

CONNECTIONS

August 2008 Volume 8 Issue 7



Kevin's Column

During the summer months, many organizations experience slowdowns in business activity and workload.

Although, I hope that each of you are making time for rest and relaxation, our perioperative department and redevelopment teams have been working hard over the summer and have seen significant momentum on the perioperative redevelopment project this summer.

If you work at, or have driven past our Charlton Campus, you may have noticed the ongoing construction work that has been taking place over the last few months.

We are currently expanding our perioperative program to support the increasing demands for surgical care in our community. Once completed, our new 78,000 square foot surgical centre will be one of Canada's largest and most technologically advanced facilities.

We currently perform nearly 50 per cent of all cancer surgeries and 90 per cent of

Cont'd on Pg. 3



Developed by researchers in the Mental Health and Addictions Program at St. Joseph's Healthcare Hamilton and the Department of Psychiatry and Behavioural Neurosciences at McMaster University, www.thereasons.ca has been launched as part of a study to better understand the transition in suicidal individuals from thoughts of wanting to die by suicide to choosing to live.

Individuals are invited to submit stories anonymously to the website about their suicide attempt and how they decided to go on living. Once collected, researchers will analyze the stories to better understand how people find reasons to go on living. The project will also educate healthcare professionals who treat people with thoughts of suicide and will offer public awareness and support through posting some of the stories on the website.

"There is a growing interest in using the internet for

research," says Dr. Jennifer Brasch, Medical Director of the Psychiatric Emergency Service, SJHH, and Lead Researcher of the project. "Researchers have found that people with an illness associated with stigma or disability are more likely to reveal personal information

About 4,000 people in Canada die by suicide each year. For every completed suicide, there are 20 to 40 suicide attempts.

on websites and chat rooms than to seek out support groups where they have to be face to face. They see anonymity as comfort. We hope people with a difficult but important story to tell will seek out our website."

About 4,000 people in Canada die by suicide each year. For every completed suicide, there are 20 to 40 suicide attempts. Much research has been done to identify those at high risk of dying by suicide, but there has been very little research

done on the experiences of people who choose to go on living either during or after a suicide attempt.

"We don't really understand how the shift takes place - how someone makes the transition from feeling that they need to end their life and being desperate, to

recognizing how valuable and precious life is, and finding the resolve to go on. If we had an understanding of that process, perhaps we could help people make that journey more quickly," says Dr. Brasch, "We could reduce distress, if we could more effectively help people to overcome their thoughts of suicide. I think it would be a huge step forward."

If you or anyone you know is interested in submitting a story, please visit:

www.thereasons.ca

Mission on the Move

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



DIAGNOSTIC SERVICES

- Diagnostic Services Informatics: LHIN 3-4 PACS initiative - the goal is to build a central image and report repository allowing access to patient images and reports from within LHINs 3 & 4. GE Healthcare has been selected as the preferred vendor. Implementation will occur in a phased approach by April 2009.
- Expansion of Angio-Interventional Program - Dr. Sriharsha Athreya, Radiologist and Sandra Reis Walsh, Senior Technologist welcomed to the program. This program has seen an increase in demand for service of current procedures and new procedures.
- MR & CT Wait List Management - a second clinical magnet will be installed in the new DI department on the ground floor of the Juravinski Innovation Tower. Installation to begin September and operational by October 2008.

KIDNEY URINARY PROGRAM

Our success to date:

- Opened 44 bed David Braley and Nancy Gordon Kidney & Urinary In-Patient Unit on Level 7, Juravinski Innovation Tower, Charlton Campus.
- Kidney Function (pre-renal) Program was recently relocated to improved space on 4 Marian. Providing supportive care to allow patients to avoid dialysis.
- A record 93 transplants were performed in 2007/08, making SJHH Transplant program the third largest centre in Canada.
- McMaster Institute of Urology now established as a regional referral centre supporting urological oncology patients.
- Established the Amgen Chair in Research in 2007 marking the SJHH Kidney Urinary Program as an international leader in Kidney & Urinary Research.
- In partnership with CCAC, continuing to explore opportunities to increase Home Hemodialysis & Peritonitis Dialysis patient populations in alignment with provincial targets.
- Established partnership with outpatient department to support renal aphaeresis allowing SJHH to offer transplants to patients who would have been otherwise excluded.
- Recently opened the Renal Vascular Access Clinic at the Charlton Campus.
- Piloting an Advanced Care Planning process in multiple areas of the program with plans to launch this across the entire KU program in fall 2008.

