



connections

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

JULY 5, 2010

Using Our Resources Wisely

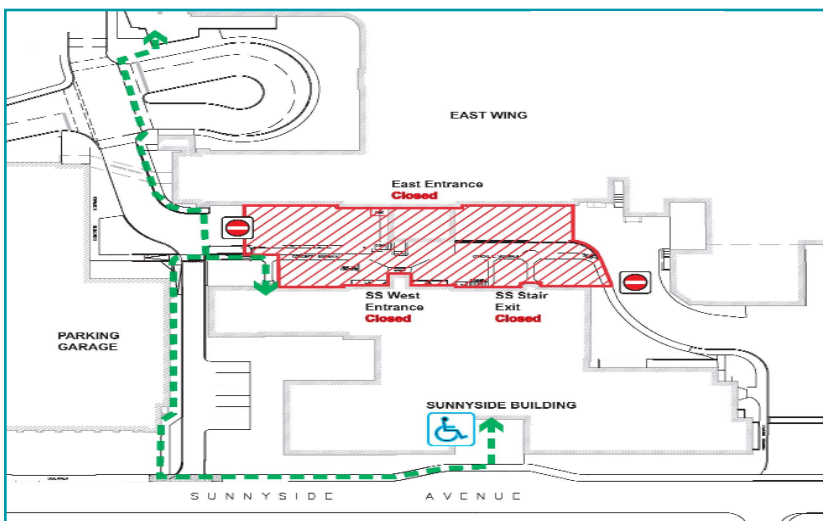
East Driveway, East Entrance and Sunnyside West Entrance to be Closed as of July 5th for the Tunnel Retrofit Project

The tunnel retrofit project began on June 14 with the closure of the tunnel between the Sunnyside Building and the Health Centre. The closure of the East wing driveway will begin on Monday, July 5.

In preparation for the work, the parking spaces along the East driveway will close on Sunday, July 4 and the bike racks outside the East entrance will be relocated to the south side of the Sunnyside building between gym and the parking garage. The people movers at the East Entrance will be relocated to our other locations around the Health Centre (Tranquility, Emergency). These changes will be in effect for the duration of the work in this area.

This work will result in significant disruptions to the pedestrian and vehicular traffic patterns around the Health Centre campus - impacting staff, physicians, patients and visitors. The tunnel retrofit project is expected to stretch through the summer and into the fall and will include the closure of the East Entrance and the Sunnyside West entrance in order to excavate the area.

Detour signs will be found throughout the hospital and the Sunnyside building and large signs have been posted outside of the building. Information about this closure is also available on our website at www.stjoe.on.ca.



We appreciate your understanding and patience as we work to complete this necessary project.

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SJHC Physician named one of *Canadian Immigrant Magazine's* Top 25 Canadian Immigrants

by Michelle Tadique, Communications Associate

Generous personal contributions, proactive fundraising and the establishment of a Foundation that strives to disseminate the latest in medical education and humanitarian activities define Dr. Asha Seth as a "Physician-Philanthropist".

Because of her commitment to turning her professional success into ways of giving back to the community, she has been named one of *Canadian Immigrant Magazine's* Top 25 Canadian Immigrants.

Originally born and raised in India, Dr. Seth knew at a very young age that medicine would be her life's path, caring for those who need it most. "My job and my mandate (in caring for people) go beyond my office doors," she said.

Dr. Asha Seth has been a physician at St. Joseph's since 1976. She has been able to touch the lives of many people, by bringing thousands of babies into the world as a family doctor specializing in obstetrics, but also as a philanthropic leader.

"When I found out (I won), I was happy," explained Dr. Seth. "Not about winning, but about the fact that the hard work and contributions of immigrants are recognized and that people understand and want to praise the importance of giving. Praise always has a positive impact, and makes you want to work even harder at what you do."

To continue reading this article please visit our website at www.stjoe.on.ca.

