Desmond Tutu brings an inspirational message of hope and humanity to London

St. Joseph’s HIV/AIDS expertise has international impact
healing the emotional scars of veterans
vital new support for mental health

A STORY OF SPIRIT AND COMPASSION
page 50
A legacy gift allows me to give more.

“I’ve seen first-hand the gentle, compassionate and professional care offered at St. Joseph’s to women and children when they are in desperate need.”

Leith Coghlin’s legacy is to help ensure St. Joseph’s is able to provide compassionate care for women and children. That’s why he chose to support the Sexual Assault and Domestic Violence Program through a gift of life insurance.

There are many policy options, and monthly payments make it an affordable way to make a meaningful contribution to the advancement of patient care, teaching and research. You too can leave a legacy. Please contact us to learn more.

St. Joseph’s Health Care Foundation supports St. Joseph’s Health Care, London, which includes St. Joseph’s Hospital, Parkwood Hospital, Mount Hope Centre for Long Term Care, Regional Mental Health Care London and St. Thomas, and Lawson Health Research Institute.

Because we all need St. Joseph’s.

St. Joseph’s Health Care, London

PLEASE GIVE.
519 646 6085
www.sjhcfoundation.org
Looking Back, Welcoming the Future

St. Joseph’s demonstrates accountability for past performance, while continuing to strive for excellence and innovation in the months and years ahead.

year in review
St. Joseph’s Health Care, London is focused on delivering high performing, accountable services, and every year we invite the public to see how we’re doing. The Annual Community Meeting is a time to recognize the achievements of those who contribute to treatment, teaching and research at St. Joseph’s; and to inform the community about the care we provide. Also at the meeting, St. Joseph’s Health Care Foundation reports on how private philanthropy and the generosity of our community impacts the care of our patients. The meeting will be held June 18 at the London Convention Centre, 300 York Street. For more information, call 519-646-6085.

how we perform
To further demonstrate our commitment to public accountability, St. Joseph’s has added a new section to its website (www.sjhc.london.on.ca). Under “How We Perform” online visitors can review key information related to access to care, patient safety and financial performance.

a history to share
The history of mental health care runs deep in London, going back to the opening of the original London Asylum for the Insane in 1870. To keep that history alive, an Archival and Teaching Museum was created in the 1970s in the current facility, now known as Regional Mental Health Care London. Anticipating new facilities in 2013, the museum was recently transferred to Museum London, which is taking care of and displaying the extensive collection. The exhibit offers a glimpse of life as it was for both patients and staff at the former London Asylum and chronicles advances in care led by Dr. Richard Maurice Bucke.

To view the collection, visit Museum London, 421 Ridout Street North, London. The exhibit is open until June 14. For more information visit www.museumlondon.ca.

Participants at the Parkwood Hospital Charity Golf Classic: Back row from left, Dr. Stewart Bailey, Bill Truppe, Dr. Julie Allen, Nigel Gilby, Dr. Janet McKay, Dr. Keith Sequeira. Front row, Dr. Cathy Frederick, left, and Sigita Huys

$340,000 has been raised since the tournament began. The 2009 event is set for May 14 at St. Thomas Golf and Country Club. For more information, call the foundation at 519-646-6085.

take a virtual tour of St. Joseph’s
St. Joseph’s Hospital has taken an innovative approach to providing families with a tour of our birthing centre and mother/baby unit before their baby is born. Those due to give birth at St. Joseph’s are invited to take a journey with us through a “virtual tour” of the perinatal program. Virtual tour DVDs can be purchased for $2 at the women’s ambulatory health services main desk at St. Joseph’s Hospital, or at your next obstetrical preadmission appointment at the hospital. In-person tours for siblings, meanwhile, can be arranged by calling 519-646-6100, ext. 64668 Monday through Friday, 8 a.m. to 2 p.m.

golfing for good
A passion for Parkwood Hospital and an early start to the golfing season have, for more than 15 years, been a successful combination for the annual Parkwood Hospital Charity Golf Classic, which raises funds for patient care through St. Joseph’s Health Care Foundation. Thanks to Nigel Gilby of Lerners, John Barry of Pursuit Health Management, many other corporate sponsors and volunteers over the past few years, the event continues to be a sellout. More than

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Two leading humanitarians are set to visit St. Joseph’s to share their inspiring messages.

Archbishop Desmond Tutu became a major figure in the fight to end apartheid in his native country and played a significant role in its demise. Since that time, the South African cleric has lent his voice to other humanitarian causes, most notably in the fight against HIV and AIDS, diseases that have ravaged his homeland. We welcome His Excellency as our special guest for the Signature Speaker Series, set for May 22 at the London Convention Centre. Read about his remarkable life journey and the work of our own experts in the battle against AIDS in this issue of Vim & Vigour.

Canadian Lieutenant-General the Honourable Roméo Dallaire has also become a global voice for humanity. He is well-known for his role in the 1994 United Nations mission to Rwanda, and for trying to stop what ultimately became one of the worst genocides of the 20th century. Since then, Dallaire has championed many humanitarian causes and has become a spokesman for those afflicted with post-traumatic stress disorder, from which he personally suffers. The senator’s visit to London on May 7, as part of our annual Breakfast of Champions, will highlight the operational stress injury program offered to Canadian military men and service women by St. Joseph’s Parkwood Hospital.

Caring for the health and welfare of another is at the heart of what it means to be human. The strong values represented by both Desmond Tutu and Roméo Dallaire are in harmony with those defined by our founders and spiritual guides—the Sisters of St. Joseph. They are values shared, too, by our staff, physicians and volunteers, demonstrated daily in all they do, both in London and far beyond.

We’re delighted that our courageous special guests have recognized our mission through their visits in support of our work at St. Joseph’s. We hope you will join us.

