



## Kevin's Column

We are rapidly approaching the culmination of another year of tremendous growth and change at St. Joseph's Healthcare Hamilton.

The Christmas season is an important time to reflect on the values of compassion, dignity and respect that our Founders, the Sisters of St. Joseph of Hamilton built as the foundation for their health care ministry.

While we are a Catholic Hospital, we are composed of a multi-faith team. The season is a time of much celebration. Whether you celebrate Christmas, Diwali, Hannukah, or Kwanzaa, or none at all, we recognize that the holiday season is an important time to celebrate with family and friends. I hope that you will make the most of this opportunity to relax and enjoy the season and share in some joy with your loved ones.

It is also a time to celebrate and enjoy the success of our many outstanding accomplishments over the past twelve months. With that in mind, I encourage you to take the time

*Cont'd on Page 3*

## St. Joseph's Healthcare welcomes crew members of STS-118 Endeavour

By Debbie Silva, Media Relations Coordinator, St. Joseph's Healthcare Hamilton

On October 30th, the crew of NASA's *Endeavour* touched down at St. Joseph's Healthcare Hamilton to provide an educational and insightful first-hand account of their recent journey into space and to return patches that were flown during the space mission.

At the first of two presentations held in the Frank Charles Miller Amphitheatre, Canadian Space Agency astronaut Dr. Dave Williams and *Endeavour* Mission Specialist Barbara Morgan spoke to an audience of young patients from McMaster Children's Hospital and local schoolchildren about their experience during their last voyage to space.

At the second presentation, four of the crew members including Mission Commander Scott Kelly, Dr. Dave Williams and Mission Specialists Barbara Morgan and Alvin Drew returned McMaster University and Centre for Minimal Access Surgery (CMAS) patches to Dr. Peter George, President of McMaster University, and Dr. Mehran Anvari, Director of the Centre for Minimal Access Surgery at St. Joseph's Healthcare.

"It is particularly exciting to see how our past collaborations through the NEEMO Missions have come full circle," said Dr. Kevin Smith, President & CEO



From L to R: Canadian Space Agency astronaut, Dr. Dave Williams presents the CMAS patch to Dr. Mehran Anvari, Director of CMAS

of St. Joseph's Healthcare Hamilton. "These presentations today have brought us face to face with the incredible advances in space technology."

"I am very proud of the significant contributions that the Centre for Minimal Access Surgery has made in the world of science and telerobotic technology," said Dr. Anvari. "Since the NEEMO Missions, the relationship between research and innovation has thrived, and we are continuing to make a major impact on current research and the development of new technologies."

The Centre for Minimal Access Surgery originally collaborated with the Canadian Space Agency and NASA as part of the NASA Extreme Environment Mission Operation (NEEMO 7) in 2004. In 2006, they partnered for the 18-day underwater NEEMO 9 Mission, led by Dr. Dave Williams. Williams and his crew conducted underwater experiments in a simulated space environment off the coast of Key Largo, Florida. They used the latest remote surgical technologies and techniques, guided by Dr. Anvari.

# Mission on the Move

A regular update on recent achievements and progress to date in our Corporate and Clinical Attention Areas

## Clinical Quality - Kidney & Urinary Care

Nephrology, Hemodialysis, Transplant & Urology

SJHH is a regional and international leader in clinical care, education, and research of kidney and urinary disease management. As our population ages and demands for these services will increase. We will enhance treatment options by:

- 1) investing in new patient information systems
- 2) supporting inpatient services to maximize efficiencies in both patient care and staff utilization
- 3) ensuring an appropriate mix of patient modalities including hemodialysis, peritoneal dialysis, and home dialysis
  - ▶ Establish consolidated Nephrology ambulatory care clinic
  - ▶ Support continued research
  - ▶ Redevelop the inpatient units
- 4) expanding the kidney transplant program
- 5) securing further resources to support our already successful research program

At the McMaster Institute of Urology, we will be a national leader in clinical care, education and research in urologic diseases. We will be the tertiary cancer surgical centre for the region for bladder, kidney, testicular and prostate cancer.

