

# St. Joseph's Health Care

## ST. JOSEPH'S

Because of St. Joseph's...

Care and research across our region

## OUR PEOPLE

I love my work

## OUR SUCCESSES

My baby is alive

Surgeries aren't just a procedure

My sight is saved

I'm off to Scotland

I am not forgotten

My mother lives on

I'm more sensitive to patient needs

Canada is better able to care for its aging

I was able to walk my daughter down the aisle

I had the courage to come back

We change lives

We recruit from around the world

## LOOKING FORWARD

Answering the call to care

## CONTACT

Because we all  
need St. Joseph's.

St. Joseph's Health Care, London



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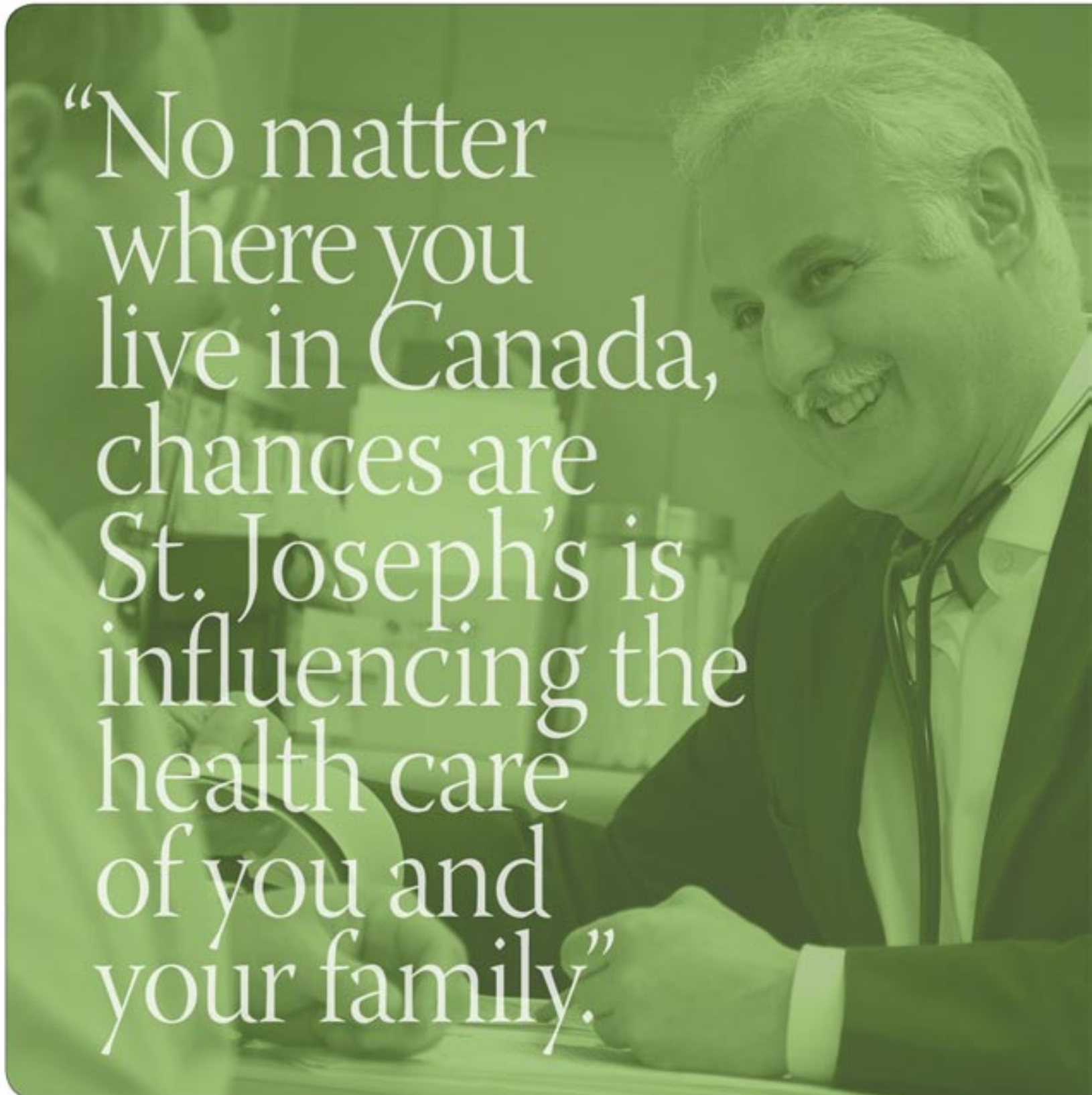
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“No matter where you live in Canada, chances are St. Joseph's is influencing the health care of you and your family.”



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Because of St. Joseph's...

# I see health care in many ways

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the full story.](#)



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Jim Mignault's unique relationship with St. Joseph's allows him to see one organization through many different eyes - those of patient, donor, corporate sponsor, and volunteer.

**"Through my patient eyes,** it is personally important, because I, like many, have diabetes. We are so lucky to have a world-class diabetes centre in our region where specialists such as clinicians, nurses, dieticians, and researchers work together to provide care under one roof."

**"Through my donor eyes,** St. Joseph's Health Care Foundation has allowed myself, my wife Denise and our daughters to channel our support directly to diabetes education and care, with the ultimate research goal of finding a cure. Family philanthropy is playing a significant role in developing our daughter's values."

**"Through my corporate eyes,** as a financial consultant with Investors Group, I have the ongoing privilege of witnessing and being part of a 'Caring Company'. Making contributions in the communities where we live and work is part of the cultural fabric of the

company. Investors Group supports St. Joseph's by making corporate donations and matching staff donations."

**"And through my volunteer eyes,** I see the profound impact of donor dollars in the care of patients, in teaching new health care professionals, and supporting world-class research."

*"I am proud of my affiliation with St. Joseph's and feel privileged to help shape the future of health care."*

**The dominant health needs of today and the emerging medical issues of tomorrow... no matter where you live in Canada, chances are St. Joseph's is influencing the health care of you and your family.**

People who require surgery, including minimally invasive techniques, or the ongoing management of chronic disease, diagnostic procedures, expert support related to aging, rehabilitation, or specialized mental health care, are the focus of St. Joseph's mission. From premature babies to the veterans of Canada, St. Joseph's has a role in the health and well-being of people through life's journey.



