



OUR TIME

OFFICIAL MAGAZINE FOR SCARBOROUGH HEALTH NETWORK



TRANSFORMING MENTAL HEALTH

in Scarborough's
own backyard

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**CONNECTING
DIABETES PATIENTS
WITH THE COMMUNITY**

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**DONORS STEP UP
TO PURCHASE
NEW EQUIPMENT**

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EXPERT PHYSICIANS**

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Plus!
**KEEPING YOUR
DIET "DIABETES
HEALTHY"**

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OUR TIME

OFFICIAL MAGAZINE FOR
SCARBOROUGH HEALTH NETWORK

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by Scarborough Health
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A MESSAGE FROM OUR PRESIDENTS & CEOS

This year has been one of great evolution for our hospitals. Beginning with the launch of our new brand identity, Scarborough Health Network (SHN), in November 2018, we have worked for months to firmly solidify the integration of our three hospitals - Birchmount, Centenary and General - and eight satellite sites.

At the same time, with the growing exceptionalism of our staff and physicians, and through the leadership of the team at SHN Foundation, we are working to build a better SHN through significant enhancements to our infrastructure, medical equipment and clinical services. By building on our recent achievements, we are committed to ensuring that SHN is in the best possible position to serve current and future generations of Scarborough patients.

Now, we are thrilled to introduce the latest in this long line of evolutions - the first issue of our newly redeveloped *Our Time* magazine. This new look-and-feel officially brings the magazine under the SHN name, retiring its previous identity as *Caring Connections*.

But this is more than just a redesign. Our new publication is now a showcase of the health care excellence and innovation that makes its home at SHN, and how our community of support is coming together to celebrate this by giving back to our hospitals and our patients. There are so many incredible people and projects that make SHN great, but now, we want the world to know it by telling their stories.

We invite you to discover all of the amazing stories living within this inaugural issue, and we hope it will inspire you to join us in our mission to shape the future of health care for the Scarborough community.

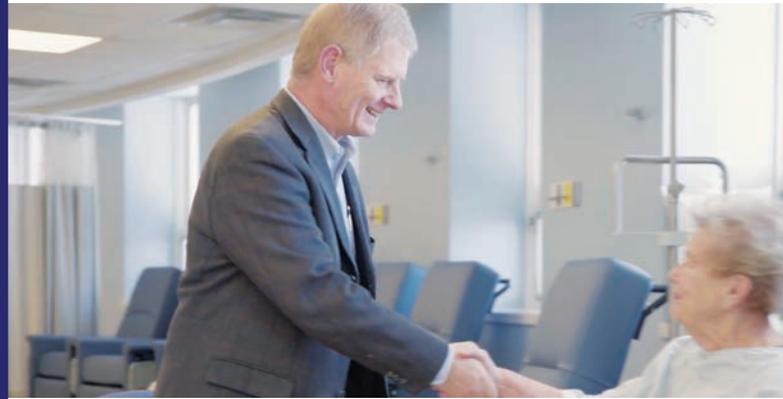
Happy reading!



Elizabeth Buller
President & CEO
SHN



Michele Varela
Interim President & CEO
SHN Foundation



FROM THE DESK OF DR. DICK ZOUTMAN SHN Chief of Staff

What if someone told you that a seatbelt would reduce the risk of injury or even death by 50 per cent in the event of a car accident? You'd buckle up! So why is it when the same thing is said about the flu shot, we question its overall effectiveness and even safety?

Each year, there are more than 12,000 hospitalizations and 3,500 deaths as a result of the flu. Just one infected individual can pass along the flu to six others. The worst part is, it's entirely preventable. However, as a result of recent widespread misinformation in the media and across the Internet, only about 30 to 40 per cent of eligible Canadians receive the influenza vaccine when flu season rolls around each October.

There's no doubt about it – the more people who get it, the less opportunity for the virus to spread. And though the vaccine may not always be perfectly matched each year, it's always better to get the shot than to not.

You cannot get the flu from the vaccine, but you can get many health benefits. Even if you happen to contract the flu, getting the vaccine significantly reduces the overall severity of the virus. Just as a seatbelt can reduce injury in a car accident, the flu vaccine reduces the risk of harmful complications such as heart attacks and respiratory failure in adult influenza patients by 80 per cent, as well as hospitalization by 50 per cent.

My ask is simple – get your flu shot! Once you've done that, let your family, friends and co-workers know that they should too. Those with the highest risk factors (including children, the elderly, and people with other health conditions), as well as pregnant women, should get their shots as early as possible. Reach out to your family doctor or visit your local pharmacy (or another community health care provider) to find out when you can get your flu shot for free.

This is just one small but substantial way each of us can play our part in ensuring a healthier future for Scarborough and the world.

NEWS & EVENTS



OUTSTANDING SUPPORTERS

As part of SHN Foundation's Annual Donor Reception on October 2, four outstanding individuals were celebrated for their commitment to Scarborough's hospitals. This year's SHN Foundation Recognition Award recipients are: **Petra Sheldrake**, Director of Laboratory Services – SHN Family Champion (Staff); **Dr. James Rathbun**, orthopaedic surgeon – SHN Family Champion (Physician); **Ganesan Sugumar**, Scarborough business leader – Community Ambassador; and **Dr. Dhun Noria**, Chief of Laboratory Medicine – Philanthropist of the Year.

WE ARE FAMILY!

In March 2019, SHN Foundation launched a \$5-million fundraising campaign with the help of its greatest supporters – its very own SHN family! Staff and physicians are the hospitals' most important champions, and the Family Campaign gave them the opportunity to do their part in building the health care infrastructure that Scarborough needs and deserves. Five hundred staff members and



physicians stepped up with several generous gifts (and many signed up for payroll deductions) while some even walked away with amazing prizes, including an all-expense-paid,

all-inclusive trip for two to Mexico. Discover why our SHN Family chooses to give back by watching the Family Campaign video series on our YouTube channel (SHN Foundation).

BRINGING OUR EXCELLENCE TO THE WORLD

Excellence and innovation make their home here at SHN – and we want to let the world know about it! As part of this effort, the



Foundation recently launched Innovations in Health, a unique speaker series that brings the best of SHN to the community in hopes of inspiring them to get involved as volunteers and donors. Two well-attended events have taken place so far on January 30 and May 29, featuring keynote presentations from some SHN's top medical minds, including Dr. Norm Chu, Dr. Sarah Wong, Dr. Ram Vijayaraghavan and Dr. Jason Fung (featured on page 24).

