



CelebrateLife 2016 Stories of Survival

St. Joseph's Healthcare Hamilton hosted the fifth annual CelebrateLife event on January 8th this year. Each year St. Joseph's Lung Diagnostic Assessment Program (LDAP), Niagara Health System, Brant Community Healthcare System and the Regional Esophageal Diagnostic Assessment Program (EDAP) collaborate for the annual event that celebrates stories of hope and new beginnings for patients and families who have been touched by our programs.

The LDAP and EDAP at St. Joseph's Healthcare Hamilton are innovative programs designed to shorten wait times for patients with suspected lung, and or, esophageal and gastric cancer in the Hamilton, Niagara, Haldimand and Brant communities.

These programs are beneficial for patients and are attracting national attention with pilot programs being initiated in other hospitals across the country. Within 48 hours patients receive a personal phone call from a registered nurse to begin coordinating their treatment. All tests and appointments are coordinated in a facility closest to the patient's home with ongoing support

throughout the diagnostic process from members of the health care team. The diagnostic assessment improves access to key resources. But most importantly, it leads to a more timely diagnosis.

Angela Towers, an LDAP patient, received lung surgery last year in which approximately two-thirds of her left lung was removed. During the CelebrateLife event guests, including patients, families, and care providers, shared their stories of survival. Angela shared a home video with guests where she is dancing just four days after surgery and she insists, "a positive attitude and being surrounded by love," is how she keeps her spirits high. Her sisters all were diagnosed with lung cancer but unfortunately did not survive.

This year's CelebrateLife event was a first for Angela and her husband but it won't be their last; they both plan to attend again next year.

For more information contact Paulette Aubry, or visit:

 aubryp@mcmaster.ca  www.stjoes.ca/CelebrateLife



Patients First

A proposal to Strengthen Patient-Centred Health Care in Ontario

On December 17, 2015, the Ministry of Health and Long-Term Care released Patients First: A Proposal to Strengthen Patient-Centred Health Care in Ontario, a discussion paper that outlines significant structural changes to the health system.

The discussion paper focuses on four interconnected and overarching themes that will inform ministry policy and program decisions moving forward.

- More effective integration of services and greater equity.
- Timely access to primary care, and seamless links between primary care and other services.
- More consistent and accessible home and community care.
- Stronger links between population and public health and other health services.



Recognizing that, if implemented, these changes will affect the delivery of health care for all Ontarians, the Ministry is seeking public input. In addition to directly engaging with stakeholders including providers, patients and caregivers, the Ministry has asked the LHINs to engage health system users at the local level to collect feedback on the ideas presented and how to make LHINs and our health care system more integrated, accessible and better for patients.



For more information or to give feedback: www.hnhblhin.on.ca/PatientsFirstProposal

St. Joe's Patient Spotlight

"Thank you from Orchard 3"

This month we're putting a spotlight on the patients of St. Joseph's Healthcare Hamilton. Natalie Dubeau, an Occupational Therapist with St. Joe's Forensic Psychiatry Program shared a story on behalf of her clients from the Orchard 3 Forensics Inpatient Unit at the West 5th Campus.

In the months leading up to Christmas a number of patients from the Orchard 3 unit worked on handmade crafts such as Christmas ornaments, cards, and candles for a Christmas Craft Sale. The sale successfully made a profit of \$300, and the patients were given the opportunity to decide as a group what to do with the funds. Ideas such as a group outing or pizza party were suggested, but the patients came to a unanimous decision; they were so grateful for the care they had received that they decided to donate the money back to St. Joe's. The group donated \$100 to the unit's programming and groups, and donated the remaining \$200 to the St. Joseph's Healthcare Foundation.

When asked why they wanted to give back to St. Joe's one patient responded, "I want to help others like people helped me."

If you have a positive story you'd like us to share about your unit, department, or clients: contact the Public Affairs Department:

905.522.1155 ext. 39152 PublicAffairs@stjoes.ca



Some of the crafts made by patients that were available at the Christmas Craft Sale

Get Sporty this Winter to Support St. Joe's!

Participate in one or both events with colleagues and friends all while supporting hope, healing and discovery at St. Joseph's!

Join us for St. Joe's first dodgeball tournament! Get a co-ed team of 10-12 players together to play the fun, fast-paced game of dodgeball.



