



Left to Right: Dr. Jack Gauldie, Vice President, Research Institute of St. Joe's Hamilton; Ms. Teresa Cascioli, Philanthropist, Dr. David Higgins, President, St. Joseph's Healthcare Hamilton, Ms. Sera Filice-Armenio, President & CEO, St. Joseph's Healthcare Foundation.

St. Joe's Receives a

\$2 Million Gift

from the Teresa Cascioli Charitable Foundation

On Wednesday, May 27, Canadian entrepreneur, consultant, philanthropist and recently published author, Teresa Cascioli, announced a new \$2 million gift to St. Joe's from her namesake foundation. The generous gift has two allocations at the Hospital:

Teresa Cascioli Charitable Foundation Research Award in Women's Health

\$1,550,000 will be used to create the Teresa Cascioli Charitable Foundation Research Award in Women's Health. This new award will grant up to \$100,000 annually to support promising research studies related to a woman's life cycle, from puberty through to post-menopause.

Teresa Cascioli Charitable Foundation Communication Station

\$450,000 will be used to construct the new Teresa Cascioli Charitable Foundation Communication Station in the Postpartum Combined Care Area of the Mother Baby Unit. The gift will also provide funding for equipment purchases in this department.

Along with her \$2 million donation, Ms. Cascioli also donated a rock to the Hospital. During her days at the helm of Lakeport Brewing, the rock was thrown through her office window late one evening, narrowly missing Ms. Cascioli's head. She's kept the rock ever since. At the gift announcement, Ms. Cascioli requested the rock be installed in the new Communication Station as a symbol of the strength and tenacity of women. The rock will be showcased with a plaque inscribed with the words 'Anything is Possible Without Fear.'

"From donations that helped build our new surgical centre and breast diagnostic services, to the creation of the much beloved St. Joe's Baby Face Photo Wall, and now an investment in the health of women locally and beyond, Teresa is one of our most treasured supporters. She could have chosen any charity in the world to be the grateful beneficiary of her philanthropy, and we're both honoured and thankful that St. Joe's holds a special place in her heart," said Sera Filice-Armenio, President & CEO, St. Joseph's Healthcare Foundation.

The Teresa Cascioli Charitable Foundation has donated a cumulative total of \$3.5 million to St. Joe's since 2005. This latest gift was inspired by an exceptional patient care experience Ms. Cascioli shared at the announcement. ●

Unique Ways of Giving Through RRSPs and RRIFs

In my work at St. Joseph's Healthcare Foundation, I often hear heart-warming stories from grateful patients and families who make donations to say thanks for the care they received. I also hear from staff members who want to extend their giving beyond retirement and they're often surprised to learn there are many ways to make a meaningful gift that won't affect their annual disposable income.

Retirement funds are one way to make a charitable gift and also generate a tax credit for your estate. If you have a Registered Retirement Savings Plan (RRSP) or Registered Retired Income Fund (RRIF) you can name St. Joe's as the beneficiary of these assets while retaining the use of the funds during your life time.

This novel method of giving lowers estate administration fees; otherwise known as probate, and the charitable tax receipt will help reduce taxes owed by your estate. ●



For more information on estate and gift planning, contact:
Lisa Gonnering
St. Joseph' Healthcare Foundation
Manager Estate & Gift Planning
Tel: 905-522-1155 ext.35978
lisa@stjoesfoundation.ca

Celebrating Our Nurses

It was serendipitous that the 14th Annual Nursing Excellence Awards Dinner was held on International Nurses Day and Florence Nightingale's birthday, but this wasn't the only surprise the evening of May 12th: this year's Awards Dinner at Michelangelo's boasted both a record number of award nominations and a record number of ticket sales. The pride, appreciation and gratitude for our nurses' influence, engagement and unwavering excellence was palpable throughout the evening as eleven individual Award Winners were presented with personalized sculptures from local award-winning glass blower, Kelly Lowe. Special guests David, Donna and Scott Watson also presented the prestigious Robertson Memorial Award to the Nurse Educator Team, who have inspired countless nurses at all stages of their careers to strive to be the best they can be through advancing their nursing education.

“Being a Nurse is an extraordinary role,”

began Winnie Doyle at the top of the evening, “We can be the human contact that inspires hope, the astute manager [of] pain and loss, the life-saving detector of sepsis, the preserver of respect and dignity, the synthesizer of complex data to shed new light on a healthcare issue and the inspiration to a student to see the power and influence of nursing care.” As the award presenters each took to the podium to introduce the Award

Winners, the audience was treated to story after story of exceptional nursing care, innovation and compassion, culminating in the presentation of the award for Excellence in Nursing Leadership to one nurse whose career has spanned over four decades.