CHAMPION RACE CAR DRIVER SPORTS SHN LOGO

Gary Kwok likes to make sure his support for SHN is loud and proud! The Scarborough business owner, donor and two-time winner of the 2019 Canadian Touring Car Championship has been a tremendous advocate for SHN Foundation both on and off the track – not only did he make a \$37,000-donation to purchase a Sonosite Ultrasound Machine, Kwok also proudly shows off an SHN Foundation logo on each of his championship race cars.



A COLLECTIVE EFFORT



More than 20 local mosques, together with community leaders and the Scarborough Muslim Community (SMC), are doing their part to help provide better health care at our hospitals, successfully raising \$142,000 to date on their collective pledge to raise \$250,000 over the next several years. Fundraising efforts by the SMC have spanned several initiatives, including philanthropic information sessions with the community and the annual Family Day Walk-a-thon, which alone raised \$30,000 in 2019.

TUNING IN TO SUPPORT SHN

Donors came from far and wide for the annual Fairchild Radiothon, in support of SHN Foundation. Over the course of the day, the team from Fairchild Radio AM 1430 conducted interviews with patients, staff, physicians, volunteers and donors to gather their stories about the excellent work currently underway at the hospitals. Thanks to the incredible community support, more than \$136,000 was raised in just over 12 hours during the event!



STEPPING UP SUPPORT FOR CARDIAC CARE



On May 4, nearly 450 community members showed off their heart and passion for cardiac care in Scarborough by taking part in the annual Walk with Heart, hosted by the Regional Cardiovascular Rehab program with the support of SHN Foundation. Through the generosity from our community, current and former patients, family members, friends and staff, this year's Walk with Heart raised more than \$65,000 for cardiac care.



A HOLE-IN-ONE FOR SHN

It was a fantastic day out on the course as 260 golfers and supporters arrived at Angus Glen Golf Club on August 15 for the 2019 Scarborough World Cup of Golf Tournament. In partnership with the Chinese Cultural Centre of Greater Toronto for the very first time, the annual event raised \$80,000 net for SHN as 67 teams took to the fairways and teed off for a good cause (with plenty of prizes and auction items to take advantage of throughout the event!)



CELEBRATING DONOR LEGACIES

It was a full house on July 12 when current and prospective donors gathered for the fifth annual Legacy Circle Appreciation Event at the Guild Inn Estate. The event recognizes those individuals who have remembered or intend to remember SHN in their wills, leaving a legacy that ensures future generations of Scarborough patients will continue to receive exceptional care at SHN. Learn more about legacy giving by visiting SupportSHN.ca.



RAISING BOTH HOPE AND SUPPORT



Scarborough once again came out in droves to join one of SHN Foundation's most passionate volunteers – Ms. Letna – for her annual Fundraising Brunch event in support of cancer care at our hospitals. This year's event on April 7 took in \$5,180, making a grand total of more than \$38,000 raised over seven years to help ensure a healthier future for cancer patients in the community.

#WETHEEAST

#WeTheEast met #WeTheNorth at SHN this summer as Jamaal Magloire, Assistant Coach, Player Development Consultant & Community Ambassador of the Toronto Raptors joined us for a tour of Centenary hospital's Emergency Department and Cardiac Rehab. After snapping some photos with excited SHN staff members, Jamaal got an up-close look at the innovative work being done across our hospitals, as well as some amazing opportunities on the horizon that will allow us to provide even more exceptional care to Scarborough patients.



NOVEMBER 7, 2019
Sip, Shop & Celebrate Women

FEBRUARY 7, 2020
Chinese New Year Gala

FEBRUARY 29, 2020
Walk with Heart
(Durham)

MARCH 6, 2020
Winter Carnival
(presented by the Caribbean
Philanthropic Council)

APRIL 23, 2020
A1 Chinese Radiothon

APRIL 25, 2020
Walk with Heart
(Scarborough)

JUNE 6, 2020
Brave T.O.

JUNE 20, 2020
Gates Open, Home
and Garden Tour

Stay tuned to
SHNFoundation.ca
for more information
on these and
other upcoming
events!



Saturday, June 6, 2020

Morningside Park, Scarborough

Race your way through your choice of a 1K, 3K or 5K course inspired by Toronto's first responders while taking part in a fun-filled day in support of Scarborough Health Network.

REGISTER TODAY @ www.brave.to





“At a time when I felt my most vulnerable, it has been extremely helpful having (Transitional Aged Youth Services) available for me right here in Scarborough where I grew up and still live.”

– Shante Taylor,
patient

YOUNG & HEALTHY

Bringing innovation in mental health care to young people across Scarborough.

Scarborough Health Network (SHN) is always invested in the specific needs of our community. Sometimes, that means designing services that bridge a gap, or embracing the newest technology; other times it means seeking insights from our patients, families, and community, or raising financial support for new equipment and capital renovations.

What's consistent throughout it all is SHN's vision to become Canada's leading teaching community health network - transforming your health experience. This rings true across all of our medical programs, from emergency care to nephrology to mental health.

Bridging the gap

We all have mental health. Some of us have also experienced mental illness. But while efforts to increase

access to lifesaving mental health services are on the rise, there is one vulnerable population that has seemingly slipped through the cracks.

Young adults aged 19 to 24 who are "aging out" of the children's system, or who have never been connected to mental health services at all, experience markedly decreased access to psychiatric care, with limited psychotherapy and psychosocial support. Community partners assist with treatment, but are often unable to accommodate the neurobiological, emotional, social, and developmental needs of youth experiencing severe mental illness.

To fix this gap, SHN's Mental Health program, in collaboration with its Youth Advisory Council (patient advisors between the ages of 18 and 24), brought forward the proposal for Transitional Aged Youth Services (TAYS), a unique program in Scarborough and Ontario, because of its focus on youth with severe mental illness.

Rehabilitation, individual, and group therapy, and Internet-based cognitive behavioural therapy (ICBT) are just a few of the extensive mental health and medical services available through TAYS. The

program is supported by child and youth counsellors with age-appropriate experience, dedicated child/adolescent psychiatrists, and adult psychiatrists to support the bridge and transition the youth, plus access to community partners across Scarborough.

