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Connections

A newsletter for the staff, physicians and volunteers of St. Joseph's Healthcare Hamilton

The Culture of Giving is alive and well at St. Joseph's Healthcare Hamilton



Members of the SJHH Diagnostic Imaging Department: Winners of the "Food Bank Challenge" - Steve Baswick, Kim Harper and Kelly Yungblut with Rebecca Repa, VP Planning, Development and Diagnostics.

Our Mission was alive and well at the August 16th *Summer Sizzler* barbeque held at the Charlton campus. In an effort to assist the Mission Services food bank, our employees were put to the challenge to determine which department could donate more non-perishable food items.

In the end, we were all winners. Thanks to our Security and Diagnostic Imaging departments and to the countless others who donated food items, St. Joseph's Healthcare was able to collect over 1000 lbs of donated items and close to \$350 in cash. Congratulations to the Diagnostic

Imaging staff who were the winners of the departmental "Food Bank Challenge"! Honorable mention to the Firestone Institute for Respiratory Health staff who came in a very close second!

Well done, St. Joe's!



From the Office of the President

Working together for a common goal

With the summer months rapidly coming to a close, I hope that each of you have had the chance to enjoy some much deserved rest and relaxation. Next month, we embark on another ambitious quarter as we move forward in our course for Mission Excellence.

Patient Safety is gaining an even greater priority on the provincial and national agenda. In an effort to create a culture of safety for our patients, employees, physicians and visitors, we will be launching on-going Patient Safety Workshops beginning in September.

These workshops will provide the foundation for all future patient safety initiatives across the organization and will provide an opportunity to engage in open dialogue with your colleagues. Our

goal is to build a transparent, accountable and non-punitive patient safety culture. I encourage all front line nursing and allied health staff to attend these important sessions. Let us continue to strive for the best in safe, quality client-centered care.

Aligned with our Service Excellence objectives, our nursing group will also launch a series of educational opportunities around client-centred care beginning this Fall. An integral part of our corporate focus, the Registered Nurses Association of Ontario's (RNAO) Client-Centred Care Best Practice Guideline puts patients where they belong - at the centre of care.

This guideline will improve client satisfaction and enhance the quality of care that we provide. I urge you to stay abreast of this important initiative. We

must work together to ensure that the recommendations outlined in this guideline are incorporated into every aspect of the care and services that we provide to our patients.

On a final note, I am delighted to announce the appointment of Mr. Sam Mercanti as our new Chair of the St. Joseph's Healthcare Board of Trustees. Mr. Mercanti's solid business and financial background and skills will be a valuable addition to the Board. His involvement is sure to strengthen the Board's focus on quality and measurement.

Enjoy the remaining weeks of the summer and I look forward to working with you as we move closer to achieving our corporate goals.

*Dr. Kevin Smith
President & CEO*

Living the Mission

A regular column highlighting individuals who strive to live the Mission and spirit of St. Joseph's Healthcare on a daily basis

Here are a few examples of how St. Joseph's Healthcare employees are living the Mission and going beyond their call of duty:

Karen Candy, Manager of Security Services, shares a story about how one of St. Joseph's Healthcare's security guards, Dave Gower, went above and beyond his call of duty.

"On May 2, 2007 at 1:50 a.m., a patient arrived in the emergency department seeking medical attention. After receiving medical treatment, this patient indicated he had no place to stay for the night. Dave spent 30 minutes on the phone calling various agencies and was finally able to secure him a place at Wesley Center."

Dianne Husbands, Nurse Manager, shares how the nurses in the Step Down Unit admitted a patient who was acutely ill, but who was awake, alert and able (painfully) to ambulate.

