



Kevin's Column

I am pleased to report back on the recent success of the Accreditation pilot survey that took place October 14-17.

Recently, the Canadian Council on Health Services Accreditation [CCHSA] undertook a major revision of its Accreditation process. This pilot Accreditation process was designed to be more relevant and inclusive to frontline staff. We are proud to be one of only 13 healthcare sites across Canada that participated in this pilot program.

The onsite survey was conducted by six CCHSA representatives and involved observing and engaging with frontline staff and patients in each of these critical areas. It also included a thorough review of documentation and processes in each area.

Nine programs/services within our organization were involved in this process including Emergency, OR, Diagnostic Imaging, Maternal Child, Mental Health & Addictions, Nephrology and Infection Control.

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St. Joseph's Healthcare participates in pilot project for Colorectal Cancer Screening

St. Joseph's Healthcare has been chosen as one of only six healthcare sites across Ontario to participate in a pilot project that will use nursing skills to improve patient access to colorectal cancer screening. As part of colorectal cancer screening project, Registered Nurses will be performing Flexible Sigmoidoscopy procedures on patients.

St. Joseph's Healthcare has three Registered Nurses involved in this project: Shannon Bowery, Brenda Hillier and Terri Smith who will be attending a comprehensive Flexible Sigmoidoscopy training program this month. Dr. Ved Tandan and Dr. David Morgan are the lead physicians/supervisors for this pilot project. This innovative approach will use nursing skills to expand access for colorectal cancer screening in Ontario. On the heels of this project, St. Joseph's Healthcare will be expanding its Endoscopy Unit to anticipate the demand of incoming patients.

"We are extremely excited about undertaking this pilot project," says Dr. David Morgan, physician for the Gastroenterology Department at St. Joseph's Healthcare Hamilton. "By answering the need for colorectal cancer screening, there will be an increase in earlier detection and

treatment of colorectal cancer in our community. This pilot project will also enable St. Joseph's to reduce wait times for colorectal cancer screening."

Flexible Sigmoidoscopy is a minimally invasive medical examination of the large intestine. This screening test is suitable for anyone 50 to 70 years of age with no personal or family history of rectal or bowel cancer, polyps, inflammatory bowel diseases or rectal bleeding. Patients are kept awake during this procedure.

This pilot project will supplement the ongoing use of colonoscopy screening procedures which are suitable

for patients 50 to 70 years of age with or without a family history of rectal or bowel cancer, polyps, inflammatory bowel disease or rectal bleeding. Patients receive sedation during this procedure.

In 2007, an estimated 7,800 Ontarians were diagnosed with colorectal cancer and 3,250 will die from the disease. Both men and women are affected. The province of Ontario has one of the highest rates of colorectal cancer in the world. At present, only one out of five people living in Ontario over the age of 50 are screened for colorectal cancer. However, 90 per cent of colorectal cancers found early are cured.



From L to R: Terri Smith, Shannon Bowery, Brenda Hillier, Dr. Ved Tandan, Donna McEachern and Dr. David Morgan

Mission on the Move

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

Clinical Quality - SURGICAL EXCELLENCE

St. Joseph's Healthcare Hamilton is a leading surgical centre within the Province and our LHIN. We will build on our current success by creating state-of-the-art operating facilities, providing our patients with the best care and cutting edge technologies. We will invest in new operating suites at our Charlton and Stoney Creek Campuses to accommodate larger, emerging minimal access technologies. We will implement the latest breakthroughs in advanced nursing practices, especially those recognized as industry best practice. SJHH will also work with our partners to develop a regional, academic, state-of-the-art program for patients suffering from obesity and related issues. Specifically, we will:

- equip Operating Rooms with state-of-the-art technology,
- invest in new ORs at the Charlton Campus,
- expand Day Surgery Suites at the Stoney Creek Campus,
- implement a peri-operative information system.