It has been over a century since Florence Nightingale revolutionized patient care and ushered in the era of modern nursing, and 125 years since the Sisters of St. Joseph brought nursing values and education to the City of Hamilton by establishing St. Joseph's Hospital. The legacy of nursing trailblazers continues to be upheld by nurses that touch lives with exemplary skill and knowledge every day. If there was one take-away message from the 14th Annual Nursing Awards it was that while it has always been an honor to serve our community, the Annual Nursing Awards Dinner remains one of the most heartfelt and enjoyable opportunities to also honor those who have—and continue to—serve our community so well and with such passion. ●



14th Annual Nursing Excellence Award Winners



Mental Health and Addiction Nursing:
Michelle Carrigan



Surgical Nursing:
Christine Doucette



Women's and Infants' Nursing:
Kristy Waddell



Critical Care Nursing:
Amy Groen



Emergency/Ambulatory Nursing:
Lisa Castaldi



Medical Nursing:
Leo Godreault



Preceptorship/Mentorship of Students
and Colleagues: Heather Sholer



Star on the Horizon:
Jonathan Buma



Nursing Education:
Elisa Bolognone



Spread the Word

Organ and Tissue Donation

In Ontario, only 26% of people have registered their consent to donate, which does not reflect the number of people who support donation and think it is the right thing to do. Have you had the discussion with family and friends? This June, St. Joseph's Healthcare Hamilton will help to raise the registration rate by promoting the importance of organ and tissue donation and transplant.

34% of Hamilton residents have registered as organ and tissue donors.

Paula Schmidt, Hospital Development Coordinator with Trillium Gift of Life Network, notes that approximately 1,500 people are waiting for a life-saving organ transplant in Ontario. In 2014, St. Joe's helped save the lives of nine people through the gift of organ donation and transplant and enhanced the lives of up to 42 others through tissue donation.

Registering as an organ and tissue donor is simple; it only takes two minutes online at www.BeADonor.ca. Anyone can

register but the opportunity to actually donate is rare and that is why it is so important to register your consent and talk to your family about your decision. The impact is huge. One organ and tissue donor can save up to 8 lives and enhance the lives of up to 75 others through tissue donation. Every three days someone dies in Ontario waiting for a life-saving transplant. St. Joe's wants to help change that statistic by raising awareness and empower everyone to not only support donation but take the next step and register.

St. Joe's is urging people everywhere to "Spread the Word" by registering online at www.BeADonor.ca, starting an individual drive for family and friends, or initiating an organizational drive on behalf of a company or community group. By signing up you are not only helping St. Joe's "Spread the Word" about becoming a registered donor, you are helping save lives in Ontario. ●



Kaidyn Blair, Transplant Recipient

Spotlight on Intensive Care Unit Cycling for Bike Month



When we think of Bike Month we think of the great outdoors, cycling in spin class or maybe even the stationary bike at the gym. Seldom does the Intensive Care Unit at St. Joseph's Healthcare Hamilton come to mind, but for Dr. Michelle Kho, the physiotherapists, and the ICU team at St. Joe's this is the first place they think of.

Patients in the ICU often suffer from leg weakness after being discharged, which stems from bed rest in the hospital - just one week of bed rest results in muscles to shrink. Dr. Kho's research has resulted in St. Joe's ICU being the first hospital in Canada to use the RT-300 supine bicycle to reduce leg weakness in ICU patients.

The in-bed cycle rolls right up to a patient's bed and can either move the patient's legs or the patient can move the bike. The idea is to begin rehab for patients while they are in the ICU, even if they are on life support. ●



RT-300 Supine Bicycle

MISS YOU MOST

PHOTOGRAPHY EXHIBIT



As leaders in providing care for individuals living with mental illness and addiction, we know that few subjects are as difficult to discuss as suicide.

Suicide doesn't discriminate. It affects our patients, our colleagues, our friends and our family. At St. Joe's, we want to start a conversation that will increase awareness of suicide prevention and break down barriers to important resources that can save a life.

In keeping with our mission to reduce stigma and encourage proactive dialogue about difficult topics in mental health and addiction, St. Joe's will host a photography exhibit at the West 5th Campus, in partnership with leftbehindbysuicide.org.