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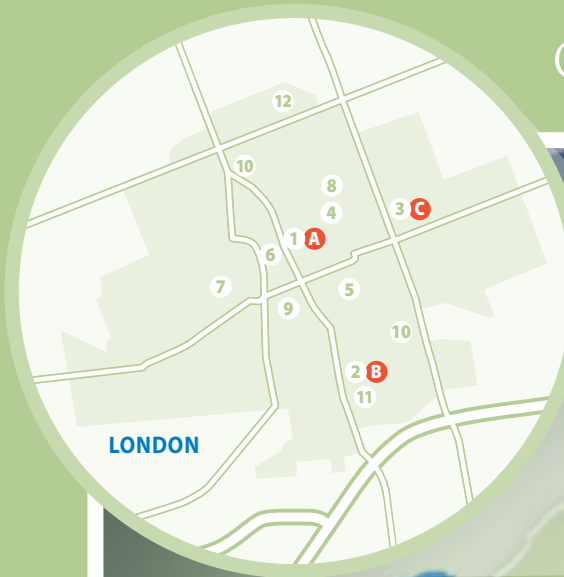
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## Care and research across our region



### London

- 1 St. Joseph's Hospital
- 2 Parkwood Hospital
- 3 Regional Mental Health Care
- 4 London Assertive Community Treatment (ACT) Team 1 & 2
- 5 London ACT Team 3
- 6 Mount Hope Centre for Long Term Care
- 7 Family Medical and Dental Centre
- 8 Infectious Diseases Care Program

- 9 Satellite Imaging Centre
- 10 Southwestern Rehabilitation Centre
- 11 Neurobehavioural Rehabilitation Centre
- 12 Healthcare Materials Management Service

### St. Thomas

- 13 Regional Mental Health Care
- 14 Steele Street Residential Treatment and Rehabilitation Program
- 15 Elgin ACT Team 1 & 2

### Windsor

- Essex ACT Team 1 & 2

### Chatham

- Chatham-Kent ACT Team

### Strathroy

- Strathroy ACT Team

### Woodstock

- Oxford ACT Team

### Cambridge

- Waterloo ACT Team

### Lawson Health Research Institute

- A St. Joseph's Hospital
- B Parkwood Hospital
- C Regional Mental Health Care, London
- D Regional Mental Health Care, St. Thomas

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“I’ve been associated with St. Joseph’s for almost 40 years. Their respect for all spiritual values, especially the healing ministry of Christ, has not changed.”

Father Michael Prieur  
VOLUNTEER, BOARD OF DIRECTORS

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CLOCKWISE FROM TOP LEFT:  
Sarah Trenker, occupational therapist  
Peter Saunders, nursing porter  
Dr. David O'Gorman, scientist  
Dr. George Athwal, surgeon  
Father Michael Prieur, volunteer  
Gloria Neira, housekeeper  
Shirley Rowntree, secretary  
Sharon Enwright, social worker  
Phyllis Brady, patient relations

Because of St. Joseph's...

# I love my work

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When people are proud of where they work, they are motivated to achieve.  
Where there is pride, there is accomplishment and success.  
And at St. Joseph's, staff are proud.

In a recent employee survey, a large majority of staff said they are proud to be part of the organization. When asked whether they would recommend St. Joseph's as an employer to a friend or family member, a notably higher percentage were very likely to do so compared to other teaching hospitals across Ontario.

*"There is a different feel at St. Joseph's. It's like one big family. The value I see most around me is compassion and that is one of the reasons I stay here."*

**Sarah Trenker**, occupational therapist

The survey is part of St. Joseph's commitment to "be a progressive workplace that lives its values." Staff opinions matter. They help strengthen leadership practices, build upon learning opportunities, improve how we recognize each other for our contributions, and make St. Joseph's a desirable place to be.

*"My job affords me the joy and privilege of becoming like family to the residents."*

**Peter Saunders**, nursing porter

*"HULC is, without a doubt, one of the top programs in the world in its field. Working with this team was an opportunity that I could not pass up."*

**Dr. George Athwal**, surgeon, Hand and Upper Limb Centre (HULC)

St. Joseph's had the highest score of Ontario's teaching hospitals on several questions. Of note was how well staff rated the organization for asking for their opinion and for balancing family with work.

Completed by about 1,300 staff, the survey is a launching pad to do more and to do better. Work has begun to turn these ideas into action. The goal? A workplace that enriches and fulfills, is respectful and enjoyable. A workplace that staff are proud to call their own.

*"I couldn't think of being anywhere else. People at St. Joseph's go out of their way to let us know how much we are appreciated."*

**Dot Bourgeois**, volunteer



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“It is great,  
as a scientist,  
to really make  
the ‘bench to  
bedside’ concept  
a reality by finding  
solutions to the  
issues surgeons  
encounter.”

Dr. David O’Gorman,  
LAWSON HEALTH RESEARCH INSTITUTE

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## Driving in from Chatham, Ontario, for her monthly prenatal appointment with specialist Dr. Renato Natale, Angela Pestowka never imagined just how much her baby would need St. Joseph's.

Angela, born with a kidney disease that can cause complications in pregnancy, made the hour-long drive to St. Joseph's each month. But 28 weeks into her pregnancy, one of these routine check-ups would turn into an unexpected and prolonged stay at the hospital.

Angela was admitted immediately when tests found a reversal of flow in the baby's umbilical cord. Three days later, Arden Estelle Pestowka was born by caesarean section. Whisked to the neonatal intensive care unit (NICU), Arden became one of 600 babies cared for in the unit at St. Joseph's each year. "The staff here are amazing," says Angela. "The nurses are incredibly supportive during such an overwhelming time."

Families from across the province find a second home amongst the incubators and machines that help their babies grow. Many find strength and comfort in the nurses who care for their tiny bundles. "We become like a second family for a lot of these parents," says care coordinator Betty Steer. "You can't help but become attached to the babies and their families."

For Angela and her husband Michael, the surprise experience has filled them with appreciation for their daughter's care team. "Everyone from the doctors to nurses are always keeping us informed," Angela says.

As friends and family prepare for Arden's homecoming, Angela can't take her eyes off her sleeping newborn as she watches for every change. "I'm already noticing her legs are getting a little chubbier," she says smiling, knowing her daughter is in the safe, caring hands of St. Joseph's.



