

From the Office of the President & Robertson Memorial Award.....2  
 Dr. Bobby Shayegan.....3  
 Body Watch & Kudos to St. Joseph's Healthcare.....4  
 Renowned Schizophrenia Expert.....5  
 Nursing Best Practices.....6  
 St. Joseph's Foundation.....7  
 St. Joseph's Foundation *con't.*.....8

# Connections

A newsletter for the staff, physicians and volunteers of St. Joseph's Healthcare Hamilton

## Charles and Margaret Juravinski: *Larger than Life*

Invited guests, staff, and visitors to St. Joseph's Healthcare witnessed the unveiling of a life-sized commissioned portrait of Charles and Margaret Juravinski on November 22nd. Gasps of awe and admiration were heard throughout the crowd when the sheer blue fabric dropped to the ground revealing a stately 10' x 7' portrait of Margaret and Charles, standing in front of the gardens surrounding their home.

This was also the first viewing for Charles and Margaret, who were impressed with the photographic quality of their likenesses in the portrait painted by professional artist William Downey. Downey, a talented and award-winning artist, is a native of Waterloo, Ontario. He specializes in portraiture, but in recent years has expanded his repertoire to include landscape paintings as well as architectural subjects.

This is the first time a portrait has been commissioned to recognize former Flamboro Downs Race Track owner, Charles Juravinski and his wife Margaret for their seemingly boundless philanthropic support of healthcare in Hamilton. This portrait

commemorates Charles and Margaret's gift to St. Joseph's Healthcare Foundation in 2005 to fund the construction of a 345,000 square foot, 10-storey tower now aptly named the Juravinski Innovation Tower. The tower, designed to provide new patient care areas, supports the Hospital's academic infrastructure, and creates new space for leading-edge medical research. This was the largest individual gift in the Hospital's 116-year history.

St. Joseph's Healthcare Foundation president and CEO, Rob Donelson says, "We struggled to find a way to appropriately thank a couple whose



Charles and Margaret Juravinski admire their 10' x 7' likeness.



Charles and Margaret Juravinski with artist William Downey

philanthropy has left an indelible mark on healthcare at St. Joseph's, across the city, and beyond. With this portrait, I think we've found it. William Downey has truly captured an incredible likeness of Charles and

Margaret. This portrait will grace a 2-storey wall in the Tower that has been named in their honour and will forever remind us all of the sense of hope and of healing the Juravinskis have fostered here at St. Joseph's Healthcare."

Right from the start, Margaret and Charles Juravinski knew they wanted to make a significant contribution to healthcare in Hamilton. Without question, they have more than achieved their goal. Over the past few years, Charles and Margaret Juravinski have donated an astounding \$43 million to healthcare related causes across the city. "This was a way in which we could touch as many lives as possible. We also hope that our efforts will be a catalyst for others in the community who realize and appreciate the level of excellence in healthcare that we enjoy in the Hamilton region."



From the Office of the President

## A Merry Christmas and Happy Holidays to all!

Another year has passed, and with it many remarkable accomplishments at St. Joseph's Healthcare Hamilton.

I would like to share a few of those moments from 2006 of which we can all be extremely proud. For one, we continued to strengthen our mission and undertook a culture survey to find out what we all need to do to deliver on our promise to our patients, their families, and each other. We also built a strategic plan that will make us competitive and dynamic into the year 2012, and held a leadership retreat to hone our skills. We continued to move forward with two important building projects: the Centre for Ambulatory Health Services and the Operating Rooms at Charlton and CAHS. We opened new facilities to help us serve more patients in key areas, including a Dialysis Satellite at CAHS, and a new CT scanner and the McMaster Institute of Urology at the Charlton site. This year also saw unprecedented donations from Charles and Margaret Juravinski, Frank Charles Miller, Ken and Rachel Flood, and the Chedoke Health Corporation, to name but a few of our numerous donors - both large and small.

