

connections

NOVEMBER • 2014



Gary Halyk, Previous Patient and Avid Volunteer at St. Joseph's Healthcare Hamilton

INTRODUCING
**PATIENT
SAFETY
SHADOW**
GARY HALYK, PATIENT AND VOLUNTEER

Patients Helping Patients

Introducing Gary the Patient Safety Shadow

They walk among us every day at outpatient clinics and occupy every hospital bed on all units. You've heard their engaged voices and seen the positive impact of their involvement in care. What you may not realize is that every patient and family member at St. Joe's has it in them to be their very own safety superhero – and it's our job to bring their voices to the forefront of care.

Gary Halyk describes himself as a true Hamiltonian who was born at St. Joe's. After receiving surgery here later in life, Gary became an avid volunteer joining the various patient councils and committees we offer to patients and members of our community.

While not every patient superhero joins the Patient and Family Advisory Committee (PFAC), Gary has been a member for three years after reading about it in a local newspaper.

Gary recently joined a new patient engagement initiative called, *Learning With and From One Another: Patients and Providers On the Same Improvement Path* as part of the Patient Interviewing/Shadowing Sub-Committee.

Beginning in the Rehab Unit, the aim of this initiative is to help make a patient's transition from the hospital to their home safer. Listening to patients and families experiences,

the team creates an education plan using the "teach back" technique to deliver information. This helps patients and their families clearly understand discharge instructions and processes including post discharge follow-ups.

Gary "shadows" or closely follows a patient's journey as they are being discharged, while observing conversations and processes. He describes it as, "a partnership between the patient, their nurse and myself to ensure patients feel confident and comfortable returning home."

Further, with the supportive leadership from the Rehab Unit this initiative provides the opportunity to include patient's feedback and observations in processes to enhance patient safety and continue providing the highest quality care. Upon reflecting, Gary explains that he "can see things from a patient's perspective and help ensure processes are patient centric. It's really about patients helping patients." ●

Learn more about **Patient Safety Superheroes** at St. Joe's by viewing MyStJoes.



Ont. Medical Assoc. @OntariosDoctors • Oct 21 2014

Check out our president, Dr. @VedTandan getting his #flushot at @STJOESHAMILTON! Make sure to get your flu shot, too!

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To learn more about
research at St. Joe's visit
stjoes.ca/research



LEFT TO RIGHT:

Dr. Mark Crowther, Vice-President, Research, St. Joseph's Health System, Guowei Li, Elizabeth Simms, Matilda Nowakowski, Rachel Carlisle, Mr. Carl Santoni, Chair, Hamilton Board Committee and Dr. David Higgins, President, St. Joseph's Healthcare Hamilton

Celebrating Research at St. Joe's

On Monday October 6th, St. Joseph's Healthcare Hamilton hosted its first annual Research Award Day. The well-attended event recognized the achievements of our four Father Sean O'Sullivan Research Award recipients.

The Father Sean O'Sullivan Research Awards support young researchers that conduct studies at St. Joe's, giving them a helping hand in making their breakthrough into the world of research. The award recipients are learners that are supervised by our senior researchers.

"The award program allows us to do more experiments which results in better studies," explains Rachel Carlisle, one of the 2014 recipients of the award. "It also makes it easier for us to go to conferences and share our work with others."

During the event, our four award recipients presented a brief overview of their research. From improving treatments for peanut allergies and ways to administer warfarin, to investigating psychological treatments for irritable bowel syndrome and mechanisms involved in acute kidney injury – our award recipients exemplify how research at St. Joe's strives to rethink the way we treat a number of common illnesses and diseases.

Following the award presentations, each research program was asked to represent their area of research through interactive display booths. These displays were aimed at engaging those unfamiliar with research at St. Joe's with our major research programs.

"In order to succeed in research endeavours such as these, our researchers function collaboratively," said Dr. David Higgins, President of St. Joseph's Healthcare Hamilton.

"Working together with each other and with clinicians, allied health professionals and patients fosters a culture of exploration, innovation and inquiry within our hospital."

A big thanks goes out to all of the attendees, participants and staff involved in making Research Award Day a success! Stay tuned for information about future research events and news about how research at St. Joe's improves the quality of life for our patients. ●

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St. Joseph's Healthcare Foundation and United Way Joint Campaign: We're Better Together

For the second year in a row, we are Better Together! In 2014, our very own St. Joseph's Healthcare Foundation will join forces once again with the United Way of Burlington and Greater Hamilton for a fundraising campaign destined to build a stronger, healthier Hamilton.

