

The St. Joe's Insider

A NEWSLETTER FOR DONORS & FRIENDS OF ST. JOSEPH'S HEALTH CENTRE FOUNDATION GUELPH

SUMMER 2017



Our Community *Lifts Spirits* and *Lifts Hope*

Did you know...

Last year, thanks to the generosity of our community, donations to the Health Centre supported:

Much needed medical equipment including:

- Vital sign monitors
- Specialized hospital mattresses
- Bed alarms
- Fall mats
- Wheelchairs
- Physiotherapy equipment
- Ceiling lifts
- Sit to stand lifts

Specialized programming and services such as:

- Music Therapy
- Horticultural Therapy
- Palliative Care
- Patient & Resident Care and Comfort items

There is no doubt we can all use 'a lift' from time to time. For many at St. Joseph's Health Centre Guelph though, they need a physical and emotional lift several times a day. And thanks to the remarkable giving spirit of our community, new patient lifts have arrived helping to make this possible.

Last year, dedicated donors gave generously to the Health Centre to support the best in patient care, the delivery of vital programs, and to ensure St. Joseph's could provide a range of essential services both within the Health Centre and out in the community. The funds raised through our Christmas appeal, together with a generous \$30,000 donation from the Royal Canadian Legion Guelph Poppy Fund, went directly toward the purchase of vital patient lifts.

Specialized patient lifts are relied upon throughout the Health Centre but this first round of newly purchased lifts, 14 in total, are essential to residents in Long Term Care who often stay in bed for long periods of time. "Because regular movement helps to prevent bed sores and promotes healing, we want our residents to move as often and as much as is possible," said Kathy Tschirhart, Vice President of Clinical Services and Chief Nursing Executive. "Lifts help our residents to be moved more gently and steadily, reducing the stress and pain many experience during a transfer, and they help to ease some of the anxiety they have about moving too."

As soon as the seven MaxiMove® sling lifts, and the seven Sara® lifts, also known as sit-to-stand lifts, arrived at St. Joseph's, staff went through in-depth training sessions. Samantha Smith, a Registered



Above: Registered Nurse Samantha Smith (left) and Personal Support Worker Chantel David (right) assist Jean in the new sit-to-stand lift.



Left: St. Joseph's staff participate in training sessions with the MaxiMove® (sling) and Sara® (sit-to-stand) lifts.

Specialized patient lifts are relied upon throughout the Health Centre.

Nurse in Long Term Care shared: "We want to support residents in the most dignified way possible and at the same time

be sure we're reducing the risk of injury to ourselves too. We were eager to receive the training on these new lifts and to bring them into the units so we could support our residents in

a whole new way."

Jean, a resident in Long Term Care, was among the first to use one of the new, sit-to-stand Sara® lifts. Although she was nervous to go from sitting to standing – something she can

no longer do on her own – St. Joseph's staff, Samantha and Chantel, worked together to bring Jean to a standing position in a respectful and comfortable way. Being able to move with ease, having the confidence to stand, comfortably transitioning from lying down to sitting, or moving in and out of the bathtub safely, makes a tremendous difference to Jean's health and her quality of life.

Together, and backed by the support of our community, Samantha, Chantel and Jean achieved a tremendous milestone. Moving helped to enhance her physical healing, but Jean's spirits were lifted too. These lifts have brought Jean and our other residents hope and security – two of the greatest gifts.

A proud member of





A Legacy of *Caring*

Leaving a Legacy

If you have left St. Joseph's Health Centre a gift in your Will, or included us in another way as part of your estate planning, thank you. Please consider letting us know so we can ensure your wishes are met.

If you would like more information on leaving a gift in your Will or through a life insurance policy, please contact Jennifer Hall at jennifer.hall@sjhcg.ca or call 519.767.3424.

Mabel Wingrove was a long-time, active member of the Guelph community and a nurse who cared for others throughout her life-long career. But her compassion extended beyond her lifetime. Mabel passed away in 2016 and had named St. Joseph's Health Centre Foundation Guelph as a beneficiary of her life insurance policy. Now, her generosity will help hundreds of people who rely on the services offered at St. Joseph's.

For one man in particular, Mabel's compassion has made a tremendous difference despite some of the very difficult circumstances he faces.

John began showing signs of dementia when he was only 47 and was diagnosed with frontotemporal degeneration (FTD) just before his 50th birthday. Today, John is 55 years old and very active in the Young Onset Program at St. Joseph's Health Centre. He attends the program weekly to engage in supportive conversation with peers and staff as well as participate in meaningful activities and events. In addition, John

takes on a volunteer role in support of other programs within the department and recently participated in a Young Onset Panel event shared with the larger community.