Inspiring Our People and Using Our Resources Wisely

Upcoming Foundation Events

The 55th Duffer's Invitational Golf Tournament

www.theduffersinvitational.com

Dating back to 1955, the Duffer's Invitational was established to offer the causal golfer a relaxing setting to play golf with the focus of creating life long memories with good friends. This year's tournament is especially significant as the event will honour the memory of one of it's founding members, Ray Ferracuti, who passed away last year. All funds raised will go towards St. Joe's, specifically a new haemodialysis machine. To confirm your foursome or for additional information please contact Tanya Lorenc at 416-303-0690 or by email at theduffersinvitational@live.ca.

QueenWest MusicFest

www.queenwestmusicfest.com

The second annual QueenWest MusicFest is a free outdoor concert held at Trinity Bellwoods Park. The event will showcase a variety of independent and signed recording artists with the majority of them hailing from the Queen West music scene. This year's headlining band will be The Trews. Proceeds raised from this event will go towards the new Our Lady of Mercy patient care wing.

8th Annual St. Joseph's Health Centre Fall Classic

www.foundation.stjoe.on.ca/golf

For the first time, the 8th Annual St. Joseph's Health Centre Fall Classic will be held in our catchment area, at the Islington Golf Club. The 18-hole, par 72 course was designed by renowned golf architect Stanley Thompson and is the partner course for the 2010 RBC

Canadian Open. Once again, funds raised from this event will go towards the Neonatal Intensive Care Unit (NICU) in the new Our Lady of Mercy patient care wing.

Scotiabank Toronto Waterfront Marathon

www.torontowaterfrontmarathon.com

St. Joseph's Health Centre has signed on to be one of over 100 charity groups participating in the annual Scotiabank Toronto Waterfront Marathon. Run a full or half marathon or walk 5km for St. Joe's! Simply click on the St. Joseph's Health Centre Foundation logo on the Charity Challenge page, register for the event, then register to fundraise and challenge your friends to support you! The event features entertainment along the route, water and aid stations and even a post-race victory party! Register today!

St. Joseph's Health Centre Gala 2011 Rock the Cradle

www.foundation.stjoe.on.ca/rockthecradle (coming soon!)

"Rock the Cradle" is St. Joseph's Health Centre's highly anticipated signature event to benefit the Family Birthing Centre and Neonatal Intensive Care Unit in the new Our Lady of Mercy patient care wing. Representatives from Toronto's business and corporate communities, sponsors, health care and community leaders will come together for a wonderful cause while enjoying live entertainment by special guests. The evening will include a cocktail reception, a gourmet dinner, rockin' entertainment and a raffle and live auction that one will not forget. Reserve your tickets on-line!

Putting our Patients First while Enhancing the Health of the Communities we Serve

SJHC is prepared as G20 Rolls into Toronto - Thank you to all our staff!

The Group of Twenty (G-20) Summit, which brings together systemically important industrialized and developing economies to discuss key issues in the global economy, took place in Toronto, Ontario on June 26 and 27. The Summit brought thousands of visitors, protestors and media to the downtown area.

SJHC worked with the Toronto Central LHIN, Toronto Police Services and Toronto EMS to ensure that our health care system and our first responders were prepared for any situations that may occur as a result of protests in the city. Planning has been underway for months, as SJHC revised policies and procedures and carried out necessary training and retraining for all our staff who would be working during the Summit.

"We really saw our Mission and Values in action! I want to say thank you to everyone who went above and beyond to make sure they got into work on time and to those staff who stayed past their shifts until their team members arrived to ensure we provided continued quality care to our patients and their families," said Carolyn Baker, President and CEO.

The ED staff worked tirelessly over the weekend to help care for and treat several police officers who were brought to SJHC and helped them recover so they could return to their duties downtown, while continuing to provide the safest care to the patients in our community arriving at the Emergency Department. Staff in all areas worked hard to ensure that we had the capacity in our Emergency Department as well as on the units to provide the right care for all of our patients, in the right place at the right time.

"Congratulations to the Emergency Department staff and all of the units who worked as a team to get admitted ED patients up into a bed on the floors," said Baker.

Create a Culture of Inquiry and Innovation

Strategic Planning for 2011-2014: Listening for Direction

One of the most important steps of our Strategic Planning is to hear from you: staff, physicians, volunteers, and students! To help facilitate these discussions and share ideas about SJHC's Strategic Plan we are organizing Coffee Break Sessions again!

