

# The St. Joe's Insider

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

SPRING 2019



## Your donations improve lives

*Generous response to appeal funds vital equipment*

### Your Donation Matters!



Safer Sleeping



Easier Breathing



More Comfort

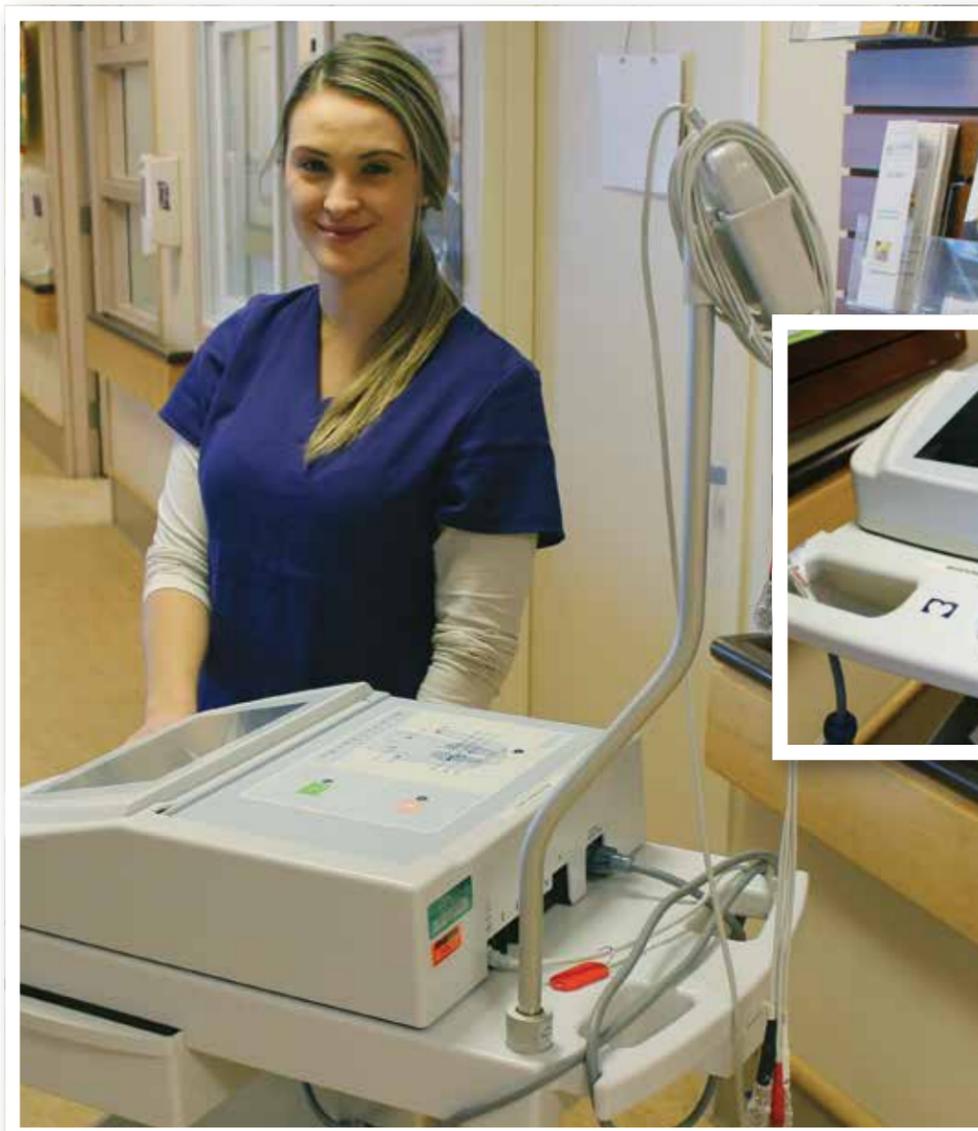


Help Make it Possible

**Thank You!**

[www.sjhcg.ca/foundation](http://www.sjhcg.ca/foundation)

A proud member of



Helen Wysocki, RN Complex Continuing Care, with an ECG. Thank you for your support!

Your generous response to our Christmas Wish List is providing a safer sleep, easier breathing, and more comfort for our patients and residents. And our healthcare staff are better able to monitor those in their care. That's powerful change for the better all because of you!