Sincerely,

Cliff Nordal
President & CEO
St. Joseph’s Health Care, London

Michelle Campbell
President & CEO
St. Joseph’s Health Care Foundation
features

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on the cover
Human rights advocate Desmond Tutu visits London on May 22. Find out more about how St. Joseph’s is impacting life-saving causes both locally and in Africa.
Like so many young men, Bill Findley suffered painful emotional scars from his years of service in the Second World War. But it would take 60 years before he would understand just how deep those scars ran, and their impact on his life.

The realization came after the veteran began therapy at the operational stress injury (OSI) clinic at Parkwood Hospital, part of St. Joseph's Health Care, London. By then, he was 80 years old.

Findley joined the army in 1941 just weeks after turning 16. “We had old heads on young shoulders,” he says. “We knew the Nazi regime had to be destroyed—civilization was being challenged.” He trained to be a signal operator, relaying target information from the observation post to the guns via shortwave radio.

To this day, horrifying memories of the war linger with Findley: discovering starving Dutch citizens; witnessing massive casualties from friendly fire; and seeing abused mothers and children.

Findley was shell-shocked when he left the service in 1946—a term known today as post-traumatic stress disorder (PTSD). He didn’t know what was wrong, and he was too ashamed of his condition to return to his family in Canada, choosing instead to work for seven years in coal mines in Wales. It was only after therapy at the OSI clinic he realized that by working in the mines he was dealing with his PTSD by hiding underground from the planes.

“I can’t believe I kept it under control all those years,” Findley says. “More people need to know about this clinic. It could help so many.

A Parkwood Hospital clinic is a pioneer and leader in operational stress injuries.
struggling with mental health challenges related to military service.”

❋ it takes teamwork

The OSI clinic, funded by Veterans Affairs Canada, is a specialized mental health service for veterans, members of the Canadian Forces, and eligible members of the RCMP encountering ongoing difficulties as a result of military service-related psychological injury and traumatic events. A multidisciplinary team of psychiatrists, psychologists, nurses and clinical social workers provides assessment, treatment and prevention for those suffering from service-related PTSD, anxiety, depression or addiction.

Psychological injuries are not unique to combat veterans—peacekeepers are also exposed to traumatic events that they are helpless to prevent under the United Nations rules of engagement. These rules state soldiers must show restraint and neutrality. The feeling of being unable to control a situation at the time of trauma is an important factor for developing OSIs.

Clinical nurse specialist Nancy Cameron says, “It is a humbling experience to enter into a client’s story of military trauma. It is challenging and highly fulfilling work.”

❋ pioneering the OSI approach

In 2002, Parkwood’s OSI clinic became only the second such clinic to open in Canada. Together with the clinic in Montreal, they paved the way in establishing treatment processes and clinics across Canada. “It’s unique to have a network of mental health services that span the country,” says Rita Wiltsie, OSI clinic coordinator. “We are always refining our services to better serve our clients. We’ve come a long way in a few short years.”

The Parkwood OSI clinic is now part of a national network of six treatment clinics—with the closest located in Ottawa. To make access easier, the Parkwood clinic conducts an outreach program in the Grey-Bruce region and works collaboratively with the Land Force Central Area Training Centre in Meaford. Plans are under way to open a satellite clinic in Guelph this year.

“As a joint network, we work collaboratively with other military service providers, sharing knowledge and expertise in military trauma.” says Wiltsie. “Our aim is to provide expert mental health services to those who have experienced trauma during their military experience.”

❋ reaching out

A 30 per cent increase in Parkwood’s OSI clinic clients in 2008 over 2007 illustrates a growing need for the services. To enhance the program, the clinic recently added education groups for clients and their families that explore topics such as PTSD, grief and loss, and anger management. The clinic is also working with the Department of National Defence to increase services for current Canadian Forces members.

While the primary goal of the OSI clinic is to manage psychological injuries, pervasive pain from physical injuries also takes an emotional toll. To help clients manage physical pain, the clinic will be hosting a workshop this year featuring experts in the field of pain management.

The clinic also offers its services to the veterans at Parkwood receiving long-term care. Both residents and staff can participate in education sessions on OSIs and learn strategies to address these injuries.

❋ helping each other

A key component of recovery from OSI is support from peers. The OSI social support group is a network of peers who support OSI clinic clients including older veterans, younger veterans and current Canadian Forces members. “The peer support group is an integral part of our clinic and a vital link for our clients,” says Wiltsie. “Having lived through many of the situations our clients experience, their caring helps our clients feel more comfortable.”

Through its extensive services, the OSI clinic is providing welcome relief from the emotional scars that linger in the minds of some members of the military. And it’s helping people like Bill Findley rediscover their lives.

“Through the specialized treatment I’ve received,” he says, “I am finally able to live my life as I want—not always hiding behind a closed door.”

Bill Findley’s traumatic experiences as a young soldier would stay with him for decades.
In June 2000, two months after being medically released from the Canadian Forces, Lieutenant General Roméo A. Dallaire was found on a park bench in Ottawa. He was intoxicated, in deep despair, and semi-conscious, having mixed alcohol with his depression medication. Police brought him to the hospital as he slowly slipped into a coma.

Dallaire was being haunted by the memories of the genocide in Rwanda in which 800,000 people were exterminated. Years had passed but time had been no cure. In fact, the images and memories were becoming clearer day by day. Dallaire was suffering from severe post-traumatic stress disorder.

Post-traumatic stress disorder is a life-threatening, debilitating condition that can break down a person’s body through deep anxiety and stress. It poses a significant suicide risk resulting from the brain’s neurological imbalance and chemical depression.

Dallaire served with the Canadian Armed Forces for 35 years and was best known for his role as the Force Commander of the United Nations Assistance Mission to Rwanda in 1994. After Rwanda, Dallaire was promoted through the military and United Nations ranks but was unable to shake the memories of the atrocities he witnessed. He became depressed and attempted suicide several times. In April 2000, Dallaire was medically released from the Canadian Forces and entered a period of even deeper depression. With his life spiralling out of control, he was discovered on that park bench in Ottawa just two months later.

Dallaire’s road to recovery began after his hospitalization in 2000. His treatment focused on establishing a level of serenity and productivity in his life. Writing and lecturing about his experiences have been therapeutic, with strong support from his wife, Elizabeth, and their children.