CHEST PROGRAM

Recent accomplishments:

- Full accreditation of the Respiratory Residency Program.
- Implementation of a pilot initiative to enhance Neonatal Resuscitation Program to include Respiratory Therapists.
- Policy development and implementation; use of Inhaled Prostacyclin in ICU.
- Marketing of the rapid access diagnostic assessment unit to primary care resulting in increased referral rates.
- Lung cancer wait times are 26 days (Target: 84 days); clearly demonstrating effectiveness and efficiency within program.
- ENT Clinic fully operational (Addition of an Otolologist and audiology program).
- Thoracic Unit has implemented new nursing care model, incorporated RPNs in the care delivery team.

SJHH administrative assistant ranks in top five for award of excellence

We are pleased to announce that Gail Gray, Research Administration, Executive Assistant was one of five finalists, from over 300 international contestants, for the 2008 OfficeTeam Administrative Excellence Award. This is an international award offered by OfficeTeam, in partnership with the International Association of Administrative Professionals and SkillSoft. This honour recognizes Gail for the outstanding performance she demonstrates in her commitment to leadership, education and operational efficiency within Research Administration at SJHH. One of Gail's meaningful contributions was to initiate and lead a proposal for a joint Administrative Forum held between St. Joseph's Healthcare, its Foundation and McMaster University. The forum was attended by 90 administrative staff and was an overwhelming success. A ceremony was held during Administrative Assistant's week in April at St. Joseph's Healthcare to celebrate Gail's success at which an OfficeTeam representative presented her with a certificate of achievement.



From L to R: Ian Rodger, Gail Gray and Will Daigneault, Manager OfficeTeam - Halton Region

SJHH Registered Dietitian receives top honours

Congratulations to Janet Doupagne RD from the Diabetes program (Stoney Creek Campus) who was awarded the Outstanding Health Professional Award at the Canadian Diabetes Association's Regional Annual Meeting in May.

Janet received this honour for her partnership with Karin Swift from the CDA for the development and execution of the Impaired Glucose Program which has been running at the Stoney Creek Campus for three years. This successful diabetes prevention program is scheduled to be implemented at family health teams throughout Ontario.



From L to R: Janet Doupagne RD; Lisa Hostein, Volunteer Coordinator CDA and Kerry Bruder, Regional Director Central South of CDA

Cont'd from Pg. 1

specialized cancer surgeries in this community. We are also Canada's busiest renal laparoscopic surgery centre and one of the country's top live-organ kidney transplant facilities. SJHH currently performs over 16,000 surgeries annually. By the year 2017, this number is expected to increase to 20,000.

The centre is being designed and constructed to support the increasing needs of our varied surgical specialties including our role as a national leader in minimally invasive and telerobotic surgery. Each of the 18 state-of-the-art operating suites will be equipped with the latest in minimally invasive and image-guided technology.

As one of the city's busiest teaching hospitals, the expansion of our perioperative services will also amount to an unparalleled teaching environment for our learners and will help them gain and develop the skills necessary to become exceptional healthcare professionals.

I would like to thank the perioperative redevelopment team for their on-going work on this project.

On another note, I am pleased to share with you that as a result of our commitment to the health and safety the patients and people at St. Joseph's, we will be introducing the first phase of becoming a smoke free environment at our Stoney Creek Campus in September 2008 and at our Charlton Campus in November 2008. In collaboration with Hamilton's Public Health Services, we are currently in the process of developing a comprehensive strategy to support this smoke-free environment, which will include hospital-wide changes to bedside care and support for staff and patients who smoke. As we implement these changes to our organization, a Task Group for the Implementation of Tobacco Cessation/Smoke-Free Strategy will ensure that all staff are kept updated and informed of developments.