Clinical Quality - OPHTHAMOLOGY

As our population ages, the number of Ontarians requiring eye surgery has more than doubled over the past decade. As the regional lead within our LHIN for eye medicine and eye surgery, SJHH will have a strong focus on eye diseases. Recently our Ophthalmology program has reached important milestones, including:

- the establishment of a regional eye centre at the Stoney Creek Campus,
- the establishment of the eye medicine & eye surgery residency program,
- a reduction of wait times for cataract surgery.

Clinical Quality - CARDIAC CARE

SJHH will partner with Hamilton Health Sciences in the development and establishment of an optimal care model for patients with cardiac disease. The model will integrate services for city hospitals and coordinate care with community cardiology and family practice. SJHH will provide diagnostic and inpatient cardiology services to meet the needs of patients arriving in our Emergency Department - the region's busiest. Moving forward, SJHH will:

- become part of both an evidence-based care system and an academic learning environment, in partnership with Hamilton Health Sciences and McMaster University.
- pursue an integrated model of care for our community.

Clinical Quality - CANCER SURGERY

Our successful surgical program currently performs a significant share of Hamilton's cancer surgeries. We will build on this strength and increase the number of cancer-related procedures while ensuring access to high quality cancer care that meets or exceeds provincial wait time targets. In addition, we will provide regional leadership in quality care and research for tertiary cancer surgical services in Head, Neck, ENT, Thoracic, Urologic, Breast, Colorectal and Hepatobiliary cancer. Looking ahead, we aim to:

- increase hip and knee related surgeries,
- meet MOHLTC wait time targets,
- enhance clinical research programs.



Living the Mission

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

Everyone at St. Joseph's Healthcare

It is very hard to keep this short and to the point given the extent all those involved have done for us. To everyone, on behalf of the Ross family, we thank you to the fullest. Through all the hardship, sadness, sorrow and tears our family has dealt with, please all know that your warmth, understanding, compassion and generous donations have gone to the sole of our hearts. We were blown away with the amount of donations, gifts and support. Your actions, love and warmth have clearly reinforced that there are some very kind and special people out there. We feel so blessed, lucky and humbled with all you have done. It is so easy to take things for granted but please know, our family will never forget all that was done for us.

We so wish we could thank and hug each and everyone who helped our cause. You all have jolted our hearts and soul in such a positive way when a lot of things (the house fire and the passing of a dear father/grandpa) were happening in our lives. We have lost so much but gained a true appreciation of all the wonderful people we have in our lives. Your actions have brought many tears of gratitude that cannot be expressed in words. I could go on and on but I truly hope you all know and feel the love that our family feels towards all of you.

Thanks a million and more. You all deserve more than we can ever write. We will never forget.

*Love,
Darren, Lucie, and our sons Devon and Morgan Ross.*

Happier times are ahead for us...

St. Joseph's Healthcare Hamilton employee selected for national fellowship

Congratulations to Mary Puntillo, Operational Service Manager, Schizophrenia Service, at St. Joseph's Healthcare's Mountain Campus, who has been selected as one of 24 participants in a prestigious national healthcare fellowship program - Executive Training for Research Application (EXTRA).

EXTRA/FORCES was established in 2003 with a \$25 million grant from Health Canada. The first cohort of 24 fellows was selected in May 2004. This is the fourth year of the program, and Mary is part of the fourth cohort who began their first residency session in August.

The focus of Mary's project is to focus on increasing patient and staff safety by reducing risk related to aggressive patient behaviour.

"In an inpatient mental health setting, it is often the case that responses to issues arising from unpredictable situations related to patient aggression are reactive," says Mary. "The completion of a project such as this will infuse evidence into a set of processes, practices, standards and policy that will be developed to assist clinicians to be proactive in clinical care planning with patients who have a potential for aggression."

The Executive Training for Research Application (EXTRA) program develops capacity and leadership to optimize the use of research evidence in managing Canadian healthcare organizations.

The EXTRA/FORCES fellowship is designed to train health system managers from across Canada to become better decision makers by using and applying evidence from research in their day-to-day work. The two-year program combines residency seminars, e-learning, mentorship and networking components with intervention projects undertaken in fellows' home institutions. The program gives fellows the opportunity to network with other healthcare leaders who face similar challenges in their day-to-day professions. This program allows them to share thoughts, challenges and ideas, but to ultimately discuss possible solutions.