In the last five years, Dallaire, who was appointed to the Canadian Senate in 2005, has been able to find some peace and share his own personal experience to help others. His best-selling book, *Shake Hands with the Devil*, an account of his experiences in Rwanda, was published in 2003 and made into a motion picture in 2007.

Today, Senator Dallaire works with children and literacy agencies, and continues to share his message about post-traumatic stress disorder.

In 1994 Roméo Dallaire’s life was forever changed by the horrific events in Rwanda.

Retired general Roméo Dallaire will share his tale of courage and recovery at the St. Joseph’s Breakfast of Champions

by Jennifer Parraga

**unshakable memories**

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**getting the message out**

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On May 7, Dallaire will bring his personal journey of recovery from post-traumatic stress disorder to the third annual Breakfast of Champions at the London Convention Centre.

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In 1994 Roméo Dallaire’s life was forever changed by the horrific events in Rwanda.
Here’s a startling statistic: More than six in 10 Canadians report that they experience significant stress in the workplace, and Canadians are not alone. The World Health Organization has identified job-related stress as a “worldwide epidemic.”

At St. Joseph’s Health Care, London, the physical, emotional and spiritual well-being of the staff is paramount. While there is always work to be done and ways to improve, St. Joseph’s recognizes that physicians, staff and volunteers are as important as the work itself.

a positive impact

“Since staff spend so much time at work, the employer has a great opportunity to positively influence people’s health, as well as productivity,” explains Wendy Reed, director of occupational health and safety services.

To manage and minimize stress in the workplace, St. Joseph’s has numerous initiatives that promote wellness (see “healthy choices”). In addition, the employee assistance program, provided by Homewood Employee Health, offers professional counseling to all staff and their families needing support with personal and work-related issues, including stress management.

award-winning approaches

St. Joseph’s commitment to a healthy workplace has a long legacy left by the founding Sisters of St. Joseph. Recently, creative approaches to achieve that environment won the organization the 2008 Ontario Hospital Association Healthy Hospital Innovators Award.

Developed in partnership with the National Quality Institute, the award recognizes organizations that demonstrate a long-term strategic approach to develop and sustain a healthy workplace, and efforts to become role models in their communities.

“We are thrilled to win this award,” says Karen Stone, chief human resources officer. “It recognizes the hard work of many to create an enviable workplace that maximizes the health and well-being of staff, physicians and volunteers.”

St. Joseph’s newly refreshed corporate strategic plan reflects the organization’s goal of continuing to focus on its people and to be a responsive and caring employer—one that lives its values of respect, excellence and compassion.

healthy choices

From diverse learning opportunities to recognizing the contributions of staff, St. Joseph’s takes many approaches to create a healthy workplace. Here’s just a smattering:

Quality of worklife committees—corporate and team level:
These groups focus on issues and ideas important to staff.

Employee wellness programs: Corporate walking challenge; breast health initiative; ergonomic assessments of work stations; on-site physiotherapy; “Check Up from the Neck Up” program (an online assessment of mental health status).

Recognition: Regular profiles and success stories of employees in staff newsletter; “recognition menu” promoting innovative ways to celebrate individual and team efforts; electronic recognition cards giving staff an instant way to acknowledge each other or pass on words of support; awards of excellence.

Learning: Wide range of courses offered internally to build skills of all kinds; bursary programs for continuing education, including personal mastery and resilience programs.

Employee engagement: Shared leadership councils; employee survey from which new workplace initiatives are created.
above and beyond
When Brenda Done books her vacations, it’s not to lounge on a dock or frolic on a beach. The long-time St. Joseph’s nurse is known to trade in her vacation time for volunteer work in Africa, mentoring nurses and others caring for a generation of people living and dying with AIDS.

“I wanted to give back,” says the infectious diseases nurse who has been looking after those with HIV ever since St. Joseph’s saw the first patients in the mid-1980s. As a volunteer with the International Centre for Equal Healthcare Access, Done has seen firsthand the devastation of AIDS in countries where millions of people are infected. By mentoring care providers in those countries, a dedicated Done is helping developing nations gain the necessary medical skills to treat their own people with their own resources.

Done brings the same passion to her patients at home, and it recently won her a prestigious Centennial Award from the Canadian Nurses Association. Presented to 100 inspiring nurses, the award honours those whose work has had a positive impact on nursing, the lives of Canadians and the health system.

Having been entrenched on the front lines in HIV care for about 20 years, Done has seen the tide turn in Canada, where patients are experiencing “longevity they never expected. I have great optimism there will be an end to the epidemic in my lifetime. We’ve been successful. That’s my greatest reward.”

traveling a new road
A high-energy approach and positive attitude are the first things you notice about Sharon Doubt. A travel specialist with nearly three decades of experience in the travel industry, Doubt designs and markets specialty tours around the world with Travel by Design - Ruse Travel. A devoted and active volunteer with several organizations, Doubt’s growing interest in health care recently brought her to St. Joseph’s Health Care Foundation’s board of directors. “Health care is a true driver in our community and St. Joseph’s does important work that will affect every one of us and our families at some point in our lives.”

a service mind-set
Community involvement is a long-held family value for Frank Longo and his wife, Kathy, both long-time supporters of St. Joseph’s. Frank, owner and president of Longo Food Service Equipment Inc., has a personal interest in the health of the community, having served with numerous organizations, including as a volunteer with and contributor to the work of the Sisters of St. Joseph and St. Joseph’s Health Care Foundation. Most recently, Frank was a key volunteer with the Power Breakfast for Men’s Health, and now he is contributing his talents as a member of the foundation’s board of directors. Family values have made community service commonplace in the Longo household. “Supporting St. Joseph’s is easy for us. My children, and now my first grandchild, were all born at St. Joseph’s Hospital. Our family has certainly benefited from the calibre of that care firsthand. I’m delighted to now be involved in supporting the work of the organization in a more direct way.”