Moving forward, we aim to:

- ▶ Exceed Ministry of Health kidney transplant targets
- ▶ Support continued research
- ▶ Initiate Urology lithotripsy program
- ▶ Become the regional centre for kidney, prostate, bladder and testicular cancer
- ▶ Assist in meeting ministry home and peritoneal dialysis targets
- ▶ Redevelop the inpatient units

## Research Excellence

St. Joseph's Healthcare is one of the fastest growing health research organizations in Canada, having tripled our external research funding in 10 years and invested \$40 million in scientific infrastructure since 1999-2000. In partnership with McMaster University, and supported by our generous Foundation donors, we will continue to build on our strengths to become a leader in clinical and fundamental scientific research. We will foster excellence by supporting well equipped multidisciplinary research teams, who are able to tackle complex health questions relevant to our patients and their families.

Also central to our Mission are the scholarly activities that support the training of the future generations of health professionals and scientists. As an academic health sciences centre, we must stay competitive and deliver the highest quality of care while also sustaining the academic work of our most talented clinicians and PhD scientists. Our priorities for the future include the recruitment to Hamilton of new research leaders and the development of a funding base to support continued growth in people and technology. To date, we have achieved one of our key initiatives, by establishing a start-up fund for new scientific recruits and new infrastructure projects.

As we move forward, we will:

- ▶ Partner with McMaster University to establish new salary support programs for laboratory and clinical scientists
- ▶ Co-locate research teams to stimulate innovation and improve efficiency
- ▶ Establish new laboratory space

## Service Excellence

Built on the historical roots of the Sisters of St. Joseph, our Service Excellence program will deliver on our promise through Compassion, Attitude, Responsiveness, and Excellence (CARE). We will create an environment where communication, learning, and performance lead to greater accountability.

Our aim will be to exceed patients and each others' expectations by treating each other with dignity and respect.

Our key initiatives moving forward include:

- ▶ Enhancing and aligning employee reward & recognition systems
- ▶ Implementing standard corporate-wide patient and staff surveys
- ▶ Establishing a central compliments depository and complaint recovery process

## Information Management

We will enhance our information systems to play a greater role in delivering quality patient care. Investments will be made to enhance security of information, standardize reporting, support clinical, financial and administrative decision making, and enable research.

Looking ahead, we are committed to achieving the following goals:

- ▶ Implementing a bar coding system to enhance patient safety
- ▶ Partnering with MOHLTC to become a Case-Costing Hospital
- ▶ Expanding our intranet and internet services



*Cont'd from Page 1*

to join your colleagues and friends for a festive breakfast and good cheer at this year's *Breakfast with Santa*, one of the many highlights of the Christmas season for staff, physicians and volunteers here at St. Joseph's Healthcare Hamilton.

We must also remain mindful of the needs of those less fortunate in our community for whom this season can be difficult. I urge you to take advantage the many opportunities throughout St. Joseph's Healthcare to demonstrate your generosity during this season of giving. Your donations of food, toys, mittens and support for our annual United Way Campaign will be welcomed by many within the community.

I would also like to take this opportunity to express my deepest gratitude for your hard work over the past year. As healthcare providers, we face daily challenges to manage bed pressures, ease nursing shortages, and reduce wait times to name but a few. I am cognizant that these pressures are felt most acutely on the front lines. Despite these pressures, the staff, physicians and volunteers of St. Joseph's Healthcare Hamilton demonstrate exceptional commitment and dedication to serving the patients and families of our community. Each and every one of you contribute to the care of those we have the privilege to serve.

On behalf of the Senior Executive team and the Board of Trustees, I wish you and your family health and happiness this holiday season.

*Dr. Kevin Smith  
President & CEO*

Do you have a question or bright idea to share?  
I want to hear from you.  
Please email me at:  
[president@stjoes.ca](mailto:president@stjoes.ca)

## New study finds drug-coated heart stents beneficial to high risk angioplasty patients

By Debbie Silva, Media Relations Coordinator, St. Joseph's Healthcare Hamilton

An exciting discovery is detailed in a new Canadian study on heart stents, lead by investigators from St. Joseph's Healthcare Hamilton's Program for Assessment of Technologies in Health (PATH) Research Institute and Ontario's Institute for Clinical Evaluative Sciences (ICES).