At the same time, TAYS

helps patients to navigate and connect to supports in their community, including counselling, education, employment and housing. A weekly drop-in program, which is geared towards building connections with peers and learning skills that will help with navigating life's stressors, is also available.

For 22-year-old Shante Taylor, the program has allowed her to feel a sense of support that she didn't realize she needed.

"Struggling with my mental health, I came to the Emergency Department in hopes of getting help and was referred to TAYS. I was dealing with unresolved

"Every week Shante is making great strides to incorporate the discussions, lessons, and elements of her treatment plan, into her daily life."

grief after losing both of my parents,” Shante reflected.

“At a time when I felt my most vulnerable, it has been extremely helpful having this resource available for me right here in Scarborough where I grew up and still live.”

Shante has come a long way in the short time she has been supported by TAYS.

“Shante has been working so hard and embracing the program so openly,” shared Natasha Halliday, Child and Youth Counsellor. “Every week she is making great strides to incorporate the discussions, lessons, and elements of her treatment plan, into her daily life.”

Of course, it’s not without the generous support of donors who helped bring the TAYS Mental Health Pilot Program at SHN’s Shoniker Clinic to life that Shante is experiencing this level of mental well-being.

“I feel a new sense of independence and support that is allowing me to learn how to pick myself back up when I didn’t think I could. I want to be able to help to spread the word that this incredible support for young people is in our own backyard,” Shante said.

Thank you to our donors! With \$140,000 from Brian and Carolyn Neysmith, \$100,000 from George and Tami Cope, \$100,000 from RBC Foundation, and \$20,000 from the Bell Let’s Talk Community Fund, the ground-breaking TAYS program is raising the standards of care for at-risk young people in Scarborough.

Tech for tots

For younger children, like seven-year-old Keiran Atzema, anxiety related to hospital experiences can contribute to resistance to treatment, nightmares, longer recovery periods, lowered pain thresholds and separation anxiety.

To help ease this anxiety for Keiran and other children, SHN partnered with Canada’s largest private media production company, Shaftesbury, to test the impact of an original VR game on reducing anxiety in children from six to 12 who are undergoing day surgery for the first time.

“At SHN, we view anxiety as a symptom to be taken seriously and managed with evidence-based treatment and procedures,” said Dr. Michael B. Chang, otolaryngologist (a doctor who treats conditions of the ears, nose, throat, head and neck) and primary investigator of the study.



“The VR technology was a game-changer for Keiran. The game was a great distraction for him as he was prepared for the procedure by the phenomenal nurses.”

“This work is building on SHN’s well-established practices to help children and their families through pre- and post-operative care, including tours of the operating rooms, and the ‘Till I Sleep program – where parents join their children in the operating room until their anesthesia kicks in.”

Taking place at Centenary Hospital (one of two Scarborough centres of excellence in women’s and children’s health), the trial is focused on positive distraction therapy for perioperative stress relief with a test group of 120 children.

Participants play the virtual reality game “Bubble Bloom” (an under-the-sea experience where users can blow bubbles at passing fish and look for other sea creatures swimming around them) or engage in regular playtime activities such as playing with toys and electronics, before surgery.

“My favourite part was catching the fish,” declared Keiran, who loves science and hopes to become a wildlife rescue expert when he grows up.

Participants complete questionnaires that measure their anxiety and experience with the game and the study, before and after their play experience. Patients are then interviewed about their experience with the VR game, the equipment, the process of set-up and take-down, and how they felt in regard to their anxiety, and code their responses for analysis.

This helps the research team understand whether positive distraction therapy through VR games will be a feasible option for our patients and their families in the future.

“The VR technology was a game-changer for Keiran. The game was a great distraction for him as he was prepared for the procedure by the phenomenal nurses,” said Stefan Atzema, Keiran’s dad.

This pioneering research is helping transform some of our youngest patients’ experiences before they go into the operating room – something sure to comfort worried families too.

In Scarborough, children and young people are in good hands, no matter which SHN hospital they visit, or what health services they need.

To learn more and support SHN’s Mental Health or Women and Children’s Health programs, visit www.SHNFoundation.ca/MySHN.



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November 7, 2019

6-9 pm | The Guild Inn Estate

In support of Scarborough Health Network

Shop for the holiday season from local vendors, bid on a wide selection of auction items, and delight in a drink, all for a good cause!

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PUTTING THE POWER BACK IN PATIENTS' HANDS

How a new research study is empowering and educating diabetes patients at SHN

When Ron Beleno watches his 82-year-old mother Ronces, a former patient at SHN's General hospital, staying active as part of a line-dancing class, or learning about healthy eating from a nutritionist, he can see just how much of an impact it has on her.

"As an older adult with diabetes, my mother finds joy, confidence and well-being in experiences and services that allow her to take ownership of the challenges in her life," shared Ron, who serves as Ronces' part-time caregiver. "However, we're not always sure where or how to access these services, and without the proper direction, I often find it difficult to provide my mother with the tools she needs to manage her diabetes. Her treatments are only half of the battle, but there is a gap that needs to be addressed."

This gap is a challenge faced by many of Scarborough's elderly patients with diabetes, where the prevalence is 30 per cent higher than average for Toronto, and where the population over the age of 60 has nearly doubled since 2006. In the epicentre of this "diabetes hotspot" is SHN, host to the largest nephrology program in North America, serving more than 6,000 patients annually across three hospitals and three satellite sites, including the Yee Hong Centre for Geriatric Care.

At the helm of nephrology and chronic disease management for SHN is Director Ethel Macatangay.

"Chronic kidney disease (CKD) and diabetes are more

than just illnesses – for many of these patients, particularly our most senior patients, it has become their way of life," shared Ethel. "While clinical treatments such as dialysis are obviously a vital part of the equation, our patients need a model of care delivery that addresses every aspect of their journey, from exercise to diet and nutrition and even socializing with other patients. By enabling greater access to community services that help educate and empower senior patients on proper self-management techniques

for their CKD, we can work together to create a healthier future for Scarborough."

Given SHN's recognized leadership in the area, Ethel and her diabetes and nephrology teams were among the first to join an innovative, pan-Canadian research study out of McMaster University.

