



Jolly Gestures *St. Joe's Gives Back*

The spirit of giving back to our community has been a trademark of St. Joseph's Healthcare Hamilton since our Founding Sisters opened their doors to the sick in 1890. At St. Joe's, we know that compassionate care isn't just about providing accessible treatment, but that it extends outside the hospital walls, and into the homes of the people we serve. This year we're highlighting three of several staff-initiated holiday programs that aim to spread Christmas cheer and the spirit of hope to all.

The Holiday Matching Program was launched twelve years ago by the St. Joseph's Department of Social Work and has successfully sponsored over 1,000 individuals in that time. Starting in early November each year, hospital departments are matched with the families of current or former patients, and collect gifts that are delivered just in time for the holidays. Organizer Linda Roberts has continued to run the program even after retiring from St. Joe's, and says that donations over the years have been overwhelming. Grocery gift cards, Greyhound bus tickets home, and the newest tech gadgets are just some of the programs many Christmas miracles. If you, or your department, would like to sponsor a family next year, please contact Jimena Silliker, Interim Manager, in the Department of Social Work for more information.

The Therapeutic Recreation staff handed out holiday gift bags to patients again this year during the West 5th annual Christmas dance on December 16th. Collection of new men's and women's

seasonal attire begins with the Winter Warmer Wear Drive in November, and wraps up December 2nd to allow plenty of time for the St. Joe's elves to prepare the patients' presents. If your department would like to learn more about how to help next holiday season, contact Sandra Berzatis-Smith in Centralized Rehabilitation Services.

The Charlton Campus food drive began its seventh campaign this Christmas in collaboration with Hamilton Food Share. To date, over 2400 lbs of food and \$3060 in monetary donations have been collected to help provide festive feasts for those in need, and every dollar donated to Hamilton Food Share raises \$5 worth of food. To find out how to get involved, contact Deborah Walsh in Finance. A new food drive was hosted this year by Spiritual Care at the West 5th Campus. Food and monetary donations were collected to sponsor Neighbour to Neighbour, a Hamilton Mountain food bank. Please contact Janet Young, Chaplain in Spiritual Care, to find out how to take part next December.

The annual Charlton Campus Tree Lighting Ceremony took place November 30 and Marijana Ivosevic, a patient in Complex Care (pictured below), was among many who visited with Father Christmas and joined in singing classic yuletide carols.

*Merry Christmas and
Happy Holidays!*



Journey to Fiscal Sustainability

Budget pressures facing St. Joseph's Healthcare Hamilton 2015/16 - 2016/17

St. Joseph's Healthcare Hamilton is working through its budget process for 2015/16 and 2016/17. There are many factors affecting the financial situation in health care today and how hospitals are funded. This graphic illustrates some of the fiscal pressures on health care and the need to find cost savings to achieve a balanced budget.

In Ontario, **42 cents of every dollar** spent on provincial programs goes to health care.



All hospitals in Ontario are facing rising inflationary costs and funding changes.



\$26 million>
in cost savings
needed through
2 years
to balance our
\$470 million budget.

RIISING INFLATIONARY COSTS

\$22 MILLION

-  Rising salaries and benefits
-  Maintenance contracts
-  Equipment, supplies and medications
-  Utilities (Hydro and Gas)

+ **\$4 MILLION** in funding changes

- ACTION** Together seek transformative change to build a sustainable healthcare system that:
-  Provides quality patient care
 -  Innovates for the future
 -  Embraces integration to serve our community
 -  Engages staff and physicians in change

Please join in the conversation. Talk to your manager, director or chief if you have any questions or ideas.

St. Joseph's
Healthcare  Hamilton

Celebrating a New Era in Family-Centered Care in the Mother Baby Unit



Teresa Cascioli (Far right) joins parents and their little ones on a tour of the Mother Baby Unit at the new Communication Station unveiling on Wednesday, December 2nd, 2015.

Just in time for the holidays and the first baby of 2016, the new Teresa Cascioli Charitable Foundation Communication Station was unveiled in the Mother Baby Unit on Wednesday, December 2nd, 2015. Thanks to a generous \$2 million gift from Teresa Cascioli, the station not only gives the Unit a facelift, but will also help to streamline work, create efficiencies, and most importantly, give new moms and babies the best start possible for a healthy future.

What inspired Ms. Cascioli to support Women's & Infants' care at St. Joe's? To her, it was an obvious choice. "Women have the ability to multi-task, the tenacity to lead, and the courage to deal with difficult issues; we also constantly put ourselves second. This makes us unique, and the health issues we face are often unique too," she shared.