There has been controversy over the past year in regards to the safety and potential complications of drug-eluting heart stents, increasing the risk of possible fatal blood clots, even years after an angioplasty procedure. Published in the October 4th issue of the *New England Journal of Medicine*, the study entitled, "Effectiveness and Safety of Drug-eluting Stents in Ontario", found that drug-eluting stents were the most effective in reducing the need for repeat angioplasty procedures or bypass surgery in angioplasty patients at the 'highest risk' for a re-narrowing of the artery around the stent, without significantly increasing the rate of death or risk of heart attack.

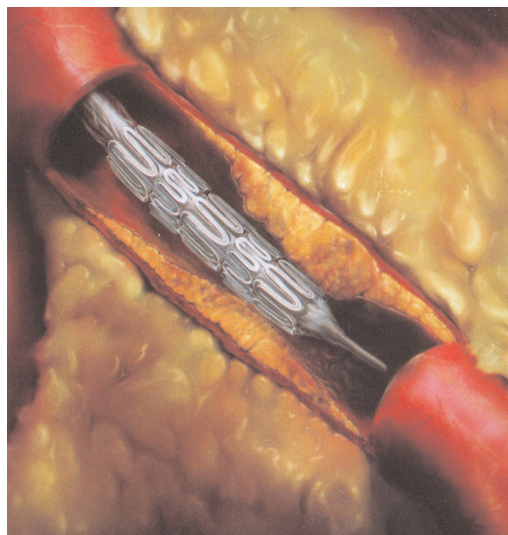
Interventional cardiologists use

the tiny wire mesh tubes called stents to help prop open narrowed arteries after angioplasty, an artery clearing operation and a common medical procedure for treating angina and heart attacks. Prior to the development of stents, more than 20% of angioplasty patients required a second angioplasty or bypass surgery because of re-narrowing of their coronary arteries. Both bare metal and drug-eluting stents enable blood to flow more easily through the artery by holding it open, with drug-eluting stents also leaking drugs to prevent tissue re-growth from re-clogging the arteries.

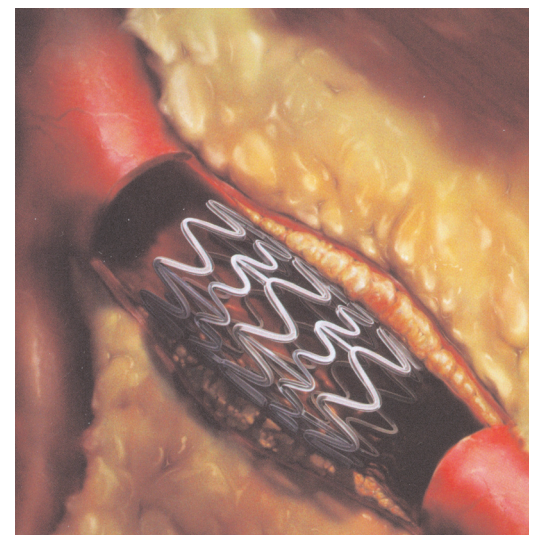
"This study was commissioned by the Ontario Ministry of Health and Long Term Care and represents one component of a larger evaluation of both costs and outcomes," says Ron Goeree, Director of the PATH Research Institute at St. Joseph's Healthcare Hamilton. "Results from this study were used directly by the Ministry of Health to make decisions on the level of funding for both bare metal and drug-eluting

stents in Ontario. These commissioned studies to PATH represent an innovative new approach for evaluating new health technologies in the province".

Senior scientist, Dr. Jack Tu who holds a Canada Research Chair in Health Services Research at Sunnybrook Health Sciences Centre says, "Physicians implanting the devices need to ensure patients who get a drug-eluting stent also take anti-clotting medication such as aspirin and clopidogrel (antiplatelet therapy) for a minimum of one year after the angioplasty procedure. This therapy reduces the risk of fatal blood clots associated with drug-eluting stents. This prolonged period of clopidogrel usage could explain differences between results in Ontario, compared to those from other countries, such as Sweden. In our study, these medications were made available to all elderly patients in Ontario, at minimal cost, through the Ontario Drug Benefits Program for one year after the angioplasty procedure."



Before inflation



After inflation

# New clinical study could find fish oil to be the answer to treating asthma

By Debbie Silva, Media Relations Coordinator, St. Joseph's Healthcare Hamilton

A team of researchers, lead by Dr. John Brannan, at St. Joseph's Healthcare Hamilton's Firestone Institute for Respiratory Health (FIRH), are about to conduct a new and exciting clinical study to investigate the effects of a diet that includes omega-3 fish oil supplements for treating asthma.