Funded by the Canadian Institutes for Health Research (CIHR) and Diabetes

Action Canada, along with funding from SHN and a generous \$200,000 gift from the hospital's primary dialysis machine provider, Baxter Canada, the research project will engage with groups of older adult patients living with diabetes and CKD in several communities across Canada – including Scarborough. The comprehensive, multi-year study will expose them to a six-month intervention alongside their typical clinical treatments and test the impact of integrated community services on their overall disease management and personal patient success.

The project is led by Principal Investigators Drs. Jenny

"The ability to self-manage disease is something that patients are looking for, or in many cases isn't an option they even know is available to them."



SHN is at the centre of a “diabetes hotspot,” where the disease is 30% more prevalent than the average for all of Toronto.

Ploeg, Ruta Valaitis, Maureen Markle-Reid and Rebecca Ganann from the Aging Community Health Research Unit, Faculty of Health Sciences, McMaster University.

“In early conversations with seniors’ groups in Guelph, Ontario, one thing was clear – the ability to self-manage disease is something that patients are looking for, or in many cases isn’t an option they even know is available to them” said Dr. Ploeg. “With community services that inform patients about how to better manage their illness and link them to valuable resources that they can take advantage of themselves, this study has the potential to improve treatment outcomes and even reduce emergency visits. While we are still in early stages, we are confident that this research will open doors for a community-based model of care capable of empowering patients to not just manage their diabetes, but all chronic disease, ultimately improving patient outcomes.”

Dr. Valaitis remarks that the research aligns well with the provincial government’s Ontario Health Teams, which will involve collaboration among streamlined groupings of

care providers from different care settings, such as hospital, primary care and community. And, as one of the most diverse communities in Ontario, Scarborough and SHN are ideal settings for this study to take place.

“The Scarborough community is made up of so many cultures and contexts, and with SHN’s strong reputation for innovation and integration with regard to diabetes care, this setting provides us with the real-world conditions necessary to properly apply this study,” shared Dr. Ganann. “SHN was also the first site to come on board and to start recruiting for the study, and they have already proven to be valuable and passionate champions in this project.”

Though previous trials demonstrating improvements in self-care and mental health were conducted in Ontario and Alberta, the team is confident that Scarborough’s cultural and socio-economic diversity provides the optimal setting needed to more effectively test this intervention.

To ensure that all perspectives are represented and every expertise is considered, the team has pulled together a Community Advisory Board who will consult on critical



WE ARE LOOKING FORWARD

SHN is moving ahead to find new ways to bring you the best services.

This is an exciting time for health care. Our community is home to an incredible health network of three hospitals and eight satellite sites, and we are making changes at SHN to strengthen our services and build leading programs.

We are taking bold steps to transform your health care experience and provide the best health care right here in Scarborough.



TRANSFORMING CARE

PLANNING CLINICAL SERVICES
FOR SCARBOROUGH

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aspects of the study as it progresses. Among the members of this Board include Angie Saini, Director of Client Care at Carefirst Seniors and Community Services Association, the intervention’s community partner; Kasia Luebke, Director of System and Sub-Region Planning and Integration at the Central East LHIN; Ron Beleno, serving as a voice for fellow caregivers; and, other local community organizations and patient and caregiver representatives.

“This research is a natural extension of the work we do at CareFirst, connecting senior patients to a full array of community programs at every point of their care journey that empower them with information and greatly improve their quality of life,” remarked Angie. “By partnering with health care providers like SHN, the impact of this study can be scaled up tremendously. Patients don’t want to spend their time waiting in emergency rooms, and by giving them the

“With different organizations working together to achieve the same result, we all win – our patients, our communities, and our health care systems as a whole.”

credit they deserve to manage their illness on their own, Scarborough’s diabetes patients can enjoy an overall better experience.”

“Diabetes management is very complex, and is even more complicated for seniors,” added Kasia. “However, the solution is not in a single program. It’s in an optimal model of care that is integrated within the community, and that is what this study will aim to achieve within Scarborough and across Canada. With different organizations working together to achieve the same result, we all win – our patients, our communities, and our health care systems as a whole.”

This research also contributes to the community engagement work already taking place at SHN to continue evolving the nephrology and diabetes programs beyond the confines of the hospitals.

“As a community hospital, it is essential that SHN looks to the integration of community-based models of care if we hope to continue our path towards industry-leading innovation in health care,” said Dr. Cathy Whiteside, Second Vice-Chair of SHN Foundation’s Board of Directors and former Dean of Medicine at the University of Toronto. “On top of this new research study, our hospitals are already taking a leading role in bringing these new models to life, as with forthcoming projects like the Bridletowne Neighbourhood Centre – a community hub for the prevention, treatment and management of chronic conditions and treatment of CKD. And with industry partners such as Baxter Canada supporting us, not only in the latest



medical equipment but also in dollars, there is no sign of our momentum slowing down.”

For Ron and Ronces Beleno, and many like them across Scarborough, this spotlight on community-based interventions for diabetes and CKD patients is a welcome prospect.

“I’ve seen first-hand the real possibilities that community-based services represent for seniors with diabetes, and I can’t wait to see these possibilities come to life so patients like my mother can feel empowered to take back control in their lives.”



EXCEPTIONAL CARE LEADS TO EXCEPTIONAL GIFT

Long-time grateful patient uses donation to purchase innovative medical equipment

Patrick Hung's journey as a donor at Scarborough Health Network (SHN) may have only begun in 2015, but his patient-physician relationship with Dr. Ying Lu, head of Ophthalmology, stems back almost 20 years. To truly show his appreciation for Dr. Lu at that time, Patrick made what would be the first of many generous donations to help purchase cutting-edge equipment for SHN's Birchmount Eye Centre.

"Patrick is one of the most brilliant, humble and gracious individuals I've met in my life," said Dr. Lu. "He came to me 20 years ago and I've been his primary eye specialist ever since. Coming from a prominent Confucius family, Patrick exemplifies hard work, kindness and contribution to society."

Patrick and his wife, Angela, made their first major donation to SHN toward the purchase of a laser cataract machine for the Eye Centre, which is recognized as the regional centre of excellence, performing 6,000 eye surgeries annually. Dr. Lu used this new equipment to perform the first-ever laser cataract surgery in an Ontario public hospital on August 24, 2016.

But it didn't end there – the Hungs' philanthropy continued over the years, inspiring other Eye Centre surgeons to

also make donations. Most recently in 2018, with a major contribution from the Hungs, the ophthalmology department was able to purchase two brand new surgical ophthalmic microscopes. As Dr. Lu points out, this collaboration is a perfect demonstration of the impact that can be made when a hospital and its patients and physicians come together to build strong, cooperative relationships.