Anna Marie Smith, Nurse Manager of the Mother Bay Unit here at St. Joe's, described just how impactful Ms. Cascioli's gift has been. "We deliver close to 3,600 babies every year, and there is a constant need to provide the most leading-edge services so that both mom and baby have a healthy start. The new Communication Station addresses this need and gives our staff the ability to deliver exceptional care in a space that fosters a family-centered approach. Our staff, as well as the new moms and families who visit our Unit, are forever grateful to Ms. Cascioli."

Over the years, Ms. Cascioli has been a generous supporter of St. Joe's, from surgical care to breast diagnostics and research. Through her philanthropy, she's had a tremendous impact on our Hospital and the care that we're honoured to provide. On behalf of the Foundation, our Women's & Infants' Program, and the community we serve, we thank Teresa for her unwavering support and truly transformational gift in support of women's healthcare at St. Joe's. ●

Ribbons and Bows and Wrap for St. Joe's!

This season, let St. Joe's help you wrap up the holidays! Again this year, the Foundation is honoured to be the beneficiary of Lime Ridge Mall's Christmas Gift Wrapping Program. From now until December 24th, stop by the booth located on the lower level, just outside Hudson's Bay, and let our talented volunteers take care of all your gift wrapping needs.

Let your Christmas gifts bring a little extra joy this year. Each donation made to the gift wrapping program helps support hope, healing, and discovery at our Hospital. Happy Holidays! ●

Christmas Gift Wrapping Hours:

Monday to Saturday: 9 a.m. - 9:30 p.m.

Sunday: 10 a.m. - 6 p.m.

Christmas Eve: 7 a.m. - 5 p.m.

For more information on St. Joe's Gift Wrapping program, or to volunteer, please contact Adam Tillich:



905.522.1155 ext. 35973



adam@stjoesfoundation.ca



Food, Fitness and Fulfillment: Weight Watchers available at St. Joe's

Are you opting for the elevators and avoiding the stairs? Do you find group motivation helps you with weight loss? Then we have the program for you! The Weight Watchers At Work program is available for all learners, employees, physicians, and volunteers at St. Joseph's Healthcare Hamilton, as well as offsite partners.

Weight Watchers focuses on weight management and long term results towards living a healthier lifestyle. Weight Watchers now introduces their biggest change in 50 years, Beyond the Scale using SmartPoints™ to help you make healthier food choices that are high in protein, and low in sugar and saturated fat. FitPoints™ now tracks your activities based on preferences and lifestyle.

At St. Joe's, the At Work program consists of a Weight Watchers leader who provides motivation and guidance at regular meetings with your colleagues, as well as providing all the tools you need in order to make this successful and work for you. ●



"With Weight Watchers At Work I have learned an easily, adaptable lifestyle, and lost 60 pounds. I managed to keep it off to create the happier, healthier and more confident side of me!"

– Andrea Kinar, Electro Diagnostic Services, Charlton Campus

"I attended the first session in May 2014 and made the decision that I wanted to change my life. In August 2015 I reached my goal weight, and I'm now able to do things as simple as shopping in my favorite stores. My new life is just beginning thanks to Weight Watchers At Work."

– Bernadette Bowen,
Department of Pathology, Charlton Campus



weightwatchers

To sign up, or for more information please contact:

Charlton Campus:

Angela King

☎ 905.522.1155 ext. 33001

✉ aking@stjoes.ca

West 5th Campus:

Judy Harris

☎ 905.522.1155 ext. 36687

✉ jharris@stjoes.ca



Andrea King (Left) and Bernadette Bowen (Right) before and after the Weight Watchers At Work program

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Room G1104 or call ext 32910
www.hmecu.com

HOURS OF OPERATION

Mon, Tues, Thurs, Fri... 8:30am to 4:30pm
Wednesdays..... 10:30am to 5:00pm
Closed Daily from..... 1:30pm to 2:30pm



An Inspiring start to 2016

St. Joe's 'CelebrateLife' is an event bringing survivors of lung and esophageal cancer together with their families, and the people privileged to provide their care. It's an afternoon of shared experiences, warm embraces and the occasional tear.

Begin the new-year joyfully. Join us **January 8th** at the **Charlton Campus, Juravinski Innovation Tower, 2nd Floor** from 2 - 4 p.m., for **CelebrateLife**. ●

For more information, or to RSVP contact Elyse Reynolds:  ereynolds@stjoes.ca  905.522.1155 ext. 35276




St. Joe's is recruiting Patient and Family Advisors


At St. Joe's we believe your perspective matters. If you, or a family member, have experienced healthcare services at St. Joseph's and are interested in helping us make decisions that improve the quality of our care, we'd like to hear from you. ●



For more information contact:

 StJoes.ca/PatientFamilyCouncil

 PatFamAdvisory@stjoes.ca

 905.522.1155 ext. 33148



Lung and esophageal cancer survivors, and some attendees, at the 2015 CelebrateLife event


A starry night

Thank You!