Recent research has demonstrated that dietary modification may improve the severity of asthma more so than previously thought. The concept of using a fish oil diet for individuals with asthma has a Canadian origin - there was an observation in the 1980's that considered the reasons for the very low prevalence of asthma in Inuit communities may be due to their diet, which is rich in fish. It is now well known that these omega-3 fatty acids have benefits in other diseases such as cardiovascular and rheumatoid arthritis.

Dr. Brannan, a respiratory scientist from Sydney, Australia, has come to St. Joseph's Healthcare to conduct research at FIRH for a year. Dr. Brannan's interests are in the understanding of why the airways of the lung narrow in asthma, and in this study he will be focusing on alternative ways of inhibiting airway-narrowing and inflammation of asthma.

"It is thought that the omega-3 fats in our diet have a protective effect," says Dr. Brannan. "Currently, western diets are low in omega-3 fats and some research has suggested that the modern diet may be a factor to consider in the increased prevalence of asthma or that it may contribute to the severity of asthma."

The concept of the study is that the North American diet has changed considerably and the intake of omega-3 fats have



Dr. John Brannan holds omega-3 fish oil supplements

dropped compared to the other oils in the diet (omega-6 and 9). We hope to validate that a diet rich in omega-3 fatty acids is protective by reducing inflammation. "If we are successful with this study, it will make a major impact on shifting awareness on the omega-3 fatty acids, and perhaps also on diet itself," says Dr. Brannan.

This study requires volunteers, between the age of 18-55 who have been diagnosed with asthma and use asthma medications. Participants must be non-smokers

There will be two diet periods, each lasting three weeks, of either fish oil supplementation or placebo (capsules taken twice daily). Researchers at FIRH use new techniques to monitor the effects the supplementation might have on an individual's airway function and inflammation in asthma.

Participants in this study will come to FIRH for up to six clinic visits over a 10 week period, where the effects of the fish oil diet will be monitored.

Those who wish to participate in this study should contact Dr. Brannan at (905) 522-1155 ext. 33584 or through email at [asthmastudy@stjoes.ca](mailto:asthmastudy@stjoes.ca).

## Breakfast with Santa

Come out and enjoy a Christmas feast and some good holiday cheer with your friends and co-workers!

December 5th, 2007

7:00 - 11:00 a.m.

Charlton Campus cafeteria

December 12th, 2007

9:00 - 11:00 a.m.

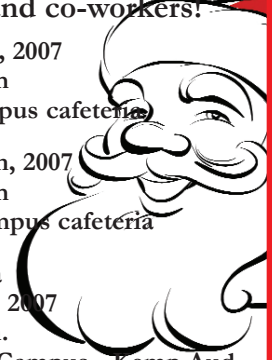
Mountain Campus cafeteria

Christmas Tea

December 18, 2007

2:00 - 3:30 p.m.

Stoney Creek Campus - Kemp Aud.



## Be part of Team St. Joseph's!

Any St. Joseph's Healthcare staff member who participates in the *Around the Bay Road Race* is a part of Team St. Joseph's!



in support of  
St. Joseph's  
Healthcare & Hamilton  
FOUNDATION

This year, HMECU is sponsoring Team St. Joseph's by presenting the ever-popular running clinics with our own inspirational running coach, Patricia Peters.

HMECU will also sponsor a new Departmental Challenge. Any department in the hospital can put together a team (large or small) for the race. The department that raises the most funds (average amount raised per team member) will win New Balance running jackets for their team!

How can you join Team St. Joseph's?

- ▶ Sign up online at [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca)
- ▶ Contact Kellie at the Foundation: ext. 34341 or [events@stjoesfoundation.ca](mailto:events@stjoesfoundation.ca)

- ▶ Pick up a sign up sheet at the new HMECU branch in our Charlton Campus

Every month we'll profile a St. Joseph's Healthcare staff member or team along with their reason for going the extra mile. Please contact Valerie at ext. 35978 to be profiled. We're waiting to hear from you!

For training schedules with Patricia or to download the training calendar, go to our website!