"His greatest concern was attending his son's wedding, which was planned for

that weekend. After negotiating with his physician, who told him that under no circumstances could he go to the wedding, the staff continued to work with the patient and his family. They offered tremendous emotional support. The nurses then began to wonder if perhaps there was a way to just leave for the ceremony - they petitioned on behalf of the patient, and received his physician's approval. They then called the family to have the patient's suit delivered. They bathed, shaved, buffed and puffed him so he could make it in time to attend the wedding. As it turned out, the patient was then able to recuperate at home with his family's support. He has sent a lovely wedding picture to the staff as a thank you for their help in getting him there. I believe that in these very difficult times of working short, working hard and working overtime, these wonderful nurses went well above and beyond. They recognized that nursing a patient involves more than physical care. What a wonderful tribute to this

organization and a beautiful embodiment of our mission and values!"



Lenore Lukasik-Foss wanted to pass along her heartfelt thanks for the extraordinary care she received in May.

"At around 2:00 p.m. on Tuesday May 1, I came into the ED. I was feeling sick, sad and worn out from a miscarriage. I ended up having to have emergency treatment at around 10 p.m. All staff members (the Triage nurse, the medical residents, Dr. Small, the OR nurses, the anaesthetist and the recovery room nurses) were kind, caring and professional. Despite the wait (which I understood - it was a very busy day in ED), I had excellent and compassionate care. The treatment I received from St. Joe's staff helped heal (physically and mentally) a very hard time in my life. I will never forget the care I received."

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Second annual Graduate Student Research Day a huge success

The second annual Graduate Students Research Day, sponsored by the Father Sean O'Sullivan Research Centre, was held with great success on Monday, June 25th. Over 90 participants registered for the day, which showcased the innovative medical research occurring at St. Joseph's Healthcare Hamilton. The day featured guest speakers from both McMaster University and St. Joseph's who addressed issues surrounding the theme "Life after Graduate Work". Trainees heard presentations from Drs. Jack Gauldie, Stephen Collins, Peter Margetts and Ian Rodger. There was also an opportunity to hear from Drs. Piush Mandhane and Elliott Beaton as they reflected on their post-doctoral experiences. In addition to a well-attended poster session, in which 35 students and trainees had the opportunity to present their work to peers, faculty and judges, three students presented brief work-in-progress seminars to the crowd. Overall it was a thoroughly enjoyable and informative day.

Honouring the nurses of St. Joseph's Healthcare Hamilton

*Nursing Excellence Week is all well and good
 But let's remember the rest of the year and let it be understood
 That excellence is found in so many ways
 That St. Joe's Nurses embed day by day.
 Let's think of the days and the nights we stand guard
 And show year-long recognition, thanks and regard
 To the men and women who make up our nursing force.
 Let's peek at our world---and have some fun, of course.*

*Clinical pressures keep us on our toes.
 Bed management sure brings lots of woes.
 ER is loathe to go on consideration'
 But EMS shows great consternation
 When the ambulance bay is a parking lot
 And there are no more beds, no matter where they're sought.*

*We hear "Wait lists, surgeries, make it hasty"
 But while you're at it, don't forget patient safety.
 Acronyms abound-it's hard to recoup--
 It's like working in the middle of alphabet soup!
 On any given shift, you hear so many short forms
 That patients must wonder if we all know the norms.
 Check your cMARs after doing your NAIDA or RAI.
 Run the keys for the Accudose while you're on the fly.
 If events turn sour, call the CCRT.
 Wash your hands non-stop to fight the dreaded VRE.
 Does that patient need CBT, or is DLBT best?
 Has the AED had its battery test?
 Is the patient in PAAU, DI or SSU?
 Is the SaO2 reliable and true?
 Verify the waveform on the O2 sat.
 Ensure the "tid" order is really meant to be that.
 (And while we're at it-what the heck!
 What about that Meditech?)
 Codes come in rainbows-all the way to white, blue and red.
 It's hard to decide which one we most dread.
 As the shifts are changing, and the fun's just begun,*