From 2004 until 2014, up to 24 fellows will be accepted annually in the two-year EXTRA training program. Spread over four away-from-home residency sessions which incorporate six curriculum modules, the fellowship experience offers: knowledge of research evidence (its existence, location, and



Mary Puntillo

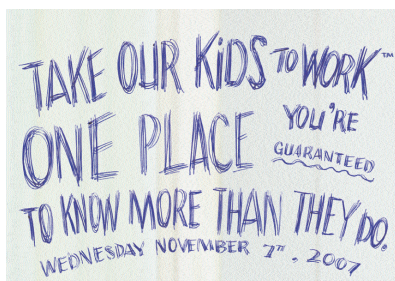
relevance/application); the capacity to draw on "system thinking;" development of collaborative professional relationships; and the ability to introduce and manage evidence informed change.

EXTRA/FORCES is a partnership program, administered by the Canadian Health Services Research Foundation and supported by the Canadian College of Health Service Executives (CCHSE), the Canadian Health Services Research Foundation (CHSRF), the Canadian Medical Association (CMA), the Canadian Nurses Association (CNA), and a consortium of Quebec partners represented by the Agence des Technologies et des Modes d'Intervention en Santé (AETMIS).

Flu shots now available
Monday to Friday beginning on
Thursday Oct 25, 2007
11:00 am to 1:00 pm
Level I Tower, Charlton Campus
or
Employee Health Office
(Charlton & Mountain Campuses)
9:00 am to 3:00 pm

Influenza
Clinics

November 7th is *Take Your Kids to Work Day*



On Wednesday, November 7, 2007, St. Joseph's Healthcare Hamilton will once again celebrate Take Our Kids to Work Day. This national event is organized through the schools with the goal of giving Grade 9 students an opportunity to observe his/her parent at work.

Our focus this year is providing students with an opportunity to directly 'job shadow' his/her own parent/stepparent at work. To participate, all employees will be expected to submit a formal registration form to their Manager for approval. The

registration process, application form and orientation are integral to ensuring that students who are accepted into SJHH's Take Our Kids To Work Day clearly understand our expectations and enter the environment with adequate preparation for their safety and that of our patients/clients.

All children will be expected to attend a 30-minute mandatory orientation session that morning to review appropriate safety, privacy, behaviour and infection prevention protocols with the students. These sessions will take place at 9:00 a.m. on the morning of November 7th at the following locations: Stoney Creek Campus - Kemp Auditorium; Mountain Campus - Seminar Room Charlton Campus - Stelco Amphitheatre

Following the orientation session, employees will be expected to provide direct supervision for their children at all times (including breaks and lunch hours), while also ensuring they meet all requirements of their work that day. Parents will also be responsible for meal accommodations for their child.

Registration forms for employees/students are available in the Public Affairs office (Room T1407, Juravinski Innovation Tower) and on the homepage of the Intranet.

If you have any questions, please contact the appropriate individual.

Stoney Creek Campus: Julie Holmes ext. 34807
Mountain Campus: Maureen Williams ext. 36281
Charlton Campus: Lindsay Whelan ext. 33408

The reality of Respiratory Illness

By Angela Coxe, Clinical Coordinator Respiratory Therapy

The Respiratory Therapy Department would like to thank everyone who helped to dedicate Respiratory Therapy week to one of our staff members who is currently wrestling with a life threatening lung disease. We are humbled by our friend and colleague who is dealing with this disease and our thoughts and prayers go out to her and her family. Please join us in recognizing one of our St. Joseph's Healthcare staff members and pray for her swift recovery.

It is often only when someone we care about suffers from a debilitating disease that we are confronted with the very real aspects of respiratory health. As Respiratory Therapists, we deal with life threatening respiratory illnesses such as: Asthma, Cystic Fibrosis, Chronic Bronchitis, Emphysema, Pneumonia, Croup, Trauma (chest, head, spinal cord), Pulmonary Fibrosis, Heart or Kidney Failure, Cancer, Premature Infants, Drowning victims and strokes. It is difficult to imagine how these illnesses affect people's lives until it touches our own.

