



## Restoring Hope in Patient Care

Beryl Parker says she is so grateful to the staff at St. Peter's Hospital.

After being treated at the Juravinski Hospital for two months, Beryl spent another two months in the St. Peter's Hospital Restorative Care program.

"I cannot speak highly enough of all the people at St. Peter's Hospital. They were just wonderful. I really had to work hard to get my legs moving again and they were so knowledgeable and always encouraging me," Beryl says.

*(Continued on page 2)*



## Restoring Hope in Patient Care

(Continued from page 1) Beryl had been in the hospital due to a blood clot in her leg, bleeding in her right hip, and a Baker cyst behind her knee. She received excellent care at Juravinski Hospital but would need further treatment as she could not stand up or walk. So she was transferred to the St. Peter's Hospital Restorative Care program.

A 44-bed adult inpatient unit, Restorative Care provides low-intensity, longer-stay treatment and rehabilitation therapy to patients with multiple medical and/or functionally complex conditions who require additional hospital care, for example, patients recovering from a stroke, surgery or an injury. Patients typically stay for 45 to 60 days. The program team includes doctors, registered nurses, registered practical nurses, nurse case managers, health care aides, a nurse practitioner, social workers, physiotherapists, occupational therapists, occupational therapy and physiotherapy assistants,

a speech-language pathologist, a registered dietician, a respiratory therapist, and business clerks.

"I can't believe the difference they made. When I was leaving, I said 'Thank you from the bottom of my heart. I am going home because of your hard work,'" says Beryl, who can now walk with the help of a walker and is continuing her rehab with an at-home program.

Jana Cochrane is proud to be part of the Restorative Care Team. "It is just a wonderful group of people who really want to make a difference in people's lives," says Jana, Clinical Manager, Restorative Care Unit.

"It's amazing to help people restore their function to resume their daily activities and continue with what makes their lives meaningful. We are so lucky to be able to offer this program in Hamilton."

## Going Above and Beyond to Support Children's Hospitals

Each year, Costco Canada recognizes its Top 20 Fundraisers nationwide for their month-long campaign, which raises money for children's hospitals, including McMaster Children's Hospital. Last year, Rachel from Costco Burlington and Chris from Costco Stoney Creek were recognized as top local fundraisers.

Chris has participated in the campaign for the past two years, going above and beyond to fundraise as much as possible to support McMaster Children's Hospital.

"My dad inspires me to always go the extra mile for others," says Chris. "Throughout his life, he has been a big influence in supporting the community."

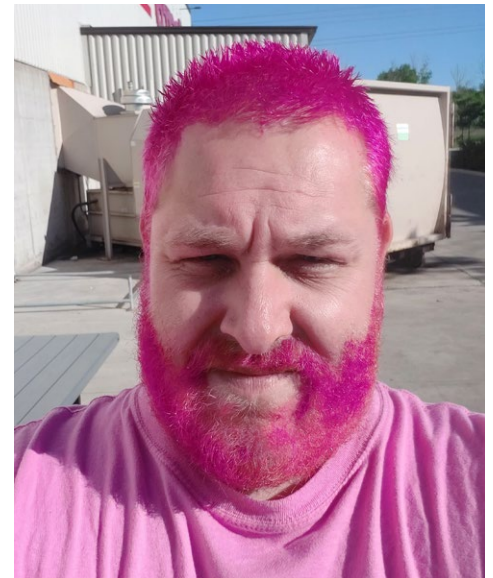
Chris has raised close to \$8,000 for McMaster Children's Hospital through his extraordinary efforts. In 2021, Chris set a goal to raise \$750 in one working shift; if reached, he would shave his head and beard.

"I decided that if I raised \$750 on the Saturday shift, I would shave my head and beard—I had a full beard at the time, so it would definitely be a change for me," recalls Chris. "I wanted to push even further last year, so I set my goal at \$1,000 to dye my hair and beard pink! I ended up reaching that goal too."

Chris and his family also have many personal ties with McMaster Children's Hospital, encouraging him to support the campaign.

"When my son was a month old, he needed to stay at McMaster Children's Hospital for a short while," explains Chris. "Throughout the years, he has made a few more visits from a concussion to an appendix burst. But, each time we visited, the staff were there for us when we needed them most, and now I want to pay it forward."

Every dollar raised from Rachel, Chris and other Costco employees in our region goes directly to



Chris, Employee, Costco Stoney Creek support the highest priority needs at McMaster Children's Hospital.