Donations to St. Joseph's last December made it possible to fund a Cough Assist Device, Hi-Low Beds, IV Pump, and an Electrocardiograph (ECG) Machine. These are vital pieces of medical equipment relied upon throughout our Health Centre.

Hi-Low Beds are often the first line of defense to protect patients and residents from injury or disability. The bed's adjustable height makes it easier to transfer patients, provide daily care, and it reduces the risk of falling. IV pumps are vital to

**Our donors are enabling amazing things to happen. They help make it possible for our Health Centre to serve with compassion, care, and courage.**

giving fluids, medications, and even blood. An ECG machine will help caregivers detect heart disease, heart attacks, and other factors that may lead to heart failure. And the Cough Assist Device will help clear lungs and reduce risk of damage to airways.

**"Our donors are enabling amazing things to happen. They help make it possible for our Health Centre to serve with compassion, care, and courage,"** shared Foundation Chief Executive Officer Sera Filice-Armenio.

Dr. John Patcai, Chief of Staff, knows how important it is to have the right equipment at the right time. "Each item on the Christmas Wish List plays a critical role in our ability to care for our patients and residents. We are so thankful to our donors for ensuring we have this equipment."

Your ongoing support plays an essential role in St. Joseph's ability to continue providing exemplary care to those facing significant and often life-altering health challenges. **Thank you!**

# Guelph's former Mayor continues to build our community

Lesley, a Physiotherapist at St. Joseph's, demonstrates an Upper Extremity Ergometer.



Patients of St. Joseph's Out-Patient Rehabilitation Program will have brand new rehabilitation equipment thanks to a gift that former Guelph Mayor John Counsell left in his will.

Known for his motto "service above self", John Counsell had a successful career in the banking industry before becoming Guelph's Mayor in 1986. He went on to serve three consecutive terms and is remembered for both his passion for the City of Guelph and its citizens.

But beyond his unwavering commitment to service, Mr. Counsell ensured he would continue to make on-going, positive impacts on our City by leaving a gift in his will to St. Joseph's.

**Mr. Counsell ensured he would continue to make on-going, positive impacts on our City by leaving a gift in his will to St. Joseph's.**

Mr. Counsell's generosity will purchase several new pieces of rehabilitation equipment, including a new Upper Extremity Ergometer, which is similar to a bicycle that you pedal with your arms. **This machine will play an important role in the recovery of those who have experienced a heart attack by building cardiac endurance and pulmonary function.** It will also be used for anyone dealing with upper extremity problems from surgeries or injuries of the shoulder, elbow or wrists.

"We are honoured to be trusted with this wonderful gift from Mr. Counsell," shared Jennifer Hall, Vice-President, Development for the Foundation. "His legacy is still strongly felt at St. Joseph's and I believe he would be proud to know he is helping people regain their physical strength and independence so they can return to the activities they cherish."

Sandra Tschirhart-Schramm sold her handmade keychains to support palliative care at St. Joseph's.



**"THANK YOU. IT'S AWESOME!"**  
*Your support makes a real difference at St. Joseph's. Just ask Sandra.*

It was February 2013 and Sandra Tschirhart-Schramm was getting ready to move to her new home at St. Joseph's Health Centre Guelph. It was not a journey she was looking forward to. "I didn't want to go. I didn't know anyone there," recalls Sandra. But fast-forward six years and that initial anxiety and hesitation are long gone. Today, Sandra's passion for St. Joseph's shines through both in words and action.

Sandra now gives tours two-to-four times a month. That's in addition to being an active member of the Resident's Council, organizing an "Amazing Race" for residents, sharing her story during new staff orientation, and selling her handcrafted jewellery at the Health Centre. "Once I was here, I realized I make really awesome jewellery," Sandra shares with a laugh. "I do more now than I ever did at home."

Sandra understands more than most the

powerful role donations play at St. Joseph's. From little things like enabling the purchase of comfort items for patients to state-of-the-art medication dispensing equipment, the lives of patients and residents are touched every day by donor generosity. For this reason, Sandra decided to donate a portion of her jewellery sales to St. Joseph's palliative care.

**St. Joseph's is community.**

**It's love.**

**And I am respected.**

"Everyone helped me through a difficult first year. The rehabilitation staff, spiritual care team, and complex care medical team worked together and supported me to turn things around," Sandra fondly recalls. "St. Joseph's is community. It's

**love. And I am respected."**

Asked what she would share with donors about their support, Sandra answers without hesitation, "Thank you. It's awesome!"