Putting Passion into Practice
St. Joseph’s Health Care Foundation welcomes new board members, while a long-time St. Joseph’s nurse shares her greatest reward.
a world of difference

In so many ways, St. Joseph’s is raising awareness of critical issues and caring for those in need—both here and in Africa

“My humanity is bound up in yours, for we can only be human together.”

INTERNATIONAL LEADER
ARCHBISHOP DESMOND TUTU
His vigorous advocacy of social justice once made him a controversial figure. Today Archbishop Desmond Tutu is regarded as an elder world statesman and an icon of hope far beyond the Anglican Church and South Africa, where he began his mission of peace and justice.

The human rights activist and Nobel Peace Prize winner became a household name with his opposition to apartheid. Born in Klerksdorp, South Africa, on Oct. 7, 1931, Tutu followed in his father’s footsteps, becoming a high school teacher. But when South Africa introduced an inferior education system for blacks, he entered the Anglican ministry and was ordained to the priesthood in Johannesburg in 1961.

leadership in times of tumult
Serving in a number of increasingly prominent positions, Tutu was persuaded to take up the post of general secretary of the South African Council of Churches in the wake of the 1976 Soweto uprising, South Africa was in turmoil, and it was in this position the Archbishop would become a national and international figure, pursuing justice, reconciliation and an end to apartheid with vigour and commitment.

Inevitably, an outspoken Tutu became embroiled in controversy, but his extraordinary contributions in the crusade for justice would win him the Nobel Peace Prize in 1984.

In 1985, Tutu was elected Bishop of Johannesburg and, a year later, he was elevated to Archbishop of Cape Town. In this capacity he did much to bridge the chasm between black and white Anglicans in South Africa and became a principal mediator in the transition to democracy. In 1995, President Nelson Mandela appointed him chairman of the Truth and Reconciliation Commission, a body set up to probe gross human rights violations that occurred under apartheid.

a new campaign
Tutu retired from office as Archbishop in 1996 and now holds the honorary title of Archbishop Emeritus. He has held several distinguished academic and world leadership posts and has received numerous awards in addition to the Nobel Peace Prize. In recent years, he has turned his attention to a different cause: the campaign against HIV/AIDS, speaking around the globe to help raise awareness of the disease and its tragic consequences in human lives.

Londoners will have the extraordinary opportunity to hear Archbishop Tutu in person on May 22 at the Signature Speaker Series in support of St. Joseph’s Health Care Foundation. It is an event sure to bring hope and inspiration to anyone who attends.

sharing the vision
St. Joseph’s Health Care Foundation is proud to host Archbishop Desmond Tutu, special guest speaker at the Signature Speaker Series, on May 22 at the London Convention Centre. As a faith-based organization and a family of devoted and compassionate care providers, St. Joseph’s Health Care, London shares the Archbishop’s vision of interconnectedness and responsibility.

St. Joseph’s is well entrenched in the battle against HIV and AIDS, at home and abroad. On the next several pages, read about the cutting-edge work of HIV researchers and care providers at St. Joseph’s that is helping people across the region and in Africa live healthier lives.

The Signature Speaker Series, launched in 2007 with former U.S. Vice President Al Gore, is a biannual event designed to reinforce public understanding of St. Joseph’s leadership role within the Canadian health care community and far beyond. It raises critical philanthropic funds for the Spirit of St. Joseph’s Health Care Fund, which supports the highest priority needs in care, teaching and research at St. Joseph’s.

Building on the momentum generated by the highly successful inaugural event featuring Al Gore’s critical messages of global warming and our universal need to heal the environment, the speaker series continues to present issues of worldwide impact that are aligned with health-care areas specific to St. Joseph’s.
“Be inspired. Be yourself. You can make a difference.” These are the words of Dr. Gregor Reid, and he lives by them.

World-renowned for his breakthrough research in probiotics, Dr. Reid had a dream that began many years ago when he dedicated his career to advancing health through medical research. A father, husband, researcher and humanitarian, Dr. Reid has a passion that spans the Atlantic Ocean to the disease-stricken areas of Africa, where over 22 million adults and children are living with HIV.

**beginning with bacteria**

Probiotics are described as products containing live microbes in a concentration and formulation sufficient to provide a specific health benefit. Now a household name, they are naturally occurring bacteria that are essentially added back into the body, mostly by mouth, to enhance immunity and disease-fighting capabilities.

Dr. Reid and his team have made outstanding discoveries in how lactic acid bacteria and probiotics improve human nutrition, health and longevity.

In 2001, Dr. Reid established the Canadian Research & Development Centre for Probiotics at Lawson Health Research Institute (Lawson) in London. The centre, located at St. Joseph’s Hospital, has since become internationally recognized for its probiotic research and pursuit of excellent basic, discovery, developmental and translational research leading to tangible benefits for humans.

“Charity is nothing, if we think we have nothing to give. Yet, each day in many parts of the world, people with ‘nothing’ give of themselves.”

**Dr. Gregor Reid**
tales from tanzania
From a community kitchen established in Mwanza, Tanzania, by Lawson scientist Dr. Gregor Reid, student interns share the joy and heartbreak of their work to improve the nutritional status of people with HIV with homemade yogurt containing a probiotic strain originally researched at Lawson.

“Flora” had a CD4 (T-cell) count of 201. For the nurses at the HIV clinic it was clear they had to prepare her for anti retro-viral and set the date to start. There was no way her CD4 count was going to rise, but Flora wanted to wait. She had just joined our trial and knew that we were going to measure her CD4 again after 10 weeks.

“When I tell her the CD4 count after 10 weeks, I hardly realize the consequences for her. Tears well in her eyes when I tell her: 355. She can’t believe it and there is silence in the office. Here, patience proved to be right. After 25 weeks, her CD4 count is 761—life changing. Flora, with her once shattered immune system, is now able to fend for herself again.”
Ruben Hummulen, Erasmus University medical student

“Everyone has a different story and they all break my heart. I nearly cried on Thursday when I asked a 7-year-old boy if he enjoyed going to school. His response was no because all the other kids make fun of him and won’t come near him because they say his HIV is contagious, and if they touch him they will become sick, too. So sad…” Sabrina Mullan, University of Western Ontario
successes. In fact, it’s the longevity of those with HIV that accounts for the high volume of patients, many of whom have reached their senior years. The oldest patient is 82. The youngest is three weeks old, born to an HIV mother—the baby is currently HIV negative but will be monitored for 18 months.