St. Joseph's continued to be a strong partner within the LHIN and with our partners at Hamilton Health Sciences and St. Peter's. The Ministry of Health supported us with additional funding to meet wait time targets and to strengthen our Emergency Room. We also did much to prepare for a possible pandemic, and continued our tradition of strong fiscal responsibility and planning.

Most of all, we continued to fulfill our important mission through kindness to our patients, their families, to each other, and to all other visitors to our hospital. Giving of ourselves to others in need is the very spirit of Christmas, and the heart of the culture of St. Joseph's. As you take time this holiday to spend time with family and friends or give back to the community, I hope you will take the opportunity to be proud of your role in such an innovative and soulful organization. May you each have a 2007 blessed with good health, peace and joy.

Kevin Smith  
President and CEO

## The Robertson Memorial Award for Nursing Leadership & Innovative Practice

Honouring the memory of Barbara Wilson and Sandra Watson, sisters and St. Joseph's Nursing School graduates, the Robertson Memorial Award for Nursing Leadership & Innovative Practice is awarded annually to recognize, reward and/or compensate an individual nurse or nursing team at St. Joseph's Healthcare Hamilton who:

*Pursues education opportunities such as courses, seminars, and conferences to develop or strengthen effective nursing leadership skills coupled with a desire to impart the learned knowledge*

or

*Demonstrates the brightest and best innovation to improve nursing practice that positively affects patient care with the intent of disseminating the innovation with other healthcare providers*

For nomination forms or to submit applications or receipts, please send to the attention of Nancy St. Aubin in the Nursing Practice Department, M430 at the Charlton site.

## First Annual GE PACS User Group Conference a Success

St. Joseph's Healthcare Hamilton hosted the first annual National GE PACS Users Group (GEPACSUG) Conference on October 26th and 27th, 2006. Among the 160 attendees were Radiologists, Radiology Residents, Technologists and PACS IT professionals from all across Canada.

The conference was kicked off with a very informative keynote address by Dr. Mehran Anvari on the topic of NEEMO (NASA Extreme Environment Missions Operation) and followed by a number of educational sessions of interest to the various groups in attendance. Sessions included one aimed at the Physicians in the group geared to assisting them in using the GEPACS workstation functionality to its full capacity. Another, aimed at the Radiologists, enabled them to not only discuss their ideas for future system enhancements with GE Engineering resources, but also highlight system issues.

GE Canada is interested in feedback from the user population and will be taking the information gleaned at the conference back to the Research and Development group for possible inclusion in a future release.

Presentation topics included Cardiology PACS and Powerscribe, the voice recognition dictation system implemented very successfully here at St. Joseph's Healthcare. Dr. Justin Debeer also shared his work on the electronic templating software for hip and knee replacements. The findings of this study have shown a positive impact of the Orthoview application on patient outcomes.

A sincere thanks to GE Canada for sponsoring the event. A conference of this calibre, at no cost to the attendee, is typically unheard of in the industry. Plans are already being made for the 2007 GECANPUG conference to be held next November.

Video of the various presentations, as well as the handouts for the sessions, are available on the GE Canada website at <http://www.gehealthcare.com/caen/gecanpug>

## A CCRT Update

The Critical Care Response Team (CCRT) has now provided a gradual rollout to the following areas: 4CTU, 4MAU, 7GAU, Cardiology, 4CCU, 4 Chest, 4 Head and Neck, 4 Surgical Stepdown, 6 Surgical, and 7 Surgical. In January 2007, the team will roll out to Nephrology.

The CCRT is currently available Monday-Friday from 07:00-15:00. Stat holidays are excluded at this time.

The CCRT provides additional support to patients, hence additional support to everyone. Please consider calling the CCRT as outlined in the calling criteria.

The CCRT includes the MD, RN, RT, MRP Service and Unit Staff. The MRP Service and Unit Staff are an integral part of the team. The CCRT does not replace the Code Blue Team. As a primary patient safety and quality improvement delivery initiative, the early patient intervention by everyone, will improve overall patient outcomes.

