & Production Corp., Peter works for a company that has proudly sponsored Team Homan for some time, this year’s Canadian representatives at the 2017 World Women’s Curling Championship in Beijing, China, who went undefeated to win gold March 26! So curling is part of the Toronto office’s corporate culture and explains how the Bay Street Bonspiel came to be.

“We are a company committed to supporting the communities in which we work, and someone in my office said ‘why don’t we do a charity bonspiel’ and I said ‘well that’s great, but it has to be somewhere it will have an impact, and that’s Scarborough’,” he said. “The idea was this would be unique. Everyone has golf tournaments and nobody does a curling event. Everyone loved it.”

“THE IDEA WAS THIS WOULD BE UNIQUE. EVERYONE HAS GOLF TOURNAMENTS AND NOBODY DOES A CURLING EVENT. EVERYONE LOVED IT.”

How this all ties together with fundraising for a new C-arm comes back to Peter, who toured the hospital site some time ago and learned of the need for the machine. Always one to root for the underdog, he recognized the difficult task of purchasing such an expensive piece of equipment and wanted to help.

“I just remember, honestly, how cramped everything is there,” Peter said of seeing the surgical unit. “That was the real emphasis of the tour I was given and therefore, how unique the equipment had to be.”

Inspired to take on the challenge to fundraise for a needed piece of equipment, with a significant price tag, he set his sights on the C-arm, and explained “I thought if I’m going to challenge myself, I’m really going to challenge myself.”

His love for Scarborough is evident. He lived here as a child and his family has participated in the local sports scene over the years and enjoys all it has to offer. He believes this community deserves the best health care possible.

“To me, Scarborough is the essence of Toronto, and even Canada – a place where many cultures come together and live and play together, and begin defining themselves as members of Canadian society,” he explained. “That’s very exciting, but of course it is also a society of many immigrants and first-generation Canadians, and they deserve everything that Canada has to offer, and to me that includes first-class health care.”

Over the course of his effort to raise the funds, he received great support from family, friends and colleagues. The Bay Street Bonspiel, held twice now, with a third possible this fall, put his efforts over the top and helped him reach his goal of \$230,000!

The Digital Mobile X-Ray System is otherwise known as a C-Arm, a mobile x-ray machine that delivers fast processing times and high-quality diagnostic images for routine diagnosis or challenging trauma. Equipment like this is made possible thanks to donors like Peter, and you can help too! Visit www.srhfoundation.ca to learn more.

Ultrasound bladder scanner

A trusted tool in the Urology program, the ultrasound bladder scanner is used in many urological procedures making surgery more efficient and safe.

Ultrasound is a proven technology based on reflections of ultrasonic waves and is used to non-invasively visualize, monitor, and perform measurements in the human body. This modern addition to the surgical unit was made possible through donor gifts like yours!

Ultrasound bladder scanners are commonly used in the acute care, rehabilitation, long-term, urology and gynecology. It is a noninvasive alternative to bladder palpation and intermittent catheterization used to assess bladder volume, urinary retention, and post-void residual volume.

Your donations helped purchase this machine for the urology team serving patients at Scarborough and Rouge Hospital. **Staff in the urology program are grateful for your generosity!**



Ultrasonic Cleaner

When it comes to safety, the medical experts of Scarborough and Rouge Hospital go the extra mile. That’s why the ultrasonic cleaner is an important piece of equipment, used every day to effectively remove dried and baked-on blood, serums and medications from fine instruments used in the surgical program.

The use of ultrasonics in some cases alleviates the necessity for hand scrubbing of contaminated surgical instruments, a procedure which could lead to injury or infection. The additional cleaning powers of ultrasonic cleaners make them a valuable addition to the surgical team at Scarborough and Rouge Hospital.

Your gifts make equipment like this possible and support an effective and efficient health care system. **Thanks to your donations,** the hospital has the equipment it needs to ensure safety for medical staff and provide the best care possible for patients.



Snap! Snap!

SRH Foundation supporters like you are putting the fun in fundraising! Thank you for your commitment to world-class health care for every SRH patient.

Thank you for your generosity



Essential equipment explained to donors at our Donor Recognition night in December.