Please take a moment to pray for those individuals afflicted with some form of respiratory illness. Together we can show our support and dedication to both the professionals working in the field of Respiratory Therapy and to those suffering from lung health disease.

Kevin's Column - Cont'd from Page 1

At the debriefing session held at the end of the on-site survey, the CCHSA provided extremely positive feedback on the success of the pilot Accreditation process here at SJHH.

They identified the following key strengths including: our commitment to living our Mission; our involvement in our Strategic Planning process; our focus on innovation; and the community's perception of St. Joseph's Healthcare as living our motto, "It is a privilege and honour to serve our community".

As we move forward on our journey to Mission Excellence, they encourage us to continue our focus on opportunities in the areas of recruitment and retention and Quality of Work Life

I would like to thank the staff of each pilot area for their tremendous amount of hard work and dedication. These departments have shown an enormous commitment to excellence in patient care.

I would also like to thank the Quality, Planning, Performance & Improvement Department for their commitment to making the pilot Accreditation a success.

Building on the key learnings and success of this month's pilot Accreditation, I am confident that we are well-prepared for the full CCHSA Accreditation process which will take place in May 2008.

*Dr. Kevin Smith
President and CEO*



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Not Just A Man's Thing: An evening about Prostate Cancer

Prostate cancer is the number one cancer threat to Canadian men. One in eight men will experience this in their lifetime. The purpose of the 2nd Annual Not Just A Man's Thing event on September 27th in the Juravinski Innovation Tower, was to change this statistic by bringing awareness and public education to the issue of prostate cancer.

Hosted by Jamie West, the on-air host of The Jamie West Show on 900 CHML Radio, Not Just A Man's Thing was a full house in the Frank C. Miller Amphitheatre and Campbell Auditorium. Men and their families listened intently to presentations by McMaster Institute of Urology's Dr. Bobby Shayegan and Dr. Edward Matsumoto, the Juravinski Cancer Centre's Radiologist Dr. Ian Dayes, and a personal story from prostate cancer patient, Mr. Alan Fukuda. A new event feature at this year's event was the successful introduction of the discussion break-out rooms in three classrooms. Drs. Shayegan, Matsumoto and Dayes answered questions regarding such topics as prevention, screening, diagnosis, and treatment. Attendees were grateful for the up close and personal chance to ask their most pressing questions answered by the physicians.

Prostate cancer information kits were also given to the guests as a public education take-away piece, and a spread of prostate-healthy snacks and refreshments was made available during the event.

Congratulations to everyone who worked to make this year's event a huge success. We will be looking forward to spreading even more awareness about prostate cancer at next year's event!

The Patient Comfort Fund: Make a difference in a patient's life

Twice a year, the Volunteer Association presents the opportunity for staff at SJHH' Charlton and Mountain Campuses to suggest items for purchase that will enhance the comfort of patients in our organization.

From September 28th until November 5th, staff are encouraged to brainstorm around them for items that could make a difference for patients. Do not forget to ask your volunteers in case they can think of an item or two. Once identified, refer to the Patient Comfort Fund application form and terms of reference posted on either the weekly Information & Events calendar or the SJHH Intranet to submit your suggestions.

There is room for several purchases to be made this Fall so put your shopping hat on and take advantage of this generous opportunity to make a difference in a patient's life.

If you have any questions, contact Pat Catleugh at ext. 33993 or email pcatleng@stjoes.ca.



The latest Payday Payouts winners are...

September 20th, 2007

Barbara Williams from Post Partum Combined Care won \$4,257.00.

October 4th, 2007

Heather Hobbs from the Cleghorn Program won \$4,243.50

October 18th, 2007

Merlene Bryan from Health Records won \$4,294.50

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

Body Watch

Caffeine and Coffee: Are there Health Risks?

With millions of us jump-starting our day with coffee, are there any health risks to drinking caffeinated beverages?