Sandra's message is echoed by Jennifer Hall, Vice-President, Development for the Foundation: "When you make a donation to St. Joseph's, you are helping people to live their best life as they face adversity and adapt to new circumstances. Your ongoing support matters and we thank you for making such a difference."

## The Inside Scoop

With **Dr. John Patcai**,  
Chief of Staff, St. Joseph's  
Health Centre Guelph

# Breaking down a barrier

## Donors fund over 200 rides throughout Guelph and Wellington County

St. Joseph's community support programs offer a safe, stimulating and supportive environment for those dealing with an array of challenges such as depression, social isolation, disability, dementia or an acquired brain injury. Recognized as among the best in Canada, St. Joseph's community programs often play a significant role in a person's physical and mental health by providing the support they need to continue to live at home while staying connected to their community.

But for many, a lack of transportation is the main barrier to accessing these programs. And that is where our donors make all the difference. Each year, donor funding helps to support St. Joseph's transportation program. This program provides door-to-door service throughout Guelph and Wellington County – ensuring people can access the programming they need. Last year, over 200 rides were funded by donors.

**Getting a ride back and forth has made all the difference.**

For people like Brian Barnes, who has been attending the Out 'n About program for around three years, this has been life-changing. Brian is relatively new to Guelph and often found himself alone and isolated. Now, thanks to the transportation services, he has the opportunity to meet new people, participate in activities he enjoys and to have a nutritious lunch. "Getting a ride back and forth has made all the difference," shared Brian. "The driver is very friendly and the bus is warm and safe."

Jim Wilson has been a driver with the program for almost eight years now. He enjoys meeting new passengers and getting riders safely to programs that can make a real difference in their lives. "It's about connecting people with important services that help them. They depend on our transportation service to get them there."

Your donations are helping people access life-changing services. Thank you.



**Q** What is your role as the Chief of Staff?

**A** As St. Joseph's Chief of Staff, I am responsible for medical quality at our Health Centre. In this role, I participate as a member of the senior administration to bring a Health Centre-wide medical perspective and reporting to the table, but my larger reporting requirement is directly to the Board.

## Giving with a Grateful Heart

St. Joseph's rehabilitation and physiotherapy teams have been honoured with a Grateful Heart donation made by Bruna and Elio Santi.

The donation will help fund rehabilitation equipment, which is something Bruna can appreciate, as she had first-hand experience of its importance as part of her own rehabilitation regiment while recovering from hip surgery.

Today, Bruna is back home with her family and remains truly grateful for the wonderful care she received. "The staff helped me feel comfortable throughout my stay." Elio agrees. "You could see it wasn't just a job for them. And for that we are thankful."

The dedicated healthcare professionals were recognized with a special commemorative Grateful Heart pin. "Staff feel valued and inspired when they receive a Grateful Heart. And the funds help purchase the medical equipment we need to continue providing the best possible care," shared Dianne Pletz, Manager of Rehabilitation.

Bruna and Elio remain grateful to St. Joseph's. And while they hope they don't require St. Joseph's services again, they take comfort knowing there are such caring staff and services close to home.



If you would like to give a Grateful Heart donation, please call 519.767.3424 or give online at [www.sjhcg.ca/foundation](http://www.sjhcg.ca/foundation)

Below: Staff were honoured at a Grateful Heart pin presentation.