The Better Together Campaign was officially launched on October 24th, at all three Campuses of St. Joe's.

Through employee donations, special events like the always popular Movie Night, Jeans for St. Joe's, and the Better Together Raffle, the Campaign Committee hopes to raise \$45,000 this year. Last year, we just reached our \$40,000 goal and this

year we know we can do even more for our community. For all of the information on the Better Together Campaign, including a campaign events calendar and a link to our customized online giving page, please visit the dedicated page on MyStJoes.

Hospital President Dr. David Higgins says, "Philanthropy is part of the culture here at St. Joe's and is part of our mission to serve the poor and the marginalized in our region. As a community of staff, physicians, volunteers and researchers, it is my hope that we will come together to support two organizations that truly have the power to care for our community when they need it the most. It's not the size of your gift that matters it's your participation in the Better Together Campaign. Together we really can make a difference." ●

To make a gift today, visit:

community.uwaybh.ca/STJonline



United Way
Burlington &
Greater Hamilton

St. Joseph's
Healthcare  **Hamilton**
FOUNDATION

KEY CAMPAIGN DATES

October 24th

Better Together Campaign Launch Day and Online Giving Page Opens!

October 24th – December 5th

Make a \$2 donation and wear Jeans EVERY FRIDAY to support the Better Together Campaign!

November 5th – December 5th

Purchase your tickets in the Better Together Raffle! Win an iPad, a night in a Corporate Box at a Bulldogs Game, or a Spa Getaway and Wine Tasting in Niagara!

November 7th

Make your Better Together Campaign gift before this date for your chance to win an early bird prize of an eight hours paid leave day!



Jennifer Swant, Registered Nurse, collecting winter wear items in the Emergency Department.



Tameka Halstead, Zumba teacher with St. Joseph's Healthcare Hamilton staff.

Emergency Department Hosts Winter Wear Drive

The Emergency Department is hosting a bi-annual Winter Wear Drive for the less fortunate in our community on December 6th at St. Joseph's Parish, 260 Herkimer Street from 11:00 a.m. – 3:00 p.m. Please drop off any clean coats, boots, mitts, hats and other winter wear to the Emergency Department, or pick up a collection box for your own department.

Jennifer Swant, Registered Nurse started the coat drive two years ago, "Working downtown I see the need in our community, some patients leave the hospital in the middle of the winter with no coat," explains Jennifer. As the cold weather approaches let's join together hospital-wide and give back to our community. ●

To pick up a collection box for your department contact:



905.522.1155 ext. 33997



Jennifer Swant: jswant@stjoes.ca or
Marianne Domjancic: mdomjanc@stjoes.ca

Introducing Zumba Classes!

Zumba classes were recently added to the Employee Wellness Program! St. Joe's fully licensed Zumba teacher Tameka Halstead explains that, "the class is a 45 minute Latin inspired dance work out." With a medical background Tameka is familiar with the culture of healthcare. "It's important to make time for yourself and stay fit, all you need is 30 minutes of exercise a day," states Tameka. "It's not about getting the moves right, it's about having fun with your colleagues outside of work while getting some exercise." Zumba classes take place on Thursdays from 4:00 p.m. – 4:45 p.m. at Charlton Campus, Room G-121. Get your dancing shoes ready and join in on this exciting cardio workout, "Zumba classes are so much fun! It's exercise in disguise," Tameka shares with a smile. ●

MyStJoes/Groups/Departments/Wellness



905.522.1155 ext. 37689



wellness@stjoes.ca

St. Joseph's
Healthcare Hamilton
FOUNDATION

A new season of the lottery is here
with more tickets than ever before!

Visit stjoesfoundation.ca and click on 'Staff Programs' to download the enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

September 26, 2014

Tricia Logan
Adult Mental Health Services
Haldimand-Norfolk
\$8,011.50

October 10, 2014

Christopher Henhawke
Support Infrastructure
Charlton Campus
\$8,041.50

connections

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Send your comments,
suggestions or story ideas to:

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Over the past 13 years, TD Bank Group has donated more than \$625,000 to support the TD Grants in Medical Excellence and the TD Research Fellowship at St. Joseph's Healthcare Hamilton. The TD Grants are designed to support healthcare practitioners and researchers as they pursue further education to become leaders in their fields and embark on research projects that will create a healthier future.