In honour of the Hungs' generosity – totalling \$500,000 over the past four years – the Birchmount Eye Centre reception area was redesigned and renamed the Patrick and Angela Hung Eye Centre Reception.

Although Patrick and Angela live in Hong Kong year-round, the couple looks forward to the same day every year, when

they return to Scarborough for Mr. Hung's regular appointment with Dr. Lu, with the knowledge and trust that the excellent care Patrick receives at SHN is always worth the trip and their peace of mind.

"Patrick could receive his care anywhere in the world, but continues to choose SHN because of the excellence of our physicians and staff," said Dr. Lu. "He donates to SHN because he truly appreciates the great care he receives and strongly believes in our mission to transform health care in Scarborough."



A reception in honour of Patrick & Angela Hung's gift was held at the Birchmount Eye Centre on May 15, 2019



My
SHN
DOING OUR PART
FOR OUR HOSPITALS

DID YOU KNOW?

SHN is required to cover **100% of the costs for all medical equipment purchases** at our hospitals.

Support the area of care at SHN that means the most to you by helping them purchase much-needed medical equipment - it's as simple as 1...2...3!

- 1 VISIT SHNFoundation.ca/MySHN
- 2 CHOOSE YOUR DEPARTMENT
- 3 **DONATE!**

MAKE YOUR GIFT TO HELP PURCHASE EQUIPMENT IN ANY OF OUR 14 AREAS OF CARE:

- | | |
|--------------------------------------|-----------------------------|
| Cardiology | Oncology & Palliative Care |
| Critical Care & Respiratory Services | Pharmacy |
| Diagnostic Imaging | Seniors' Health |
| Emergency | Surgery & Ambulatory Care |
| Laboratory Services | Volunteer Services |
| Medicine | Women's & Children's Health |
| Mental Health | |
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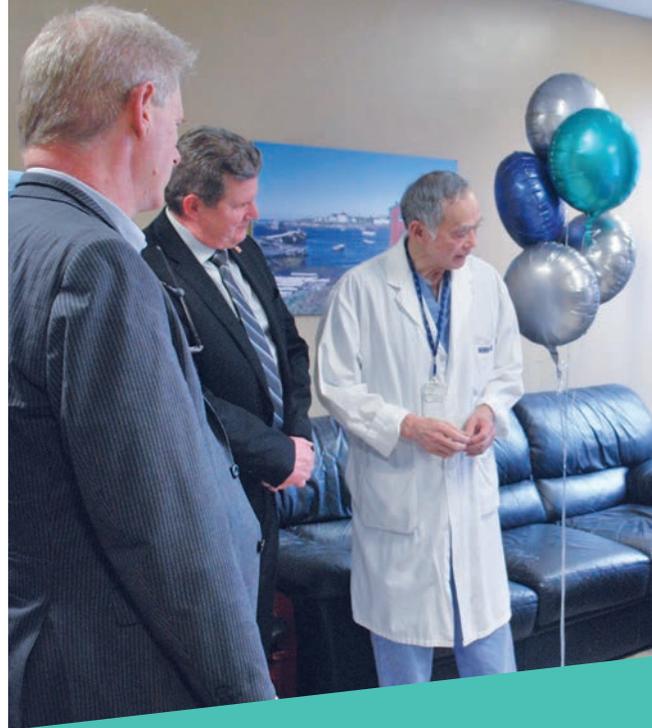


Help our hospitals provide patients with the best care possible

SHNFoundation.ca/MySHN

IN SUPPORT OF





THE TOOLS WE NEED

How donors are supporting SHN with cutting-edge medical equipment

Thanks to the support of many generous donors, Scarborough Health Network (SHN) Foundation has been able to play a significant and instrumental role in acquiring cutting-edge and innovative medical equipment for our staff and physicians. This technology is critical to shaping the future of care in Scarborough, and our expert teams need it in order to continue delivering exceptional care while evolving our capacity to even greater heights.

Here are just a few of the many stories from the last year that highlight how patients, families, staff, physicians and the community have stepped up by helping us acquire new equipment:

Family donates in honour of late patient

As Mila Frame and her son, Michael, sat by her husband David's bedside they noticed one nurse after another coming in to borrow the blood pressure machine being used to monitor him. This clearly significant need is what inspired their idea to fundraise for the purchase of a new piece of equipment for SHN. As Mila notes, staff from the entire nephrology floor played a role in David's exceptional care

during his long stay at the hospital. "I just wanted to express my gratitude to each and every one of the staff members."

Following her husband's passing, Mila and Michael knew immediately how they wanted to show their appreciation for

DID YOU KNOW?

SHN is required to cover 100 per cent of the costs for all medical equipment purchases!

Since 2018 alone, SHN Foundation has directed more than \$6.8 million towards the purchase of innovative and much-needed medical equipment across our hospitals, including:

- Patient Beds - \$676,000
- IV Smart Pumps - \$2,788,000
- Neonatal & Paediatric Cardiac Monitors - \$313,000
- Arrhythmia Patient Implantable Device Monitoring - \$90,000
- Automated Dispensing Cabinets - \$777,000



the hospital staff – they decided to fundraise for the purchase of a new blood pressure machine. Michael set up a GoFundMe account on his own to raise money, and asked friends and family to donate in David’s memory in lieu of buying flowers for the funeral. Very quickly, the Frames raised more than \$4,000 for the purchase of the blood pressure machine, which now calls the nephrology department at the SHN General hospital its home.

Patients help purchase new urology equipment

Thanks to Dr. Allan Toguri’s tireless dedication to his patients, and their generous donations in honour of his exceptional care, the urology operating room at SHN’s General hospital became home to a brand-new KARL STORZ video tower earlier this year. The KARL STORZ video tower is used for a wide array of urology endoscopic procedures such as cystoscopy, transurethral resection of prostate (TUR), ureterorenoscopy and laparoscopic procedures. The new equipment will provide “shorter procedure time, more accurate diagnosis, and safer surgical intervention” for patients.

A member of the SHN family for more than 30 years, Dr. Toguri is a veteran urologist who has always strived to achieve the absolute best for his patients – and he was determined to achieve it. After identifying the need for certain urology equipment in partnership with SHN Foundation, Dr. Toguri and his patients were able to fund the purchase of the video tower. “My patients recognized that we need their support - to update hospital equipment, and continue providing the best care possible,” said Dr. Toguri. “We can’t do it alone.”