On behalf of the senior executive team, I would like to thank staff and physicians for their support in this important initiative.

*Dr. Kevin Smith
President & CEO*

Q & A *...about our initiative to make SJHH a healthy and smoke-free environment*

We are pleased to announce that effective September 1, 2008, the Stoney Creek Campus of St. Joseph's Healthcare Hamilton (SJHH) will be completely smoke-free. Effective November 1, 2008, our Charlton Campus will also become smoke-free.



Why is St. Joseph's Healthcare Hamilton going smoke-free at the Charlton and Stoney Creek Campuses?

At St. Joseph's Healthcare Hamilton, the health and safety of our staff, volunteers, students, visitors and patient population are of paramount importance. As a healthcare facility, and home to the world-leading Firestone Institute for Respiratory Health, we strive to assist in the prevention of medical diseases such as lung cancer, chronic obstructive pulmonary disease, asthma and other respiratory conditions that can be caused by smoking and the effects of second-hand smoke.

SJHH recognizes and must be in compliance with provincial and federal legislation for our healthcare facility including:

- Smoke-Free Ontario Act
- Federal Tobacco Act
- Occupational Health & Safety Act

SJHH is proud to be a leader in the smoke-free environment movement in the province along with the other hospitals in Ontario that are implementing a smoke-free policy on their property.

When will this policy go into effect?

The Stoney Creek Campus will go smoke-free on September 1st, the Charlton Campus is scheduled to go smoke-free on November 1st.

When will the Mountain Campus become smoke-free?

We are currently working with the clinical staff in the Mental Health and Addictions Program to review opportunities for a smoke-free environment at the Mountain

Campus that meets the particular smoking cessation needs of this client population.

Are staff and patients expected to quit smoking?

No. This policy is about asking people not to smoke at the Charlton and Stoney Creek Campuses at SJHH. It is not about asking people to stop smoking.

However, as a healthcare facility we absolutely support those who choose to quit smoking. To that end, as we implement this policy we will be offering smoking cessation options for patients and staff.

Is there anywhere that I can still smoke at SJHH?

As of September 1st, smoking is prohibited in all areas of the Stoney Creek Campus. Effective November 1st, there will be no smoking at the Charlton Campus. This includes, but is not limited to, the inside of the building in its entirety, exterior grounds, parking garages, vehicles and bus shelters. This policy will apply to staff, volunteers, students, visitors, and patient populations that are within the boundaries of these campuses.

What will happen if I smoke on SJHH grounds?

We appreciate the cooperation of all staff, patients and visitors as we move forward with our smoke-free policy. For staff who fail to comply with this policy, they will be subject to progressive discipline. Patients who fail to comply will receive a warning for the first offence. Further failure will result in

referral to the patient's treatment team for offer of cessation counseling and/or supportive withdrawal therapy. Visitors who fail to comply with this policy will be given a warning for the first offence. Further failure to comply will result in removal from SJHH property.

How will this new policy be enforced?

St. Joseph's Healthcare Hamilton's Security Department is responsible for enforcing the smoke-free policy.

Based on considerable feedback that the hospital has received in regards to smoking activity in parking garages, cameras have been installed in the Charlton Campus parking lots to enforce this initiative.

As a patient, where can I get some help while here at St. Joseph's Healthcare Hamilton?

St. Joseph's Healthcare Hamilton has trained several staff members to offer smoking cessation treatment and counseling. Our physicians will also prescribe Nicotine Replacement Therapy products such as the nicotine patch and other medication if appropriate.

Where is more information available for me to learn about the Tobacco Cessation/Smoke-free Strategy?

Members of the Tobacco Cessation/Smoke-free Strategy Committee will be on hand at the upcoming Summer Sizzler BBQs at each campus to answer questions and provide information about this initiative.

Dr. Kaan Yucel Awarded Second Fellowship for Studies in Mood Disorders

For a second consecutive year, Dr. Kaan Yucel has been awarded The Etherden Sluzas Fellowship for Studies in Mood Disorders at SJHH. His second term will run from July 1, 2008 to June 30, 2009.

