



Premier Wynne Joins St. Joe's Staff at the 120th Around the Bay

March 30, 2014 was a busy day in Hamilton as over 12,500 people (including more than 120 St. Joe's staff and one Premier of Ontario) took part in the 120th Around the Bay Road Race in support of St. Joe's.

So many people in our St. Joe's family took to the streets of Hamilton to conquer the legendary road race that is almost as old as our Hospital. Teams included: ICU, GI Janes, Volunteer & Visitor Services, Unbreakable, Bridge to Recovery, Wellness, Researchers on the Run, Challenger, Lung Cancer and our Hospital Board Committee.

Hospital President Dr. David Higgins ran the 5 K in an admirable time of

32 minutes and 24 seconds, but he was bested by a few minutes by the Premier who finished the route in 26:53.

Our Foundation would like to say a big 'THANK YOU' to the many St. Joe's staffers who spent a sunny Sunday walking, running and raising funds in the 2014 Bay Race. We encourage you to share your experience with your colleagues so that Team St. Joe's can get bigger and better every year.

Foundation President Sera Filice-Armenio (who also ran the 5 K in 30:08) says, "We often like to think that patients at St. Joe's are also 'winners' of the Bay Race since all funds raised support the compassionate care our Hospital

colleagues are honoured to provide."

Following the race, the Foundation was pleased to confirm that thanks to the support of thousands of participants, pledgers, sponsors and corporate teams we were able to raise an all-time high of \$403,000 for St. Joseph's Healthcare! Thank you for helping us to reach our goal.

Race participants who raised \$120 or who made a \$20 pledge can find their name listed in our Thank You ad published in the April 5th edition of The Hamilton Spectator. Need a copy? Email Adam@stjoesfoundation.ca and we'll send you one via internal mail. ●



Kathleen Wynne @Kathleen_Wynne

Had a great run this morning at Around the Bay Road Race in

[@cityofhamilton](#) [#hamilton](#)

30 Mar 2014



INSIDE THIS ISSUE //

Engaging Our Patients Improves Overall Experience [2](#)

Increasing Research Collaboration at the new West 5th Campus [3](#)

Help Improve Our Employee Wellness Program for a Chance to Win [4](#)



SNAPS // Main Photo: Randy Pressey, an inpatient at Charlton Campus, is shown here with the General Internal Medicine Implementation Team.

Engaging Our Patients Improves Overall Experience

The General Internal Medicine (GIM) Implementation Team is pleased to announce the implementation of the Patient Care Communication Boards.

These boards hang at each patient's bedside with the aim of increasing patient and family engagement in the plan of care. On these boards the healthcare team provides their name and contact information as a friendly written reminder. There is also a large space reserved for any patient or caregiver questions, which are then promptly responded to by the health care

team. The clinical team will also post individual goals that will help patients increase their independence and recovery. The Implementation Team has already heard positive feedback from patients and family. Recently, Randy Pressey was staying at Charlton Campus and part of his care plan included the use of the Communication Board tool. When asked about the experience, Pressey said that he appreciated the information and the encouragement. "I like to know who is who (on the unit) and the goals gave me something to work on," says Pressey.

In the past, some patients have voiced feeling surprised by the news of an upcoming discharge date. The Communication Boards have become a tool to promote proactive dialogue and information sharing for the duration of an inpatient stay. This patient-centred approach is now improving the experience of our patients and their loved ones. ●

For more information, contact: Valerie Thornton

Clinical Utilization Manager
General Internal Medicine

☎ ext. 33934 ✉ vtornto@stjoes.ca

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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

Increasing Research Collaboration

at the new
West 5th Campus

Since the new facility at the West 5th Campus opened its doors to patients in February 2014, St. Joseph's Healthcare Hamilton has shared with the world how its new integrated model of medical and mental health care will positively transform the way patients with mental illness and addiction are diagnosed and treated. Another byproduct of the design of the Margaret and Charles Juravinski Centre for Integrated Healthcare is the increased ability for researchers to collaborate, resulting in new opportunities.

"I think the new building will increase the resources and opportunities available for research," says Dr. Benicio Frey, Director, Women's Health Concerns Clinic. "The new building can increase collaboration between different mental health research groups and clinicians."

The West 5th Campus continues to be the academic home of McMaster University's Department of Psychiatry and Behavioural Neurosciences. What is new about this shared home is that within the new facility, clinical units and research areas are more physically connected.

"I appreciate being closer to clinical areas and closer to the staff and patients," echoes Dr. Margaret McKinnon, researcher and psychologist, Mood Disorders Program. "Being in such proximity to clinical areas, I think clinicians and researchers will be able to hear one another better and communicate more effectively."