Obstetricians come together to give back

Thanks to the leadership and generosity of Dr. Carol Peng, Dr. Georgina Wilcock, Dr. Grace Yeung, and an entire group of generous SHN obstetricians, the ribbon was cut on a newly installed therapeutic birthing tub at the General hospital’s Family Maternity Centre. This state-of-the-art birthing tub is designed to improve the patient experience for our expectant mothers by creating a soothing birth environment, a need that the group recognized through their day-to-day work at SHN.

“Being on the front-lines provides us with a unique vantage point into the challenges facing our patients and the opportunities we have to make things better,” shared Dr. Wilcock. “We often have patients who are anxious about the maternity process, particularly during childbirth, and they are looking for alternative methods of care that meet their specific wants and needs. This type of equipment offers our patients choice in their treatments and provides new options and avenues for them to manage pain and find comfort through a monumental part of their lives.”



Looking to do your part for our patients by helping staff and physicians get their hands on the latest and greatest medical equipment, technology and patient programs?

With the launch of MySHN, you can do your part by contributing directly to the areas you are passionate about. Each of our 14 clinical programs across the Birchmount, Centenary and General hospitals have identified medical equipment and technology that are critical to our work.

Visit SHNFoundation.ca/MySHN and make your gift to the area of your choosing today!

OUR COMMUNITY OF SUPPORT



CREATING A LASTING LEGACY

There are many reasons why a donor chooses to give back, but for Kenneth (Ken) Drope, it was one in particular that inspired him to leave a gift in his will to Scarborough Health Network (SHN). “It finally felt like the right time to give back and do my part for the hospital that has cared for my family and I for decades.”

A retired school board superintendent, Ken was raised in Leaside where he met his late wife, and settled down to raise their four children. Even when Ken moved outside the GTA to Peterborough, Ontario, his loyalty to SHN remained. “I could easily have visited a closer hospital, but I always choose to return to SHN

instead because I’ve built incredible relationships with the staff and physicians there via my family doctor, Dr. Tom Weinberger, and I know that my care would always be exceptional.”

Ken became part of the SHN family in the 1970s, and has quite the history with the expert team at SHN. It began when he developed appendicitis and had to have emergency surgery to remove his appendix. Since then, having spent time with staff and physicians across all three SHN hospitals, Ken says he experienced first-hand how interconnected the new network is and believes that this model will allow the hospitals to do even more for their patients.

Sadly, in 2001, Ken was called back to SHN when his wife was diagnosed with stage three plus colon cancer. “My wife’s physician at the time told us that he would do his best to maintain her quality of life in the few years she had left, and he did just that. He gave us a four more great years together.”

Ken once again visited SHN for care in 2008 upon developing acute prostatitis, and was sent home healthy and happy after a successful procedure. Ken returned to SHN in 2011 after he began to have trouble breathing, and cardiologist Dr. Kibar Yared discovered that Ken

had a prolapsed mitral valve. He referred Ken to a surgeon at St. Michael’s Hospital for a successful valve repair.

“When I was being cared for by Dr. Yared, he told me



SHN cardiologist Dr. Kibar Yared (left) alongside patient and donor Ken Drope

‘I am your cardiologist for life,’ and I was absolutely delighted to have him as my physician,” noted Ken. “He’s a great person and an incredibly qualified cardiologist.”

“Ken has been my patient since I started at SHN,” said Dr. Yared. “I’ve always appreciated his desire to learn about his illness, how he implicates himself in the treatment plan, and the regular feedback I received of how he was faring. It’s always a pleasure to see

INSPIRING OTHERS WITH A GENEROUS SOUL

him, discuss his symptoms, and learn about him as a person, not only as a patient. It is extremely satisfying to see a patient do well after any type of intervention and then give back to the



institution that helped him.”

Thanks to Drope’s many experiences as a patient, he felt that the time was finally right to make a significant financial commitment to SHN. “My kids have already been taken care of financially, so I wanted to leave an additional gift with impact. I’ve been a regular donor for many years, but leaving a gift in my will seemed like the perfect way to celebrate and show my appreciation for the fond relationship my family and I have enjoyed with the staff and physicians at SHN.”

For those who had the honour of knowing Scarborough Health Network (SHN) patient and donor Keroo ‘Kay’ Polishvala, there was not one among them who wasn’t incredibly touched by her remarkable kindness, compassion and selflessness – and this includes Dr. Dhun Noria, SHN’s Chief of Laboratory Medicine, Medical Director of Laboratories, and Keroo’s cousin.

“There was nothing that Kay would not do for her beloved friends and family,” shared Dr. Noria. “She never forgot a birthday or a milestone, and she was known for sending well-wishes and gifts whenever possible, making her a cherished part of all of our special days. Kay also cared deeply for her community and would do everything she could to help those in need.”

This generous and considerate spirit was something that Keroo cultivated from a very early age. One of nine orphan siblings, she emigrated to the U.K. from Bombay, India in the early 1960s in hopes of a better life. With nothing to her name, Keroo worked hard to ensure a successful future for herself and those around her, and always found time to do her part for the community by donating what money she could and volunteering what time she had to a number of different local charities.

Thanks to a sponsorship by Dr. Noria, Keroo then came to Canada from the U.K. in 1971, once again seeking out new opportunities to improve her life. She worked several jobs in childcare and housekeeping, and even took on a role at Xerox, scraping and saving every penny so she could continue giving back to the community. She freely made donations to causes that mattered, supporting several charities including North York General Hospital, SickKids, the Salvation Army, the Canadian Cancer



Society, and many others.

At SHN in particular – a place she spent significant time as a patient – Keroo generously committed \$30,000 towards the future of our hospitals and the patients we serve.

“SHN serves so many in the Scarborough community, and Kay wanted to help the hospitals continue to deliver the great care she had come to know,” continued Dr. Noria. “Kay was an independent woman who lived on her own and managed her own affairs until the exceptional age of 90. She never asked for anything in return, just the knowledge that her donations – whether large or small – had the power to help change someone’s life for the better.”

A long-time SHN donor herself, Dr. Noria hopes that Keroo’s story will inspire others to open their wallets and to see the value of giving back themselves.