Date: Saturday, February 20, 2016
Tournament Time: 9:00 a.m.—6:00 p.m.
**Each team is guaranteed 3 play times*
Where: Ball Hockey Hamilton at 398 Nash Road North

Register a team for \$250 online stjoesfoundation.ca/dodgeball

Play the beautiful game for a beautiful cause at the 2nd annual soccer tournament. The indoor tournament is for co-ed teams of 6 vs. 6 no matter the skill level.



Date: Saturday, March 19, 2016
Tournament Time: 9:00 a.m.—3:00 p.m.
**25 mins per game & Each team is guaranteed 3 play times*
Where: Soccer World Hamilton at 104 Frid Street

Register a team for \$400 by contacting John Mejia jmejia@stjoes.ca

905.522.1155 ext. 32874

For more information or questions, please contact Adam Tillich adam@stjoesfoundation.ca 905.522.1155 ext. 35973

Did you know that the money we raise through Jeans for St. Joe's supports Staff Education Grants?

This past December, the Foundation selected five deserving staff members to receive denim day funded grants of \$1,000:

- Kristie Dick • Courtney Fields • Richard Rigby • Adam Weerdenburg • Elizabeth Whittington

On top of the newly established Jeans for St. Joe's Grants, 71 employees received support for their professional development from the Foundation's Staff Education Grant Program.

Congratulations to our dedicated St. Joe's colleagues!

Interested in learning more about the Foundation's Staff Education Grants? Looking for some extra support for your upcoming course or credit? The next deadline is just around the corner on March 1st for courses running from April – August 2016.

Visit stjoesfoundation.ca/EducationGrants for full details!



St. Joe's Pet Visitation Program Provides *Pawsitive* Support for Patients

Bringing back happy memories, providing comfort in times of need, and reducing anxiety are just some of the ways St. Joseph's Healthcare Hamilton's Pet Visitation Program impacts our clients, visitors and staff.

For over 10 years St. Joe's Pet Visitation Program has been managed by Volunteer Resources and Recreation Therapy at the West 5th and Charlton Campuses with visits facilitated through the St. John Ambulance Therapy Dog Program. Diane Hinshelwood from the Seniors Mental Health Behaviour Unit at West 5th explains, "Pets are great for mental health. They are therapeutic, loving and bring joy to clients."

Easily distinguished by their white shirts, St. John Ambulance crest, ID badge and scarf, all pet therapy animals are trained through St. John Ambulance's Therapy Dog Program. Once trained, owners apply for a volunteer position at St. Joe's with Volunteer Resources. Pets and their owners are put through various tests to ensure a calm temperament and ability to maneuver around objects like wheelchairs.

Diane Smith and her black Labrador Tannen were among the first to volunteer with the Pet Visitation Program at the West 5th Campus and says that, "many staff and clients show up to see [Tannen] every week so it's clear that she enriches many peoples' lives." And it's not just mental health support being provided by Tannen, clients with arthritis have also reported petting her to be very therapeutic.


Amigo the pug has been visiting the Clinical Teaching Unit and Complex Care Unit at the Charlton Campus for six months with owner Brendan who says, "Amigo has become a mini celebrity to both the patients and staff in the two units we visit"...he leads me from patient-to-patient to make sure he gets as many pets, hugs, and treats as possible."

Any client and their family members, staff, physician or volunteer can access the program.

The Pet Visitation Program is another way that St. Joseph's is committed to reimagining health care to serve our patients and their families better. ●


For more information contact Volunteer Resources:

 voluntee@stjoes.ca

 905.522.1155 ext. 31435



This program is compliant with the Accessibility for Ontarians with Disabilities Act.

 Learn more about accessibility at St. Joe's by viewing the AODA Employee Handbook on: MyStJoes > Corporate Initiatives > AODA > Accessibility and You Employee Handbook

 For more information about the St. John Ambulance's Therapy Dog Program: www.sja.ca/English/Community-Services/Pages/TherapyDogServices



Deposit Special

1.75%

15 Month Term

* New Money Only

We offer **MORE** than a **GREAT RATE!**

HMECU
St. Joseph's Hospital Staff Branch
Room G1104 or call ext 32910
www.hmecu.com

HOURS OF OPERATION
Mon, Tue, Thu, Fri..... 8:30am to 4:30pm
Wednesdays..... 10:30am to 5:00pm
Closed daily from..... 1:30pm to 2:30pm

Wellness Story of the Month Off to a Resilient Start

St. Joe's offers a robust Employee Wellness Program designed to support all staff, physicians, learners and volunteers, with inspiration and wellness support to in turn, provide the best quality, compassionate, and attentive patient care. Physical and mental strength are key to a successful and healthy lifestyle, so we encourage you to take advantage of classes and other resources available.