## ST. JOSEPH'S FOUNDATION SUPPORTS STAFF EDUCATION

*Ongoing education for staff is vital to ensure these tiny patients and their families receive the utmost respect and compassion during such an emotional time. It is through community and corporate generosity that this education is possible. The TD Bank Financial Group grant of \$30,000 for medical excellence in support of the NICU is just one shining example of a corporation's commitment to health care. The NICU continues to explore the delicate areas of palliative care, end of life decisions, communication and grief support.*

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Embodied in the new St. Joseph's Hospital surgical centre are answers to the health care needs of our community today, and for generations to come.

With the construction of the G. A. Huot Surgical Centre at St. Joseph's Hospital, life has changed for patients, physicians and staff. The new centre doesn't just look amazing — with 10 state-of-the-art operating rooms that include integrated technology allowing for conferencing between each room — it is amazing. It is home to one of the few daVinci robots in Canada, which allows St. Joseph's to revolutionize surgical procedures. The robot provides surgeons with maximal precision during operations and assists in performing close to 100 robotic surgeries each year. "Hands-down, these are some of the most technologically advanced, integrated operating rooms in Canada, and probably North America," says Dr. John Denstedt, city-wide chair/chief of surgery.

The new building also houses the Diagnostic Imaging Centre, a staff library, gift shop and retail space. Constructed at a cost of \$34.3 million, it is the result of a joint funding initiative between the Ontario Ministry of Health and Long-Term Care and St. Joseph's Health Care, London, with a significant portion coming from the community through St. Joseph's Health Care Foundation.

But, the new surgical centre is about much more than a new building. It's about a new future at St. Joseph's Hospital — one we have been creating since 1997.

During that time, we have been developing a new role in acute/ambulatory care. Embodied in the building are answers to the health care needs of our community today and for generations to come. It is also providing physicians, staff, students and volunteers with a better environment in which to contribute and learn. This cutting-edge centre is attracting surgery professionals from across Canada and around the world.

*"Hands-down, these are some of the most technologically advanced, integrated operating rooms in Canada, and probably all of North America."*

**Dr. John Denstedt,**  
CITY-WIDE CHAIR/CHIEF OF SURGERY



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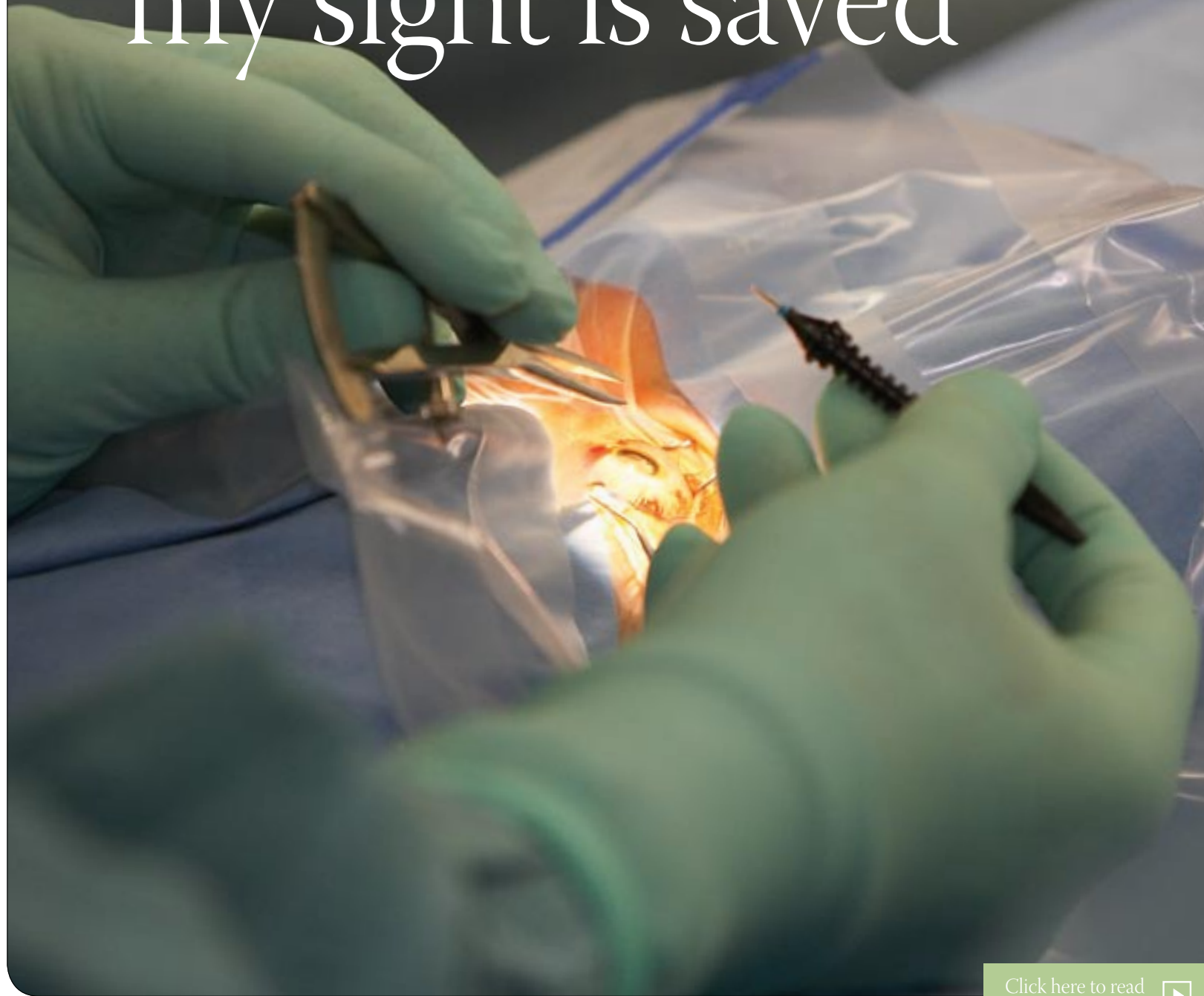
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## St. Joseph's Hospital focuses on the following three areas of adult surgery:

- Hand and upper limb, specializing in the surgical care of disorders of the hand and arm (including shoulder) as well as other types of orthopedic surgery. This centre also provides an extensive plastic surgery program.
- Urology, including general urology surgery, erectile dysfunction procedures, and prostate surgery, including lithotripsy (treatment of kidney stones by shockwaves).
- Ophthalmology, including cataract and retinal surgery.