“When she wasn’t painting, singing or travelling the world, Kay was always looking for ways to give back to the community, even up to her final days. Her generosity was inspirational, and her legacy as a selfless and charitable beacon is one I want to ensure lives on for future generations. Kay’s heart would be full knowing that her story will inspire others to give, making an even greater difference for those in need.”



Dr. Norman Chu
Department Chief,
Emergency Medicine,
Birchmount and
General hospital

WE ARE COMMITTED TO OUR THREE HOSPITALS

SHN is investing in our connected network.

We know that it takes all of our hospitals working together to meet our community's needs.

That's why we continue to build and grow services at each hospital — to ensure the best care for patients and families today and in the future.

BIRCHMOUNT

- New Emergency Department (ED) — with initial \$500,000 investment from the Ministry of Health and Long-Term Care
- Kids Short Stay Clinic to complement the ED
- New Stroke Centre of Excellence
- Expanded, world-class plastic surgery services

CENTENARY

- Plans to build a new ED
- Refreshed birthing and newborn care spaces

GENERAL

- New medical imaging suite
- Expanded birthing, newborn, and kids care spaces
- New Kids After Hours Clinic for walk-in care



UNITING FRONTS

Like many members of the Carpenters Local 27 union, President Mike Yorke (and Scarborough Health Network (SHN) Foundation Board member) was born and raised in Scarborough. “We work here, with live our lives here, and our families call this community home – and together, we have a desire to see this community thrive and prosper for future generations.”

With his union squarely behind him, Mike is now doing his part to make that happen. Over the past year, Mike worked with SHN Foundation to discover the most impactful way for the Carpenters to support a healthier future for Scarborough. “As community hospitals, SHN represents a collective spirit of coming together and doing our part to ensure patients are receiving the best, most effective health care available. There’s no reason why we, as the community served by those hospitals, shouldn’t embody that same spirit.”

To this end, Mike reached out to Claudio Mazzotta, Vice President of the Drywallers Local 675 union, to find opportunities for the two unions to collaborate on a possible donation in support for SHN.

“Our unions share the belief that improving health care in Scarborough is one of the strongest ways our membership can show their commitment to the community,” shared Claudio. “By combining our efforts and throwing both our hats into the ring, we can amplify our impact for patients and show that Scarborough’s future depends on all of us, together.”

As a demonstration of their joint commitment, the unions have pledged a combined \$150,000 in support for the new Medical Imaging and Vascular Centre at SHN’s General hospital.

“It all comes down to giving back to the community,” remarked Mike. “We are committed to equity and social justice, not just in our own union, not just in our own community, but throughout Canada and internationally as well. Alongside the Drywallers and SHN, we are doing our part and taking a significant step forward in building the future of health care right here in our backyard.”

A SIBLING BOND

Even in his final days, Dr. Mariano Qué knew he wanted to give back to the hospital that cared for him during his illness – a desire that his close sister Carmen was well-aware of. “My brother wanted to give the donation to show his appreciation for the help and treatment he received,” noted Carmen. “He wanted to give back to the community.”

In 1993, family physician Dr. Qué suffered a heart attack and underwent a triple bypass operation, forcing him to retire. His first visit to SHN took place in 2015 when Dr. Qué was rushed to the General hospital for emergency surgery due to an apparent infection, which the surgeon discovered was a result of his failing kidneys. As Carmen recalls, her brother was admitted into the intensive care unit after the lifesaving kidney operation.

Dr. Qué continued dialysis treatments for his chronic kidney disease (CKD) for two years until his passing in August 2017. Wasting no time, Carmen quickly followed through on the request her brother made before he died by making an incredible donation of \$50,000 in his memory to SHN Foundation.

Originally from the Philippines, Dr. Qué received his medical diploma from the University of Santo Tomas and passed the Philippines State Licensing Board exam

before leaving for the U.S. in 1958, where he received additional medical education and training. Upon the expiry of his U.S. visa, Dr. Qué travelled to Manitoba, where he practised at Winnipeg’s Misericordia Health Centre until relocating to Montreal in 1964.

With his sponsorship, Dr. Qué’s parents left the Philippines to join him in Montreal, with Carmen joining shortly thereafter. After practising for several years



in Montreal, Dr. Qué made his home in Toronto. He worked at the Queen Street Mental Health Centre (now the Centre for Addiction and Mental Health) for more than two decades, and during that time opened his own part-time family practice.

Carmen knew well before he passed away that her brother wanted to give back to the hospital, and as the beneficiary of his estate, she wanted to honour her brother’s wishes and memory. This generous gift will help SHN continue to provide exceptional care to the community, and allow Dr. Qué’s touching legacy of care to continue well beyond his years.



PROFILES OF EXCELLENCE



DR. JASON FUNG

Imagine being able to reverse your Type 2 diabetes, not with medication, but simple good, old-fashioned, lifestyle changes. Sounds like a dream, right? Dr. Jason Fung, a nephrologist with SHN since 2001, is making this dream come true with his unconventional but effective approach that pioneers the clinical use of therapeutic fasting for weight loss and Type 2 diabetes reversal.

Diabetes is one of the leading causes of kidney disease. Noticing that conventional medical treatments weren't always the best option for his patients, and that most of their challenges were related to metabolic issues, Dr. Fung came to a conclusion: if we don't fix the underlying cause, how can we treat the other problems?

As a result, he founded the Intensive Dietary Management Program to treat Type 2 diabetes and obesity with simple dietary changes that work.

"It makes perfect sense that fasting should offer significant health benefits to those people with obesity and Type 2 diabetes," noted Dr. Fung. "The body carries fat as a store of energy and fasting allows the body to use the fat for the specific purpose. If you reduce the amount you are eating,

you will lose weight. If you lose weight, your Type 2 diabetes will improve."

Realizing the success of this method for his patients, Dr. Fung has committed himself to sharing this alternative treatment with the world, embarking a series of best-selling and internationally recognized health books: *The Obesity Code*, *The Diabetes Code* and *The Complete Guide to Fasting*.

"I want readers to have the information they need to take control of their own health, even if it contradicts everything they thought they knew about diet and weight," said Dr. Fung.

And with his expertise, you would think that Dr. Fung would be the one educating his patients – however, this has not always been the case.

