



connections
AUGUST • 2014

The Miracle Workers Behind **PACKERS' TRACKERS**



Drs. Richard and Tamar Packer (left in green), Terry Booth (second row, right in green), Andrea Engerer (third row, middle in green) and the Packers' Trackers walk together towards a healthier, active lifestyle. Dr. David Higgins (far right, back row) joined the team for a recent trek.

Approximately 1.4 million Ontarians are living with diabetes and many of them seek treatment and care at St. Joseph's Healthcare Hamilton. Drs. Richard & Tamar Packer, along with two allied healthcare professionals, are doing their part to help people in our region manage their disease through an optimal mix of medication, diet, and exercise.

As part of the Packers' family practice Dietician, Andrea Engerer and Nurse Educator Terry Booth who also works at St. Joe's Diabetes Program, host weekly nutrition seminars for patients, and created a walking group too! Established in 2012, the walking group goes by the catchy name of "Packers' Trackers". Trackers of all ages and abilities come together once a week with canes, walkers, and a commitment to manage their disease by supporting each other—they even raise funds for a different charity every month!

"We offer our patients suggestions and advice

about being more active and find that Andrea and Terry walking with our patients is even more effective. It shows how committed they are to helping the people we serve long after they've left the Hospital," explains Dr. Richard Packer. "They're helping people to help themselves...and having fun while doing it."

The walking group and seminars are having a positive effect. While many patients require monthly hospital visits, they're now able to manage their disease at home thanks to the regular diet and exercise regimens they've learned from Andrea and Terry.

To honour the way that Andrea and Terry embody the mission of our Hospital, Drs. Richard and Tamar Packer nominated their colleagues as St. Joe's Miracle Workers through the Foundation's Grateful Patient Program. Andrea and Terry received their wing-shaped pins and acknowledgement letters at a recent staff meeting on July 29, 2014. ●



St. Joe's Hamilton @STJOESHAMILTON 11 Jul 2014

Did you know 276 staff @STJOESHAMILTON have been nominated as Miracle Workers by grateful patients? #everydayheroes www.stjoesfoundation.ca/miracle-workers

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Our Respiriology Researchers Win \$2.87million in Peer-Reviewed Funding



Dr. Parameswaran Nair, one of seven St. Joe's researchers to receive funding, focuses his research on asthma and pulmonary disease.

Congratulations to our respirology researchers who have been awarded \$2.87 million in peer-reviewed research funding from the Canadian Institutes of Health Research (CIHR) and the Ontario Lung Association!

A total of seven researchers from the Firestone Institute for Respiratory Health at St. Joseph's Healthcare Hamilton will receive this grant funding in order to conduct research into causes and treatments for those with diagnosed with respiratory illnesses such as asthma and pulmonary fibrosis. Peer-reviewed research funding is awarded to researchers on a competitive basis, with CIHR awarding only 507 operating grants to a total of 2,862 applicants.

Dr. Paul O'Byrne, Executive Director of the Firestone Institute of Respiratory Health, recently published a study where his research team discovered and tested a potential antibody that successfully relieves inflammation for those with mild allergic asthma. His colleague Dr. Martin Kolb, Research Director of the Firestone Institute

of Respiratory Health, also recently published results from a clinical trial that successfully tested a drug that slows down the disease progression of idiopathic pulmonary fibrosis in patients by approximately 50 percent per year.

The Firestone Institute of Respiratory Health is an internationally-recognized centre for respiratory research and clinical care.

Grant funding allows our respirology researchers to continue their exploration into ways to improve the quality of life for those diagnosed with respiratory illnesses.

Congratulations to the following researchers that have received grant funding:

- ▶ Dr. Kjetil Ask
- ▶ Dr. Luke Janssen
- ▶ Dr. Martin Kolb
- ▶ Dr. Renée Labiris
- ▶ Dr. Mark Loeb
- ▶ Dr. Parameswaran Nair
- ▶ Dr. Malcolm Sears ●



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HOURS OF OPERATION
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Wednesdays..... 10:30am to 5:00pm
Closed Daily from..... 1:30pm to 2:30pm



A new program at St. Joe's West 5th Campus focuses on bringing patients out of the blues and putting them in a better mood. In March 2014, Dr. Zena Samaan, Psychiatrist and her team in the Mood Disorders Outpatient Clinic began a Behavioural Activation Therapy program called Out of the Blues to help patients understand that what you do affects how you feel.

Patients meet twice a week for ten weeks to learn about goal setting, mood monitoring, problem solving, activity scheduling and how to use technology to manage their health. Activities and group outings are based on patients' values and goals. Following the ten-week program, patients meet with clinical staff on an individual basis for eight weeks to assess their mood, quality of life and overall experience with the program. "So far,

Bye, Bye Blues

New Program at West 5th Aims to Improve Mood and Reduce Depression

participants are really enjoying themselves and we've had a lot of positive feedback," said Dr. Samaan. Follow-up sessions occur every three, six and twelve months.


The Out of the Blues program welcomes English-speaking individuals over 18 years of age with depression. The program is open to current patients and community members who may refer themselves or request a referral from a clinician. Phase two of the program will launch in October 2014. ●

Out of the Blues Program Team

Dr. Zena Samaan, Kathryn Litke, Jeff Whattam, Scott Simons, Kathleen McCabe, Sandra Chalmers, Laura O'Neill, Terri Ann Tabak, Laura Garrick, Lauren Stratis and Brenda Key

To join the Out of the Blues program or learn more, contact the study coordinator, Laura Garrick:

lgarrick@stjoes.ca

 905.522.1155 ext. 35409



All in Good Taste

Fine Food, Fine Wine, Fine Art—
All in Support of St. Joe's!

Enjoy an afternoon of fine wine, gourmet food tasting, art and music at Hernder Estates Winery on Sunday, September 28th, from 1 p.m. to 6 p.m. Meet more than 40 talented artists and artisans at one of the most picturesque wineries in the region, while sampling local fare and shopping for unique and beautiful gifts. For a complete list of vendors, please visit our website.

Proceeds from ticket sales and a silent auction will support St. Joseph's Mental Health & Addiction Program. Tickets are only \$25 each or \$45 for two.

To purchase tickets, please contact Janine at:

 905.522.1155 ext. 32951

Janine@stjoesfoundation.ca

stjoesfoundation.ca/all-in-good-taste

Happening at St. Joe's

Employee Wellness Program Adds Boot-Camp Classes



Thank you to all those who completed our Employee Wellness survey. Congratulations to Sandra Gould, winner of the Employee Survey prize—a gift certificate to Limeridge Mall.

Based on your input, we have made a few programming changes and added a brand new boot-camp program at all three campuses. Boot-camp is a 45 minute cardio and strength training workout. No prior experience or registration is needed, just drop by and join in!

For more information, contact:

MyStJoes / Groups/Departments / Wellness



905.522.1155 ext. 37689

wellness@stjoes.ca

Spotlight on Library Services

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“What else does an elevated CK mean for a patient on antipsychotics without symptoms of neuroleptic malignant syndrome?”

// **ANGIE SUTTER**
NURSE PRACTITIONER AT ST. JOE'S

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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

July 4, 2014

Elizabeth Sweeting
Emergency Psychiatry Services
Charlton Campus
\$7,839.00

July 18, 2014

Julie Pace
Nursing Education
Charlton Campus
\$7,867.50

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