**Call!** Buy with Confidence! List for Results!

**ROSS ROBERTSHAW** SALES REPRESENTATIVE

FREE MARKET EVALUATION!  
"LET HIS BANK MANAGER EXPERIENCE WORK FOR YOU!"

**(905) 575-5478**

**RE/MAX**

Escarpment Realty Inc., Brokerage  
Independent, Equal Opportunity and Equal Housing Opportunity



## Three more reasons to say "Thank You"

By Valerie Ramsay-Brown, Communications Officer, St. Joseph's Healthcare Foundation

In the true sense of partnership, three new gifts to St. Joseph's Healthcare Foundation have brought an innovative and technologically advanced breast cancer imaging research technology to St. Joseph's Healthcare.

A \$150,000 pledge from GE Canada, a \$20,000 gift from the Zonta Club of Hamilton 1, and \$15,000 from the RBC Foundation have enabled the hospital to acquire an MRI Guided Breast Biopsy Coil System.



One in nine women will develop breast cancer during their lifetime. Because of advances in research, detection and treatment however, breast cancer is now one of the most preventable and potentially curable forms of cancer - especially when discovered in the earliest stages.

Dr. Michael Noseworthy, lead Researcher at the Imaging Research Centre at St. Joseph's, is certain the MRI-Guided Breast Biopsy Coil System will launch the hospital's Breast Cancer Research Program into the international spotlight. Physicians know that some ultrasounds, magnetic resonance imaging (MRI) and mammograms can be inconclusive. It is not always possible to tell



whether a growth in the breast is benign or cancerous and this is when the research and technology associated with the MRI-Guided Breast Biopsy Coil System becomes essential. The system allows patients to be scanned by an MRI and biopsied almost simultaneously - saving the patient another appointment and reducing the wait time between the biopsy and diagnosis. The procedure is also less invasive than a surgical biopsy, requires only a local anesthetic, leaves little or no scarring, and can be performed in less than an hour.

The MRI-Guided Breast Biopsy Coil System is a wonderful research and diagnostic tool that has the potential to foster research that will help women with the most complex forms of breast cancer. For this, we express our heartfelt thanks to GE Canada, RBC Foundation and the Zonta Club of Hamilton 1.



To support any of the services, essential equipment and capital projects, treatment and leading-edge research being conducted at St. Joseph's Healthcare please contact the Foundation at (905) 521-6036 or log on to our website [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca) to read more about our fundraising priorities.

## Living the Mission

*A spotlight on staff, physicians and volunteers who demonstrate the St. Joseph's Healthcare Mission in Action*

To the Audiology Department:

I feel that society today is all too ready to express dissatisfaction and to protest matters that we encounter in our daily lives. However, we rarely take the time to applaud and cheer the positive things that happen; we take these for granted. Hence, I am sending this letter to commend the staff of your department. My mother (now deceased), mother-in-law and I have benefited from your services for almost 10 years.

I have had direct contact with Terri at reception and Janice Carter. Terri is always courteous over the phone and in person, with a great sense of humour which I am sure helps! Although I know she is very busy, she takes the time to talk with a smile on her face during a visit.

Janice has tremendous patience with my 89 year old mother-in-law, who just recently was diagnosed with Alzheimer's. Mom is very alert but gets confused and Janice listens and responds accordingly. I find that our society lacks respect for the elderly. We seem to always be busy and never give them the time they require and deserve. Janice is very friendly and kind. Last time we visited, Mom gave Janice a huge hug. Mom was so appreciative of her kindness and assistance.

I started wearing hearing aids about 10 years ago. When I was in business, I attended many meetings and Janice worked with me to get the right aid to fill my requirements. Even now that I have retired and have several health issues, she is very considerate and has a willingness to accommodate.

St. Joseph's has a warm spot in my heart and I am very happy to experience the great service and benefits of your department. Thank you.

Regards,  
Kathy Francescutti



**Help keep hands warm  
all over Hamilton this  
winter!**

**Between November 20th  
to December 15th, 2007,  
St. Joseph's Healthcare  
will be accepting new hats,  
scarves, gloves and  
mittens for all ages.  
These items will be  
donated to the  
Good Shepherd Centre  
for distribution in our  
community.**

Please drop off all donations:

**Charlton Campus**  
Information Desk  
Public Affairs Department  
Room T1407

**Stoney Creek Campus**  
Information Desk

**Mountain Campus**  
Information Desk

## Hospital Standardized Mortality Ratio (HSMR) Fast Facts

On November 29th, the Canadian Institute for Health Information will publicly release the Hospital Standardized Mortality Ratios for 130 healthcare organizations across Canada, including St. Joseph's Healthcare Hamilton.