The Fellowship was created in the late 1980s by Helen Etherden in recognition of her late mother, Elizabeth Chesna Sluzas. Helen left a bequest of nearly half a million dollars to St. Joseph's Healthcare

Foundation to establish a fund that would support studies in mood disorders. The Fellowship is designed to recognize and train a new generation of medical researchers, who in turn will advance the scientific knowledge of mood disorders during their tenure.

Dr. Yucel, originally from Bursa, Turkey, is a post-doctoral fellow with the Department of Psychiatry and Behavioural Neurosciences at McMaster University, and the Mood Disorders Program at SJHH.

His response to receiving this prestigious Fellowship again: "I was flattered, I was very glad and I was very motivated of course - motivated for my research."

But while Dr. Yucel is very proud and thankful to have been selected for the Fellowship, he stresses that he would still be achieving his goals had he not been so fortunate.

"If I didn't get this award, I would still be doing this because this is what I want to do. This is my passion. But, the Fellowship has enlightened my

soul," he explains. Being selected for the Fellowship not once, but twice, has given him the strength, confidence and motivation to continue his important work, he adds.



Dr. Kaan Yucel, recipient of the Etherden Sluzas Fellowship for Studies in Mood Disorders

During the first year of his Fellowship, Dr. Yucel submitted several research articles regarding the size of brain structures, (like the hippocampus and the anterior cingulate cortex) and their role in the processes of cognition and emotion, and how

this all relates to mood disorders.

The overall objective of his research is to compare cross-sectional and longitudinal volume changes in mood disorder patients, with or without medication exposure, to that of matched healthy controls, using Magnetic Resonance Imaging (MRI).

His work will improve understanding of the factors that determine the course and outcome in mood disorders, and potentially influence treatment aimed at reducing the burden of these illnesses. Any relation between medication exposure, illness burden and volumetric changes in certain brain structures would emphasize the importance of proper treatment and early intervention.

Bequests like the one left by Helen Etherden help St. Joseph's to plan and provide for the future. For more information on how you can support St. Joseph's Healthcare Foundation through a bequest or planned gift, contact us at (905) 521-6036 or visit www.stjoesfoundation.ca.

Living the Mission

A spotlight on staff, physicians and volunteers who demonstrate the SJHH mission in action

To whom it may concern,

We recently had a son who was born three weeks premature at your hospital and he had to spend a week in the Neonatal Intensive Care Unit. The care and information provided by the nursing staff in NICU was exceptional.

Throughout the week everything that was being done for Nolan was explained to us as well as why it was being done and what it was doing for him. I found myself with few questions to ask as there was no need and any questions I did have were answered in full and politely.

The support of the staff for the parents, in our opinion, goes above and beyond, 24 hrs a day they were there for us with information and comfort during a stressful time.

This was our second child born at St. Joe's and both experiences were very positive, and although you would rather not have a child spend any time in the NICU, we were glad to see that all the babies that need help at birth are being cared for with such competence and care.

Sincerely

Chris Lickers, Sarah Sharp and Nolan James Lickers (Baby boy Sharp)

Body Watch

Summertime Treats

Ice cream and summer go hand in hand. There are better choices to help keep your diet and weight on track. The amount of calories and fat varies by brand. Premium brands of ice cream have just as much saturated fat as a fast food hamburger. The most important thing is to stick to the serving size on the label. For most ice creams, ½ cup (125ml) is a serving. This is the size of ½ a tennis ball or about the size of a "kiddie" cone at your local ice cream shop. The cone packs on extra calories. A large waffle cone is 120 calories and a sugar cone is 60 calories.