A culture of continuous learning and teaching not only improves our team, but also sets the scene for delivering the best and latest evidenced-based treatment. Together, we're building a tradition that will help our patients make lasting recoveries. ●



Dr. Benicio Frey

Director //

Women's Health
Concerns Clinic

Academic Head //

Mood Disorders Program



Dr. Margaret McKinnon

Psychologist //

Mood Disorders Program &
Clinical Neuropsychology Service

Associate Co-Chair – Research //

Department of Psychiatry &
Behavioural Neurosciences

Happening at St. Joe's

St. Joe's Medical Staff Association recognizes the exemplary work of our staff



Congratulations to Grant Bingelman, Custodian, Fontbonne Garage, Charlton Campus, who was the 11th recipient to receive the Exemplary Service Award presented by the St. Joseph's Healthcare Hamilton Medical Staff Association (MSA). The Exemplary Service Award is intended to recognize staff who perform their everyday duties while providing added value with their enthusiasm, compassion, initiative and skill, essentially going above and beyond what is asked of them in their everyday role. ●


Help Improve Our Employee Wellness Program for a Chance to Win!



Employee Wellness is important at St. Joe's and we understand the value of helping our staff improve their health and wellbeing as we continue to expand the wellness culture.

We're asking for staff to provide input and feedback by taking an Employee Wellness Program Survey. Visit MyStJoes.com/EmployeeWellness to complete the survey before April 30th for your chance to win a \$25 Gift Certificate to Lime Ridge Mall. ●

For more information, contact:

 Wellness@stjoes.ca

Pharmacy Awareness Week, March 17-21



Pharmacy Awareness Week sparked great interest at St. Joe's. Activities included an information booth, pharmacy trivia, and an Inpatient Department tour. This campaign helped raise awareness about the increasing role pharmacists play in the delivery of health care services and the tangible benefits they bring as health care providers. ●

Pictured Above Left (L-R): Dr. Rebecca Amer (2013 MSA Secretary) and Dr. Tamar Packer (2013 MSA President) present this award to Grant Bingelman.

Pictured Above Right (L-R): Angela Quach and Angelica Roque, Pharmacy students from the Inpatient Pharmacy Department at St. Joe's Charlton Campus.



PAYDAY LOTTERY WINNERS

February 28, 2014

Zora Milincevich
Patient Food Services, West 5th Campus
\$7,270.50 (Ticket #2727)

March 14, 2014

Nancy-Joyce Bonney
Post Partum-Combined Care, Charlton Campus
\$7,260.00 (Ticket # 4417)

March 28, 2014

John Principato
Nursing Education, Charlton Campus
\$7,303.50 (Ticket #3230)

connections

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Send your comments, suggestions, story ideas or submissions to:

Public Affairs Department
Level 1, 225 James St. South
Tel: 905.522.1155, ext. 33423
Email: lwhelan@stjoes.ca

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-  St. Joseph's Healthcare Hamilton
-  /user/Stjoesfoundation



a mental *health* morning

A breakfast to support
the Mental Health & Addiction Program
at St. Joseph's Healthcare Hamilton

Join us: Thursday, May 8th, 2014

FEATURING A KEYNOTE ADDRESS BY **MARY WALSH**



Mary Walsh is known throughout Canada as an accomplished actress, comedian, political satirist, social activist and the creator of the hit CBC show *This Hour Has 22 Minutes*. By sharing her own struggles, Mary hopes to reduce the stigma associated with mental illness and addiction.

Thursday, May 8th, 2014 | 7:30 a.m. - 9:30 a.m.
Michelangelo Banquet Centre | 1555 Upper Ottawa Street, Hamilton

Morning Agenda: Breakfast & Seating
Opening Remarks | Award Presentation | Keynote Address

RSVP:

Tickets are \$50 per person or \$500 for a corporate table of eight.
To register, please visit www.stjoesfoundation.ca/mentalhealthmorning
For inquiries, please call Angeline at 905.522.1155 ext. 35981

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The exceptional care our hospital staff provides to patients every day is the primary reason why people choose to support our Foundation.

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we invite St. Joe's staff members to join us for...**

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of Joe**
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Thursday, May 1, 2014

Charlton Campus Cafeteria

8:00 a.m. to 10:00 a.m. and 6:00 p.m. to 8:00 p.m.

King Campus Cafeteria

8:30 a.m. to 10:30 a.m.

West 5th Campus Cafeteria (New Building)

8:30 a.m. to 10:30 a.m.

St. Joseph's

Healthcare  Hamilton

F O U N D A T I O N