Our very own Linda Lico shares her spirit for wellness and first-hand experience how she's gotten involved and kicked off her 2016! ●



"I have worked at St. Joe's for 46 years. Making sure I am physically active is an important part of my life. I participate in Boot Camp, Spin and the Zumba classes at St. Joe's. I've met staff from many areas of the hospital, learned about what they do and who they are. I've gained a whole new respect for my fellow colleagues and made some new friends along the way. In a hospital setting why wouldn't you have a wellness program? I only wish it had been implemented long before now."

"If you decide to join us you will have fun, work hard and meet a lot of nice people. You'll leave feeling great about what you have accomplished, with a little sweat added in for good measure. Come and join us. We look forward to seeing you."




 - Linda Lico,
Medical Laboratory Technologist, Charlton Campus



St. Joseph's
Healthcare & Hamilton

Employee Wellness
Program

Find a list of resources and schedules at:




-  MyStJoes > Employee Wellness
-  wellness@stjoes.ca
-  905.522.1155 ext. 37689

Anti-Stigma Events Bell Let's Talk 2016

Wednesday, January 27th marked this year's Bell Let's Talk Day. Staff from all three Campuses visited Anti-Stigma booths to find out more information about St. Joe's Mental Health and Addiction programs, receive free giveaways, and view our patient art display.

St. Joseph's is committed to rejecting stigma and reinspiring acceptance of everyone. ●

To view join us in the conversation about #MentalHealth and to view our patient art display visit:

-  St. Joseph's Healthcare and Foundation
-  @STJOESHAMILTON
-  StJoesHamilton



EVERYONE WILL FEEL AT HOME.
EVERYONE IS FAMILY.

ST. JOSEPH'S RESEARCH Mental Health and Addictions

From psychiatry research that seeks to determine the best medications to treat depression and schizophrenia, to psychology research that seeks to treat menopausal symptoms and PTSD with therapeutic treatments, the breadth of mental health research at St. Joe's reflects the diverse expertise of our mental health researchers. ●

THIS YEAR, MENTAL HEALTH AND ADDICTIONS RESEARCHERS AT ST. JOE'S HAVE DEVELOPED...

- 103 PUBLICATIONS
- 72 PRESENTATIONS
- 26 POSTERS AND ABSTRACTS
- 23 BOOK CHAPTERS

St. Joseph's Healthcare Hamilton | The Research Institute of St. Joe's Hamilton

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For more information about research at St. Joe's: www.research.stjoes.ca

Free Community Talk Series Topics Supporting Psychology Month 2016

Psychology Month is a national campaign held annually during the month of February to raise awareness of the role psychology plays in people's everyday lives, and in the community.

This year, St. Joseph's Healthcare Hamilton has partnered with Hamilton Health Sciences and the Hamilton Public Library to host a free community speaker series to discuss a variety of child, youth and adult psychology topics with our very own mental health experts. ●

A few of this year's topics are:

- Early parent-child attachment
- Boosting relationship satisfaction for couples
- Childhood anxiety and its management
- Supporting a loved one through mental illness
- The basics of mindfulness meditation
- Strategies for managing and coping with anxiety

Questions or for more information, please contact Juliana Tobon:

905.522.1155 ext. 39167 | jtobon@stjoes.ca

For the complete list of topics, dates, registration and locations:

www.stjoes.ca/PsychologyMonth



Philanthropy Provides Funding for Initial CNA Certification

The Canadian Nurses Association (CNA) offers certification in 20 areas of nursing practice. CNA certification is a prestigious, nationally recognized nursing specialty credential for registered nurses. Achieving and maintaining this certification confirms that a nurse meets or exceeds a national standard for expertise within a specialty area of practice, and demonstrates ongoing commitment to continuous learning and professional development.

We are proud to support nurses to achieve initial CNA certification. In 2015, through the generous support of the M. Patricia Krukowski Memorial Fund and Toyota Motor Manufacturing Canada Inc., St. Joseph's Healthcare Foundation established a fund to support nurses who obtain this certification. In the first year, 14 nurses received this funding.