Photographer Scott Chisholm's work focuses on capturing people who have experienced a suicide loss and sharing their stories by framing their own writings about loss and recovery along with stunning photographs.

The photography exhibit encourages dialogue about suicide and suicide prevention, and makes visible the often hidden experience of suicide loss. The exhibit includes subjects from Hamilton and surrounding areas, including the Hamilton Chief of Police, a Hamilton Spectator reporter, a high school student and broad range of others.

Join the conversation

The Opening Reception will feature several pieces from the exhibit as well as engaging speakers and stories of recovery from survivors of suicide loss. All are welcome to attend.

Opening Reception

Thursday, June 18, 2015

11:00 a.m. – 12:30 p.m.

Conference Centre, Level 2

West 5th Campus

If you are unable to attend the opening reception, see the exhibit on display after it is installed on Level 0 at the West 5th Campus in the corridor by the Medical Outpatient Clinics. ●

For more information about the exhibit, please contact Dr. Jennifer Brasch at jbrasch@stjoes.ca



As part of the exhibit, a group of St. Joe's staff affected by suicide were photographed together to reflect the far-reaching impacts of suicide loss.

Therapeutic Spaces at St. Joe's

Well it's official – the nice weather is here!

To help inspire your commitment to self-care, here are some ways to engage:

- Join us for noon walking groups – Enjoy the trails around West 5th, the greenery around King St. and the bustle of downtown. It's a great time to socialize and energize for the afternoon.
 - **Charlton:** Tuesday & Thursday, 12:00 p.m., outside Juravinski Innovation Tower
 - **King:** Tuesday, 12:00 p.m., outside Geriatrics door
 - **West 5th:** Wednesday, 12:00 p.m., Level 0 Volunteer Desk
- Practice Mindfulness – Simply sitting quietly with your breath can improve your levels of resiliency and help with all areas of your well-being
 - **Charlton:** Monday at 1 p.m. & Friday at 2 p.m. in the Employee Wellness Centre
 - **West 5th:** Friday at 12:00 p.m., HR Conference Room, Level 2

- Experience the Labyrinth – A Meditation in Movement, this activity is a soothing way to quiet the mind and contemplate
 - Located at both Charlton and West 5th campuses
- Take your lunch outside and soak up some sunshine in our public courtyards, green space at King or the Spiritual Garden at Charlton

St. Joe's Employee Wellness Program is happy to provide this listing and are working on mapping Therapeutic Spaces throughout the organization. If you know a great space please email us at wellness@stjoes.ca ●

St. Joseph's
Healthcare  Hamilton

Employee Wellness
Program

Risk Management Starts with You!

From good hand hygiene to the mode of transportation we choose when coming to work, we are constantly identifying and weighing risk in our daily lives to determine how best to manage our risk exposures. At SJHH, rather than shying away from risk, we embrace it and the opportunity that both the proactive and reactive identification of risk provides in our quest to ensure Quality and Safety for all patients, visitors, staff, members of the professional staff and volunteers.

The newest component in our risk management repertoire is the Enterprise Risk Management (ERM) initiative, an innovative way of addressing risk organization-wide which will allow us to better understand how our high level risks interact with the achievement of our strategic goals. This initiative promotes the

standardization and integration of risk management practices and the adoption of a common language to support communication about risk at all levels of the organization.

The ERM project is just one component in a larger system of risk management activities at SJHH. What they all have in common is that everything starts with you! Risk management is everyone's responsibility, from the Boardroom to the bedside, we all have an important role to play in ensuring that risks are identified, reported and managed effectively. Happy Healthcare Risk Management Week (June 15-19th) and thank you to all of St. Joe's risk managers for the work you do every day to manage risk and promote safety! ●



Pay Day Savings Plan
SIMPLE & AUTOMATIC

Turn \$20 into \$2,000

Find out more at paydayplan.ca

HMECU Healthcare and Municipal Employees' Credit Union

St. Joseph's Hospital Staff Branch
Room G1104 or call ext 32910

HOURS OF OPERATION
Mon, Tues, Thurs, Fri...8:30am to 4:30pm
Wed...10:30am to 5:00pm
Closed Daily from 1:30pm to 2:30pm

Take Advantage of St. Joe's Employee Discount Program!