St. Joseph's also focuses on breast cancer, ear, nose and throat, gynecological, dental and other types of general surgery. We continue to expand our minimally invasive surgery expertise across all surgical services.

### AN EYE TO THE FUTURE

*When diagnosed with macular degeneration, Blanche Hawken was referred by her physician in Kitchener, Ontario to the Ivey Eye Institute at St. Joseph's Hospital. Her physician was confident Blanche would receive the care she needed at Ivey Eye, the main referral centre for eye disease in Western Ontario.*

*Blanche speaks highly of the care she has received from Dr. Tom Sheidow (shown at right) and the entire team at Ivey Eye each time she visits. She credits Dr. Sheidow with saving the sight in one of her eyes. In recognition of the exceptional care she received, Blanche has designated a legacy gift to St. Joseph's Health Care Foundation through her estate in support of the work at Ivey Eye Institute. Legacy gifts such as Blanche's ensure the compassionate and excellent care provided by St. Joseph's will be there for future generations.*



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As a nurse, Marguerite Zavitz could see the news wasn't good. Watching the ultrasound screen closely, it was obvious the lump in her breast had changed. Two years ago, it wasn't a threat. Now, her doctor suspected cancer.

Marguerite is conscientious about mammography screening. Her sister died at age 53 of breast cancer. When a tiny, non-palpable lump was discovered in Marguerite's breast, follow-up ultrasound showed it was nothing to worry about. One year later there was no change, so again Marguerite could breathe easy. But this year's mammogram and ultrasound showed the lump was more defined and had grown — a bad sign.

Marguerite was referred to St. Joseph's Hospital. In the short time before chief radiologist Dr. Don Taves looked at the ultrasound, the lump had changed again. Now suspecting the growth was actually a collection of fluid, he delicately performed a painless needle aspiration of the lump, which was lying close to Marguerite's lung.

The fluid was clear. The growth was benign. The lump was gone. "Dr. Taves was just glowing, and I was beyond relieved. We both knew I was all right," recalls Marguerite.

From providing emotional, spiritual and practical support, to diagnostic, pathology and surgical services, St. Joseph's meets the needs of women from the time of finding an abnormality to diagnosis, treatment and onwards.

"I'm so happy that I'm lucky enough to tell my story," says Marguerite, who can now head off on a long-planned family trip to Scotland. "It's like I've been given a second life."

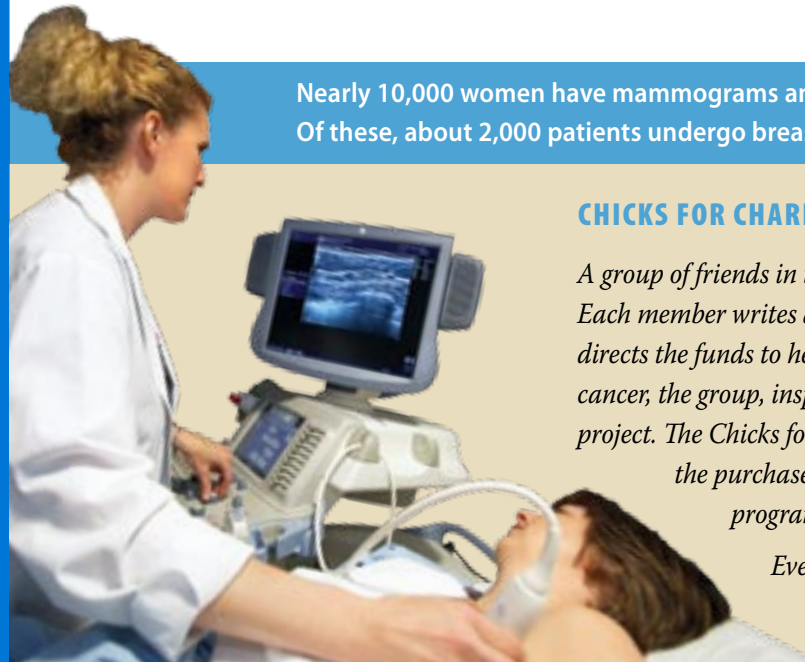
Nearly 10,000 women have mammograms and 4,500 have breast ultrasounds annually at St. Joseph's. Of these, about 2,000 patients undergo breast interventions – biopsies or pre-operative localizations.

## CHICKS FOR CHARITY

*A group of friends in the community, known as Chicks for Charity, gather regularly for dinner. Each member writes a cheque for the estimated value of the meal, and the hostess in turn directs the funds to her charity of choice. When one member was diagnosed with breast cancer, the group, inspired by her positive health care experience, decided to take on a larger project. The Chicks for Charity HOT PINK Fashion Show was born, raising \$19,000 towards the purchase of a new digital mammography machine for the breast imaging program at St. Joseph's Hospital.*

*Events such as this are just one of the many ways our community supports St. Joseph's.*

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Foundation at work  
St. Joseph's Health Care London



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# I am not forgotten



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## August Meacham went to war a private. He came home a sergeant. The war years were his growing years.

On August 30, 1944, Augie, as he is known, was pinned down by machine gun and sniper fire during the attack on the Gothic Line in Italy. A signaller with the Cape Breton Highlanders, his courageous operation of a wireless during that battle would earn him the Military Medal for "gallantry in action."

Today, Augie is a patient at Parkwood Hospital, where his years of courageous service and sacrifice are remembered every day through the gentle touch and expert care of staff who look after him. "It is with respect that the nurses and others care for Augie," says wife Gerry. "This compassion and understanding has allowed my husband to live the best he can despite limited independence."

Still gallant, Augie's quiet nature belies his distinguished wartime service. But his nurses know. So, too, do the recreation therapists, physiotherapists, occupational

therapists, social workers and others involved in Augie's life at Parkwood. In veterans care, a multidisciplinary team works to promote health and enhance the well-being and quality of life of those who have served. And they do so with appreciation for the contributions of the men and women in their care.