Thank you to all the staff and guests that made A Starry Night Event an enjoyable evening!

We look forward to seeing you next year for another night of celebration!

Regards,
Nancy McGregor Chair, A Starry Night Committee

St. Joe's Research Demonstrates Differences between Cancer Surgery Across Canada

A new study commissioned and led by St. Joseph's Healthcare Hamilton researchers shows that there are "tremendous" differences between provinces regarding complications and death rates for patients undergoing high-risk cancer surgery.

The study, commissioned by the Canadian Partnerships Against Cancer, has found that higher volume centres tend to have significantly lower risks of in-hospital mortality and shorter length of stays. It has also uncovered wide differences in the duration of hospital stays, a sign of system efficiency, and differing hospitalization policies.

Dr. Christian Finley, Thoracic Surgeon at St. Joseph's Healthcare Hamilton and one of the study's lead authors, states that "patients requiring complex surgeries can benefit from having their procedure performed at a regional centre of excellence, where these types of surgery would be performed more often."

Dr. Finley notes that "regionalization" of high-risk surgeries to specific centres that specialize in them would benefit not only the patient, but health care teams as well. Regionalization would provide more opportunities for surgeons to build their skills in complicated surgeries, and it would also encourage the development of specialized nurses, anesthesiologists, and radiologists.

The Thoracic Surgery division at St. Joseph's Healthcare Hamilton is one of the largest thoracic centres in Ontario. We are the designated Regional Thoracic Centre for the Hamilton-Niagara-Haldimand-Brant Local Health Integration Network (LHIN 4), with a total service population of 1.8 million people. ●



Dr. Finley (Right) in the operating room performing a thoracic surgical procedure.

POSTER SUBMISSION NOTICE

Have information to share with your colleagues? Or an event you'd like them to attend?

The Public Affairs Department is pleased to post all information related to St. Joseph's Healthcare Hamilton's events, announcements, and any community healthcare related information.

All St. Joe's related communication must be displayed by using the St. Joe's corporate poster template.

Once completed, please send 30 hardcopies 8.5" x 11" sized flyers to:

**Public Affairs Department, Level 1 Welcome Centre
St. Joseph's Healthcare Hamilton
West 5th Campus, 100 West 5th Street
Hamilton ON L8N 3K7**

Submission due Wednesday 2:00 p.m.

Posting is every Thursday morning at each campus

For more information and to find our corporate templates visit:



[MyStJoes/PublicAffairs/Frequently Used Templates](#)



PublicAffairs@stjoes.ca



905.522.1155 ext. 39152



St. Joe's achieves Gold for 2015 Quality Healthcare Workplace Award

Congratulations to St. Joseph's Healthcare Hamilton on achieving Gold standing for the 2015 Quality Healthcare Workplace Award (QHWA).

Together, St. Joe's staff is working to build a community of engaged people who continue to strive for excellence and compassionate care. After receiving Silver for the 2014 QHWA, the People and Organization Effectiveness Department have made significant inroads to prioritize employee wellness across our organization.

To highlight, St. Joe's implemented a Mindfulness-based research study with frontline healthcare workers and leaders, which resulted in significant improvements in Mindfulness skills, psychological well-being, and ability to empathize with others, as well as decreased depression, anxiety, and stress.



QUALITY HEALTHCARE
WORKPLACE AWARD

GOLD
2015


Since then, there have been 706 visits to the Mindfulness Communities of Practice, and senior leadership begins management forum meetings with a Three-Minute Breathing Space.

The QHWAs, launched in 2010, is a partnership of the Ontario Hospital Association and the Ministry of Health and Long-Term Care's Health Force Ontario.

This progressive improvement framework offers Bronze, Silver, Gold, and Platinum level awards with assessment designed to encourage self-evaluation, learning and improvement. The awards program recognizes organizational efforts to improve healthcare workplaces in ways that contribute to providers' quality of work life and the quality of the care and services they deliver.

For more information on this year's Quality Healthcare Workplace Awards winners, please visit www.oha.com.



 (Left- Right) Marlene Hall, Director, Human Resources, Deb Schubert, Vice President, People & Organization Effectiveness, Betty Kenney, Human Resources Manager, Benefits & Wellness

GET FIT QUICK!