"Our community would not be what it is without health care facilities like McMaster Children's Hospital," says Chris. "They support the well-being of our future generations, and we need to do more to help them provide that care."

## Angelina Strong is Paying it Forward

Just one week after turning 14, Angelina was rushed in the middle of the night on Aug. 12, 2021, to McMaster Children's Hospital's Pediatric Intensive Care Unit due to a rare arteriovenous malformation (AVM) rupture – bleeding due to a tangle of blood vessels connecting arteries and veins in the brain.

"We didn't know what was going to happen," recalls Angelina's mom, Sandra. "The odds were against her."

The cause of brain AVMs isn't clear; most people are born with them but they can form later in life. Due to the severity of Angelina's condition, the hospital staff worked quickly to get her into emergency surgery for a craniotomy.

"From the doctors, surgeons, nurses to staff, there was just an army of people ready and willing to help from the moment we entered the hospital," says Sandra. "It's an overwhelming experience when your child is in that condition, but I knew we had the best care for her by the way they supported us and communicated her diagnosis and procedures in a way we could understand."

With the overwhelming support of Angelina's family, friends and community, the Angelina Strong T-shirt Fundraiser was created to raise money to help fund her recovery. The t-shirts represented what Angelina loved most: puppy paws, rowing and teal – Angelina's favourite colour.

The fundraiser raised a total of \$6,160. It was created to support the purchase of medical equipment Angelina may have needed during her recovery; however, she did not need it. Knowing what McMaster Children's Hospital did for her and her family, Angelina decided to pay it forward and donate the money back to the hospital.

"I don't remember much from the time I entered the hospital, but I do remember the doctors, nurses and staff were always amazing to me," says Angelina. "They went through everything with me; I was never alone – they are like a family to me now."

Now, two years into her recovery, Angelina is thriving and doing what she loves most, like being back on the water with her rowing club.

"After this experience, I try to live every day like it's my last. And, I know that sounds a bit cliché, but I've lived a day I thought may be my last. But, luckily, I had a compassionate team at McMaster Children's Hospital who turned that around for me."



Angelina with mom, Sandra and dad, Luigi

Registration is OPEN!



Join us Saturday, June 3 at Bayfront Park, Hamilton



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## The Power of Flowers

Each October, CosMic Plants runs its Strength/Courage/Hope initiative on products, such as their stunning orchids, as part of a month-long activation to raise awareness and proceeds in support of breast cancer.

“We chose to support the CIBC Breast Assessment Centre at Juravinski Hospital and Cancer Centre as, for most people, breast cancer has touched every person we know somehow,” says Marc Boria, Director of Sales at CosMic Plants. “The fit was easy, and the cause was real.”

Proudly Canadian, CosMic Plants was established in 2004 by brothers Neil and Mike van Steekelenburg, specializing in the local production of Phalaenopsis Orchids and giving back to the community.

“Our business reflects what flowering plants can do for people,” says Marc. “With all their colours, our orchids bring a certain emotion when purchased: joy, happiness, sympathy, thankfulness.”

CosMic Plants reaches out to its retail partners yearly to help support its breast cancer awareness program.

The Watering Can, a long-time retail partner of CosMic Plants, immediately offered to support the campaign. The Niagara local flower market offered to donate proceeds from the sale of each orchid at

its store in support of CosMic Plants’ efforts. In 2022, CosMic Plants and The Watering Can raised \$7,000 for the CIBC Breast Assessment Centre.

“We couldn’t be more grateful for our partners, like The Watering Can, who support this initiative,” says Marc. “This year, we expect to bring more amazing partners to support such a great initiative. We look to expand this program throughout Ontario and hopefully have news of a national retail partner in the coming months!”



## The Jersey Girls 9<sup>th</sup> Annual Spaghetti Dinner

Cancer has affected Shannon Revill in more ways than one.

Although Shannon has never been diagnosed with cancer, she has felt the devastating impact the disease has had on loved ones.

“My grandmother passed away with cervical cancer when I was 16,” recalls Shannon. “And my mother was diagnosed with breast cancer, but thanks to the great care she received at Juravinski Hospital and Cancer Centre, her cancer is in remission.”

In 2011, with the help of close friends, Shannon formed a fundraising team – The Jersey Girls – which champions and supports cancer-related charities.

