

connections

AUGUST • 2015



Free app helps youth reach out to mental health and addiction services in Hamilton

St. Joseph's Healthcare Hamilton's Youth Wellness Centre sponsored Hamilton's version of *Be Safe*, a free app launched for Apple and Android mobile devices in June. The app aims to help youth manage mental health crises and reach out to local mental health and addiction services.

Be Safe was originally developed by mindyourmind in London, Ontario, with the support of a dedicated team of youth, the Centre for Addiction and Mental Health's (CAMH) Provincial System Support Program and other partners in the Systems Improvement through Service Collaboratives initiative. The success of the London-specific version of *Be Safe* sparked interest in other communities across the province who partnered with mindyourmind to develop their own community-specific mental health and addiction resource listings.

The Hamilton version of *Be Safe* was coordinated by CAMH's Hamilton office with support from St. Joe's Youth Wellness Centre. It guides youth through developing a personal safety plan for use in mental health crises and walks them through a series of questions. The app provides a list of local Hamilton resources to reach out to including, St. Joseph's Healthcare Hamilton's Youth Wellness Centre, Alternatives for Youth, Crisis Outreach and Support Team, Living Rock and CONTACT Hamilton, just to name a few.

"In the middle of an upset or crisis it is hard to think clearly about what to do or who to call, but by using this app to plan ahead the guess work is cut out and help is only a few clicks away," explains Lisa Jeffs, Manager, St. Joseph's Healthcare Hamilton's Youth Wellness Centre. "Youth in Hamilton will be able to use this app to customize a safety plan for themselves that will be there ready for them in times of crisis and point them to local Hamilton crisis resources so they know exactly who to reach out to when they need help." ●

The app can be downloaded at:

www.mindyourmind.ca/interactives/be-safe

To learn about St. Joe's Youth Wellness Centre visit:

www.reachouthamilton.ca

AN EXPANDED ROLE

for our Foundation CEO

On July 1, 2015, Ms. Sera Filice-Armenio, current President and CEO of St. Joseph's Healthcare Foundation Hamilton, was also appointed to the role of CEO of St. Joseph's Health Centre Foundation Guelph...a fellow foundation within the St. Joseph's Health System. Sera will continue to hold her current role with St. Joseph's Healthcare Foundation in Hamilton in addition to assuming her new post.

At St. Joseph's Health Centre Foundation in Guelph, Sera will report to the Health Centre's Board and provide leadership and strategic direction to the Foundation's fundraising, communications and donor relations portfolio. About her new role, Ms. Filice-Armenio says, "What's most important for both of our communities of donors and grateful patients to know, is that funds raised in their regions will stay in their communities, supporting the health care centre they intended."

Sera is an experienced and accomplished fundraiser, administrator and leader with more than 23 years' experience in the higher education and healthcare sectors. She recently led St. Joseph's Healthcare Foundation's Timeless Care, Tomorrow's Discoveries Campaign to unprecedented success, raising \$87 million for the Hamilton hospital.

"Sera has the fundraising experience, the track record of success and the commitment to the mission of the St. Joseph's Health System to lead both the Hamilton and Guelph Foundations to continued growth and success," said Brendan Lane, Chair of the Board at St. Joseph's Health Centre Foundation in Guelph. ●



Cycle of Giving

The Kimberley Leach Memorial Ride

James Fedirko is gearing up for another adventure. On Friday, August 21st he will cycle 500 km from Hamilton to Lions Camp Dorset, a summer retreat for kidney patients and their families. James' ride is in memory of Kimberley Leach. James was Kimberley's guardian angel in life. For 13 years he provided her with dedicated support during her dialysis treatment at St. Joseph's Healthcare Hamilton. Although Kimberley died in 2008, she lived seven years past her life expectancy due in part to the compassionate patient care that she received from James and his colleagues in Kidney and Dialysis Care at our Hospital.



St. Joseph's serves over two million people in South Central Ontario and is the clinical and academic lead in the region for kidney care. Patients living with chronic kidney disease will often have to visit our Hospital several times per week, for hours at a time for dialysis treatments. All funds raised through James' ride will be donated to the Dialysis Program at St. Joe's and will be used to help make our dialysis patients more comfortable as they receive this life-saving treatment.