For Augie, who served from 1942–1946 in Italy, France, Germany and Holland, where he saw VE Day declared, this appreciation is reaffirming, says Gerry. It has stirred pride in the role he played during a war that shaped who he is today.



## SNOEZELN THERAPY FOR VETERANS AT PARKWOOD HOSPITAL

*St. Joseph's Health Care Foundation purchased a portable Snoezelen therapy cart for the veterans care program at Parkwood Hospital with a gift from the Royal Canadian Legion Ontario Command and Ladies' Auxiliaries Charitable Foundation. The Snoezelen therapy cart provides a wonderful sensory experience at the patient's bedside, designed to calm, relax, stimulate, intrigue and empower people with disabilities, dementia and other limiting conditions.*

*Gifts to the veterans care program at Parkwood Hospital support current and emerging medical, recreational and personal care needs of our veterans.*

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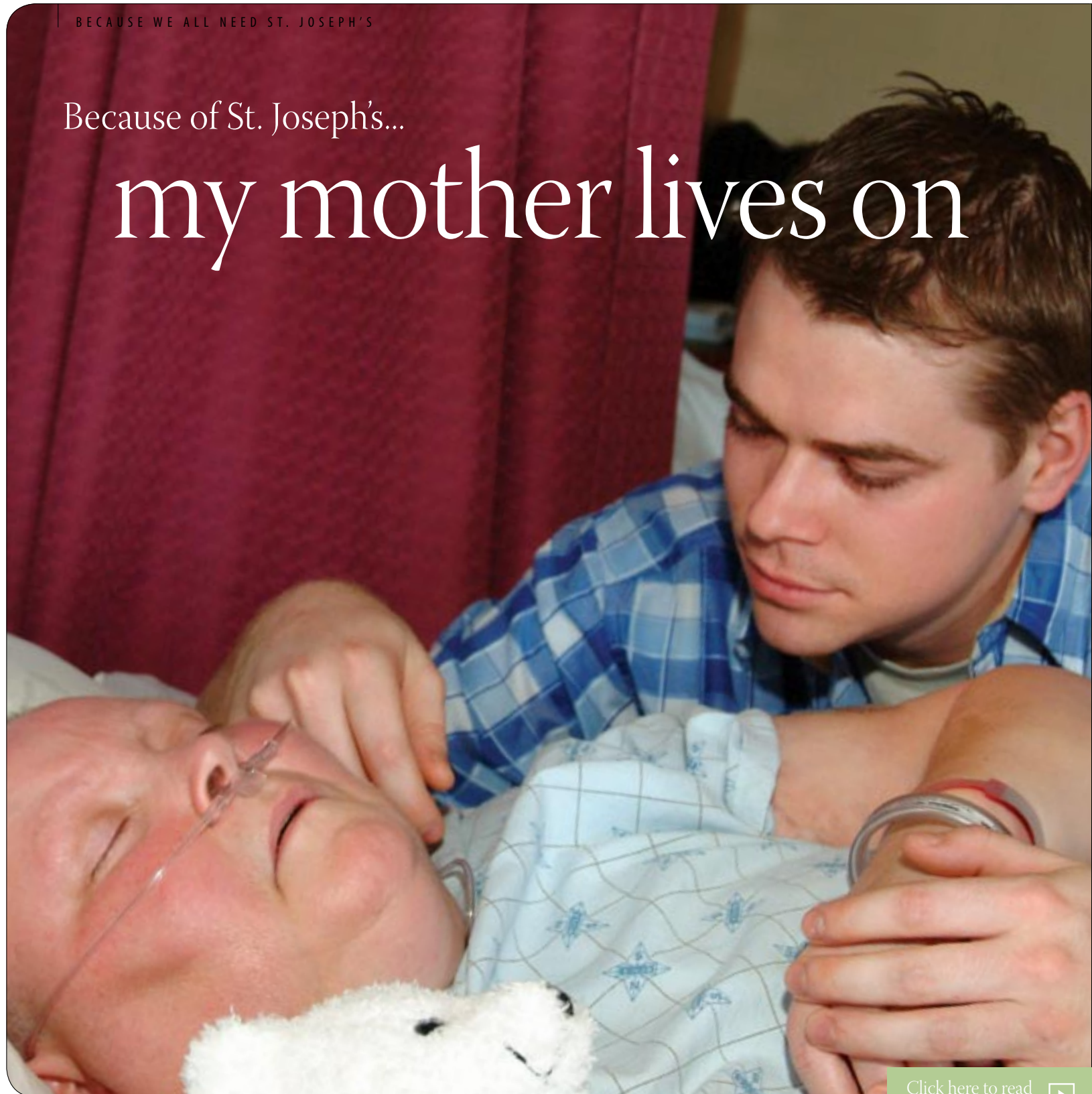
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BECAUSE WE ALL NEED ST. JOSEPH'S

Because of St. Joseph's...

# my mother lives on



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# St. Joseph's Health Care

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Care and research across our region

## OUR PEOPLE

I love my work

## OUR SUCCESSES

My baby is alive  
Surgeries aren't just a procedure  
My sight is saved  
I'm off to Scotland  
I am not forgotten  
My mother lives on  
I'm more sensitive to patient needs  
Canada is better able to care for its aging  
I was able to walk my daughter down the aisle  
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He called her his “superhero mom.” Everyday, he sat at her bedside. Each evening as he left, he called out “I love you mom.”  
At 24, Ryan was bracing for the day his superhero would leave him.

Valerie Teetzel, who raised two boys as a single mom, was diagnosed with a brain tumour and given six months to live. The 43-year-old defied the odds in a battle that brought her to Parkwood Hospital, where family surrounded her and where she prepared to say goodbye. The sweet voice of music therapist Jill Kennedy-Tufts helped her to do so, turning words of love into a living legacy.

Upon Valerie's request, Jill took a poem written by Valerie's sister, Debbie, and put it to music. She recorded the song and created a CD as a gift for Valerie's family to play at her funeral. The music Jill wrote is soft and soothing. Strumming her guitar, she sang it for the first time at Valerie's bedside. Eyes closed, Valerie listened. At the end, she applauded, slowly, silently.

“It's a heartfelt melody you can feel under your toes,” says Valerie's mom, Trudy.

When Ryan heard it for the first time, he cried.