You asked and we listened!


Beginning January 2016, the Employee Wellness Program kicks off the start of two new 25 minute classes available to all staff, learners, physicians and volunteers.


Ab Express: A 25-minute medium to high intensity class dedicated to strengthening the core.

Boot Camp Express: A 25-minute medium to high intensity version of Boot Camp that focuses on one body region.

These classes will be available at the Charlton and West 5th Campuses.

For Schedules, Questions, or to share your feedback contact:

 MyStJoes / Employee Wellness

 905.522.1155 ext. 37689

 Wellness@stjoes.ca

The New e-CPS/e-Therapeutics

The Canadian Pharmacists Association (CHHA) has changed the name of e-Therapeutics to RxTx with a fresh new look. Users can still search under the old format if they prefer. The new interface is more comprehensive with improved, streamlined and integrated searching.


RxTx includes the following:


- CPS Drug Monographs
- Interactive Clinical Tools (Calculations & dosing tools, Drug administration & food)
- Therapeutic choices with over 250 Medical conditions, easy-to-use algorithms and tables of drug choices
- Minor ailments: information for patients
- Recent advisories, warnings and recalls

For more information contact Library Services:


 MyStJoes / Library


Charlton Campus

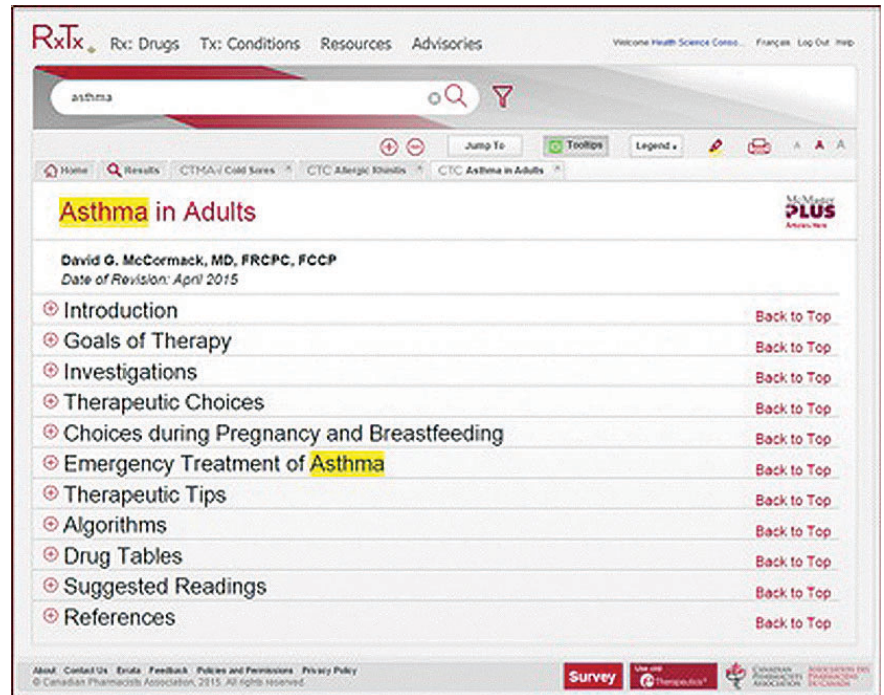
 905.522.1155 ext. 33440 or 34127

 library@stjoes.ca

West 5th Campus

 905.522.1155 ext. 36322

 cmhslib@stjoes.ca



St. Joseph's
Healthcare Hamilton
FOUNDATION

Payday Payouts is now sold out!

More tickets will be available in April, so stay tuned for next year's enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

November 6, 2015

Lisa Botas
Women's Health Concerns Clinic
West 5th Campus
\$8,638.50

November 20, 2015

Christine Squires
Hamilton ACTT2
\$8,643.00

connections

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Send your comments,
suggestions or story ideas to:
Public Affairs Department
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CONGRATULATIONS TO THE PROFESSIONAL ADVISORY COMMITTEE HEALTH PROFESSIONAL'S EXCELLENCE in PRACTICE AWARDS 2015 WINNERS!