Per ½ cup (125ml)			
Haagen-Dazs Cookie Dough Dynamo			
330 calories	21 fat (g)	25 sugar (g)	
PC Chocolate Fudge Crackle			
200 calories	12 fat (g)	17sugar (g)	
Nestle Vanilla Fudge Drumstick			
180 calories	8 fat (g)	21sugar (g)	
Breyers Classic Light Vanilla			
110 calories	4 fat (g)	14 sugar (g)	
Compliments Frozen Yogurt Strawberry			
110 calories	2.5 fat (g)	4 sugar (g)	
PC Blue Menu Light Chocolate			
40 calories	5 fat (g)	15 sugar (g)	
McDonald's Vanilla Ice cream Cone			
150 calories	3.5 fat (g)	18 sugar (g)	
McDonald's McFlurry with candy/cookies			
620 calories	20 fat (g)	85 sugar (g)	

- To control calories:
- Keep portions small
 - Have ice cream in a cup instead of a cone
 - Avoid extras sauces, nuts and cookies mixed into the ice cream

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

Green Heroes

Recycling with Reg Sargent

By Meghan Lawson, Student Research Assistant, SJHH

Environmental awareness was once as straightforward as "reduce, reuse, recycle." In recent years, however, the issue has expanded to encompass everything from solar-powered cars to homes made from trash. But for Reg Sargent, the three R's are still the key to "greening."

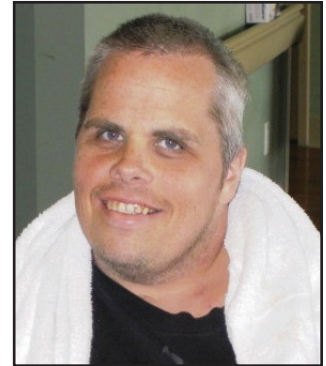
Sargent has been a patient at SJHH for nearly seven months. In this time, he has made some remarkable green changes - particularly to recycling- at his St. Joe's home.

Along with placing blue bins on his floor, Sargent has made recycling part of his daily routine. "I like to come down usually to the lobby two or three times a day and pick up garbage and throw paper and plastic bottles in the recycling."

When it comes to recycling schemes, Sargent is no amateur. For three years, he has worked with his church to implement a can crushing program, raising over \$3,000.

Having recently joined the Green Team, Sargent is looking to make a similar impact at SJHH. He is now one of six team members dedicated to furthering waste reduction initiatives at the hospital.

"I think there needs to be more recycling and that the staff needs to partake in the recycling. It's got to start with them," he explains. Even so, his enthusiasm for his St. Joe's home is unmistakable. "This has been the nicest hospital I've been in" he insists, adding, "a lot of that is the staff."



Reg Sargent is dedicated to furthering waste reduction at SJHH.

Learn more about energy conservation

SJHH and Honeywell have launched a new website, <http://sjhhmyenergymatters.ca>, for staff to learn more about energy conservation at work and at home. The site features useful tips on ways to reduce energy consumption at home, information on environmental rebate programs, an interactive blog for staff to provide their opinion on the project, along with a variety of links and videos to various green-themed websites.



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What a Difference a Year Makes!

On May 30, 2008, SJHH officially opened the new David Braley and Nancy Gordon Kidney & Urinary Inpatient Unit. Almost a year ago to the day, Mr. Braley and Ms. Gordon made a significant investment in SJHH and in the health of this community, with a portion of their contribution tagged to construct and furnish this new unit.

Over the past 12 months, 22,350 square feet of existing patient care space on Level 7 of the Juravinski Innovation Tower has been renovated into a 44-bed inpatient unit that will not only serve the needs of an ever-growing number of Ontarians suffering from dysfunction and diseases of the kidney and urinary system, but also act as a training ground for residency and nursing students learning about the medical and surgical aspects of urology and nephrology.

Of the unit's 44 patient care beds, 28 are dedicated to nephrology patients while 16 are allocated to patients recovering from urologic surgical procedures. The floor has also been outfitted with a beautiful palliative care suite that exemplifies St. Joseph's commitment to providing compassionate care delivered



Dr. J. Paul Whelan (l) with Nancy Gordon and David Braley outside the new David Braley and Nancy Gordon Kidney & Urinary Inpatient Unit.

in an environment of dignity and respect. Arguably the unit's most spectacular feature is a new dialysis centre on the floor which all but eliminates the need to transfer patients across the hospital to receive dialysis, as was necessary in the past.

"This means improved comfort for our patients, a reduction in the risk associated with transporting patients across our Hospital for dialysis treatment and enhanced infection control overall," says Dr. J. Paul Whelan, Director of the

McMaster Institute of Urology at SJHH and holder of the Braley-Gordon Chair in Urology.