The portable recording equipment can be brought to the bedside, allowing terminally ill patients to create a uniquely personal gift for family or friends. Personal stories, poetry, life wisdom, music or other special messages become a living legacy celebrating the patient's life, providing empowerment for the patient, and offering support to both patient and loved ones. It's a labour of love that helps family and friends cope.

“I loved her very much,” says Ryan of his mom. “The song is something I will cherish forever. Thank you, Parkwood, for this amazing gift.”



## ST. JOSEPH'S PALLIATIVE CARE ENDOWED FUNDS

*Through the generosity of donors, Valerie's touching living legacy is possible. The high-tech digital recording equipment was purchased through endowed funds, which continue to grow annually. These funds ensure dollars are available in perpetuity to support special and unique palliative care needs and projects. Over the years, many projects have been supported by palliative care endowed funds, including extensive renovations to Parkwood Hospital's palliative care unit, which created a homelike and comforting atmosphere, with hardwood floors, sleigh beds, easy chairs and rocking chairs.*

*Meanwhile, for Valerie's family, the sound of music thoughtfully composed, and expertly created, is a meaningful gift for her family to always treasure.*

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There's a well-known proverb that says you can't truly understand a person's experience until you have walked in their shoes. So staff at Mount Hope Centre for Long Term Care are walking. And seeing. And feeling.

To help understand the challenges faced by those in their care, 125 staff members have participated in a program called Through Other Eyes. Donning goggles designed to simulate vision loss, ear plugs to mimic hearing loss, ankle weights to simulate decreased joint mobility, and rubber gloves to decrease their touch sensation, care providers entered the world of the frail elderly. They also drank four glasses of water. Encumbered with the simulation equipment and full bladders, they performed a series of simple, everyday tasks such as reading a lunch menu, making a phone call and counting change.

The experience was profound, with staff reporting feelings of isolation, loneliness and exhaustion as it took all their energy and focus to complete simple tasks. "This program was a real eye opener," says staff educator Heather Orr. With heightened sensitivity to the needs of residents, staff are recommending changes, such as enlarging the print on menus, to make life easier.

Residents of long-term care facilities often experience a range of emotions, such as grief, fear and frustration because of age-related disabilities, separation from family, and growing dependence on others.

"Mount Hope staff are well-known for their compassion and excellence in care," says Heather, "but taking that walk in the 'shoes' of residents helped us truly understand how far kind words and patience go toward enhancing the quality of life of those in our care."

*"With heightened sensitivity to the needs of residents, staff are recommending changes to make life easier."*

## THROUGH OTHER EYES

*Mount Hope staff participated in the Through Other Eyes program thanks in part to a donation made by the family of a resident who endured the gradual, debilitating conditions of movement, muscular and neural deficits associated with Parkinson's disease. This family has a special interest in helping others focus on the unique needs and care requirements of those living with chronic disease. We are grateful for their interest and support in making this training possible. The St. Joseph's Health Care Foundation works closely with donors to identify specific ways in which their giving can immediately impact patient care.*

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## Dancing with the Seniors may never make it as a reality television show, but if it sparks the tiniest flicker of interest in caring for our elderly population, then Dr. Laura Diachun will be thrilled.

The Parkwood Hospital geriatrician has sounded an alarm across Canada about the critical need for doctors with the skills to look after our rapidly growing aging population. And Dr. Diachun, with her colleagues, is taking some creative steps to do something about it. Not just dance steps. Bowling, golf, drama, cards and aerobics with seniors is part of the training for medical students at the University of Western Ontario, where Dr. Diachun is director of undergraduate geriatric education and co-director of the eldercare clinical clerkship. Mentorship programs, recruitment and incentive campaigns, and changes to geriatric medical training are some of the other strategies Dr. Diachun and her team are championing locally, provincially and nationally.

"Students need to see past the stereotypes. They need to see the intrigue and challenge that is geriatric medicine."

Since Western's medical students have embarked upon and embraced intergenerational recreation — the dance was their idea — the number of future physicians choosing to do an elective in geriatrics has soared. The hope is they will eventually specialize in geriatrics. "Given Canada's current shortage of geriatricians (there are fewer than 200 while the estimated need is for more than 600) it's essential to understand how we can better teach medical students the principles of elder care," says Dr. Diachun.

*"As baby boomers move into their senior years, physicians will be spending half their time with patients over age 65."*

## ENDOWED FELLOWSHIPS AND STUDENTSHIPS

*Parkwood Hospital was the first academic centre of geriatric medicine in Canada and its specialized clinical care and research has become renowned around the world. But the challenges ahead are daunting.*

*The critical need for more health care providers trained in geriatric medicine is an important focus for the St. Joseph's Health Care Foundation. Through donor gifts, young and promising researchers are given the opportunity to train in research programs focused on the care of the elderly. Aside from training future specialists, the 12-month studentships and fellowships also guarantee dedicated time to explore new and innovative medical treatments.*



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REHABILITATION & SPECIALIZED GERIATRIC CARE

OUR SUCCESSES

It was just a nudge.  
A playful nudge.  
And then the unthinkable...

On the pool deck, John Bannon was tossing a tennis ball to his teenage daughter and her friends as they leapt off a diving board, catching the ball midair. It was a hot June afternoon in 1992 and the pool party was a refreshing end to a softball tournament.

Then, elbowed by a friend, John plunged into the shallow end, the back of his head hitting the bottom. In that instant, John became a quadriplegic. He was 36 years old, the father of two. In the aftermath, John recalls a nurse telling him to get used to the wheelchair, that he wouldn't walk again.

But on May 27, 2006, John walked his daughter down the

aisle. On the dance floor, he took the new bride in his arms and danced. It was a dream John never thought possible.

Research made it happen. John was among the first participants in a clinical trial at Parkwood Hospital for a drug called 4-aminopyridine (Fampridine) designed to allow signals from the brain to travel across injured areas in the spinal cord to reach the muscles. The drug controls John's debilitating muscle spasms, dramatically improving his stamina, strength, and quality of life.