“We’ve gone from inpatient palliative care with patients living only months, to an outpatient health maintenance program,” says director Dr. Ted Ralph. “We’ve been so successful, we’re dealing with HIV and issues of aging.”

“Those who saw their friends die are living healthy, productive lives,” adds social worker Gloria Aykroyd. “They are going back to school, going back to work. When you see people hold on and struggle and make such positive strides in life, it’s very heartwarming.”

Having the greatest impact in HIV care are the increase in available drugs, fewer drug side effects and simpler regimens for patients, explains nurse Brenda Done. Where once patients took 20 to 30 pills a day, some now take only one.

“Of all the infectious diseases, HIV is by far the most scientifically challenging and where the most innovation has occurred,” says Dr. Ralph. “We’ve had much more success

the spacesuit days

He refers to the early years as “the spacesuit days.” The first patients seen with AIDS at St. Joseph’s Hospital landed in the intensive care unit, and they died there.

Lack of information and fear compounded treating those with a disease few understood, recalls Dr. Iain Mackie, director of the intensive care unit in the mid-1980s. Taking up the charge to create an HIV/AIDS care program at St. Joseph’s, an outspoken, passionate and audacious Dr. Mackie quickly became a well-known voice for AIDS patients.

Education became as critical as medical treatment in the battle. From church groups and service clubs, to school boards and health-care professionals, Dr. Mackie, along with colleagues, crisscrossed Southwestern Ontario to generate understanding about AIDS. Weekends, evenings, early mornings, lunch hours—he made the time, even for the ladies’ orchid club.

“It was so important to my patients at a time when they were suffering from health problems and from a lack of willingness to provide care,” he says.

Within St. Joseph’s as well, the AIDS debate was intense. But with the Sisters of St. Joseph as champions, St. Joseph’s became the only hospital in the region to develop a formal treatment program for HIV and AIDS, one that would become groundbreaking in its scope. As patients began surviving long enough to leave the intensive care unit for a medical ward, and then be discharged from hospital, St. Joseph’s would open a free-standing, hospital clinic that would become a model for the rest of the country.

“We irritated a lot of people in the process and I’m not sorry for it,” says Dr. Mackie. “I’m very proud of what we accomplished.”

Dr. Mackie left London in 1996 for Western Canada, where he continues to treat HIV and AIDS patients as director of the HIV care program at Vancouver General Hospital.
with HIV than with hepatitis B and C. There are many more drugs available to combat HIV than common bacteria.”

challenges remain
For Done, Aykroyd and Dr. Ralph, each of whom has been treating HIV patients for 17 years or more, such gains fuel the passion they have for their work. It is with devotion they talk about the long-term relationships that are forged with patients, seeing children grow and get married, caring for well-educated patients who have challenged the health-care profession and are partners in their care, and practicing cutting-edge medicine.

Yet some struggles remain—the lingering stigma and discrimination faced by those with HIV, lack of resources and supports in the community, patients who can’t get family doctors or dentists and, most frustrating, the ongoing influx of new patients.

“Despite all the best efforts in education,” says Done, “individuals continue to acquire a disease that is 100 per cent preventable.”

“When we began, we could only offer patients a few extra months of life. Now people are living normal, healthy lives indefinitely. AIDS is a battle we’re winning.”

DR. IAIN MACKIE, A FOUNDER OF ST. JOSEPH’S HIV CARE PROGRAMME, NOW KNOWN AS THE INFECTIOUS DISEASES CARE PROGRAM

“My partner looked at it as a death sentence. I don’t.”

DIANE, 46, RECOVERING DRUG ADDICT WHO CONTRACTED HIV FROM HER PARTNER, HE HAS SINCE DIED. DIANE IS SYMPTOM-FREE.

“I see my future as limitless. I do have fears of getting sick, but I’m inspired by long-term survivors who are now getting old, and thriving.”

KEVIN MURPHY, 32, SYMPTOM-FREE WITH HIV SINCE DIAGNOSIS IN 2000

pioneering HIV care
Since the mid-1980s, St. Joseph’s Health Care, London has blazed the trail in HIV treatment, becoming a Canadian leader in 1990 with the opening of a free-standing HIV program. Now known as the infectious diseases care program, the clinic is located in a house close to the hospital. It was the first stand-alone clinic in Canada fully integrated with a hospital, and the first to serve patients of all ages, from infants to adults. It was also ground-breaking for its range of services—medical, psychosocial and palliative care; integrated inpatient and outpatient care; partnership services with community agencies; and care for hemophiliac patients.

Today, the program, with a team of 13 experts, provides medical, psychiatric, nursing, social work, pharmacy and nutrition services to patients across Southwestern Ontario, and education to professionals and the community about HIV/AIDS. Several team members have volunteered in Africa, offering education, diagnosis, care and treatment to people living with HIV/AIDS and their caregivers.

Most patients seen at the clinic continue to be homosexual men, but there’s been a shift to more women, children, heterosexuals, Aboriginals, newcomers to Canada, and individuals who have been incarcerated. Many of these patients are now dealing with HIV as well as other chronic issues, such as mental illness and hepatitis B and C.
More London men are making their health a priority thanks to Dr. Mark Moyad’s “No BS Health Advice.” And what he means by “no BS” is “no bogus science.”

Dr. Moyad was the guest speaker at the first annual Power Breakfast for Men’s Health, a new event hosted by St. Joseph’s Health Care Foundation. In addition to serving as co-director of the men’s health program at the University of Michigan and a consulting practitioner in preventive and alternative medicine, Dr. Moyad is the author of more than 100 medical articles and co-author of five books on men’s health.