### INDICATOR PURPOSE

The hospital standardized mortality ratio (HSMR) is an important measurement tool that compares a hospital's mortality rate with the overall average rate. Used widely in the United Kingdom and the United States, the ratio provides a starting point to assess mortality rates and identify areas for performance improvement. When tracked over time, the HSMR indicates how successful hospitals or health regions have been in reducing inpatient deaths and improving care.

### INDICATOR CALCULATION

The HSMR is calculated as a ratio of the actual number of deaths to the expected number of deaths among patients in acute care hospitals.

An HSMR equal to 100 suggests that there is no difference between the hospital's mortality rate and the overall average rate; greater than 100 suggests that the local mortality rate is higher than the overall average; and less than 100 suggests that the local mortality rate is lower than the overall average.

### WHEN AND WHY WAS THE HSMR DEVELOPED?

HSMR was developed in the UK in the mid-1990's by Sir Brian Jarman of Imperial College. The reason was to devise a "need to know" number to act as a baseline in healthcare quality management and as a learning tool measure that may direct attention to overall system issues. There is evidence that institution-level death rate monitoring can motivate improvements and can be changed. As an organization, St. Joseph's Healthcare fully supports the increased transparency in healthcare data and feel it is a key learning tool for everyone in the healthcare system.

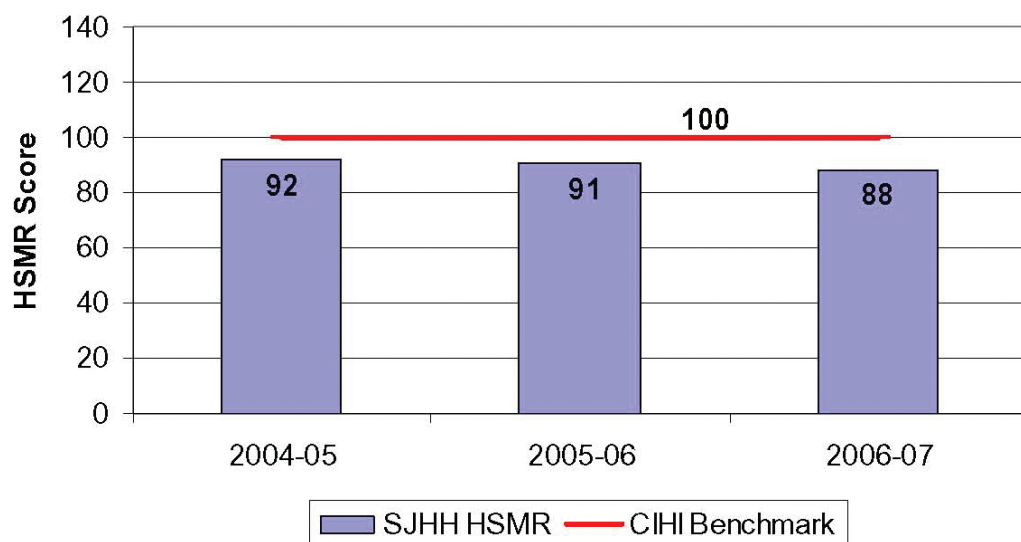
### WHAT DOES HSMR TRACK AND INCLUDE?

The HSMR formula includes those expected number of deaths from the most common diagnosis groups such as high risk disease, heart failure, respiratory failure or organ failure. This does not include palliative care patients, stillborns, suicides, cadavers, sign-outs, or neonates under 750 grams.

### WHAT IS ST. JOSEPH'S HEALTHCARE'S HSMR for 2006-2007?

SJHH's overall HSMR for 2006-2007 is 88. This means that if an average of 100 patients were expected die for the most common diagnosis, then at St. Joseph's Healthcare, the actual number of deaths was 88. This continues an improving trend in SJHH's HSMR – in 2004-05 our HSMR was 92; in 2005-06 our HSMR was 91.