*"I feel so fortunate to experience the benefits of research. It has allowed me to have an active, independent life despite my injury. And it fuels my optimism for the future."*

## AGING, REHABILITATION & GERIATRIC CARE RESEARCH CENTRE

*John Bannon's remarkable achievements are a beacon of hope for spinal cord injury survivors and a testament to medical research that aims to rebuild and rejuvenate lives. This is the focus of the Aging, Rehabilitation & Geriatric Care Research Centre, part of Lawson Health Research Institute located at Parkwood Hospital. The first centre of its kind in Canada, the new \$2.8 million facility features more than 15,000 square feet of dedicated research space focusing on spinal cord injury, geriatric care, complex continuing care, stroke rehabilitation, veterans care, neuromuscular care and wound treatment.*

*And, it wouldn't exist without the generosity of individuals and corporations who believe in outcome-driven research that has both an immediate and long-term impact on patient care. The centre was funded entirely by donor gifts through the St. Joseph's Health Care Foundation. Scientists and research staff have now converged in this one, purpose-built facility, transferring their collective brainpower and resources into immediate practice.*



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Because of St. Joseph's...

# I had the courage to come back



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Rae Driessens describes it as emptiness so profound “there was nothing living inside me anymore. There was nothing to look forward to. No energy to look after myself or my family. No sense of need, no joy, no will to live.”

The mother of two suffers from bipolar disorder, a debilitating mental illness that causes unusual shifts in mood, energy, and the ability to function. After years of illness and frequent hospital stays, Rae came to the mood disorders program at Regional Mental Health Care, London (RMHC). Supported by Dr. Verinder Sharma, she has made a remarkable journey towards recovery, one that is also helping others.

Since her departure from RMHC, Rae has been educating the public about bipolar disorder, a passion that has earned her a nomination for the provincial **Courage to Come Back Award**, sponsored by the Centre for Addiction and Mental Health Foundation.

“Putting a face to the illness is helpful,” says Rae. Others find strength and comfort in relating her experiences on the bipolar “rollercoaster ride” to their own lives.

Rae speaks openly of the challenges she and her family have faced over the years, not only with her own illness, but also with the bipolar diagnosis of both her son and daughter. More than anything, she hopes to change society's perceptions of mental illness, a stigma she refers to as a “devastating and invisible intruder” that can make or break the recovery process. “Overcoming stigma is at least part of the battle of overcoming the confinement and seclusion we often choose for ourselves when experiencing a mental illness.”

Rae's mission to educate others continues.

*“My deepest gratitude and utmost respect goes out to Dr. Sharma and the nursing staff for accepting and understanding my plea for help.”*

## PHYSICAL FITNESS HELPS MENTAL HEALTH

*Through special fundraising initiatives and the generous support of donors, St. Joseph's Health Care Foundation is able to support the purchase of recreational equipment for clients of St. Joseph's Regional Mental Health Care – London and St. Thomas.*

*According to the Canadian Fitness & Lifestyle Institute, exercise is of particular value to good mental health. Mounting evidence points to physical activity as an excellent way to help treat and prevent mental health problems. Physical activity seems comparable to psychotherapy for treating milder cases of anxiety and depression. Both anxiety and depression are common symptoms of a failure to cope with mental stress. According to the Canadian Psychiatric Association, as many as 47 per cent of Canadians report being severely stressed several times a week. Physical activity is a valuable tool for coping with mental stress.*

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Foundation at work  
St. Joseph's Health Care London



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Because of St. Joseph's...

# we can change lives



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## A world away, a hard-working woman struggles to look after her family, herself and her friends. Lawson Health Research Institute is helping.

Meet Mama Joyce, a mother of 11 children and two orphans. Like so many others in her community of Mwanza, Tanzania, she is HIV positive.

Mama is among a group of women working in a community kitchen set up by Lawson scientist Dr. Gregor Reid, along with staff and students from the University of Western Ontario. She is one of the "yogurt mamas" who produce homemade yogurt that contains a probiotic strain

originally researched at Lawson. Currently, 80 HIV positive people and their families receive the homemade yogurt from the kitchen, established to improve nutrition, reduce diarrhea and boost immunity in HIV/AIDS patients.



Mama Joyce with Gregor Reid

Among those receiving the yogurt is Mama's friend Masiba Makene, who chose not to take anti-retroviral therapy due to its side effects. His immunity (CD4 count) was plummeting to the dangerous 250 level when he started on the yogurt. After daily probiotic yogurt use for nine months, his CD4 count went from 335 to 555. Masiba has now set up a small fish distribution business.

### All of this because of St. Joseph's.



## LAWSON HEALTH RESEARCH INSTITUTE

*Behind the exceptional care provided at St. Joseph's is the world-renowned work of the Lawson Health Research Institute, one of Canada's largest hospital-based research institutes. Research conducted at Lawson is dedicated to helping people live healthier lives by advancing knowledge of how to prevent, diagnose and treat disease. This research directly and dramatically influences every component of patient care as new health care methods and treatments are brought to the bedside.*

*St. Joseph's Health Care Foundation invests substantial dollars each year to provide infrastructure support, project funding and scientific positions at Lawson Health Research Institute. The foundation helps finance important research projects like those of Dr. Reid's and others at Lawson through both its endowed funds and active fundraising for vital projects that have a direct impact on patient care.*



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# we can recruit from around the world



FROM LEFT TO RIGHT:  
**Dr. David Goldman**, United States  
**Dr. Noel Laporte**, Canada  
**Dr. Abraham Rudnick**, Israel  
**Dr. Prakash Gangdev**, Great Britain

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They come from around the world,  
drawn by our research, regional programs,  
and the opportunity for hands-on care.

In the past few years, Regional Mental Health Care London and St. Thomas (RMHC) have recruited 23 psychiatrists from across Canada, the United States and overseas.

Among the newest arrivals is Dr. Amresh Srivastava, physician team leader for the innovative Elgin prevention and early psychosis program at RMHC St. Thomas. Relocating from England, Amresh chose St. Joseph's, having heard about the far-reaching mental health care programs and opportunities in clinical practice. A native of Mumbai, India, the psychiatrist was also attracted to St. Joseph's because of his interest in clinical research and education.

*"It's so very important that we, in our evolving mental health care role, have the resources available to support the needs of the community."*

**Dr. Sandra Fisman,**  
CHIEF OF MENTAL HEALTH SERVICES

"The hospital's affiliation with the University of Western Ontario was very appealing," says Amresh, who also takes on the role of assistant professor in the department of psychiatry at Western's Schulich School of Medicine and Dentistry. "I am looking forward to starting my research, which will include psychosis, suicide and the effect of medications on psychological processes."