Mr. Braley remarked: "Nancy and I are overwhelmed by the beauty and functionality of the unit. It has exceeded our hopes and dreams both with respect to its ability to improve the level of comfort and care for patients at St. Joseph's, while also enhancing the working and learning environment for the healthcare and research professionals of today...and tomorrow."

Promoting Psychiatric Mental Health Nursing at SJHH

By Tanya Lysiak-Globe, Clinical Nurse Specialist, SJHH

The SJHH Psychiatric Mental Health Nursing Promotion Committee (PMHNPC) was established to meet its mandate. "...to recognize and promote the unique evidence-based and experiential knowledge of RNs and RPNs who choose to specialize in mental health. The PMHNPC supports activities that celebrate the art and science of psychiatric mental health nursing in order to raise the profile of this specialized profession within nursing, the broader health care system and the general public."

Since its inception, the committee has: (i) developed recruitment materials for managers seeking RNs and RPNs for mental health positions, (ii) surveyed our colleagues on their knowledge of the psychiatric nursing role, (iii) developed a Fact Sheet on psychiatric nursing, and most recently (iv) introduced the document, Psychiatric Mental Health Nursing & the National Competency Profile (adapted from RPNC, 2002).

New members from across the Mental Health and Addictions Program are welcome to join this energetic group.

Contact Ruth Blyth, RN (Chair) at 36200 for more information.

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Charlton Campus
August 6th, 2008
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Spiritual Garden

Mountain Campus
August 13th, 2008
11:30am - 2:30pm
Behind Cafeteria

Stoney Creek Campus
September 10, 2008
11:30am - 2:30pm
Back of building

Many thanks to the following organizations for their generous sponsorship of this year's bbqs:



The latest Payday Payouts winners are...

The Payday Payouts 50/50 Staff Lottery provides players with a chance to win almost \$5,000 every payday. While half of the lottery proceeds make up the ever-growing prize amount, the other half supports patient care initiatives at St. Joseph's Healthcare Hamilton.

Call St. Joseph's Healthcare Foundation at (905) 521-6036 to find out how you can register for the Payday Payouts 50/50 Staff Lottery!



Heather Hobbs from the Cleghorn Program was the lucky winner of the June 26th Payday Payouts draw, taking home our largest prize pot ever, a whopping \$4,858.50!

Heather is doubly lucky - this is her second time winning the Payday Payouts jackpot! She took home her first big prize on October 4, 2007. When she found out about her win this time around she said, "I couldn't believe it because I'm not really a winner. Before winning this the first time, I'd never won anything before in my life." Since she loves to travel, Heather plans to use her winnings for a vacation.

Alexandra Young from CAHS Dialysis was the lucky winner of the July 10th Payday Payouts draw, taking home an incredible \$4,828.50!

When she was told of her good fortune, "I was utterly shocked," she said. "I was having a bad day. It couldn't have come at a better time. Everyone I work with was excited and I bought them all coffee and Timbits and we had a little party."

Alexandra plans to put some of her winnings toward a trip to Myrtle Beach that she's taking in September, and the rest will be spent on renovations that are currently underway at her house.



Karen Miranda from G.I. Research was the lucky winner of the June 12th Payday Payouts draw, taking home a hefty \$4,774.50! After receiving the call about her big win, she simply said "You're Kidding!" While Karen said the money was going right in the bank, she added that some of it will be put toward the work she and her husband are having done to their backyard.

About the Payday Payouts lottery, Karen said: "It's such a good idea, I mean, everybody wins - the Foundation and the employees."

Staff Education Grants available

St. Joseph's Healthcare Foundation is pleased to support the continuing education of staff members at the Hospital through our Staff Education Grants. Throughout the year, staff are eligible to receive a total of \$1000 in grants per fiscal year (April 1 to March 31) from St. Joseph's Healthcare Foundation to assist with the costs of their continuing studies. For courses starting in September to December 2008, please be sure to get your application form and supporting documents in to the Foundation Office by August 15th.

St. Joseph's Healthcare Foundation is pleased to support the continuing education of staff members at the Hospital through our Staff

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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