*You hear "We're out of here, Barb. Dr. Young on Line 1!"
 Nurses' databanks run in overdrive
 To manage this all and keep best practices alive.
 Whether inpatient or outpatient at any of three sites,
 Our focus is on patients, and for that we'll fight the good fight.
 If they're newborns or geriatrics or somewhere in between,
 We keep patients at the centre-for that we're all keen.*

*There are challenges a many, from which most would recoil.
 But here we've "No worries mate", 'cause we've got Winnie Doyle.
 Petite and powerful, sound and strong,
 Our CNE knows the score. She'll right the wrongs.
 No matter the level or role, all nurses join forces
 To help us through the roughest of courses.*

*We've had fires and floods, snowstorms and more.
 But St. Joe's nurses keep coming through the door:
 We've got the knowledge, the heart, the passion,
 To ensure our high standards are always in fashion.
 We work in our teams. We lead with style.
 We always go that extra mile
 To keep the St. Joe's vision true
 Of dignity, respect and caring too.*

*So next time you complete a shift
 Think about giving a nurse a lift.
 Say "Well done", "Thank you", "That was great",
 "I like your work", "I appreciate your expertise, your strength, your calm."
 I bet you we could all use this balm.
 And who knows what great heights we'd reach
 If we all help one another teach
 The benefits of speaking praise
 And focusing on the good, day by day?
 So let's have a Nursing Excellence Year
 And for all St. Joe's nurses, raise a cheer!*

Anonymous

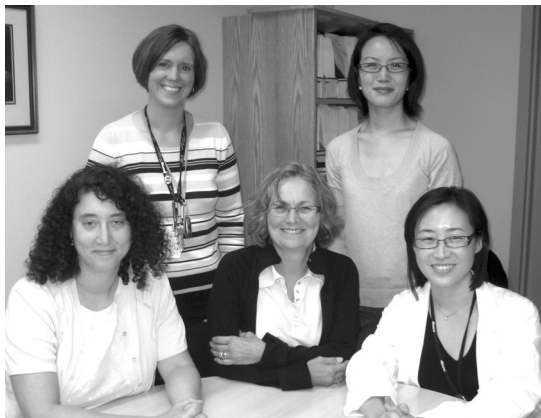
Pharmacists pave new roads with innovative Pharmacist Mentorship Program

By Carmine Nieuwstraten, Professional Practice Leader and Gwen Liu, Pharmacy Project Resource Pharmacist

This past February, the Pharmacy Department at St. Joseph's Healthcare Hamilton successfully obtained funding from the Ministry of Health and Long Term Care to develop a mentorship program for pharmacists. As a result, a Pharmacist Mentorship Program Steering Committee was created. This Committee has been hard at work the past five months developing the Pharmacist Mentorship Program. Activities completed to date include: development of training and resource materials and criteria for Mentors and Mentees, selection of three Mentors and Mentees from within the department to participate in the project, and development and completion of a training workshop for Mentors. The Pharmacist Mentorship Program has been designed to help newly hired staff pharmacists from different work backgrounds or new graduates transition smoothly into hospital pharmacy practice.

The pilot project started in June. The progress of the Mentor-Mentee pairings will be monitored throughout the year. Each Mentee develops learning objectives with the assistance of their Mentor and together they agree on an action plan to help achieve those objectives. Documents and templates have been developed to assist the pairings with these activities. The anticipated benefits of this program are numerous, including increased job satisfaction for Mentors, and increased confidence for Mentees, who have a dedicated Pharmacist to guide them, thereby easing the transition into hospital practice.

In the process of developing the program, the Steering Committee realized that there was no other pharmacist mentorship program with a similar structure in Canada. The Steering Committee plans to share their experiences not only with pharmacy colleagues within the St. Joseph's Healthcare community but also throughout the country. By the end of the project, the Steering Committee plans to have a comprehensive training DVD and Mentee/Mentor resource manuals available so that other sites/disciplines can adapt this program for their own practice. Questions/comments related to the Pharmacist Mentorship Program are welcomed and may be directed to Carmine Nieuwstraten at either cnieuwst@stjoes.ca or ext. 32922.