**lifestyle factors**

Blending humour with evidence-based studies, the no-nonsense physician dispelled myths and highlighted the facts about fad diets, vitamins and nutritional supplements. “What it all comes down to is less is more in achieving good health,” he says.

By following a heart healthy diet, taking vitamin D, exercising and maintaining spiritual health, men as well as women can maintain a healthier lifestyle, Dr. Moyad told the audience. Indeed the secret to long life is within everyone’s reach, he says, with lifestyle being the number one determinant of life span.

**the da Vinci miracle**

More than 250 guests were greeted by master of ceremonies and local media personality Bill Brady. During his remarks, Brady shared his own recent experiences with the health-care system in London, including his reflections on the use of the da Vinci Surgical System at St. Joseph’s Hospital, calling it a “miracle come true.” The da Vinci surgical robot has been key in the development of minimally invasive surgery in urology, general surgery and women’s health at St. Joseph’s.

Proceeds from the Power Breakfast will support fundraising efforts for the da Vinci robot program at St. Joseph’s Hospital.

By Jennifer Parraga

St. Joseph’s Power Breakfast inspires men to look critically at their lifestyle

‘less is more in achieving good health’

More than 250 guests were greeted by master of ceremonies and local media personality Bill Brady. During his remarks, Brady shared his own recent experiences with the health-care system in London, including his reflections on the use of the da Vinci Surgical System at St. Joseph’s Hospital, calling it a “miracle come true.” The da Vinci surgical robot has been key in the development of minimally invasive surgery in urology, general surgery and women’s health at St. Joseph’s.

Proceeds from the Power Breakfast will support fundraising efforts for the da Vinci robot program at St. Joseph’s Hospital.

By Jennifer Parraga
He was small—less than two pounds, to be precise—but he left a mighty and lasting impact on everyone around him.

Larry George, known affectionately as “Larry Boy” by the staff who cared for him, came into the world on Feb. 17, 2008, weighing one pound, 11 ounces. He was 14 weeks early, but that didn’t slow him down.

“He was a character, I have to admit,” says his mother, Lee Ann. “He had my stubbornness, and my husband’s playfulness. He knew what he wanted, and he knew what he could handle.”

A story of love, compassion and spirit at St. Joseph’s

Larry spent every day of his four and a half months of life in the Neonatal Intensive Care Unit at St. Joseph’s Hospital, charming his family and anyone who had the pleasure to care for him.

While the story of Larry’s short life is filled with many memories for those who knew him, it is the story of how he passed on that touches even those he never met.

Larry’s parents have Aboriginal roots and talked often to their son of the blue skies, lush grasses, singing birds and breezes of the outdoors. “When we told him all of that, he would look out the window,” says Lee Ann.

When his underdeveloped lungs could no longer support his growing body, it became clear very quickly that Larry would not last much longer. Knowing the family, his physician, Dr. Doris Yuen, felt it was important for the little boy to feel the sunshine before it was too late.

“I thought it would be a wonderful memory for his parents to have. They always said when he got well they would take him outside, so it was appropriate that their last moments with him would be spent outdoors,” says Dr. Yuen.

in a peaceful place

So on a sunny, warm day in July 2008, a team of two doctors, two nurses, a respiratory therapist and a chaplain accompanied Larry’s parents as Lee Ann carried her son to the garden in front of St. Joseph’s Hospital, where his father then sat with him.

“The second the sun hit his face, he relaxed,” says Lee Ann. “He didn’t open his eyes once, but we could see he was taking it all in.”

Larry was held in his father’s arms for 45 minutes before his care team removed the breathing tube that had helped keep him alive. The little boy with an “old soul” passed on July 6, 2008, having finally experienced the wonder of nature that his parents spoke of so often.

Lee Ann says she is forever grateful to the staff at St. Joseph’s for their expert care and dedicated compassion. She says the effort made to transport her child outside so he could release his spirit into the world really helped to get her through the experience.

“That meant the world to me.”
St. Joseph’s opens a transitional care unit to help solve a pressing need

A new 20-bed unit at Parkwood Hospital addresses a critical shortage of acute care beds in London while helping to ensure the right patient is treated in the right place. It’s called a Transitional Care Unit (TCU) and it’s the first step in solving a serious problem. Designed for patients who no longer need acute care but are waiting either for admission to another health-care facility or to return home, the new unit is an important development at St. Joseph’s Health Care, London and for the London region. Here’s what you should know about the facility.

What need is being met with the new Transitional Care Unit?
At both St. Joseph’s and London Health Sciences Centre (LHSC), there are patients in acute care beds who no longer require acute inpatient care. Generally, these individuals are waiting for admission to retirement homes, community living or rehabilitation. By transferring these patients to a TCU, bed shortages are addressed while meeting each person’s care needs.

How many patients are in these acute care beds?
At any given time, there may be up to 75 patients awaiting transfer to a health-care organization with appropriate levels of care.

Does the TCU solve the bed shortage?
Parkwood’s 20 TCU beds are just a beginning. A range of alternatives is needed in London. If the TCU is successful in reducing the pressure on acute care beds, it’s hoped the South West Local Health Integration Network (LHIN) will support the expansion of the unit, along with the other alternatives being identified.

What are the benefits to patients?
In the TCU, patients receive the restorative care needed to return them to their home or other supportive housing or care facility. The TCU frees up 20 acute inpatient care beds so more patients can receive acute services in areas such as cardiac, trauma, cancer and rehabilitation.

Where is this unit located?
The unit is located on the fifth floor of Parkwood Hospital, part of St. Joseph’s Health Care, London. An empty ward was renovated to accommodate the beds.

How is the TCU funded?
Annual operating costs of the TCU—staffing and supplies, for example—are provided through funding from the province approved by the South West LHIN. Equipment and renovations totalling nearly $450,000 were funded by St. Joseph’s Health Care Foundation through the generous support of donors.