"We were honoured to learn Mabel thought to include St. Joseph's Foundation in her estate plans," said Jennifer Hall, Vice President of Development at St. Joseph's

Health Centre Foundation.

"In speaking with Mabel's loved ones, we are confident she would be proud of the ways her support is helping so many to have the best possible quality of life."

Engaging in both physical and cognitive exercises is vital, especially for those who are diagnosed with dementia at a young age when the disease is often aggressive. Mabel's gift is stimulating minds and enabling patients to join in

physical activities. Thanks to her, St. Joseph's Young Onset Program now has new tools and equipment for men and women like John to help them retain more of their independence, share their lived experiences with others, and enjoy an overall better quality of life.

"My Aunt appreciated the quality of care and comfort of St. Joseph's rehabilitation facility when she stayed there after a hip fracture," recalled Mabel's nephew, Paul Davis. "She was a caring and generous individual who gave her energy, time and money to support important community charities. She believed people should help others in need to the best of their ability, and that local, accessible healthcare was very important to the community."

Mabel's gift to St. Joe's is an important part of her legacy. By providing John with tools to help him enjoy continued good health, it has also empowered him with the ability to help others. And that means both Mabel and John are leaving a legacy of caring for generations to come.

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Mabel Wingrove remembered St. Joseph's in her estate planning.



John, along with other program participants and St. Joseph's staff, enjoys social activities and cooking meals as part of the Young Onset Program which offers physical, intellectual and social stimulation to adults diagnosed with dementia under the age of 65.

We're Leading the Way – Thanks to You!

What do you do after earning the highest award possible for a Canadian healthcare provider? You share a heartfelt *thank you* with all those who made it possible!

Earlier this year, St. Joseph's Health Centre Guelph was awarded a rating of *Accreditation with Exemplary Standing* by Accreditation Canada. "This is an amazing accomplishment that speaks to the complete and total commitment of our staff, physicians, volunteers, leadership team and Board of Trustees," explained David Wormald, President of St. Joseph's Health Centre Guelph. "Only one in five healthcare providers that undergo the accreditation process obtains this prestigious award."

The generous support of St. Joseph's community of donors played a tremendous role in this achievement. "Whether funding rehabilitation walkers, lifts and slings, recreational therapy programs, or a new medication delivery system that is among the best in the province, the generosity of our donors helped to ensure we were able to provide the exceptionally safe, high-quality patient and family-centred care required of us," said Sera Filice-Armenio, CEO of St. Joseph's Health Centre Foundation. "Thank you for your commitment to St. Joseph's, and for helping us live our mission of providing kind, compassionate care, dignity and respect to all those we are honoured to serve."

The new medication delivery system at St. Joseph's – which was donor-supported – played a key role in our achievement of exemplary standing.



The Inside Scoop

Meet **Brendan Lane**, Chair of the Board, St. Joseph's Health Centre Foundation Guelph



Q Why do you believe it's important to support St. Joseph's?

A My Mom was a nurse and instilled in me the importance of community and of giving to others. I enjoy volunteering with my kids' sports teams and supporting different causes with my wife. But I also want to commit to an organization that touches the whole community. That's why I joined the Board of St. Joseph's Foundation. The Health Centre is vital to providing exceptional healthcare to those in our community who are facing extraordinary challenges. We are home, or home-away-from-home, for so many in need of long or short-term compassionate care as they heal. It's at St. Joseph's, our city's only hospital for rehabilitation and complex care management, that people recover to enjoy the best possible quality of life and learn to live anew.

Q What are you most proud of?

A Our Foundation's volunteer Board is made up of community leaders dedicated to ensuring the future success of this vital healthcare institution. We are tremendously proud to govern a Foundation committed to the highest standards of transparency and accountability. St. Joseph's Foundation is one of only a select group of Canadian charities to be accredited by the Imagine Canada Standards Program. The program recognizes charities who achieved excellence in board governance, financial accountability & transparency, fundraising practices, staff management and volunteer involvement.

Q Why are donations to St. Joseph's critical to the future of the Health Centre?

A We all know someone who relies on St. Joseph's. Maybe your neighbour's child is receiving speech language therapy. Or a colleague is recovering from a stroke with the goal of rejoining his family at home. Maybe you have a family member with early onset dementia who needs a support group or will be considering long-term care. Sadly, government funding does not fully cover the costs of the medical technologies and specialized programming our patients and residents need to reach their health and quality of life goals. Gifts to St. Joseph's play an important role in ensuring we will continue to deliver the exceptional, compassionate care our community relies on, now and into the future.