While many studies have explored connections between caffeine and health issues like cancer, cardiovascular disease and osteoporosis, no evidence has been found to link moderate caffeine intake to these or other health risks.

Caffeine does act as a diuretic, but the water in a cup of coffee tends to balance out the diuretic effects.

Caffeine acts as a mild stimulant to the central nervous system and both regular and decaf coffee can irritate the stomach. Caffeine can also act as an analgesic and may help protect against gallstones, cavities, type 2 diabetes and Parkinson's disease, but more research is needed before caffeine can be proclaimed a "disease preventer".

How much coffee is too much? Your caffeine sensitivity depends on the amount you drink, the frequency, your weight, physical condition and other factors. For most healthy adults, 200 to 300 milligrams of caffeine per day - about two to three cups of coffee - pose no physical problems.

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

Understanding Mood Disorders with the First Episode Project

By Peter Bieling, Mood Disorders Program

The goal of the First Episode Project is to study the course and outcome of illness in individuals between the ages of 16 and 50 who present with their first episode of depression or mania, or those who may have a recurrent disorder but have never been treated. The purpose of this study is to better understand why, and under what circumstances, some people might remain vulnerable to a mood disorder.

This is a prospective, naturalistic study where the participants are treated according to clinical practice guidelines for depression or mania along with any co-occurring condition. In most cases, pharmacological treatment is initiated and then monitored by a psychiatrist; and often some form of psychotherapy (CBT, IPT, etc.) is also provided. A nurse is assigned who supplies illness education and individualized case management.

The initial clinical interview takes approximately four hours and includes diagnostic, functional, cognitive and physical assessments including routine blood work and urinalysis. This is followed by weekly visits, of up to one hour, for at least eight weeks and then monthly follow up visits for up to six years, where clinical assessments of symptoms and functioning along with self-report questionnaires will be completed. The exact number of visits will depend on the degree of illness, the speed of recovery and recurrence of symptoms. A repeat of the initial interview assessments will be conducted at the end of each two-year period. Shortly after entry into the study, one of three types of MRI's will be completed. At completion of the two to six year study protocol, patients who require ongoing clinical care will continue to be followed by their treating psychiatrist.

Both healthy and positive controls are age and gender matched to these First Episode clients. Controls complete the same baseline visit, which includes the diagnostic, functional, cognitive, physical assessments and an MRI. Controls and subjects are reimbursed for some of their time and expenses.

Women's Health Centre promotes the importance of Breast Screening



To promote Breast Screening Awareness Month, the Women's Health Centre and the Ontario Breast Screening Program invited the staff and volunteers of the Stoney Creek Campus to visit their information booth for some cake and the chance to win a "pink" gift basket chock full of Breast Cancer Awareness items valued at more than \$100. The lucky winner of the basket was Nola McPhee from Accounting.

From L to R: Lina Jusdanis, Teresa Maas, Heather Mowbray and Julie Holmes

Medical Radiation Technologists Week celebrates those behind the technology

Medical Radiation Technologists (MRT's) include a diverse array of highly trained professionals representing various technology-related disciplines in the health care field - all of whom will be acknowledged for their work during the week of November 4th - 10th, 2007.

MRT Week raises awareness about this powerful area of healthcare to increase understanding of the contributions of the professionals involved in the clinical applications of medical radiation technology.

MRT's include four disciplines: (1) Radiological Technologists who use x-rays to produce images of the body; (2) Radiation Therapists who are instrumental in the treatment of cancer patients; (3) Nuclear Medicine Technologists who produce images to identify the nature of diseases and how they affect our bodies and (4) Magnetic Resonance Technologists who produce images using magnetic fields and radio waves to enhance diagnosis and enable functional studies.

The emergence and importance of technological advancements in healthcare over the past decade has been profound. SJHH has long been a leader and will continue to be at the cutting edge in Diagnostic Imaging and other technologies, by appropriately supporting each patient's care path. It is the "professionals behind the technology" who continue strive for excellence in the care of the people of the Hamilton region and surrounding areas. Together, we are dedicated to SJHH values and will commit our skills and resources to fulfill our clinical mission while achieving excellence in healthcare through education and research.