From L to R: Lisa Dolovich, Carmine Nieuwstraten, Karen Davis, Gwen Liu and Alice Huh.

Why not volunteer to be a Translator/Interpreter for St. Joseph's Healthcare?

St. Joseph's Healthcare Hamilton is committed to ensuring that all clients/patients are able to communicate their health care choices with staff, understand their care plan, and to give informed consent. One of the ways in which SJHH does this is by maintaining an internal registry of staff volunteer translators/interpreters who are able to

assist caregivers in communicating with patients who speak little or no English. This registry is maintained by the Human Resources Department.

If you are sufficiently fluent in one or more languages other than English and are willing to act as a volunteer translator/interpreter from time to time, please contact Annie Baric, HR Special Projects Coordinator at ext. 33913 or via email at abaric@stjoes.ca for further information.

Acknowledging outstanding research contributions at St. Joseph's Healthcare

It is widely acknowledged that post-doctoral fellows and research students form an integral back-bone of scientific research. In support of these endeavors, Research Administration is pleased to announce the recipients of the 2007 Father Sean O'Sullivan Research Centre Awards.

The recipients were selected by the FSORC Awards Committee based upon the merits of the submitted research proposals.

Recipient: Dr. Florence Roulet
Award: Post-doctoral Fellowship
Area of Research: Neuroscience
Supervisor: Dr. Jane Foster

Recipient: Dr. Asma Yaghi
Award: Post-doctoral Fellowship
Area of Research: Lung Cellular and Molecular Physiology
Supervisor: Dr. Myrna Dolovich

Recipient: Ms. Catherine Fan
Award: Studentship
Area of Research: Prostate Cancer
Supervisor: Dr. Damu Tang

Recipient: Mr. Xuesen Zhao
Award: Studentship
Area of Research: Medical Virology
Supervisor: Dr. Chengsheng Zhang

The Novice Researcher Award is a recent addition to the awards offered by FSORC. This award is presented to allied healthcare professionals who are beginning their careers in research under the mentorship of an established researcher.

Recipient: Dr. Sheryl Green
Award: Novice Researcher
Area of Research: Women's Health Concerns Clinic
Supervisor: Dr. Claudio Soares

A biography sketch on each of the recipients can be found on the SJHH Research website:

<http://www.stjoes.ca/default.asp?action=article&ID=197>

Congratulations to all of the recipients.

Congratulations to the recipients of the first St. Joseph's Healthcare Professional Development Series Certificate!

By Sarah McVanel, Training and Organizational Development Specialist, Educational Services

The philosophy of the SJHH Professional Development Series is to give back. The Series seeks to acknowledge the skills and abilities of staff and affiliated partners as well as to provide a framework for future growth. It would not have been possible without the support of many "change agents" through SJHH, thereby speaking to the value of partnerships to move into an Innovative, Amazing, Motivating, and Integrated Tomorrow - "I AM IT"!

Since September of 2006, approximately 150 staff, managers and physicians have attended SJHH Professional Development Series sessions on topics including: Emotional Intelligence, Conflict Management, Giving and Receiving Feedback, Assertiveness, Career Development, Team Effectiveness and more. To obtain this certificate, recipients

attended at least 18 hours of professional development in this or similar educational sessions at SJHH.

Thirty-eight recipients and their guests were welcomed at a recognition ceremony on May 29th, 2007 by presenters Rebecca Repa, Vice President of Planning, Development and Diagnostics, Sharon MacQueen, Director of Education, and Sarah McVanel, Training and Organizational Development Specialist. Special recognition was provided to a few SJHH staff that went above and beyond, role modeling dedication to professional development and learning. All recipients received framed certificates and enjoyed cake and tea. A letter will also be sent to recipients' Managers as well as to their Human Resources file.