Thank you to everyone for providing your most valuable feedback. You will help shape the future of the CCRT.

## CMHS Candlelight Service a Big Success

*by Janet Young, Chaplain*  
On December 13th, the CMHS cafeteria was packed as we sang traditional carols and listened to readings from the Christmas Story. Readings for the candles of Hope, Peace, Love & Joy were taken from a variety of faiths and traditions, and readers included chaplains, clients, volunteers & community clergy.

The choir, consisting of 26 clients, staff and volunteers were organized by Cynthia Chhina & Trish Macaulay from the Music Therapy Department. The rhythm of the songs were brought out by three separate drummers, and guitar supplemented the piano.

The Spiritual Care Department would like to thank all who took part: Winnie Doyle for her welcome, Ruth Sommers for helping set up, Wilf Carson for singing to us as we ate, and everyone else who helped out. The carol singing, as heard from the front, was harmonious and heartfelt, and we heard afterwards how much people had enjoyed taking part.

## Dr. Bobby Shayegan joins McMaster Institute of Urology

We are pleased to welcome Dr. Bobby Shayegan to the McMaster Institute of Urology at St. Joseph's Healthcare.

Dr. Shayegan attended the University of British Columbia where he received his BSc in Physiology before entering medical school in Toronto to become a surgeon. "I had no idea what kind of surgery I wanted to specialize in so I decided on general surgery. After a couple of years in general surgery, I realized that urology was an extremely rewarding area in which to focus my training. The tremendous amount of urologic cancers that I had the opportunity to see during my residency further increased my interest in the field."

After completing his urological residency at the University of Toronto, Dr. Shayegan entered the urologic oncology fellowship program at Memorial Sloan-Kettering Cancer Center (MSKCC) in New York City, a fellowship program accredited by the Society of Urologic Oncology. According to Dr. Shayegan, "if you're going to deal with a large cancer population you need to be trained at a high volume cutting edge institution and the only way to get that is from an

accredited cancer centre such as the University of Toronto or MSKCC."

Under the direction of Dr. Peter Scardino at MSKCC, he completed a comprehensive training program in all aspects of urologic oncology. He also had the opportunity to train with Dr. Bertrand Guillononau in performing laparoscopic radical prostatectomies for localized prostate cancer

After meeting Dr. Paul Whelan, Dr. Shayegan was offered the opportunity to continue his work at the McMaster Institute of Urology. He relocated to Ancaster with his wife and 12-month-old son just prior to starting his new position at MIU in September.

Dr. Shayegan feels that cancer care is best delivered through a multidisciplinary approach. In order to meet such a need, he will be involved in conducting oncology clinics in the new year. "My research interests will primarily focus on clinical trials in prostate cancer and in order to facilitate these research endeavors in clinical trials, I will be enrolling in the Master's Program in Health Research Methodology in the Department of Clinical Epidemiology and Biostatistics at McMaster University in January."

## Operation Santa Claus Spreads Holiday Cheer to Senior Patients



Beloved local celebrity Jimmy Lomax brought his *Operation Santa Claus* to 130 seniors on Complex Continuing Care and 4 Geriatrics on December 14th. Jimmy, as Santa Claus, rode on his little red scooter, singing to patients and providing gift bags filled with socks, a deck of cards, and toiletries that were donated to *Operation Santa Claus*.

## BODY WATCH

### *Cranberries:*

#### Not Just for the Holidays

Do Cranberries conjure up thoughts of the holidays? Whether you drink cranberry juice, blend canned cranberries in smoothies, add cranberries to poultry or pork stuffing or enjoy cranberries in salsas, salads or side dishes, cranberries can help keep you healthy any time of the year. They are loaded with vitamin C and other antioxidants.

Their crimson colour comes from a flavonoid that may help lower your LDL - (bad) cholesterol, help prevent blood clots that cause heart attacks and stroke - and so protect you from heart disease. Their other plant substances may protect you from cancers, gum disease and stomach ulcers.