114th Around the Bay Road Race
March 30, 2008
30k or 5k

Look who's going the extra mile ...

Two media personalities take on the Around the Bay Road Race for St. Joseph's Healthcare Foundation

At a media conference held in the Juravinski Innovation Tower on September 19th, two of Hamilton's most beloved media personalities announced that they were ready to take on the Around the Bay Road Race in support of St. Joseph's Healthcare Foundation.

Connie Smith, co-anchor of CHCH News at Noon and the host and producer of Straight Talk on Saturdays will walk the 5k portion of the historic race while Ted Michaels, afternoon news anchor on Hamilton's News Talk Leader, AM 900 CHML will run the 5k.

Together, they hope to raise \$60,000 of the \$150,000 total the event generates to support patient care and ground-breaking medical research at St. Joseph's Healthcare.

Register to walk with Connie or run with Ted:
Visit aroundthebayroadrace.com

Sponsor Connie or Ted and help them reach their \$60,000 goal:
Visit st.joesfoundation.ca or call (905) 521-6036

Be a Part of Team St. Joseph's!

Any staff member who participates in the Around the Bay Road Race is a part of Team St. Joseph's! This year the Healthcare and Municipal Employees Credit Union (HMECU) will sponsor Team St. Joseph's by presenting the ever-popular running clinics with St. Joseph's inspirational running coach, Patricia Peters. Look for a training calendar and event information in the HMECU Team St. Joseph's display case located across from the HMECU bank machine in the lobby of the Juravinski Innovation Tower!

HMECU will also sponsor a new Departmental Challenge. Any department in the hospital can put together a team (large or small) for the Around the Bay Road 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?

1. Sign up online: aroundthebayroadrace.com
2. Contact Kellie at the Foundation: ext. 34341 or events@stjoesfoundation.ca
3. Pick up a sign up sheet at the new HMECU Branch in our Charlton Campus (Rm G1104)

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.





Save the date!

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

Put together your own 'Team St. Joseph's' - with co-workers,
family and friends, and join us in raising funds for St. Joseph's Healthcare.



10th Annual St. Joseph's Healthcare Foundation Holiday Gala

It's a Wonderful Life

Burlington Convention Centre

November 16th, 2007

6:00 p.m.

Tickets: \$300.00

Corporate tables and sponsorship opportunities available.

Call Angeline at ext. 35981



Diabetes Program Informational Open House
St. Joseph's Healthcare Hamilton Stoney Creek Campus

Kemp Auditorium

November 1st, 2007

2:30 p.m. to 6:00 p.m.



Social Work Retreat
Hamilton Chamber of Commerce

Waterfront Room

November 1st, 2007

8:30 a.m. to 4:00 p.m.



Diabetes Risks and Treatment
Healthy Eating with a South Asian Flavour

Renaissance Centre

November 6, 2007

7:00 p.m. to 9:00 p.m.

Call (905) 573-4810 for more information.



Dr. Karen Rowa
Stress Management 101
Stelco Amphitheatre - Fontbonne Building
November 28, 2007
6:30 p.m. to 8:30 p.m.

St. Joseph's Healthcare Foundation Education Grants

St. Joseph's Healthcare Foundation is pleased to support the continuing education of staff members at the hospital as it is truly the compassionate care you provide to patients every day that enables us to successfully secure generous support from our community.

St. Joseph's Healthcare Staff Education Grants

The next application deadline is November 30, 2007 for January and February 2008 courses.

All staff are eligible to apply for these grants, which cover the financial cost of educational opportunities that enhance their knowledge and skills.

The Robertson Memorial Award for Nursing Leadership & Innovative Practice

The next application deadline is December 31, 2007.

This award recognizes a nurse or nursing team who pursue educational opportunities that develop or strengthen effective nursing leadership skills, knowledge and innovation to improve nursing practice.

For more information or an application, please visit the Foundation website at: stjoes-foundation.ca or call (905) 521.6036.

CONNECTIONS

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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.

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