This Series will be launched again in September 2007 and run until May 2008. You too can receive this certificate or participate in courses that specifically meet your needs. Please look for the schedule and updates on the Info and Events weekly email. You may also wish to contact Sarah McVanel directly for more information or to suggest topic areas at ext. 36337. This Series is open to all SJHH and affiliated staff, managers, physicians, volunteers, students and retirees.

A final note of thanks to: Maureen Williams in Educational Services for her support in registering participants; Craig Peters, Ida Can and Vera Dodds for their assistance at the ceremony; Sharon MacQueen for facilitating sessions and for ongoing support; and Rebecca Repa for her financial support of the ceremony.

The 37 deserving recipients of this year's SJHH Professional Development Series Certificate who gave us permission to print their names were:

*Vicki Ambrosini
Julie Ball
Tessa Barr
Rosemarie Bier
Donna Burnett
Paula M. Dawson
Vera Dodds
Dawn Driscoll
Terry Eede
Kathy Fader
Rosemary Garside
Jackie Heaslip
Sandra Hest
Dianne Husbands
Brenda Johnson
Carrol Jones
Irene Jones
Angela King
Krysta Kolodziejewski*

*Laura Lynn Mallett
Nancy Mason
Vanessa McRobert
Rose Marie Mueller
Beverly Ann Petheram
Patti Razek
Paula Serrao
Melinda Sese
Jodi Skitch
Joanne Tee
John Terpou (HHS)
Stienna J. Thomas
E. Teresa Tomlinson
Stephanie Trowbridge
Deborah Walsh
Cheryl Weldon
Mary Westerhoff
Lisa Wilson*

Have you registered yet?

Patient Safety Workshops

September 2007 - February 2008

All frontline Nursing & Allied Health staff are expected to attend one of these important sessions.

During these sessions, participants will have an opportunity to:

- * Engage in frank, open discussion regarding issues of patient safety*
- * Share experiences, concerns in a trusting and supportive atmosphere*
- * Learn more about ongoing patient safety initiatives at SJHH*
- * Identify practical strategies they can use to promote patient safety*

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Research Excellence...

A continuing series introducing you to our award-winning researchers highlighting their exciting and often groundbreaking research. These researchers gratefully acknowledge the invaluable financial support of the St. Joseph's Healthcare Foundation.

Innovative work in MRI leading the way to better diagnoses in lung disease

Submitted by Dan Sanderson, Research Marketing Assistant - FSORC

Sergei Obruchkov, a 2006 FSORC Studentship Award recipient, is a McMaster student pursuing his Doctorate of Science at SJHH specializing in multi-nuclear MR imaging and spectroscopy of the lung. Sergei is supervised by Dr. Michael Noseworthy, scientist and MRI Physicist in the Imaging Research Centre of St. Joseph's Brain Body Institute. Sergei refers to Dr. Noseworthy as "brilliant" and "very pro-collaborative".

Over the last three decades, doctors have come to rely on MRI as a valuable diagnostic tool. Unlike X-rays, which bombard the body with potentially harmful radiation, MRI machines use powerful magnetic fields to highlight and detect damaged areas. Because MRI scans can provide a 3-D map of the body, they also provide a valuable alternative to the risks of invasive surgery.

The inner workings of the lungs have remained a mystery. An MRI cannot "see" into the lungs because it relies on the magnetic properties of hydrogen atoms, found in most human tissue as the "H" in H₂O. When exposed to the powerful magnets of an MRI machine, the nuclei of hydrogen atoms polarize, aligning with one end, or pole, of the magnetic field or the other. When the magnet is turned off, the nuclei emit radio signals as they return to their normal positions.

Lung tissues are filled with air. Without the millions of hydrogen atoms found in other tissues, the lungs appear hazy in conventional MR images. By filling the lungs with a gas that has been pre-polarized, scientists overcome this problem and offer an unprecedented view of the human lung.