Show James your support by making a donation to dialysis care at our Hospital and/or attending the Kimberley Leach Memorial Ride Send Off event at the main entrance of our Charlton Campus, on Friday, August 21st at 10:00 a.m. To make a donation, please visit stjoesfoundation.ca/donate and enter "Kimberley Leach Memorial Ride" in the gift designation field. Your support truly makes a difference! ●



Mission Legacy Award

*Honouring those who have made a lasting impression
on St. Joseph's Healthcare Hamilton*

The Sisters of St. Joseph of Hamilton's Mission Legacy Award recognizes key individuals who, in their time at St. Joseph's Healthcare Hamilton, have lived the Mission and values left behind by our Founders, the Sisters of St. Joseph of Hamilton.

Presented on an annual basis, these awards honour volunteer board members, the Sisters of St. Joseph of Hamilton, internal staff, volunteers, and physicians, past or present, who have left a lasting impression on our organization through their work. Each individual's contributions are measured against the current values and Mission of St. Joseph's Healthcare Hamilton. These awards are presented annually and all submissions are kept on hand for consideration in future years. ●

Please join us to celebrate these exceptional individuals:

Dr. Peter Bieling	Dr. Hugh Fuller
Dr. Gary Chaimowitz	Ms. Joan Jervis
Ms. Margaret Doma	Mr. Sam Mercanti

Wednesday, September 9, 2015 at 1:30 p.m.
Frank Charles Miller Amphitheatre, Charlton Campus
St. Joseph's Healthcare Hamilton

Please R.S.V.P. by Friday, August 28th

☎ 905.522.1155 ext. 39152

events@stjoes.ca

For more information, please visit our website:

www.stjoes.ca/MissionLegacyAwards



Starry Night is Approaching

The annual Starry Night holiday dinner and dance is quickly approaching, and this year's date is set for Saturday, November 14, 2015. More information will become available in the upcoming months in the elevators and Connections.

Starry Night began as a Quality of Work Life initiative and continues to be part of the Employee Wellness Program at St. Joe's. We are committed to creating a healthy workplace where the wellbeing of our employees is of importance to delivering compassionate care and achieving excellence in health care. ●

☎ 905.522.1155 ext. 32042

starrynight@stjoes.ca

Celebrating the Work of Occupational Therapists

Occupational Therapists (OT) assess patients and treat them through engagement of self-care skills to recover or maintain the activities of daily life for people with a physical or mental disorder. At St. Joe's Charlton Campus, it is clear how much the OT's are valued by the patients.

A recent story of appreciation makes Lucene Charles, Administrative Assistant in Therapeutics and Community Partnerships proud to be involved with the OT team. Recently, Monica Alderson, Manager of Occupational Therapy and Therapeutic Recreation at St. Joe's, worked with a patient who was not able to use her hands for a period of time after a difficult circumstance. After therapy with Monica, the patient was able to use her hands again and enjoy the simple tasks of everyday life.

As a way of saying 'thank-you' to Monica, the patient demonstrated her appreciation of Monica's support by creating a personalized cake. The meticulous cake displays Monica working on splints at an OT

work table wearing a cape that reads 'Robotic Mom' on the back due to Monica and her family's great interest in robotics. With her husband employed as an engineer, Monica and her family are very involved and successful with robotics competitions. Monica has also recently celebrated 25 years at St. Joe's!

"The cake made for Monica is a great example of patient appreciation and of the valuable work that OT's do at St. Joe's", says Lucene "To be able to use your hands and function at that level again, to make such an accurately detailed cake was wonderful to see!" ●



Summer Sizzler SAVE THE DATE!

Mark your calendar for the annual Summer Sizzler Staff Appreciation BBQ; all staff, physicians, learners and volunteers are invited to attend.

Charlton Campus
Thursday, August 6
11:30 a.m. to 2:00 p.m.
Cafeteria

West 5th Campus
Thursday, August 13
11:30 a.m. to 1:30 p.m.
Cafeteria

King Campus
Thursday, August 20
11:30 a.m. to 1:30 p.m.
Cafeteria

Sponsored by
 **TD Insurance**
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HOSPITAL OF FORTIUS HEALTH CARE SYSTEM

Research at St. Joe's

SPONSORED BY ST. JOE'S

With the support of the Research Institute of St. Joe's Hamilton, the Professional Advisory Committee (PAC) & the Nursing Advisory Council (NAC) have established research award programs to support health professionals engaging in independent research activities at St. Joe's.