Strategic Planning Coffee Breaks bring members of the Senior Leadership Team to you. They will be visiting every area throughout the Health Centre to chat with staff over a cup of coffee and listen to their ideas and feedback that will help us achieve our Vision of Canada's Best Community Teaching Hospital.

It is crucial to the plan's success that it is built by the people who deliver our services every day, so it is clear how everyone fits into the bigger corporate direction and are proud to be apart of the organization.

If you have any questions about this, please contact Corporate Communications & Public Affairs at ext. 6387 or via email at pubaff@stjoe.on.ca.

Heat Hazards: Staying safe, hydrated and happy this summer

Submitted by Cheryl Crutch, Manager, Occupational Health and Safety. Source: Shepell fgi

From picnics to cottages, to patios: summer is a favourite time of year for most people. But as the temperature and humidity rises, so does the risk for heat-related illness. Dehydration, heat exhaustion and other serious conditions can bring a bad end to a good time. Luckily, by following these tips you can keep your cool and prevent yourself from overheating.

Dress the part - Wear lightweight, loose-fitting and light-coloured clothing instead of dark, tight clothes that hold in heat. Natural fabrics like cotton and linen are more breathable, so try to avoid synthetics. Never forget your shades and, if you have long hair, tie it back away from your face.

Prevent sunburns - Use an umbrella or a light-coloured hat to protect yourself from the sun and regularly apply sunscreen to exposed skin. Sunscreen should be of SPF 15 or higher, used at least 20 minutes before going outside and reapplied every two hours. A sunburn can make it harder for your body to cool itself and can have negative long-term effects on your skin, including certain types of skin cancer.

Drink lots of fluids - Staying hydrated ensures that your body maintains a healthy temperature. Stay away from drinks with alcohol or caffeine, which can actually dehydrate you. Drink lots of water throughout the day – even if you don't feel thirsty.

Eat for the season - Heavy and hot meals only add heat to your body. Try enjoying a diet of cold summer foods like salad and seafood. Make homemade popsicles and smoothies, and munch on frozen grapes, berries or bananas. You can also consider making the most of the outdoors and cook meals on the barbecue.

Keep rooms cool - Close windows, curtains and blinds in the morning to block the sun's rays and to keep your home cool throughout the day. Try opening the windows at night to let in fresh, cool air. Lights and electronics often emit a large amount of heat, so turn these off whenever possible. Set up fans around the house, but just remember that they only move air around and can't cool it down. For the best results, place fans in front of an open window or next to a bowl of ice for a nice breeze.

Find shelter - Spending some time in an air-conditioned building is the best way to escape high temperatures. If you don't have air conditioning at home, shopping malls, movie theatres and libraries are all great places to stay cool.

Get wet - Bathe, shower and soak your feet regularly for an instant cool down. Visit your community swimming pool, fill up the wading pool in your backyard and load up your kids' water toys for active ways to beat the heat.

Shift your routine - If you exercise outdoors, try getting active in the morning or evening when it's likely to be cooler outside and the air quality – especially on muggy days – tends to be better. Avoid activities in the direct sunlight or on asphalt surfaces and instead get active in the pool or shady areas. Take frequent breaks, regularly replenish your fluids, slow down and pay attention to your body. It's a good idea to avoid strenuous activities altogether in extreme heat.

Keep an eye out - During a heat wave, regularly check in on family and friends and neighbours. In particular, children, seniors and people with chronic diseases are most susceptible to heat-related illness and some medications may also increase this risk. Never leave anyone unattended in a car and don't forget that pets also need protection from the heat.

Know the signs - Know that if you or someone you're with starts to experience weakness, headaches, dizziness, muscle cramps, nausea, vomiting or a rapid heartbeat following sun exposure – you are probably suffering from a heat-related illness. Try to bring the body's temperature down by getting somewhere cool, drinking water, misting the skin and using ice packs. If symptoms don't improve within 60 minutes, you must contact a doctor. If any of these signs are accompanied with a fever, fainting or confusion, seek medical attention immediately.