Dr. Sandra Fisman, chief of mental health services, plays a vital role in engaging new psychiatrists. "RMHC provides regional care across a broad range of specialized services. The expertise of our professional psychiatric care providers help make mental health care accessible to everyone who needs it."



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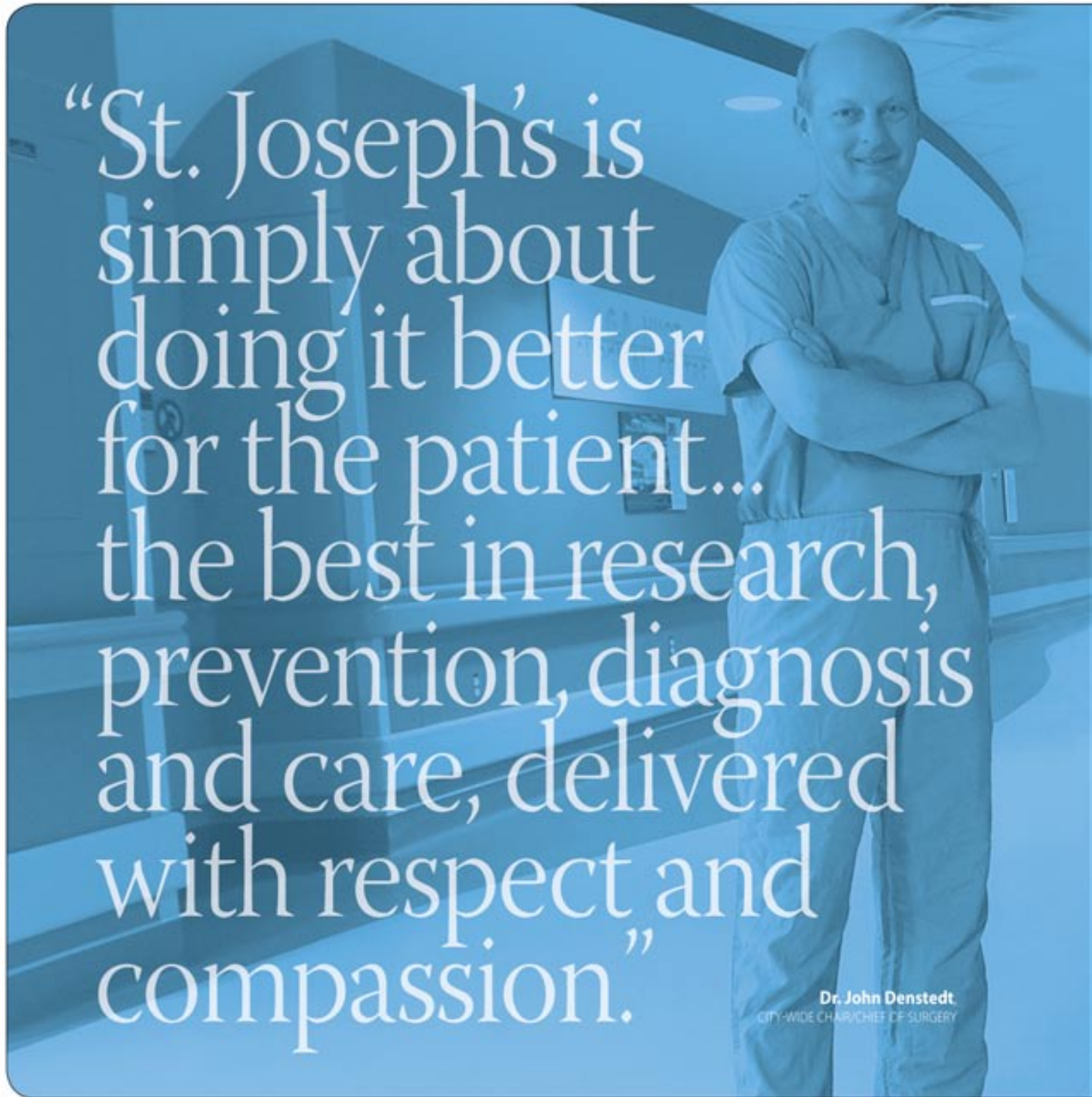
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“St. Joseph's is simply about doing it better for the patient... the best in research, prevention, diagnosis and care, delivered with respect and compassion.”

Dr. John Denstedt  
CITY-WIDE CHAIR/CHIEF OF SURGERY



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# we helped answer the call to care

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St. Joseph's Health Care Foundation  
is the largest charitable organization of its kind  
in Southwestern Ontario.

### ANSWERING THE CALL TO CARE...

The Foundation works closely with clinical care and research programs to build capacity and fund innovation. With your help, we're answering the call to care. Today's Foundation initiatives encompass patient care, teaching and research in such areas as breast and prostate cancer, eye diseases and disorders, mental illness, diabetes, minimally invasive surgery and rehabilitation, just to name a few.

### THE IMPACT OF DONOR GIFTS...

Recently, the Foundation granted \$12.8 million to the work of St. Joseph's in support of patient care, teaching and research projects — the largest grant ever made in a single year. This included \$10 million raised specifically for the new surgical and diagnostic imaging building, which represented a full quarter of the entire cost of the project. Donations from our community made this possible.

### THE LIFEBLOOD OF THE ORGANIZATION...

Volunteers are the lifeblood of the Foundation's work. From Board governance to event management, there are many ways in which our community plays a part in supporting care at St. Joseph's. The Foundation's volunteer program is based on creating a meaningful volunteer experience that can match skill set to need, and build new skills.

*Deeply touched by the care her family received at St. Joseph's Hospital, Jennifer Foster (shown at left with her family) wanted others to receive the same level of care in the future. To help ensure that care, Jennifer chose to make a bequest to St. Joseph's.*

### WHY ST. JOSEPH'S?

No matter where you live in Canada, or how old you are, chances are St. Joseph's is influencing your life and the lives of your family. By investing in St. Joseph's, you too can have an impact on the health care of Canadians.



Accredited as an adherent to  
Imagine Canada's Ethical Fundraising  
and Financial Accountability Code.



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