The inhalation of polarized Helium or Xenon multiplies the lung's signal up to 10,000 times. This results in seeing as Sergei says "beautiful images of lung air spaces". Without this polarization a patient would have to lie still in the MRI for months before the faint

signal would transmit a readable image,

With this technique MRI captures extraordinary pictures deep inside the lungs' passageways revealing precisely which parts of the lungs are getting oxygen, which are not, and precisely how much oxygen is reaching the bloodstream.

Xenon gas, much less expensive than Helium, also has the added advantages of diffusing more slowly and dissolving into lung tissue, both of which make it better at revealing damaged areas of the lungs. Mr. Obruchkov's work focuses on using this hyper-polarized gas (helium or xenon) which is breathed in before a lung MRI is performed.

Why this research?

The level of detail that these gases enable MRI scientists to view will be essential in future research into lung diseases like Emphysema, Asthma, and Cystic Fibrosis.

"There are only about ten scanners in the world that can do what we do here at the IRC". Sergei notes, "We want to take our work past clinical imaging."

In addition to its work with lung imaging, the IRC is pursuing the use of Xenon for brain imaging. Unlike Helium, Xenon is absorbed by body tissue when inhaled and travels to the brain via the blood. Xenon MRI could be used to depict blood flow in the brain better than conventional MRI, and help identify areas of the brain affected by stroke and neurodegenerative diseases such as Multiple Sclerosis, Alzheimer's, and Parkinson's Disease.

Sergei explains that hyperpolarization increases the "spin" of a cell making it easier to read and providing the opportunity to observe real time chemistry -



Sergei Obruchkov, Recipient of a 2006 FSORC Studentship Award

watching metabolism within brain matter and chemical reactions within the body as they happen.

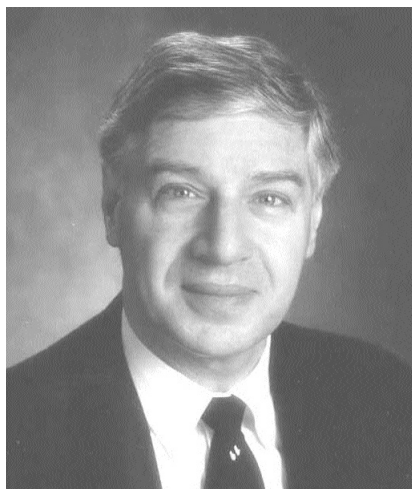
Sergei asserts that the ability to observe these chemical reactions may provide potential markers for diseases 10 - 15 years down the road. Certain chemical reactions may show evidence of a disease.

This new technique illuminates the workings of the lungs - the ventilation and gas exchange that do not show up in conventional imaging - suggesting strong potential for use in the evaluation of drugs and early detection of diseases such as emphysema and pulmonary fibrosis. This may lead to designing drugs more effectively as scientists are able to see live reactions of a drug's effects

Sergei's ability to communicate with colleagues world-wide has been greatly enhanced by St. Joseph's Healthcare Foundation. "The support of the Foundation through my FSORC Studentship award has helped fund my work in Multinuclear Spectroscopy. It enables me to go to conferences which offer the invaluable opportunity to interact with other scientists.

2007 Anne and Neil McArthur Research Award Recipient - Dr. Allan B. Becker

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



Dr. Allan B. Becker

Funded by an endowment fund created by Anne and the late Neil McArthur, long time supporters of SJHH research, the Father Sean O'Sullivan Research Centre Award is presented annually to an outstanding researcher whose vocation is in an area of study covered by FSORC and whose work is recognized internationally. This year, the award is being presented to Dr. Allan B. Becker, Professor and Head Section of Allergy and clinical Immunology Department of Pediatrics and Child Health at the University of Manitoba.