St. Joe's provides employees, physician, learners and volunteers with a wide range of preferred group rates and privileges which are accessible by using a valid hospital identification badge. ●

St. Joe's provides discounts for:

- Health and Well Being
 - Technology
 - Insurance/Financial/Real-Estate
 - Retail/Shopping/Restaurants
 - Events and Attractions
 - Sports and Recreation
 - St. Joe's Events
 - Hotels and Vacation Stays
- ...as well as other various services.

Some of our current privilege providers include:



To see a list of all current privilege providers or for more information please visit:

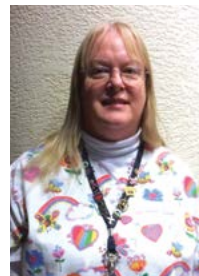
www.stjoes.ca/discounts

Hand Hygiene Ambassadors

St. Joseph's Healthcare Hamilton has been on a journey to create a culture that continuously supports and sustains hand hygiene compliance. In 2009 we started the journey with a rate of 54%, which was consistent with rates in hospitals across North America and beyond. This was not good enough for our patients and a plan was put into place to increase these results. A large part of this plan involved recruiting and training ambassadors in each hospital program to act as champions for hand hygiene. By 2013 we were consistently reporting rates greater than 92% across all three campuses.

These dedicated individuals and the supporting managers have helped to keep the enthusiasm and commitment to hand hygiene compliance at the forefront of quality improvement initiatives. To ensure the ambassadors receive all updates and support they need to continue their excellent work, Isabelle Grguric, Hand Hygiene Coordinator continuously updates the ambassador toolkit with new resources and has planned a series of workshops for 2015/2016.

We are grateful for all of the hand hygiene ambassadors and would especially like to recognize our champion ambassador, Janie Camps. Janie has been an ambassador since 2010 and is also a hand hygiene auditor within the Diagnostic Imaging department where she works as a Diagnostic Imager. Janie is a



great example of a St. Joe's employee with passion for hand hygiene, and a willingness to pass on the message that "clean hands help to save lives".

May 5th marked the global initiative of the World Health Organization (WHO), SAVE LIVES: Clean Your Hands and the national campaign of the Canadian Patient Safety Institute (CPSI), STOP! Clean Your

Hands Day. In June, we will be celebrating World Hand Hygiene Day at St. Joe's. Please join us in the various activities that are planned at each campus and in recognizing the hand hygiene ambassador's for all their dedicated work.

On behalf of the IPAC department, we want to thank everyone for your continued commitment to hand hygiene and wish you a Happy World Hand Hygiene Day! We look forward to celebrating clean hands around the world with you! ●

Charlton Campus
Tuesday, June 23rd
10:00am to 2:00pm
Main Lobby

King Campus
Thursday, June 25th
10:00am to 2:00pm
Cafeteria

West 5th Campus
Wednesday June 24th
10:00am to 2:00pm
Atrium



Champion ambassador, Janie Camps, Diagnostic Imaging



Remembering Rhonda

It will be a summer of training runs and soulful thoughts for many of St. Joe's and Hamilton Health Sciences Laboratory Technologists/Technicians and Pathologists. Once again, the employees of HRLMP have registered for this year's Bright Run under the team name *The Right Path*. The Bright Run is an annual fundraiser for breast cancer research in Hamilton. But this year, the team's inspiration won't be joining them on the trails of the beautiful Dundas valley. Instead, she'll be carried

in their hearts. Cytotechnologist, Core Lab Manager and colleague, Rhonda Birse lost her battle with breast cancer April 12, 2015.

Although defeated by disease at such a young age, those touched by Rhonda's life will remember her winning spirit. At 49, this married mother of three was a professional who excelled in her area of study, was an educator and an advocate for patient safety. She cultivated working relationships into deep and meaningful friendships.

Rhonda's friends will be contemplating her unwavering optimism and courage and continuing their commitment to better treatment and outcomes. They will also honour the memory of a dear friend with each step they take. ●

www.brightrun.ca

Paralympians Take Centre Stage

On May 20th St. Joseph's Physiotherapy Department along with Physical Medical & Rehabilitation grand rounds, celebrated National Physiotherapy Month by hosting two Sochi Bronze Medal Paralympians. Brad Bowden and Adam Dixon shared their journey to becoming elite athletes, in an interactive and humorous presentation. The audience in Miller Amphitheatre was inspired by these two, who spent time showing their sleds, Paralympic medals, and answering questions. ●



Brad Bowden and Adam Dixon, Sochi Bronze Medal Paralympians

St. Joseph's
Healthcare Hamilton
FOUNDATION

A new season of the lottery is here with more tickets than ever before!