Another better-known benefit: substances in cranberries help prevent bacteria in the urinary tract from causing bladder infections.

So, consider these colourful berries all year long as a healthy additive in your daily meal routine.

*Body Watch is a biweekly column on health and nutrition written by the Dietitians of St. Joseph's Healthcare and Dietitians of Canada.*

## Congratulations

Congratulations to Mary Lou Mulholland, RN and Connie Bene, RN, from 3 Obstetrics-Postpartum, who passed their exams for Registered Lactation Consultants.

Registered Lactation Consultants help mothers to breastfeed their babies in challenging situations. By gaining the experience and education necessary to pass the exam, these Board Certified Specialists prove to their patients and colleagues that they are competent practitioners - committed to the health and well being of the breastfeeding mothers and babies in their care.

Congratulations to Mary Lou and Connie. Your colleagues are very proud of you!

## Kudos to St. Joseph's Healthcare!

In case you missed them, these messages were published in the *Hamilton Spectator* this past week.

**December 16th, 2006**  
by Robert McKenna

*To St. Joseph's Hospital Staff from one of their patients October 23 to November 17. I have nothing to say, but yet, plenty to say. A very grateful thank you for all the TLC from doctors, nurses and staff. Wishing all a Happy, Healthy, Merry Christmas!*

**December 19th, 2006**

**Visitor touched by caring of ER staff**

by Gary P. LaGrange, President & CEO, Port of New Orleans, U.S.A.

*Recently I was invited by Keith Robson, president of the Hamilton Port Authority, to present a speech at your beautiful convention centre on the subject of post-Hurricane Katrina and its effects on my city and our Port of New Orleans. Never having been to Hamilton before, I was immediately impressed by the warmth and cordiality of all of the people that I encountered.*

*Much to my dismay and misfortune, I became ill on my first night there and my condition worsened through the night. This, of course, is never a comforting feeling even at home, not to mention being in a foreign city and country. The hotel was very accommodating by calling a taxi which immediately took me to your St. Joseph's Hospital emergency room.*

*I cannot give enough kudos, thanks and appreciation to the many employees I encountered, from registration through nurses aides, nurses, orderlies and certainly physicians.*

*As my problem was of a gastroenterological nature, the physician assigned to me was a Dr. D. Morgan. Words cannot begin to convey the cordiality and comfort provided by Dr. Morgan and his entire team.*

*After spending the entire day in your fine hospital, I was released late in the afternoon with energy, courage and good wishes provided by the hospital's good people and was able to go about my way in presenting a 7:30 p.m. speech.*

*Again, thank you for turning a bad situation into a successful one and good wishes to all for a happy holiday season.*

## Tiny Toques for Tots Spreads Early Christmas Cheer



On December 12th, Mayor Fred Eisenberger and members of the Hamilton City Clerk's Office presented approximately 175 donated knit baby caps to St. Joseph's Healthcare neonatal intensive care unit.

## Renowned Schizophrenia Expert to Lead Hamilton Psychiatric Services

Dr. Robert B. Zipursky, a renowned Canadian clinician scientist, is returning to Hamilton to head up the city's psychiatric services.

Effective Jan. 1, 2007, Dr. Zipursky will be Chair of the Department of Psychiatry and Behavioural Neurosciences, and hold the Morgan Firestone Chair in Psychiatry at the Michael G. DeGroote School of Medicine at McMaster University. In addition, Dr. Zipursky will be Chief of Psychiatry for both St. Joseph's Healthcare and Hamilton Health Sciences.

Trained at McMaster as a physician, Dr. Zipursky is currently at the University of Toronto where he has roles as a professor of psychiatry; head of the schizophrenia program; vice-chair for research; and the Tapscott Chair in Schizophrenia Studies in the Department of Psychiatry. He is also the clinical director of the Schizophrenia Program at the Centre for Addiction and Mental Health (CAMH).