Having fun on the greens at Scarborough's World Cup of Golf in August last year.



\$4,125 from the Kalaimalai dance event in December.



Woodside Square presents proceeds from their Christmas gift wrapping event.



We made it! Crossing the finish line at Canadian Tire Brave T.O. 2016.



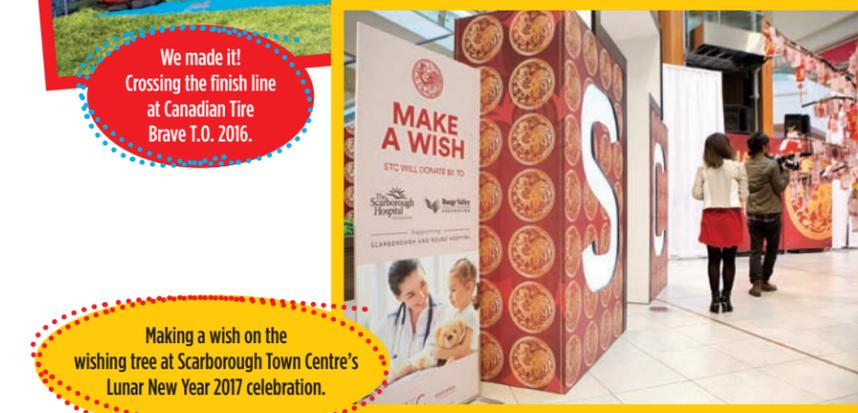
A night out with friends, some wine and shopping at Scarborough Women of Philanthropy's Sip, Shop and Celebrate event.



Scarborough No Frills stores supported the 2016 Canadian Tire Brave T.O. 2016 with \$22,000!



Scarborough Town Centre's Gift of Health gift card promotion in support of the hospital.



Making a wish on the wishing tree at Scarborough Town Centre's Lunar New Year 2017 celebration.

Share your SRH Foundation event snaps with us, and you might be featured in the next issue! Email foundation@tsh.to.

Inner Works

Spotlighting behind-the-scenes at Scarborough and Rouge Hospital that impact your care in surprising ways.



For many people, hospital visits can stir up many unfamiliar and uncomfortable emotions. And Ajith Varghese, Manager of Spiritual and Religious Care for the Scarborough and Rouge Hospital, sees individuals who find it difficult to find happiness in the face of traumatic challenges; instead, they begin to look for meaning.

“It’s a shift— it’s a grey area— and it’s at that time that spiritual care comes into place and we help people to make that meaning,” he says.

Ajith and his team of Chaplains and Spiritual Care Practitioners are trained to work within an individual’s spiritual framework to help unravel the complicated tapestry of emotions they’ve woven inside themselves.

“When people come to the hospital, they come with their cultural beliefs, symbols, and practices,”

he says. “So we provide care that is culturally-sensitive, and understands the needs of the patient.”

“We work at changing people’s perceptions.”

Part of that work involves having a space for families to come together to remember and celebrate their loved ones. The Mourning Room is a multifaith space where people can sit with a family member who may have recently passed and say their final goodbye.

“It provides family with a private space to spend an extended period of time with their loved one,” says Varghese. This time can be used for specific religious rites and rituals – such as Buddhist chanting – or for secular, meditative contemplation.

The space was recently updated and furnished by a donation by Klaus Nienkämper, of Nienkämper Furniture & Accessories Inc., making it a comfortable space for families going through a difficult time.

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Proceeds to benefit patients receiving care at Scarborough and Rouge Hospital



Please consider leaving a gift by Will to Scarborough and Rouge Hospital Foundation

“Over the years, Scarborough and Rouge Hospital
has taken excellent care of me and my family.”

Salome Harrison is planting seeds for the future by leaving a legacy gift
to Scarborough and Rouge Hospital Foundation in appreciation
for the care she and her family have received.



Our legacy name: Scarborough and Rouge Hospital Foundation
Charitable Registration Number: 11914 2263 RR0001

For more information on charitable bequests, please call
Verna Chen at 416-438-2911, ext. 6040 or email vchen@tsh.to.

www.srhfoundation.ca