Hospital Standardized Mortality Ratio



## Body Watch

### The Calming Effects of Carbohydrates

Are you one of the many people who say, "When I eat carbohydrates, I feel tired?" There may be a reason.

Carbohydrates seem to act on the brain chemical, serotonin. Serotonin in turn regulates many of our feelings, including pain, sleep, mood and hunger. Carbohydrates increase serotonin levels, making you feel calmer and less irritable. So turning to carbohydrate-based foods for relief from stress may seem logical.

The problem with this scenario is that many times it leads to overeating carbohydrates, especially if you were hungry to start with. The best way to control this chain of events is to use the Canada Food Guide Pyramid as a guide to eating a variety of foods including carbohydrates, protein and fat. Space meals three to four hours apart, control portions and know when you are eating for reasons other than hunger.

For more information on food and nutrition or to learn more about the Canada Food Guide, visit:  
[www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)

*Body Watch is a monthly column on health and nutrition written by the Dietitians of SJHH and Dietitians of Canada.*

## A Defining Year for our Foundation

By Valerie Ramsay-Brown, Communications Officer, St. Joseph's Healthcare Foundation

On October 17th, St. Joseph's Healthcare Foundation celebrated A Defining Year by hosting its Annual Check Up & Donor Reception at the Art Gallery of Hamilton. The Foundation welcomed many staff members, friends and treasured donors of St. Joseph's Healthcare to the event.

During the course of the evening, guests were engaged by former Premier of New Brunswick, 2005 Canadian Ambassador to the United States, and current Deputy Chair, TD Bank Financial Group, Frank McKenna, as he shared his views on Philanthropy in the Canadian Context. An overview of the successes enjoyed by

the hospital and its Foundation was a focus of the evening, which is designed to celebrate the many and varied donors who support St. Joseph's Healthcare and the importance of the caring staff who are an essential reason why we are able to raise funds from the community to support our hospital.

The evening ended on an up-beat note with a video presentation and a reception for guests who also received a copy of the 2006-07 Foundation Annual Report.

For more information, pictures of the event or to download a copy of the Foundation's Annual Report, please visit our website at [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca).



From L to R: Mr. Rob Donelson, President & CEO, St. Joseph's Healthcare Foundation; Dr. Kevin Smith, President & CEO, St. Joseph's Healthcare Hamilton; Mr. Frank McKenna, Deputy Chair, TD Bank Financial Group; Mr. Dean Mosca, Chair, Board of Directors, St. Joseph's Healthcare Foundation

## Wish Tree Program

### 1. Select a "star" from the Christmas trees located:

- ▶ Charlton Campus - front lobby or cafeteria
- ▶ Mountain Campus - cafeteria
- ▶ Stoney Creek Campus - front lobby

### 2. Purchase a small gift appropriate for the age category.

### 3. Return the gift to:

- ▶ Charlton Campus - front lobby or cafeteria
- ▶ Mountain Campus - cafeteria
- ▶ Stoney Creek Campus - front lobby

Last year, more than 800 gifts were donated and distributed by the Good Shepherd Centre.

## SJHH United Way Campaign 2007 hits the ground running!

November 1st was the official launch for this year's United Way campaign at SJHH. The committee was very excited to take a new approach to the campaign this year. There were representatives from each department/program involved in fundraising for their area making communication and literature much more accessible to staff for the duration of the campaign. As well, we were thrilled to have Rebecca Repa, VP Redevelopment at SJHH, as co-chair of our committee with fresh new ideas and enthusiasm for our goals.

On November 8th, we were very fortunate to have CHCH anchor, Dan MacLean available to speak to our management team about the impact of the United Way funded agencies in our community and how it is imperative that we as Hamiltonians need to

ensure that these services continue to be available to those in need. With the steady decline of manufacturing jobs in Hamilton, healthcare and education are now the largest employers in the area and those of us in those fields need to help make a difference. There is a current trend of those who worked in the manufacturing sector and were staunch supporters of the United Way and its affiliated agencies, now becoming clients who need to access those same services that they once supported. There are currently 64 agencies providing vital support to our community that are funded by the United Way. Statistics state that one in three of us will require support from a United Way agency at some point in our lives. We need to ensure that they are there when we need them.