Following graduation from the Faculty of Medicine, University of Manitoba in 1969, Dr. Becker practised Family Medicine in Dauphin, Manitoba. He returned to the University of Manitoba in 1980 to train in Pediatrics and from

1983-85, in Allergy & Clinical Immunology at the Cardiovascular Research Institute, University of California and the University of Manitoba. Dr. Becker is a consultant allergist at Children's Hospital of Winnipeg.

Past-President of the Canadian Society of Allergy & Clinical Immunology, Dr. Becker is also Vice-President of the Canadian Network for Asthma Care and has led development of a national Canadian Asthma Educator Certification program. He was instrumental in developing an Asthma Educator Education Program, AsthmaTrec, which is now used across Canada. He is the Director of the Children's Asthma Education Centre at the Children's Hospital of Winnipeg and a member of the Asthma Committee of the Canadian Thoracic Society. Dr. Becker co-authored the Canadian Asthma Consensus Report 1999 and the Asthma Guidelines Update 2001 and was the primary author of the Canadian Pediatric Asthma Guidelines 2003.

Dr. Becker's primary research interest is the Origins of Allergy and Asthma and the Relationship of Gene: Environment Interactions. He is co-principle investigator of "The Canadian Asthma Primary Prevention Study", a multifaceted approach to asthma and allergy prevention in infants at high risk for development of asthma. He is principle investigator for the CIHR New Emerging Team in Asthma: The Study of Asthma, Genes and the Environment (SAGE) and principle investigator of the CIHR Interdisciplinary Capacity Enhancement project: the Gender Related Evolution of Asthma Team (GREATice) which focuses on gender and obesity as risk factors in asthma. He is a core member of the CIHR National Training Program in Allergy and Asthma based at the University of Manitoba. He is a Theme leader for Prevention, Control and Policy and Research Management Committee member of the Tri-council National Centre of Excellence in Allergy (AllerGen: Allergy, Gene, Environment Network).

BODY WATCH

Building the Perfect Sandwich!

Sandwiches are the most popular food prepared at home, with more than one-third of all home-prepared lunches including a sandwich. Here are some simple tips to make sure your sandwich fits into your healthful eating plan.

- ✓ Choose a whole-grain bread, roll or pita pocket for added fibre.
- ✓ Choose 2-3 ounces of lean meat or poultry for protein, iron and other nutrients, and add a slice of cheese to boost the calcium content.
- ✓ Use lean roast beef, ham, chicken breast or turkey.
- ✓ Make or order tuna, ham or egg salad with less mayonnaise or with reduced-fat or fat-free mayonnaise.
- ✓ Ask for a spread that adds flavour, but not fat and calories, such as mustard or fat-free dressing.
- ✓ Load up on vegetables such as red or green peppers, tomatoes, cucumber, onions or grilled veggies.

After you make your perfect sandwich, choose a side such as carrots or green pepper sticks instead of chips or creamy salads. Then enjoy!

Body Watch is a monthly column on health and nutrition written by the Dietitians of St. Joseph's Healthcare and Dietitians of Canada.

Energy Tip of the Month

Programmable Thermostats

When used as directed, programmable thermostats can save you big money - up to 33% on your annual heating and cooling costs - by automatically adjusting your home's temperature settings, allowing you to save energy while you're away or sleeping.

Programmable thermostats:

- ✓ are more convenient and accurate than manual thermostats and improve your home's comfort
- ✓ contain no mercury
- ✓ save energy and save money on utility bills - when used properly, about \$150/year
- ✓ are eco-friendly as using less energy helps reduce greenhouse gas emissions associated with energy production

If you are like many homeowners and work outside the home during the day and have a different schedule on the weekend, a programmable thermostat can offer many benefits, and the return on your investment is usually within one year. Programmable thermostats can be purchased at your local Canadian Tire, Home Depot and Rona stores.

Dr. Kaan Yucel, MD, PhD: Recipient of the Etherden Sluzas Fellowship for Studies in Mood Disorders at St. Joseph's Healthcare Hamilton

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

"I believe I can make a difference, I'm an idealist. I would also like to think that the work I am doing today might provide the inspiration in the future for someone else's work and discovery."