The groups receiving funding represent nurses and therapeutic staff such as Respiratory Therapists, Occupational Therapists, and Psychologists practicing at St. Joe's. The PAC & NAC strive to engage professional staff in improving clinical care, research and education across various disciplines.

The award funding provided by the Research Institute assists novice and experienced researchers in developing research initiatives, implementing pilot studies and integrating research results into clinical practice. Now in its second program, the award seeks to build upon its successes from last year's projects and continue to transform care at St. Joe's.

One research project is evaluating whether or not a collaborative, team-based nursing model of care delivery improves patient care outcomes within our inpatient units. By measuring patient length of stay, nurse sensitive outcomes, patient satisfaction, staff engagement and other metrics, this study has the potential to improve the way care is delivered to the patients that we serve.

Another research project seeks to determine the effectiveness of Cognitive Behavioural Therapy (CBT) as a treatment for irritable bowel syndrome. Not only does the project seek to evaluate whether or not CBT improves quality of life and reduces symptoms, but it also aims to increase our understanding of the effects of CBT on gut bacteria in this patient group.

"These research awards help to fund innovative and exciting research studies at St. Joe's," states Dr. Matilda Nowakowski, clinical psychologist. "Without research funding, we can identify research ideas but we won't always be able to make them a reality." ●

Congratulations to the following 2015 PAC Research Award recipients

Dr. Irena Milosevic
Project: Evaluation of Exposure Plus Safety Behaviour for Contamination-Related OCD

Dr. Matilda Nowakowski
Project: A Pilot Study of Cognitive-Behaviour Therapy for Irritable Bowel Syndrome

Congratulations to the following 2015 NAC Research Award recipients

Kelly LoPresti, Elizabeth Barrett, Carolyn Gosse, Donna Johnson, Gaya Amirthavasar, Lawrence Mbuagbaw, Julianne Camera
Project: Evaluation of a Collaborative Model for Patient Care Delivery

Janet Landeen, Helen Kirkpatrick, & Gina Browne
Project: Evaluation of Building Nursing Research Capacity with a Unifying Theme of Hope

For more information, please visit our website:

research.stjoes.ca

St. Joseph's
Healthcare  Hamilton

The Research Institute
of St. Joe's Hamilton

Spotlight on Library Services

Referencing and Citation Management Tools

A citation manager helps you keep track of articles, books, and other materials as you find them, tag and annotate them and create citations and bibliographies. Since access to **RefWorks through McMaster is ending on August 15, 2015** many of you will be searching for a new citation manager. There is no shortage of choices out there but some seem to be more popular than others. Choosing which research/citation manager works best for your needs can be a process of trial and error. Consider the following when deciding:

- Format – web based or stand alone? Does it sync across devices?
- Cost – some are free but charge for extra storage
- Learning curve or user support
- Importing and organizational capabilities
- How does the manager interact with PDFs and Websites?
- Integration with word processing software to add footnotes & in sentence citations

If you're willing to pay for your citation manager then **RefWorks, Papers or Endnote Web** are popular choices. If free is your choice McMaster University has put together a chart comparing 3 free tools (Mendeley, Zotero, & Endnote Basic), to view visit:

<http://library.mcmaster.ca/citation/software-comparison>

If you currently have RefWorks through McMaster you might want some guidance on migrating your references, go to:

<http://library.mcmaster.ca/citation/management#migration>

for help migrating to Mendeley, Zotero, or Endnote. Western University also has a guide on their website that is quite helpful at:

www.lib.uwo.ca/essayhelp/refworksmigrationguide.html

If you need help transferring documents contact Library Staff:



905.522.1155 ext. 33440 or 36322



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

July 31, 2015

Stefan Chan
Acute Psychiatry
Charlton Campus
\$8,622.00

August 14, 2015

Karen Shaw
Dialysis
King Campus
\$8,622.00

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is published monthly by the St. Joseph's
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Send your comments,
suggestions or story ideas to:

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Tel: 905.522.1155 ext. 39152
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