“The Jersey Girls are determined to make a difference in the lives of patients and families embarking on their own cancer journeys,” says Shannon. “We hope to inspire others to participate and fundraise as well.”

The group’s Annual Spaghetti Dinner was created to honour her grandmother’s memory and support cancer

care in south-central Ontario, which, along with other fundraising initiatives, has raised over \$60,000.

After a few years of hiatus due to COVID-19, this past month, The Jersey Girls’ 9th Annual Spaghetti Dinner, including a silent auction, aimed to raise more than \$12,000 with proceeds supporting Juravinski Hospital and Cancer Centre.



The Jersey Girls and supporters



## Celebrating the Vital Roles that Nurses Play

Maureen Casey, who is being treated for cancer at the Juravinski Hospital and Cancer Centre, says she read all she could find about her illness when she was diagnosed.

"I don't think you can launch an effective fight without having some measure of your opponent. Knowledge is power," she says, adding that it is also important to have hope and a strong sense of humour.

Another factor that she says has helped her cope with her illness has been the staff at the Juravinski Hospital and Cancer Centre. "Everyone is so professional and knowledgeable and they are so enjoyable to talk to," Maureen says.

In addition to check-ups, chemotherapy treatment and bloodwork, Maureen has visited the Rapid Evaluation and Symptom Support Cancer Unit (RESSCU), a nurse practitioner-led unit where patients receive help to manage symptoms and side effects such as pain, nausea and vomiting.

"The entire RESSCU team is exceptional. They are so concerned for you and right there when you need them," Maureen says. "Of particular note are nurse practitioners Leah and Noelle. My doctor, Dr. Richard Tozer, and his nurse, Jodi, are marvellous. And the nurses in the chemo suite are all amazing, with special mention to Rebecca and Cathy."

Maureen especially wants to give these nurses a shout-out in honour of National Nursing Week, May 8-14, which increases awareness of the vital role nurses play in a person's health care journey.

Maureen is so moved by the care she received that she will be dedicating her future donations to support cancer-related equipment, research and technology to benefit the Juravinski Hospital and Cancer Centre.

Another way to honour nurses, as well as other staff members and volunteers, is through #VITAL2HHS. Patients and family members can show gratitude by making a donation in honour of any staff member, health care team or volunteer who are informed of the gift and receive a commemorative lapel pin.



Maureen (right) and Leah, Nurse Practitioner



# #VITAL2HHS



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physician, nurse, staff  
member or volunteer.

Or visit [hamiltonhealth.ca/caregiver](https://hamiltonhealth.ca/caregiver)

## Joshua's NICU Fundraiser Hopes to Raise \$70,000

Born on Dec. 8, 2021, Joshua spent 77 days at McMaster Children's Hospital.

Due to a traumatic delivery, Joshua was rushed from West Lincoln Memorial Hospital to McMaster Children's Hospital. He spent five days in a donor-funded CritiCool Blanket to monitor and regulate his body temperature. Luckily, Joshua showed no signs of brain damage; however, he could not breathe properly on his own.

"My husband and I were so thankful for the immediate care of Joshua, but we learned that his health concerns were more complicated than first anticipated," recalls Joshua's mother, Sarah. "We heard how incredible the doctors and staff were at McMaster Children's Hospital, and we were granted peace knowing he was receiving the best care possible."

For the next 45 days, Joshua remained in the Neonatal Intensive Care Unit (NICU), relying on vital sign monitors, ventilators, incubators and feeding pumps to maintain his condition.

"Through this journey, our family learned that almost all the equipment used to save Joshua's life was provided through the generosity of donor support to the hospital," says Sarah. "We are so thankful for our community."

After spending four more weeks in the NICU, where a dedicated staff continued to give him extraordinary care, Joshua finally went home.

"We are so grateful for Joshua's care," says Sarah. "We know there is a great need for critical equipment so other families can receive the same outstanding care we did. That is why we created Joshua's NICU Fundraiser with a few other families we met along the way".

Joshua's NICU Fundraiser hopes to raise \$70,000 to support McMaster Children's Hospital, with all proceeds directly supporting the purchase of vital equipment in the Neonatal Intensive Care Unit.



Joshua in the NICU at McMaster Children's Hospital

## Colours for a Cause

15-year-old philanthropists are crafting beautiful bracelets to raise funds and awareness for Juravinski Hospital and Cancer Centre.

Best friends from a young age, Sofia and Bianca, began designing bracelets three years ago to honour people they cherished most who were affected by cancer.