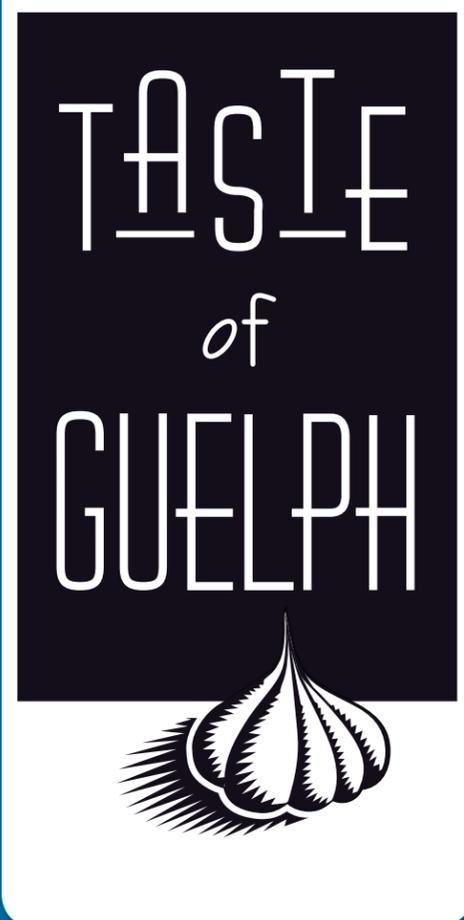


**Q** What attracts you to the work at St. Joseph's?

**A** Post-acute care and elder care are becoming even more vital to our health system as our population ages. It's something I'm particularly interested in, given my educational background in Physical Medicine and Rehabilitation. My role as Chief of Staff aligns well with my training in healthcare administration, and St. Joseph's allows me to plug into the larger St. Joseph's Health System. It's also about making a difference in my community.

**Q** What is something you would like to share about St. Joseph's?

**A** We are perhaps best known for our leading role in caring for elders in our community, but we are also a post-acute care hospital with 86 in-patient specialty hospital beds for complex care, palliative care and rehabilitation. We play an important role in healthcare in our region, and also as a member of St. Joseph's Health System.



## Join us on Sunday, September 15, 2019

1:00 p.m.-4:00 p.m. on the grounds of St. Joe's

We hope to see you at Taste of Guelph 2019! This distinctively delicious gourmet garden party fundraiser features over 50 of Guelph's best restaurants, chefs, caterers, vintners and brewers. For ticket information and sponsorship opportunities visit [tasteofguelph.com](http://tasteofguelph.com) or phone 519.767.3424.

Proceeds from Taste of Guelph enable the purchase of vital equipment to support the patients and residents of St. Joseph's. Please plan to join us!



**Tickets are \$125 until August 26th and \$150 after.**

**Visit [tasteofguelph.com](http://tasteofguelph.com) for more information.**

### Sponsorship opportunities are still available!

Visit [tasteofguelph.com](http://tasteofguelph.com) or [sjhcg.ca/foundation](http://sjhcg.ca/foundation) for information or contact Karen Semma at [karen.semma@sjhcg.ca](mailto:karen.semma@sjhcg.ca) or 519.767.3424 to learn more.

## Great food. Great fun. Great cause.



@Taste.Guelph



/TasteOfGuelph



@TasteOfGuelph

[TasteOfGuelph.com](http://TasteOfGuelph.com)

## May is Leave a Legacy Month

Each year, St. Joseph's is deeply honoured to receive gifts from those who have made arrangements through their will or other estate plans. This May, as we pause and reflect on the impact of legacy gifts, we would like to thank all those who have chosen to



support St. Joseph's in this special way. Your generosity and consideration for the future of healthcare in our community is truly inspiring.

A gift by will can be an expression of our deeply held values. A celebration of our desires and dreams for the future and what we hold dear. If you would like

to include St. Joseph's Health Centre Guelph as a part of your legacy, **we are here to help.** We have materials for you and your advisor and can answer questions you may have.

And if you've already made a provision for St. Joe's, **thank you.** Your gift will help us continue to serve with Compassion, Care and Courage. Please let us know so that we can work with you to ensure your wishes are met.

**For more information please contact Jennifer Hall, VP Development.**

Jennifer can be reached at 519.824.6000 ext. 4201 or by e-mail at [jennifer.hall@sjhcg.ca](mailto:jennifer.hall@sjhcg.ca).



An important demonstration of our Foundation's accountability, St. Joseph's is part of a select group of Canadian charities to achieve accredited status through the Imagine Canada Standards program. This program recognizes excellence in board governance, financial accountability, transparency, fundraising practices, as well as staff and volunteer management.

**For more information about Imagine Canada Accreditation, visit:**  
[www.imaginecanada.ca](http://www.imaginecanada.ca).

## Your privacy is very important to us

St. Joseph's Health Centre Foundation Guelph contacts its friends periodically to share news and information about St. Joseph's Health Centre Guelph by mail, phone, or email.

If you have any questions about this process, please call us at 519.767.3424 or e-mail us at [fdn@sjhcg.ca](mailto:fdn@sjhcg.ca) so that we can note and adhere to your privacy preferences.