Many funding recipients identified how certification benefits their practice. Anna Janik, RN on the Medical Step-down Unit stated:

"As a registered nurse I am very proud of working at St. Joseph's Healthcare Hamilton and through funding from the hospital, I am very happy to say that I have successfully completed my CNA certification. The CNA certification demonstrates commitment of staff nurses to continuing education, as well as safe and competent professional practice within an area of expertise."

Karen Albert, RN and Charge Nurse in the Psychiatric Emergency Service, commented:

"I am extremely grateful that St. Joe's has been an organization that continues to support my continuing development as an employee. Having my certification is a step that signifies that I am committed to being amongst the best in my field. Certification is about aligning my practices with the competencies that foster excellent client care and effective inter-professional collaboration. Passing this exam sends a message that I am a nurse committed to safe, therapeutic, and recovery focused care. I thank St. Joe's and the donors who made this possible. It has always been a dream of mine. I keep my pin in a place of honour – it represents years of work and dedication."

We are proud to again offer funding for the initial certification exam in 2016. This year, CNA is moving to a fully digital application and testing process. Application is exclusively online, and exams will be written at computer-based testing centres across the country, on a selected date during the testing window. The application process runs from April 11 to July 1, 2016, and the initial certification exam period is September 19 to October 7, 2016.

Information will soon be circulated about the St. Joseph's Healthcare Hamilton's application process. Awards will be funded retroactively, based on the amount of funding available, and following confirmation of eligibility and successful achievement of CNA certification. ●



For more information about the St. Joseph's application process after February 1st, please contact Joanna Bond:

905.522.1155 ext. 35201

jbond@stjoes.ca

To learn more about the CNA certification program, please visit: <https://nurseone.ca/en/certification>

A SPOTLIGHT ON LIBRARY SERVICES

DynaMed and Clinical Connect

DynaMed is an electronic database used for Point of Care by physicians, staff, and learners. It's fast and easy to access the clinical information users need and is now available on tablets and smartphones.

DynaMed is now embedded in Clinical Connect to answer clinical questions while you're perusing patient information. Simply click on the 'green' links in the patient record to access the relevant information.


DynaMed Provides:


- Evidence based information
- Diagnosis, Treatment, and Prognosis Information
- Recent Updates
- Patient Handouts
- Full text links

For more information contact Library Services:


 MyStJoes > Library


Charlton Campus

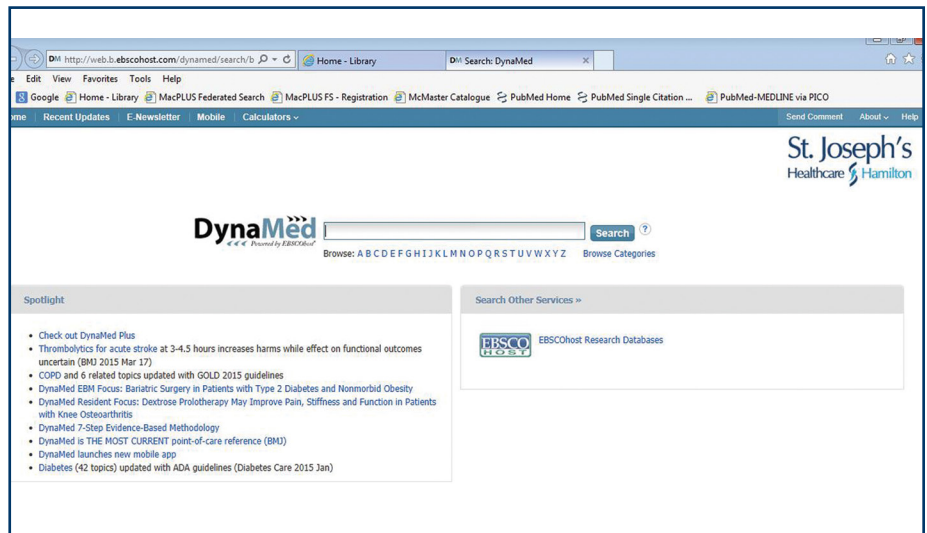
 905.522.1155 ext. 33440

 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 the new enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

December 4, 2015
Darcy McKellar
Forensic Rec Therapy
West 5th Campus
\$8,589.00

December 18 2015
Andrea Gibson
Community Psychiatry Services
West 5th Campus
\$8,593.50

December 31, 2015
Paul Jarrett
Operating Room
Charlton Campus
\$8,538.00

connections

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Send your comments,
suggestions or story ideas to:
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