Dr. Kaan Yucel

Dr. Kaan Yucel grew up in the beautiful mountain area of Bursa, Turkey. He attended the University of Uluda in Turkey, obtaining his doctor of medicine in 1995 and doctor of philosophy in the discipline of anatomy in 2002.

Lack of resources and mentorship, along with the heavy teaching load experienced by university staff, and the bureaucratic procedures for providing research funds in Turkey, were all deciding factors for Dr. Yucel to seek opportunities elsewhere. What he calls "fate" led him to a position in Hamilton, Ontario as a post-doctoral fellow with the Department of Psychiatry and Behavioural Neurosciences at McMaster University, and the Mood Disorders Program at St. Joseph's Healthcare.

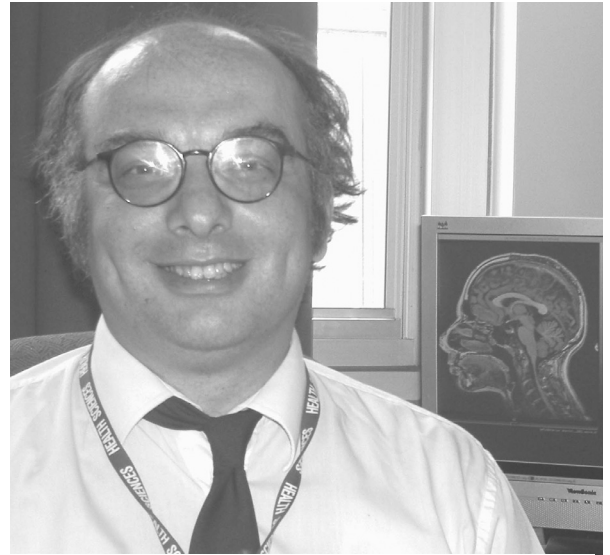
The focus of Dr. Yucel's research is to improve understanding of the factors that determine course and outcome in mood disorders. This requires studying changes in the size of anatomical

structures of the brain in patients with mood disorders, relative to healthy controls evaluated on Magnetic Resonance Imaging. As Dr. Yucel explains, "The factors which have an effect on these changes in the brain, for example, could be related to neurocognitive function, gender, treatment, burden of illness, and that is what constitutes the basis of my research."

As a result of his research, Dr. Yucel was awarded The Etherden Sluzas Fellowship for Studies in Mood Disorders at St. Joseph's Healthcare Hamilton in March 2007. The Fellowship was created in the late eighties by Helen Etherden as a legacy for her and her late mother, Elizabeth Chesna Sluzas.

Helen worked with estate planning professionals to create a nearly half-million-dollar bequest to support studies in mood disorders.

The objective of the Etherden Sluzas Fellowship is to recognize and train a new generation of medical researchers, who in



Dr. Kaan Yucel

turn will advance the scientific knowledge of mood disorders during their tenure.

Dr. Yucel's response to receiving this prestigious Fellowship was genuine and heartfelt. "We don't know a lot of things, and there are a lot of things still to be done, especially in the study of bipolar disorders," he says.

With enthusiasm and passion, he says, "I want my work to be my legacy."

Payday Payouts

Congratulations to our latest Payday Payout winners!

On June 28th, Patricia Macdonald of the Coronary Care Unit, ticket #1502, won a whopping \$4,141.50.

On July 13th, Jeanette Thompson from Emergency, ticket #2452, won \$4,155.00.

On July 26th, Loris Andretta from Materials Management, ticket #2921, won \$4,194.00.

And finally, on August 9th, Brandi Roque from the Medical Assessment Unit, ticket #2158/3200, won \$4,213.50!!

Every payday, staff members have a chance to win. To enroll, visit our website at www.stjoesfoundation.ca



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