Who are the project partners?
In addition to St. Joseph’s and LHSC, the Community Care Access Centre is a key partner as it facilitates the discharge process from acute care to the TCU. Along with the foundation, the TCU is a great example of how donors, caregivers, community and government can come together to improve health care in our region.

Preparing to cut the ribbon to open the TCU are, from left: Michael Barrett, South West LHIN; Elaine Gibson, St. Joseph’s; MPP Khalil Ramal; Janice Cosgrove, St. Joseph’s; Donna Ladouceur, South West Community Care Access Centre; MPP Deb Matthews; Ted Cuthbert, a patient in the TCU, and his wife, Diane; Michelle Campbell, St. Joseph’s Health Care Foundation; and Cliff Nordal, St. Joseph’s Health Care, London.
Three organizations combine forces to serve those with brain injuries and addiction

Alcohol and drug addiction often lead to brain injuries such as those sustained in car accidents and assaults. But if the addiction continues after the brain injury, it seriously jeopardizes recovery. To enhance services for those with both a brain injury and an addiction, Parkwood Hospital’s acquired brain injury (ABI) rehab team has joined with Addiction Services of Thames Valley (ADSTV) and Dale Brain Injury Services (DBIS), to combine their expertise in a partnership called New Attitude.

**a coordinated approach**

“Before New Attitude we worked in silos,” says Monique Crites, ABI regional coordinator at Parkwood, part of St. Joseph’s Health Care, London. “By merging brain injury rehabilitation and addiction counseling expertise, we’re now providing a coordinated, effective treatment approach to maximize recovery.”

“New Attitude’s integrated system of care includes prevention, rehabilitation and support to improve overall functioning, reduce relapses with substances, and facilitate a healthy recovery from an ABI,” says ABI social worker Bob Lomax.

For Leanne McLuskie, 45, the New Attitude team is helping her understand how a brain injury she sustained in 1980 continues to impact her life. McLuskie was just 16 when a car accident left her in a coma for 11 days. When she awakened, she was confused, visually impaired and couldn’t walk or talk properly. In those days, the value of rehabilitation after an ABI was not recognized, and only 16 days after the accident she was discharged without further medical follow-up.

Although suffering from an ABI, McLuskie finished high school. Her aggression and fits of rage were attributed to adolescence and alcoholism, without anyone realizing her ABI was a contributing factor. She quit drinking when she was 21 and went on to work at a series of jobs and graduate from college. At 39, she began drinking again when a succession of misfortunes proved overwhelming.

**the journey continues**

In 2007, 27 years after her accident, McLuskie contacted ADSTV for help with her alcohol abuse and they, in turn, connected her with Parkwood’s ABI team. These organizations are helping McLuskie understand how her brain injury and alcoholism impact her behaviour. “It’s been a time of self-discovery and grieving for all those lost years and what I could have become,” says McLuskie, whose lively wit and easy laugh disguise her inner turmoil. “I’m on an ongoing quest to finally understand why I’m the way I am.” A gifted writer, her poems express the journey she’s been on.

With the support of New Attitude, McLuskie is now focusing on her home environment and social network. “I’m just trying to find my place in this world,” she says. “It’s not an easy process, but I’m doing this because I need to. It’s one day at a time.”

Leanne McLuskie meets regularly with New Attitude therapists as she navigates her recovery from both a brain injury and alcohol addiction.
It’s something we do hundreds, even thousands, of times each day yet rarely think about—until something goes wrong. The vital act of swallowing is a complex process involving a series of pipes and valves that direct food to the stomach. But when swallowing goes awry, food can take a detour that threatens health.

At Parkwood Hospital, part of St. Joseph’s Health Care, London, a specialized team finds solutions to difficult swallowing problems in the most fragile patients.

**a common challenge**

It’s estimated that one in 10 people over age 50 have some type of swallowing problem, according to the Canadian Association of Speech-Language Pathologists and Audiologists. Throat clearing, unexplained weight loss, pneumonia caused by food in the lungs, or dehydration are some of the symptoms that may point to swallowing difficulties. Speech language pathologists (SLPs) are experts in identifying, assessing and managing these problems.

A vital diagnostic tool used by the Parkwood team is an X-ray fluoroscopy unit. This specialized equipment gives real-time, moving images of the internal structures used during the swallowing function.

“Using this equipment we conduct a modified barium swallow study to observe the swallowing pattern of food and liquid moving through the pipes and valves,” explains Parkwood SLP Danya Walker. “We can see if any material becomes trapped in the nooks and crannies, and whether it’s heading down the right passageway. Based on these observations, we tailor our treatment by recommending helpful swallowing exercises, the best textures of food and liquid, and tactics for safe swallowing.”

**wish come true**

Jim Smith wanted nothing more than to return to solid food, and an MBS study allowed him to do so. Because Jim had multiple chronic ailments that severely impaired his swallowing, he was being fed through a tube in his stomach. “Using the fluoroscopy we tried different strategies and moved Jim into different positions,” says SLP Debra Bloch. “We found if he laid on his right side he could swallow without food going into his lungs.”

Some reasons for swallowing problems include stroke, cervical spinal cord injury, neurosurgical procedures, traumatic brain injury, neuromuscular disorders and cerebral palsy.

For Parkwood patients whose health is often fragile, having X-ray fluoroscopy available means they don’t have to undergo the arduous transfer to another hospital for fluoroscopy procedures. And for staff, it means making wishes for patients like Jim come true.

*Name changed to protect patient privacy*
Once again, Londoners and many others dug deep for St. Joseph’s Health Care, London this past holiday season, raising more than $400,000 for the annual Season of Celebration campaign.

The drive began in 1990 with a goal of raising $10,000, and it continues to grow each year with gifts arriving from across the country, ranging from $10 to $200,000. Each donation is used to enhance the lives of the patients and residents at St. Joseph’s.

supporting critical equipment
Proceeds from the 2008 Season of Celebration will be used to purchase items such as new imaging equipment, ceiling lifts, mattresses and other vital equipment for St. Joseph’s, which encompasses St. Joseph’s Hospital, Parkwood Hospital, Regional Mental Health Care London and St. Thomas, and Mount Hope Centre for Long Term Care.