"My patients have taught me that there must be a better way to regain health than giving more drugs and procedures. I'm inspired every time I see a patient lose weight or reverse their diabetes using diet and lifestyle rather than medications. My job as a physician is to improve my patients' health, not necessarily to prescribe medication. Sometimes it's the same thing, and sometimes it's not."

DR. JOE BUTCHEY

A hospital's emergency department (ED) can be a stressful experience for anyone – doctors, nurses, patients and families alike. But for Dr. Joe Butchey, Chief of Centenary hospital's ED and a Scarborough resident himself, caring for the community in this fast-paced environment is a privilege – so much so that he's been doing it for more than 25 years!

“The diversity, global representation, work ethic, and tolerance of people from various backgrounds are just a few of the many reasons I love working and living in Scarborough.”

As Chief, Dr. Butchey is responsible for overseeing a multidisciplinary team of professionals that includes nurses, clerks, social workers, volunteers, respiratory therapists, and various medical specialists.

“As a high-functioning team, I have a deep appreciation for the talents of each of my colleagues. But now, we need to become even more collaborative and coordinated. Resources are scarce, but if we're smart, we can vastly

improve the health care we deliver to the community.”

Dr. Butchey is confident that, by expanding SHN's EDs, our health network's reputation will soar as we serve Scarborough in a safe, efficient and compassionate manner.

“We're looking at coordinated care for the entire community by enhancing many of the existing programs, expanding into new areas, and developing a new, state-of-the-art ED. The prospect of new technology to enhance quality patient care and improve safety and efficiency is very exciting. As we evolve, we will also continue to attract and retain exceptional talent to the SHN medical community.”

And though Dr. Butchey remains committed to making improvements today, he also knows that the future of health care in Scarborough is rich with opportunity. “We all play a part in improving lives through exceptional care though. It's our time to step up and invest in our EDs so that we can continue delivering the very best care, close to home.”





6 STEPS TO DIABETIC HEALTH

In Canada, more than two million people are living with diabetes. If left untreated, diabetes can lead to serious health concerns such as chronic kidney disease (CKD). With the largest nephrology program in North America, Scarborough Health Network (SHN) has become a leader in the treatment and management of diabetes and CKD.

Since diet can play a significant role in the treatment and management of diabetes, we sat down with Joanne Greco-Fiore, Registered Dietician and Certified Diabetes Educator at SHN, to get tips on maintaining a successful and kidney-friendly diet.

1) Everything in moderation

Make lower-sodium choices, avoid eating out, be aware of your protein intake, and eliminate excessive nutrient intake can help you live a healthier lifestyle.

2) Don't drink your calories

Drink low-calorie and low-sugar beverages – it's an easy way to lower your overall caloric intake. Drinking your calories is not as filling or satisfying as eating them.

3) Don't eat six meals a day

The "six meals diet" is meant to consist of six snacks throughout

the day, but people often over-consume when attempting this. Having three balanced meals a day, 4-6 hours apart, will allow your blood sugars to rise and fall at a moderate rate.

4) Eat your vegetables

Plant-based diets have been proven to have many beneficial effects, and it's very important for people with diabetes to include plant-based foods in their diets. Half of every meal should consist of vegetables, and the remaining half split between proteins and starches.

5) Choose lower-glycemic index carbohydrates for your meals

Carbs break down into glucose, which your body uses to create energy in your cells. Examples of low-glycemic carbs include asparagus, cauliflower, apples, pears, quinoa, brown rice, chickpeas.

***FYI:** If you think you might be overeating or making unhealthy food choices, you may want to consider keeping a food journal where you can record what you eat or drink (even a small sip or bite). If you make a negative choice, write down who you were with, what you were doing and where you were when it happened – this can help to identify your own triggers and it can help you start self-managing.*



SOBA NOODLES WITH MUSHROOM, SPINACH AND TOFU

INGREDIENTS

- 2 tbsp (30 mL) canola oil
- 1 shallot, minced
- 1 carrot, finely diced
- 2 cloves garlic, minced
- 1½ tbsp (20 mL) minced fresh ginger
- 8 oz. (250 g) white or brown mushrooms, sliced
- 1 cup (250 mL) frozen, thawed edamame
- 1½ cups (375 mL) low-sodium chicken broth or vegetable broth
- 2 tbsp (30 mL) reduced-sodium soy sauce
- 1 tsp (5 mL) grated lemon zest
- 4 oz. (125 g) spinach leaves, chopped
- 4 oz. (125 g) firm tofu, cut into ½-inch dice
- ¼ tsp (1 mL) freshly ground pepper
- 6 oz. (170 g) soba noodles

INSTRUCTIONS

1. Bring a 5- to 6-quart pot of water to a boil.
2. In a 10- to 12-inch sauté pan, warm canola oil over medium-high heat. Add shallot, carrot, garlic, and ginger and sauté for 1 minute. Stir in mushrooms, reduce heat to low, and cover pan; sweat mushrooms until soft, about 4 minutes. Uncover pan and increase heat to medium-high again. Stir in edamame and sauté until heated through, about 2 minutes. Stir together broth, soy sauce, and lemon zest and pour into pan. Bring to a boil.
3. Stir in spinach a handful at a time, stirring after each addition until wilted. Stir in tofu, then turn off heat under pan. Season to taste with pepper.
4. Drop soba noodles into boiling water; cook until al dente, about 5 minutes. Drain in a colander and rinse with cool water to remove excess starch. Add noodles to sauté pan and turn on heat to medium-high. With tongs, toss noodles with vegetable mixture just until heated through, then divide among shallow pasta bowls and serve.

—Courtesy of canolainfo.org

1990: Staff and physicians celebrating the five-year anniversary of the Grace hospital. Opened in 1985 by the Salvation Army, the hospital would become part of The Scarborough Hospital alongside General in 1998, and would assume its current name, Birchmount, in 2009 following a public contest.



Scarborough Grace General Hospital



Please consider leaving a legacy gift to Scarborough Health Network Foundation



“You never know when you’re going to need care from your local hospital - so why not give back if you’re able to?”

- Eileen Mason

An SHN volunteer for more than 50 years, Eileen has graciously decided to leave a gift for SHN Foundation in her Will.



Legacy Circle

For more information about charitable bequests, please contact Verna Chen at 416-438-2911 Ext. 6040 or vchen@shn.ca.

Our legal name: Scarborough Health Network Foundation
Charitable registration number: 11914 2263 RR0001

