



connections

A newsletter for the staff, physicians, volunteers, residents and students of **St. Joseph's Health Centre**

JANUARY 9, 2012

Putting Patients First

St. Joe's welcomes our first baby of 2012

By Kris Scheuer, Communications Associate, Corporate Communications & Public Affairs

Lucas Gonsalves was in a hurry to be born as he came into the world two weeks earlier than expected. His birth date won't be hard to forget as he was delivered at St. Joseph's on New Year's Day.

Proud mom Michelle De Souza said she and partner Ryan Gonsalves were expecting their first child to be born in mid-January, but their son Lucas had other plans. Michelle came to St. Joe's December 30, but was sent home as she wasn't ready to give birth yet. The following day on New Year's Eve, she came back around 5 p.m. and by midnight the contractions really increased. While she did not give birth close enough after midnight to have Toronto's New Year's Day baby, she did deliver St. Joseph's first baby of 2012.

Lucas was born at 1:51 a.m. on January 1 weighing 6 pounds and 14 ounces. Michelle and Ryan wanted a January baby rather than a December baby, so they are happy Lucas held off until the start of 2012 to be born.

"We really wanted him in January, but he kept us guessing until the very end," said Michelle from her hospital bed the day she delivered. "It makes a difference if you are the youngest in the class (born December 31) or the oldest in the class (born January 1)."

One benefit of having a baby so close to the Christmas holidays is she has extra family around to meet little Lucas. "My grandmother is here from Guyana, so she will now get to see him," said Michelle, who lives 10 minutes from the hospital.

St. Joseph's extends our congratulations and best wishes to Michelle and Ryan on the new addition of Lucas to their family. St. Joseph's delivers more than 3,000 babies annually.



Michelle De Souza smiles at her infant son Lucas Gonsalves on January 1, just hours after he was born at St. Joe's at 1:51 a.m.

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Two-page insert included

Enhancing the Health of the Communities We Serve

St. Joe's Basketeers share in the spirit of giving

By Gillian Brunning, Communications Associate, Corporate Communications & Public Affairs

Founded by Cheryl Stoneburgh, the Greater Toronto Area Chapter of the Basketeers began in 2000 to support women in local shelters. The idea is simple - fill laundry baskets full of useful household products or personal items and deliver them before Christmas to women in need. These baskets are intended to empower the women and provide them with the basic necessities they need to get back on their feet and sustain themselves as they begin a new life. The grassroots project has grown to a total of eight different chapters across Ontario and was able to provide 1,685 baskets to women in 39 shelters this year.



The donation baskets put together by St. Joe's basketeers.



Members of St. Joe's basketeers stand proudly beside their donation baskets for the community.

Miriam Jablonski, Interface Analyst in Information Services, gathered a bunch of girlfriends and began taking part in this yearly gift giving initiative four years ago. "We all used to get together and exchange presents around the holidays, and one year we decided that there are other people who

need these gifts more than us," said Jablonski. "One of my friends came across the Basketeers and approached the group with the idea to replace our annual gift exchange with a donation of a basket."

After a few years of filling and donating baskets amongst her friends, her colleagues at St. Joe's showed an interest in the opportunity to give back. "At first I just sent out a quick note to those I thought might want to take part and the response I got was great," she said. Rallying the team, organizing the gifts for the basket and working with the Basketeers group takes a considerable amount of time, energy and effort. This holiday season, Jablonski took charge once again and organized a humble group of coworkers to fill not one, but two baskets well past the brims.

On behalf of the basketeers at St. Joe's, thank you Miriam for helping us to share the holiday spirit with those in need in our community.

Inspiring Our People

St. Joe's Occupational Health & Safety Services team leaves an element of mystery for the future

By Tanya Kavcic, Jr. Communications Associate, Corporate Communications & Public Affairs

The hunt for treasures to include in the Our Lady of Mercy (OLM) time capsule is well under way and members of the Occupational Health and Safety (OHS) team have submitted their package.

"It was fun and a nice break from my regular routine," said Cheryl Croutch, Manager, OHS. "We ran around looking for things that highlighted our accomplishments in the department and organization."

To mark the 90th anniversary of the Health Centre and the completion of the construction of the OLM Wing, a time capsule is being populated. The capsule in OLM, in addition to a capsule created for the 75th anniversary celebration, will be opened on St. Joe's 100th anniversary.

Our OHS team strives to provide the best occupational health service to support each employee's physical, mental, emotional and social wellbeing in the hospital so it is fitting that the team included N95 respirators, safety engineered medical sharps, a Workplace Safety and Insurance Board (WSIB) poster, influenza and Fitness Centre brochures.

"We also wanted to have fun with it so we included a few surprises which you will have to wait until 2022 to see," said Croutch.

Allan Tam, a Registered Nurse on the team said, "it will be interesting to see what will change in 10 years."

When asked whether Croutch or Tam had any advice for other teams preparing their time capsule submissions they said, "have fun and don't think too much about what to include. If you keep your submission current and simple, it should only take 10 to 15 minutes. Plan early and mark it off your to-do list!"

Time Capsule Fun Facts

In keeping with the time capsule spirit, here are some facts about different time capsules from other parts of the world:

- The world's first time capsule can't be opened for another 6,101 years. In 1936, Dr. Thornwell Jacobs created the 'Crypt of Civilization' in a room that had housed an indoor swimming pool on the campus of Oglethorpe University in Atlanta, Georgia. The door is welded shut and bears the instruction, 'do not open until May 28, 8113'. Those alive in 8113 will find a Bible; the recorded voices of Adolf Hitler, Franklin D. Roosevelt and Popeye; a script from *Gone With the Wind*; 640,000 pages of microfilmed material and a machine to teach the English language.

- The International Time Capsule Society estimates that there are 15,000 time capsules worldwide, including about 5,000 created during the countdown to the millennium. Sadly, Society co-founder Paul Hudson, estimates that more than 80% will never be found.

Source: *The Old Farmer's Almanac, 2001.*

Putting Patients First

Merry bears bring joy to St. Joe's Paediatric department

By Tanya Kavcic, Jr. Communications Associate, Corporate Communications & Public Affairs

On Tuesday, December 20th, members of Toronto Community News (TCM) reminded us of the spirit of giving by surprising children and parents in the Health Centre's Paediatric department with stuffed teddy bears as part of the Beary Merry Christmas campaign.

Gabriella (Ella) Benitez-Viveiros was admitted to the hospital Sunday, December 18th after her mother became increasingly concerned with a cough which turned out to be a virus affecting her respiratory system.



One of the superheroes in our Paediatric department holding his newest stuffed teddy bear.



Ella holds her bear with members of the TCM team. From left to right: Christina Romano, Brent Cook and Sarah Weller.

"We just found out she is being discharged today," said Nellie Benitez-Viveiros. "Ella's bother and sister are waiting for her to come home. We can't wait to spend time with family and friends for Christmas."

Carrying on the yearly tradition, TCM visited all patient rooms, giving a stuffed bear to each child. The remaining teddy bears will be given to newly admitted patients while quantities last.

"It's great to be part of the Beary Merry campaign," said Brent Cook, Advertising Sales Consultant, TCM. "Seeing their faces light up when giving them their bears makes it priceless."