“We are so grateful to all the donors who give of themselves during the holiday season. Their support means that we are able to continue to purchase new equipment and meet patient and resident care needs critical to recovery,” says Michelle Campbell, president and CEO, St. Joseph’s Health Care Foundation.

The campaign wouldn’t be a success without the support of numerous volunteers, affectionately known as Season “angels,” and the generosity of local businesses, who give of their time to raise awareness of the campaign and create the perfect holiday settings at our hospitals.

Patient care gets a boost from a successful Season of Celebration

For Brenda Newcombe, the holiday season means giving back to St. Joseph’s. As a supervisor and driver for Voyageur Transportation, Brenda, dressed head to toe in pink, drives the Season of Celebration bus to media appearances and participates in the Santa Claus parade. But that’s not all. On behalf of her staff, Brenda makes a donation to the campaign to support patient care. Brenda is a true Season angel.

Teena Leendertz is a resident at Mount Hope who enjoys the extensive art therapy program, which benefits from Season of Celebration.

Roy Gross with nurse Eva Kosik, in the Transitional Care Unit, where equipment and renovations were funded by St. Joseph’s Health Care Foundation.

Season of Celebration supports patient care needs across St. Joseph’s, including the purchase of critical equipment such as the state-of-the-art MRI unit shown here.
A Century of Devotion

A family’s passion helps to launch a new fund for mental health

For more than a century, a family with deep roots in London has been dedicated to improving the care of those living with mental illnesses in the region.

It was in the late 1800s when Dr. Richard Maurice Bucke first incorporated his innovative beliefs and methods into the care of people facing mental health challenges. He believed in the value of humane contact and deemphasized drugs and physical restraints in favour of work, physical activity and a supportive living environment. As head of the provincial Asylum for the Insane in London—the forerunner of what is now Regional Mental Health Care (RMHC) London—Dr. Bucke was a progressive thinker who inspired many in the mental health care field.

a fitting first donation

Also inspired by his work is his granddaughter, Ina (Dee Dee) Moss. On her recent 100th birthday, the centenarian made a generous donation to St. Joseph’s Health Care Foundation to once again support change in the delivery of mental health care at RMHC London and St. Thomas. She became the first donor to the foundation’s new Health, Hope & Recovery Fund.

Terms of the new fund are currently being finalized but are expected to support initiatives that improve mental health care delivery in the region, including education programs, new technology, rehabilitation priorities and capital redevelopment for patient care space.

“Given her family’s long-time commitment to the field of mental health, it is fitting that the first donation to this new fund was made by Dee Dee Moss,” says Michelle Campbell, foundation president and CEO. “Through this family’s leadership, mental health care has, and continues to be, transformed.”

new facilities

Currently, St. Joseph’s is developing a new recovery-based approach to care, one that is reflective of the mission and values of St. Joseph’s. The Health, Hope & Recovery Fund will provide critical funding to help make this shift a reality. A substantial part of this change involves construction of two new mental health care facilities; one in London and one in St. Thomas. These facilities will provide healing environments that are as supportive, nurturing and comforting as the care delivery itself. Through the foundation, the Health, Hope & Recovery Fund will be an important source of funding for new rehabilitation equipment and programs in these facilities.

Ina (Dee Dee) Moss’ generosity will fund mental health care into the future.

How to Help

By giving to the Health, Hope & Recovery Fund, you can support the development of a new recovery-based approach to care for those living with a mental illness across Southwestern Ontario. For more information, please contact St. Joseph’s Health Care Foundation at 519-646-6085 or sjhcfoundation@sjhc.london.on.ca.
The Weston name is familiar to many Canadians. Most of us have shopped in the family business or enjoyed baked goods bearing the family moniker. Miriam Burnett was the eldest of nine children of W. Garfield Weston, the founder of Weston Foods and Loblaws. Her personal style, however, was far less public as she quietly influenced the lives of thousands of Canadians through her personal philanthropy. Whether it was Burnett’s interest in Parkinson’s research, the preservation of Canada’s rich military history or her personal support of probiotics research, her giving spirit will carry on for generations to come through countless good works.

early support
For more than 30 years, Miriam Burnett was the chair of The W. Garfield Weston Foundation. Created by her father, the Foundation is committed to making grants to a variety of charitable causes that improve the lives of Canadians. In 1998, Burnett, an avid supporter of healthcare innovation, became interested in probiotics research at Lawson Health Research Institute and the positive influence it was having on both wellness and the treatment of infectious diseases. Her early commitment to this new field of discovery has helped to significantly advance applied work in the field of probiotics and functional foods now being used broadly to improve health and alleviate symptoms associated with infectious diseases.

Burnett’s extraordinary support of this exciting field led The W. Garfield Weston Foundation to help establish The Miriam Burnett Research Chair in Urological Sciences in her memory. The Chair will provide scientific leadership at Lawson and St. Joseph’s Health Care, London to build and further enhance the discovery and understanding of urological disease prevention and treatment. A critical area of focus will be probiotics and ensuring advances are made in cancer, complications associated with sexual dysfunction and inflammatory conditions.

progress in probiotics
The visionary Burnett passed away on March 12, 2008, and is remembered as a gracious woman who was kind, sympathetic, sweet-natured, quick-witted and intelligent. “She graced the room with her quiet smile, and she changed what we do with her deep commitment to making a difference,” says Lawson scientist Dr. Gregor Reid. “I feel honoured to have known her.”

Today, thanks to the pioneering work of Dr. Reid, his scientific team and the generosity of Burnett through The W. Garfield Weston Foundation, probiotics is being introduced into food that is accessible to all Canadians and having a positive impact on human health.
Thank you.
Simple words that mean so much.

St. Joseph's Health Care Foundation extends its sincere appreciation to the dedicated volunteers, committed tournament partners and generous sponsors of the Parkwood Hospital Charity Golf Classic.

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St. Joseph's Health Care Foundation
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