Above: Members of the Villa Canadese Board of Directors celebrate the newly refurbished palliative care rooms at St. Joseph's with staff from the Health Centre and Foundation.



Villa Canadese Gift Brings Comfort During End of Life Care

Palliative care, or end of life care, is a deeply personal and private experience for our patients and their loved ones. At St. Joseph's, we strive to provide the most compassionate care possible during one's end of life journey.

Although each of the eight palliative care rooms at St. Joseph's offers a private, quiet space, they were in need of both small and large enhancements to make them more comfortable, more welcoming to family members, and a more serene space. And thanks to a special gift, from a remarkable group of people, these rooms are being transformed into a calming, comfortable, homelike environment for patients and families.

Nearly three decades ago, a passionate group of Italian-Canadians dreamed of a retirement home for the community's Italian seniors – a *Villa Canadese*. Fundraising began with many dedicated individuals from the Italian community coming together to contribute. It was a tremendous undertaking spanning many years but, unfortunately, one that would not materialize. Realizing the funds they'd raised would not allow for the creation of a retirement home of their own, the Board of Directors of Villa Canadese knew they had the opportunity to donate the funds raised toward another, similar cause. They looked to St. Joseph's Health Centre Guelph.

"For many years we raised funds with the goal of supporting seniors in a retirement community of our own," explained Aldo Braidà, Past President of the Villa Canadese Board of Directors. "When we realized we could not dedicate the funds as we'd planned, our leadership chose to invest in palliative care at St.

Joseph's Health Centre, an institution that is very dear to Guelph's Italian community with its wonderful reputation for delivering compassionate, family-centered care."

Villa Canadese's \$70,000 gift to St. Joseph's enabled the purchase of comfort items like new bedding, drapery and tasteful décor reminiscent of home. New specialized reclining chairs will allow family members to rest right beside their loved one. Families will be able to take

solace in a soothing cup of coffee or tea in the privacy of their loved one's room thanks to fully stocked refreshment carts containing coffee makers, snacks and emergency toiletries. And all those who gather together will be able to reminisce about the past while looking at photos and memories posted to the large picture boards hung in each room.

"We are deeply grateful to the former Board of Villa Canadese for making this

project possible," said David Wormald, President of St. Joseph's Health Centre Guelph. "Our goal is to ensure patients and families have a supportive, homelike environment to complement the exceptional end-of-life care our staff provides. Many will be comforted by their generosity for years to come."

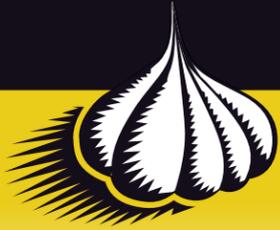
While visiting St. Joseph's to celebrate the unveiling of the newly refurbished palliative care rooms, Villa Canadese Board members shared how pleased they are with the updated rooms and believe all those involved in the project will be too. Mr. Braidà expressed that, "our vision was that our community would come together to support one another. That is what community is all about, and that is what we have succeeded in doing."

We are deeply grateful to the former Board of Villa Canadese for making this project possible.



20TH ANNUAL

TASTE
of
GUELPH



Save the date!

Join us on Sunday, September 17, 2017

for the 20th Anniversary of Taste of Guelph presented by Linamar in support of St. Joseph's Health Centre!

This distinctively delicious gourmet garden party fundraiser features over 50 of Guelph's best restaurants, chefs, caterers, vintners and brewers. In addition to fine food and drink, the event promises amazing auctions, a tantalizing travel package – *Champagne Dreams* – for raffle, and comradery for all.

All proceeds support vital equipment purchases to further enhance the exceptional care for which St. Joseph's is known.



Sponsorship opportunities are available!

Contact Karen Semma at karen.semma@sjhcg.ca or 519.767.3424 to learn more and be part of this prestigious event!

Tickets are \$125 until August 28th and \$150 after.

Visit tasteofguelph.com for more information.

Great food. Great fun. Great cause.



TasteOfGuelph.com

Music to Our Patients' Ears!

An evening of music showcasing Guelph Collegiate Vocational Institute High School's very talented music students raised over \$1,400 to support St. Joseph's Health Centre's Music Therapy Program.

Led by Dan Austin, Band Director and instrumental music teacher, it was a wonderful evening of entertainment and a great example of community support for St. Joseph's.

St. Joseph's Music Therapy Program staff and participants saying "thanks"!



Hosting a special event of your own is a fun and meaningful way to rally your family, friends, neighbours and co-workers to support St. Joseph's Health Centre. **No event is too big or too small!**

If you're interested in learning more, please contact Karen Semma at 519.767.3424 or karen.semma@sjhcg.ca.

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