On November 16th, the United Way manned a table at the Volunteer Association's Christmas Bazaar with hot cider and a treat for just a dollar.

A training session was held on November 19th, with lunch for all departmental campaign delegates. Incentives for departmental performance were announced at that time.

If all staff were willing to give just \$2 per pay, we could reach our goal of \$30,000 for the 2007 campaign. If you have any questions or comments, or if you would like to join our committee and make a difference in your community, please call Wendy Smith at ext. 35583.

**Come on St. Joe's...Get into it!**



# Save the date!

Go the extra mile for St. Joseph's Healthcare!  
**114<sup>th</sup> Around the Bay Road Race** in support of  
St. Joseph's Healthcare Foundation  
March 30th, 2008

Put together your own 'Team St. Joseph's' and join us in raising funds for  
St. Joseph's Healthcare Hamilton.

## HPH Psychiatric Museum at St. Joseph's Healthcare "Christmas Traditions"

Holiday goodies, 50/50 draw - Free admission  
December 5th, 2007  
9:30 a.m. - 2:00 p.m.  
2nd Floor, Hickory House  
Mountain Campus

## Christmas Candlelight Service

December 18th, 2007  
2:00 p.m. - 2:30 p.m.  
Cafeteria  
Mountain Campus

## The latest Payday Payouts winners are...

**November 2nd, 2007**

Laurel Whalen from Womankind  
Addiction Services won \$4,350.50.

**November 16th, 2007**

Lisa Sousa from 6G1 won \$4,360.50

Every payday, staff members have a  
chance to win. To enroll, visit our website  
at [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca)

*In order to demonstrate complete transparency  
and to uphold the ethics of fundraising,  
Foundation staff do not participate in the Payday  
Payouts lottery. All Payday Payouts winners are  
notified of their win via telephone by St. Joseph's  
Healthcare Foundation.*



Be sure to take advantage of your  
chance to give the gift of life.  
One donation of blood could help  
three people!

**December 28th, 2007  
8:30 a.m. - 2:30 p.m.  
Conference Room #3,  
Fontbonne Building  
Charlton Campus**

Blood. It's in you to give.

## 'tis the season for Influenza

### What is Influenza?

Influenza, commonly known as the flu, is a serious respiratory disease that is caused by a virus. Those who get the flu may have a cough, fever, chills, sore throat, headache, muscle aches and fatigue. This usually lasts from three to five days, but can last longer. The cough and fatigue can persist for several weeks, making the return to full activities difficult. Some may even develop complications such as pneumonia. Influenza affects those of all ages and spreads easily from coughing and sneezing. It can also be spread through direct contact with contaminated surfaces, unwashed hands or objects that have been contaminated by the virus. Antibiotics are not effective.

To prevent influenza infection you should:

1. Wash your hands thoroughly especially before eating and providing care
2. Cover your nose and mouth when sneezing and coughing
3. Dispose of tissues immediately

Influenza immunization is available free of charge to all employees, physicians, students, volunteers and contract workers of St. Joseph's Healthcare Hamilton. Information about staff influenza clinics can be found on the St. Joseph's Healthcare Hamilton intranet website on the main page under *New to the Site*.

Information about public clinics can be obtained through the Public Health Department at [www.hamilton.ca/influenza](http://www.hamilton.ca/influenza) or by calling (905) 546-3500.

*Provided by Occupational Health and Safety  
Services, St. Joseph's Healthcare Hamilton*

# CONNECTIONS

*is published monthly by the St. Joseph's Healthcare Public Affairs Department.*

*We want to hear from you!*

Please send us your comments, suggestions, story ideas or submissions.  
The Public Affairs Department reserves the right to edit and print  
your submissions as space permits. Submissions are subject to approval.

**Managing Editor:** Kyla Kumar  
**Editor:** Karen DeBreau  
**Contributors:** Debbie Silva, Valerie Ramsay-Brown

**Contact:**  
Public Affairs Department, Rm T1407  
50 Charlton Avenue East, Hamilton ON L8N 4A6  
Telephone: (905) 522-1155 ext. 33423  
Fax: (905) 540-6531  
Email: [kdebreau@stjoes.ca](mailto:kdebreau@stjoes.ca)  
Web: [www.stjoes.ca](http://www.stjoes.ca)