With a well-established and extensive clinical research program for the study

of first episode schizophrenia, Dr. Zipursky's major interests are in the early identification and treatment of schizophrenia and the study of schizophrenia using brain imaging technologies. He will be recruiting a team of schizophrenia researchers to work with him at McMaster.

"This is a home run for Hamilton. Dr. Zipursky's work is important and he has already had impressive accomplishments in his career. We look forward to welcoming both him and his team," said Dr. John Kelton, dean and vice-president, of McMaster's Faculty of Health Sciences, and dean of the Michael G. DeGroote School of Medicine.

"Following an international search and the unanimous endorsement of the search committee, we are delighted to welcome Dr. Zipursky to lead our mental health programs," said Kevin Smith, President and CEO at St. Joseph's Healthcare.

Dr. Zipursky received his Bachelor's degree from Cornell University in 1979 and his MD from McMaster University in 1982. He completed his residency

training in psychiatry at the University of Pittsburgh followed by research fellowship training in the area of brain imaging at Stanford University. He joined the faculty at the University of Toronto in 1991.

He was the recipient of a Young Investigator Award from the National Alliance for Research on Schizophrenia and Depression - NARSAD (1988), the John Cleghorn Memorial Award for Excellence and Leadership in Clinical Research from the Canadian Psychiatric Association (2002), and the Michael Smith Award for Schizophrenia from the Schizophrenia Society of Canada (2003).

The Schizophrenia Program at the Centre for Addiction and Mental Health, directed by Dr. Zipursky, is recognized as one of the top research programs of its kind in the world.

Dr. Zipursky follows Dr. Richard Swinson who has been Chair of McMaster's Department of Psychiatry and Behavioural Neurosciences since October 1997.



Congratulations to Vicki Ambrosini (Right with Rita Nadeau and Kevin Smith) who was the lucky winner of the Volunteer Association's Christmas Tree Raffle. The raffle brought in more than \$700 in proceeds that will go to enhance the quality of patient care at SJHH.

### A Resident's Perspective on the Culture of 6GI

*From a letter of thanks to 6GI from Maggie Gordon*

*I have felt welcome on 6GI since the day I arrived (shaking like a leaf) and Heather stopped me in the hallway with her camera. Everyone was so patient with me while I learned and relearned the St. Joe's routines, acronyms, formulary, and names.*

*I may be early in my career, but I have rotated through many different departments and I have honestly never interacted with such a good team. Clearly the 6GI culture embodies intelligence and common sense (not always the same thing!) with warmth and compassion. Personally, I think the key is that the 6GI sensitivity is extended not just toward patients, but also to the entire healthcare team. All of this in the face of an often overwhelming workload and pressure to do even more. The non-stop giggling, teasing, and affection in the nursing station is a testament to a remarkable culture.*

*Some highlights I'll ever forget:*

**Medical:** Gillian nailing the correct diagnosis for our patient's delirium (withdrawal, of course!).

**Social:** Middle-of-the-night Tim Horton's tea, courtesy of Sharon's hubby.

**Management:** Heather Wende's daily discharge quotas.

**Personal:** The pats on the shoulder and personal support I received when my grandma was sick.

*Thank you to everyone for making my first-ever residency rotation educational, fun, enjoyable, and unforgettable.*

## Best Practices - It Takes A Team! *Cheryl Evans, Nursing Professional Practice Consultant*

Throughout our exciting journey as an RNAO Best Practice Spotlight Organization (BPSO), our motto will be: "Best Practices - It Takes A Team". Never has this been more evident than in two recent events which highlighted both our tremendous best practice achievements to date, and those yet to come. The first event was our official BPSO Launch held in October. Keynote speakers for that event were Stephanie Lappan-Gracon, Coordinator of the RNAO Best Practice Champions Network and Helen Kirkpatrick, St. Joseph's BPSO Coordinator. This was an exciting opportunity to acknowledge the pivotal role of Best Practice Champions in implementing and sustaining practice improvements and to celebrate our many internal Champions, Advanced Clinical Practice Fellows and contributors to the development of RNAO Best Practice Guidelines. It also provided a forum to learn about the rich opportunities created by being a Best Practice Spotlight Organization, and opportunities for nurses to become members of their respective professional organizations.