"Our close friend's mother passed away from cancer, and we wanted to create something to show our support," says Sofia. "We thought selling these bracelets would be a creative way to give back to the community in honour of her."

The girls had no expectations when they started their mission – only that it was the 'right thing to do.'

"We did not have a goal in mind when we first started," recalls Bianca. "We knew that no matter if we sold three or 300, we were still making a difference somehow."

Three years later, the bracelets created in various intricate designs such as Spiral, Diamond and Diagonal have raised more than \$1,473 to support Juravinski Hospital and Cancer Centre.

"We hope to continue that success and raise up to \$2,000 this year with new collections of patterns and colours," says Sofia.



Sophia (left) and Bianca

Sofia and Bianca continue connecting with the community, inspiring others to share their stories about cancer.

"Everyone is connected to cancer in some way," says Bianca. "Listening to their stories shows us that our bracelets stand for something much more than meets the eye."



## Donor-Funded Equipment Enhances Patient Care

New vital equipment at Hamilton General Hospital will tremendously impact patient care.

Fiberoptic Endoscopic Evaluation of Swallowing (FEES) is a procedure used to identify the presence of dysphagia. Dysphagia is difficulty swallowing – taking more time and effort to move food or liquid from the mouth to the stomach.

Donor-funded equipment is used for the FEES procedure to evaluate patients who have experienced a stroke or brain aneurysm and are experiencing swallowing issues and must re-learn this basic bodily function.

Hamilton General Hospital is the only site in the region with this procedure, tools and trained staff.

However, teams at The General have highlighted the widespread use across the hospital and continual wear and tear on these critical tools – only one functional device used for FEES remains.

Thanks to the support of a generous donor, health care teams at Hamilton General Hospital can now purchase equipment such as a high-definition distal chip endoscope used for FEES. This gift is another example of how our donors enhance patient care.

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## It's Vital to Care



Our Foundation is committed to connecting people with what matters most – our health. We seek to tell the stories of friends, families, and loved ones who rely on the care we support as we bring our passion and commitment to our roles.

"I am fortunate to work for an organization that can make a difference to patients, the community, and even my own family, who has directly benefitted from the outstanding care at Hamilton General Hospital. Through the years, I have seen firsthand the direct impact of donor support to enable the purchase of life-changing equipment in the hospital. Donors are vital and make a real difference in patients' lives – this generosity inspires me every day."

### Shawn Mathers

Senior Development Officer  
Hamilton Health Sciences Foundation  
[matheress@hhsc.ca](mailto:matheress@hhsc.ca)

## DQ Miracle Maker Award Recipient

Jayne Scala, operator of the Dundas East Dairy Queen location in Waterdown, was recognized as Dairy Queen's Miracle Maker Award recipient for 2022.

The Miracle Maker Award is presented annually to the Canadian franchisee and/or operator who has gone above and beyond in their fundraising efforts and dedication to supporting local children's hospital foundations.

Jayne has raised nearly \$148,000 in support of McMaster Children's Hospital Foundation through Miracle Treat Day and many other Children's Miracle Network fundraising activities, making her deserving of this year's award.

"It is truly an honour to receive an award like this one," says Jayne.

Jayne has personal ties to McMaster Children's Hospital – her daughter Amelia was diagnosed



Jayne Scala

with acute lymphoblastic leukemia at age five and received life-saving treatments.

"McMaster Children's Hospital saved my daughter's life," she says. "Amelia is now 25 years old and thriving with 17 years in remission."

Jayne continuously sets the bar for raising awareness of the needs of children's hospitals, and she shares her passion for fundraising with her staff and the local community.

"Our community is blessed to have a children's hospital in our backyard. McMaster Children's Hospital is close, and they have the top doctors, nurses and staff to provide compassionate, life-saving care," says Jayne.

Each year, Jayne personally funds a Miracle Treat Day event for her community that includes t-shirts for volunteers, race cars, bouncy castles and more. In addition, she donates and delivers 200 Mini Blizzards to children and their families admitted to McMaster Children's Hospital on that day.

"We look forward to making Miracle Treat Day bigger and better every year," Jayne says. "I'm so proud of what our community has achieved in supporting this cause. We love what we do, and it wouldn't be possible without my amazing team."

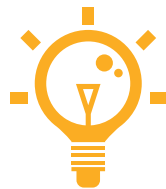
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