To date, more than 180 staff members at St. Joe's have benefitted from the TD Grants program, and this year, we're pleased to acknowledge the following list of winners:

Yolanda Berghegen	Katrina Messina	Timea Raduly
Vusindhlu Bhetshwana	Lucy Ndichu	Sherry Turner
Angenita Dykstra	Patrice Nembhard	Matilda Nowakowski
Sarah Harris	Christina Oliveira-Picado	(TD Research Fellow)
Diana Hatzoglou	Julie Pace	
Portia Machonisa	Joseph Pellizzari	

Next year's TD Grants application window opens in the Spring of 2015.

Visit www.stjoesfoundation.ca and click on the Staff Programs button for more information.

Dr. James MacKillop: Inaugural Holder of the Peter Boris Chair in Addictions Research



that Dr. James MacKillop is the inaugural holder of the Peter Boris Chair in Addictions Research.

Before arriving at St. Joe's, Dr. MacKillop trained as a clinical psychologist at the State University of New York at Binghamton (BA, MA, PhD) and Brown University (predoctoral internship). He completed a postdoctoral fellowship at Brown's Center for Alcohol and Addiction Studies and joined the Center as a faculty member. He

subsequently moved to the University of Georgia, where he was a faculty member in the Department of Psychology and the Associate Director of the Owens Institute for Behavioral Research. To date, Dr. MacKillop's research has generated over 130 peer-reviewed publications and other articles. His work in nicotine and alcohol addictions as well as over-eating and gambling will help to guide the practice of addiction workers and clinicians by providing them with new insights and tools that can be adapted to each patient's unique recovery needs. "My goal is to bring innovative approaches to studying addiction in order to help bridge the gap between the research world and the real world application of our findings," explains

Dr. MacKillop. "My vision for the Peter Boris Centre for Addictions Research includes the ability to link research with clinical practice so patients receive innovative, holistic care for their addiction." ●

The Boris Family invested \$7.6 million to establish the Peter Boris Centre for Addictions Research and the Peter Boris Chair in Addictions Research. Both are dedicated to better understanding the root causes of and treatments for individuals living with addiction. Peter was the youngest child of Owen and Marta Boris, local founders of Mountain Cablevision. He lived with alcohol dependence for many years before passing away due to complications of his addiction at just 44 years of age.



Members of the DiCenzo family after the unveiling of the Antonio & Maria DiCenzo Diagnostic Imaging Centre.

DiCenzo Family Makes a New \$1 Million Gift to St. Joe's

On October 8, 2014, Silvana, Anthony and Rita DiCenzo were at St. Joseph's Charlton Campus to announce a new \$1 million gift to St. Joseph's Healthcare Foundation. In front of a standing-room-only crowd of family, friends, colleagues and hospital staff, family spokesperson Anthony DiCenzo said,

"Our family has shared a life-long relationship with St. Joe's. My sisters Rita and Silvana and I were all born here, and any significant illness, injury or major medical event that I can recall, both happy and sad, have been healed, treated or cared for inside this Hospital. From my grandmother's cardiac care to the 18 stitches I needed after a rough day in kindergarten, to the birth of my nephews and nieces. So when our family decided to make this gift, making it to St. Joe's just seemed...right!"

The DiCenzo family's \$1 million donation will support the greatest needs of the Hospital including enhancements to patient care areas. In recent years, St. Joseph's Healthcare

Foundation has been raising \$25 million to support the renewal of the Diagnostic Imaging Centre and the construction of a state-of-the-art Surgical Centre at St. Joseph's Charlton Campus. In recognition of the gift, St. Joseph's unveiled the naming of the Antonio & Maria DiCenzo Diagnostic Imaging Centre.

Antonio & Maria DiCenzo were the late parents of Anthony, Silvana and Rita DiCenzo. Antonio built his first house while working the night shift at a local steel plant. His wife Maria was by his side, carrying buckets of concrete for the footings of their house. From these humble beginnings in the 1950s, DiCenzo Construction (now better known as DiCenzo Homes) grew to become one of the largest landowners and developers in Southern Ontario and has helped to shape the landscape of Hamilton and its surrounding areas.

Foundation President & CEO, Sera Filice-Armenio commented on the family's gift, "The Antonio and Maria DiCenzo Diagnostic Imaging Centre provides a lasting legacy to the lives of two Hamiltonians who built a life, a successful business and a family here in Hamilton. The care provided by their namesake centre will touch the lives of so many people in our community."

Many people indeed as St. Joseph's Diagnostic Imaging Centre performs more than 200,000 procedures each year, making it one of the busiest departments at our Hospital. ●