The second event was our 2nd Annual Best Practices Open House, held on November 23rd. Alba DiCenso, RN, PhD, and co-author of the highly regarded text: *Evidence-Based Nursing: A Guide to Clinical Practice*, gave the keynote address. In her engaging presentation, she provided an overview of strategies for finding the best resources to support evidence-informed practice and for successfully implementing practice change. Following this presentation, the incredible progress being made by our interprofessional colleagues to implement best practices within clinical settings was beautifully highlighted through poster displays of their work. Over 40 posters, representing the collaborative best practice efforts of our colleagues across

SJHH, were available for viewing. The opportunities for networking, developing our capacity for best practice implementation projects, and for recognizing these achievements, were tremendous.

This event attracted an audience of more than 100, from both inside and outside SJHH. If you missed it, please plan to join us next year - you won't regret it! Successfully implementing best practices

certainly does take a team!

Thank you to all who are working to ensure that best practices are common practice. A special thank you also goes to the sponsors of this event: RNAO and the SJHH Best Practice Network, and to Mary-Lou

Martin, whose tireless efforts to coordinate the poster displays made the event such a success.



*Dawn Driscoll, RN and Colleen Severson, RN from the Mood Disorders Program in front of their display at the Best Practices Open House.*

## Nursing Best Practices Leadership Opportunity

As an RNAO Best Practice Spotlight Organization, opportunities to provide leadership in the implementation of nursing best practices are unfolding across SJHH. This is a personal invitation for you to participate in one such opportunity. From January to March, 2007, we will be offering an innovative course entitled: *Telling Stories of Our Practice - Client-Centred Care*. Through this course, Nursing Strategy participants (new graduates & late-career nurses) and Best Practice Champions will engage in a highly interactive program of learning and exploration, building on nurses' own practice experiences. Participants will have opportunities to expand their knowledge related to caring for clients and families, reflect on their current practice and practice settings, and begin to transform their practice by applying new knowledge.

The course will include weekly interactive classroom sessions and opportunities for independent study. Course content will be based on the RNAO Best Practice Guidelines: Client Centred Care and Supporting and Strengthening Families through Expected and Unexpected Life Events and will be broadened to tailor the educational experience to St. Joseph's through an exploration of the historical and current contexts shaping our practice.

This exciting opportunity will assist nurses to advance their leadership in the implementation of nursing best practices at St. Joseph's. We look forward to seeing you there. For next steps, please contact your manager and plan to attend an upcoming information session.

For more information, please contact Cheryl Evans, Nursing Practice Consultant at ext. 5909.

### Schedule of Information Sessions

Dec. 6th
3:00 p.m. - 4:00 p.m.
H1 Training Room - CMHS
Dec 11th
3:30 p.m. - 4:30 p.m.
Fontbonne Conference Room 3
Dec 7th
2:00 p.m. - 3:00 p.m.
Marian 4 Conference Room
Dec 14th
2:00 p.m. - 3:00 p.m.
H1 Conference Room - CMHS
Dec 8th
1:00 p.m. - 2:00 p.m.
Marian 4 Conference Room



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## *Around the Bay Road Race - In support of St. Joseph's Healthcare*

On March 25, 2007, join Team St. Joseph's! If you're a staff member who would like to walk, run or fundraise in the *Around the Bay Road Race*, you're a part of Team St. Joseph's!

All runners, novice, and experienced, are welcome to join free running clinics offered by Patricia Peters, St. Joseph's Official Running Coach.



*St. Joseph's Healthcare runners with Patricia Peters (front left).*

Training sessions are offered on Monday, Wednesday and Friday evenings at 5:00 p.m. leaving from Bayfront Park. Patricia personally coaches runners on Monday and Wednesday evenings, and runners meet on Fridays to train, using strength and endurance, the training plans that have been designed especially for them!