Visit stjoesfoundation.ca and click on 'Staff Programs' to download the enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

May 22, 2015

Lynn Darlington
Firestone
Charlton Campus
\$8,358.00

June 5, 2015

Shameeza Narayan
6 GI
Charlton Campus
\$8,377.00

connections

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Send your comments, suggestions or story ideas to:
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SUPPORTING ENVIRONMENTAL & HUMAN HEALTH

Make Everyday Earth Day!

On April 23rd, St Joe's celebrated Earth Week at the Charlton Campus. With the support of our community and organizational stakeholders, the ECO Program showcased many of our current initiatives:

- 100 reusable mugs were filled with coffee
- 75 desktop recycling bins were given away for office use
- 100+ reusable water bottles were won

A special thanks to our event speakers: Dr. Higgins, President (SJHH), John Fernandes from the City of Hamilton, and Chris Hamilton from the Hamilton Conservation Authority. Thanks also to HMECU and Aramark for their coffee and snack donations!



BRINGING SUSTAINABILITY HOME

Energy is an essential resource used on an hourly basis. Used throughout our hospital, energy is also vital to everyday household activities. The following tips are ways we can use energy more efficiently while still meeting our needs:

- Turn the lights OFF when leaving a room (Keep the emergency light switched ON at work!)
- Switching appliances OFF saves nearly 20% of your energy use
- Use a mutual power bar
- Run laundry and dishwashers during off-peak hours; off-peak saves you money in the long run
- Allow natural sunlight to heat and light up indoor rooms. Keep curtains closed in the evening to retain heat
- Walk or bike when you can; this is also great for your health!

Article contribution by Kathryn Beaton BSc, EPT. Kathryn is a Niagara College intern working with SJHH's ECO Program.

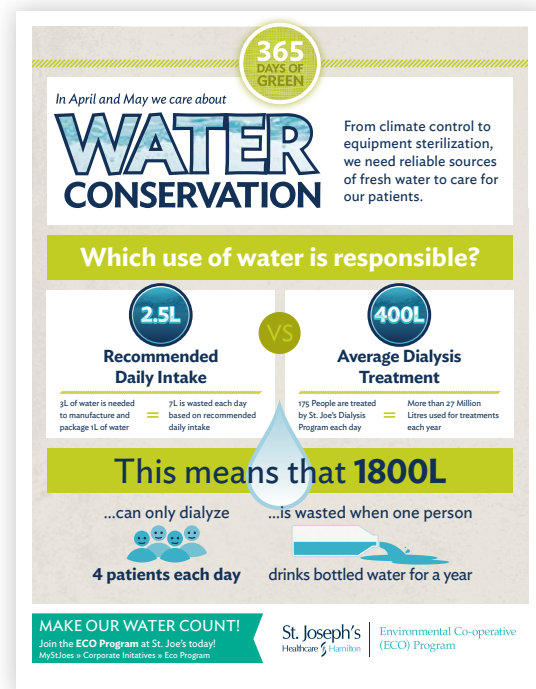
We care about **WATER CONSERVATION**

We've all heard it: Our bodies are 65% water and we need 2.5 litres a day to stay healthy. But do you know that healthcare treatments also rely on high volumes of fresh potable water?

What are **THE FACTS?**

When we waste water, we compromise our current and future ability to care for our patients.

- Switch from bottled water to tap water: You'll save 3 litres for every 1 litre packaged & drank
- Don't flush or dump pharmaceuticals down the drain!: They can't be filtered out and they can end up back in our drinking water.
- Convert to low flush taps & toilets: Canadian households use 2x more water than households in France!
- Use a rain barrel this Summer: It will save you money & water!



Go to [MyStJoes > Corporate Initiatives > ECO Program](#) to download this poster!

Seeking **ECO ALLIES**

The ECO Program is seeking members for our ECO Allies group. The ECO Allies drive grassroots initiatives and engage colleagues with the environmental sustainability strategies of the ECO Program. Responsibilities for ECO Allies range wide from receiving emails to being an ECO Team Lead. Get involved by attending a Lunch & Learn, a General Meeting, sending an email or visiting our MyStJoes page!

What's up with **WATER?**

At St. Joe's: [MyStJoes > Corporate Initiatives > ECO Program](#)

In Our City: [City of Hamilton > Public Works > Water & Waste Water Division](#)

In Our Parks: [Hamilton Conservation Authority](#)