Individual Clinical Practice Award
Yolaine Roberge - Peer Support
Receiving award from Fiona Wilson
Manager of Peer Support



Individual Teaching Award
Dr. Jelena King - Psychology
Receiving Award from Dr. Randi McCabe
Practice Leader for Psychology



Individual Leadership Award
Magda McCaughan - Physiotherapy
Receiving Award from Michelle Kho
Clinical Researcher in Physiotherapy



Individual Innovation in Professional Practice Award
Dr. Brenda Key - Psychology
Receiving Award from Dr. Peter Bieling
Clinical Director



Team Innovation in Professional Practice Award
Eating Disorders Team
*Laura Davis, Lisa DiFronzo, Amrita Ghai, Michele Laliberte, Emma Pote,
Stacey Tweed & Anne Williams*



Excellence in Research Award
Dr. Karen Rowa - Psychology
Receiving Award from Dr. Randi McCabe
Practice Leader for Psychology



Champion of Professional Practice Award
Carmine Nieustraten - Director of Pharmacy
Receiving Award from Larissa Volman



Team Clinical Practice Award
Speech Language Pathology Adult Team
*Heather Connors, Shruti Balagopal, Stephen Fraser, Becky Hedges, Kristen
Maliphant, Jodi Micucci, Bonnie Reaburn-Jones, Christina Senchuk, &
Anthony Wood*



Team Leadership Award
Early Intervention for Psychosis Program
*Dr. Suzanne Archie, Raelene Carbon, Emily Cole,
Alessandra Czepita, Paula Dawson, Jennifer Gill, Kyle
Harber, Heather Hobbs, Jean McNiven, Julie McClemt, Dr. Stephanie McDermid Vaz, Dr. Natasja Menezes,
Emily Muizelaar, Alan Sage, Stacey Sestric, Kelly Tanner,
Elizabeth Ward, Patricia Wilson*



Team Teaching Award
Physiotherapy Respiratory Team
Receiving Award from Bev Cole
Professional Practice Leader
*Daana Ajami, Laura Camposilvan, Sarah Couch, Kay Churchill,
Kelly Fraser, Theresa Hills-Kezman, Michelle Kho, Magda
McCaughan, Christina Murphy, Kristy Obrovac, Wendy Perry*

CONGRATULATIONS TO THE PROFESSIONAL ADVISORY COMMITTEE HEALTH PROFESSIONAL'S EXCELLENCE in PRACTICE AWARDS 2015 WINNERS!

Individual Clinical Practice Award

Mary Ann Ferguson	Pharmacy
Kamila Gemin	Therapeutic Recreation
Dr. Sandra McNally	Psychology
Dr. Joseph Pellizzari	Psychology
Yolaine Roberge	Peer Support
Teresa Valla	Nursing
Carolyn Vanderkooy	Physiotherapy
Heather Wilson	Physiotherapy

Individual Research Award

Dr. Sherl Green	Psychology
Dr. Stephanie McDermid Vaz	Psychology
Dr. Heather Moulden	Psychology
Dr. Karen Rowa	Psychology
Christine Wallace	Pharmacy

Individual Leadership Award

Diana Hatzoglou	Physiotherapy
Catherine Kovacich	Social Work
Dr. Mini Mamak	Psychology
Mary-Lou Martin	Nursing
Magda McCaughan	Physiotherapy
Dr. Heather McNeely	Psychology
Candace Rutherford	Medical Laboratory Technology
Dr. Juliana Tobon	Psychology

Individual Innovation in Professional Practice Award

Dr. Lisa Burckell	Psychology
Dr. Brenda Key	Psychology
Dr. Bruno Losier	Psychology
Valerie Thornton	Social Work

Individual Teaching Award

Tuan Dinh	Pharmacy
Amanda Holding	Occupational Therapy
Dr. Jelena King	Psychology

Team Clinical Practice Award

Harbour East: Medicine, Nursing
Speech Language Pathology Adult Team: Speech Language Pathology

Team Teaching Award

Anti-Stigma Conference Planning Committee: Medical Radiation Technology, Medicine, Nursing, Occupational Therapy, Peer Support, Social Work
Physiotherapy Respiratory Team: Physiotherapy

Team Innovation in Professional Practice Award

Eating Disorders Team: Nursing, Clinical Nutrition, Psychology
Maternal Child Education Project Team: Nursing, Social Work
Medicine Communication Boards Implementation Team: Medicine, Nursing, Occupational Therapy, Physiotherapy, Social Work, Speech Language Pathology

Team Leadership Award

Cleghorn Early Intervention Team: Clinical Nutrition, Nursing, Occupational Therapy, Psychology, Therapeutic Recreation, Parenteral Drug Therapy Monographs Steering and Approval Committee: Nursing, Pharmacy

Professional Advisory Committee Vision

'As leaders in professional practice we are committed to making a difference in people's lives through collaboration, accountability and integration of excellence in professional practice that promotes clinical care, education, and research across St. Joseph's Healthcare.'