Training schedules and running tips are also available on the St. Joseph's Healthcare Intranet at <http://intranet.stjosham.on.ca>. Let Patricia help you become ready to run your desired distance of 5K, 10K, 15K or 30K. Another bonus - all SJH runners are welcome to join the Runners' Den in Hamilton, Foot Tools, and Burlington Runners clubs.

### *Patricia Peters' Running Tips*

The days that you are not running, you should be cross-training, such as swimming, yoga and upper body weight training.

Let the legs rest.

Run against traffic.

Keep to the side of the road.

Do not make eye contact with dogs.

If you run at night, make yourself visible.

Run with a friend.

Rotate shoes.

R.I.C.E.

(rest, ice, compression, elevation)

### **Fundraising Proceeds**

All proceeds from the *Around the Bay Road Race* will support the Firestone Institute for Respiratory Health at St. Joseph's Healthcare Hamilton, a world-renowned centre and academic respiratory medicine program incorporating comprehensive patient service, research and education.

In the 2006 race, Team St. Joseph's was well represented by runners, Dr. Martin Kolb, Dr. Christopher Allen, Dr. Gerard Cox, Dr. Mark Inman, Joanne Duncan, Janis Prevost, Jodi Niro, Melanie Kjarsgaard and Kjetil Ask.



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# There Are Plenty of Ways to Help Support St. Joseph's Healthcare!

## Fox's 5K Run

Life-long Hamiltonian and entrepreneur, Ron Foxcroft is challenging the corporate and local community to run or walk, and raise pledges in the 5K or 30K races. Run with the Fox in the *Around the Bay Road Race* to raise funds for the St. Joseph's Healthcare Foundation. Ron has set a personal goal to raise over \$50,000 in pledges in support of St. Joseph's Firestone Institute for Respiratory Health.

Register today and Run with the Fox: [www.aroundthebayroadrace.com](http://www.aroundthebayroadrace.com) or to sponsor Ron Foxcroft, visit [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca)



From left to right: Rob Donelson, Ron Foxcroft, Mike Zajczenko, Race Director, Police Chief, Brian Mullan and Kevin Smith

## Not a runner?

On the medical side of things, our own Dr. Trish Murphy will serve again this year as Medical Captain for the *Around the Bay Road Race*. Dr. Murphy and her team of St. Joseph's Healthcare volunteers coordinate medical supplies and equipment for the race and provide medical assistance for the participants. She is hoping to recruit even more helping hands for this year's race.

## Payday Payouts

We've finally hit the \$4,000.00 mark!

Congratulations to **Maria Watson**, from Lab - Ana. Path. - Cytology who won \$4,006.50, ticket # 2286 on November 30th.

and also to

**Leah Rowles** of Diagnostic Imaging Administration who won \$4,017.00, ticket #1896 on December 14th.

Thank you to all the staff who support Payday Payouts.

Proceeds from the Payday Payouts program support Employee Education grants for which all employees of St. Joseph's Healthcare Hamilton are eligible for.

Visit [www.stjoesfoundation.ca](http://www.stjoesfoundation.ca) to enroll today.

## Limeridge Student Challenge

Do you have a student at home? Get them involved with the Limeridge Student Challenge. Your high school student can show their school spirit by raising the most pledges for St. Joseph's Healthcare while participating in the 5K, 30K, or relay (3x10K or 2x15K) event! All student runners receive a finishing medal and a race t-shirt. The school that raises the most pledges will win the coveted, "Limeridge Challenge Cup." Registration is only \$20 if students register through the St. Joseph's Healthcare Foundation. Students who raise \$100 or more will receive their registration fee back! Great prizes to be won if they raise \$250 or more. Please call (905) 522-1155 ext. 4341 to register today.



On behalf of  
St. Joseph's  
Healthcare  
Foundation,  
we wish you  
peace, prosperity  
and good health  
during this  
holiday season  
and throughout  
the years ahead.