



William Osler  
Health System

F O U N D A T I O N



# PARTNERS

MAKING A DIFFERENCE

WINTER 2023  
NEWSLETTER

**MAKING AN IMPACT:**

Retired Nurse  
Chooses Osler

Page 4

**WAYS TO DONATE :**

Monthly  
Giving

Page 5

**PROGRAM PROFILE:**

Butterfly  
Approach

Page 6



# PARTNERS

MAKING A DIFFERENCE

WINTER 2023

Grateful patient, Ann Pedersen.  
Read her story on page 4.

### CONTACT INFORMATION:

**Brampton Civic Hospital**  
2100 Bovaird Drive East  
Brampton, ON L6R 3J7  
(905) 494-6556

**Etobicoke General Hospital**  
101 Humber College Boulevard  
Etobicoke, ON M9V 1R8  
(416) 747-3388

**Peel Memorial Centre for  
Integrated Health and Wellness**  
20 Lynch Street  
Brampton, ON L6W 2Z8  
(905) 863-2579

By email:  
info@oslerfoundation.org

For information or to make a  
donation, visit [oslerfoundation.org](http://oslerfoundation.org)  
or call 905-863-2440

- William Osler Health System Foundation
- @OslerFoundation
- @OslerHealth

### Stay Connected:

Visit [oslerfoundation.org](http://oslerfoundation.org) and sign up to receive *Partners* via email. You'll receive inspiring stories and valuable news about the impact of your donation, right in your inbox.

Charitable Business Number: 12996 5133 RR0001



### MESSAGE FROM THE PRESIDENT & CEO

Growing older is a part of life, and with it comes some uncertainty about how our health will be impacted. Thankfully, William Osler Health System's (Osler) dedicated health care teams are here to help guide you along this journey. When Ann, who appears on our cover, needed hip and knee replacement surgery, and access to seniors services, Osler was there for her every step of the way, delivering quality, compassionate care—something you help make possible with your generous support. Your support of Osler's hospitals means you are ensuring access to quality health care close to home for your future and future generations.

Ken Mayhew  
President & CEO, William Osler Health System Foundation

William Osler Health System FOUNDATION

10<sup>th</sup> ANNUAL  
**HOLI GALA**  
PRESENTED BY  
**BVD Group**

**COME CELEBRATE SPRING!**

*Saturday*  
**15**  
APRIL 2023

**6:00 P.M.**  
**Pearson Convention Center**  
2638 Steeles Ave E, Brampton  
**#HOLIGALA | [holigala.ca](http://holigala.ca)**

FESTIVAL OF COLOURS

## PARTNER SPOTLIGHT



### FLEETEX TRANSPORT LTD.

Fleetex Transport Ltd., led by President, Amarjit Singh Garcha, announced a \$100,000 gift to Osler Foundation in October 2022, to support equipment needs and ongoing redevelopment projects at Osler. Fleetex made the gift on behalf of the Garcha family and in loving memory of Mr. Garcha's late mother, Harbans Kaur Garcha, who received exceptional care at Osler. "We want to ensure everyone in our community has the same access to quality, compassionate care, and that is why making this donation in my mother's honour is so important to us," said Mr. Garcha.



### SANDRA SCHMIRLER FOUNDATION

For more than 20 years, the Sandra Schmirler Foundation has been raising funds to save the lives of babies born prematurely. With their mission in mind, the Sandra Schmirler Foundation generously donated \$46,885 to help purchase crucial equipment in the NICU at Etobicoke General Hospital. "Giving critically-ill newborns a chance to grow up to be champions like Sandra is an important way the Sandra Schmirler Foundation ensures Sandra's courage and character lives on," said Janet Murphy, Vice Chair, Sandra Schmirler Foundation.



### ARMOUR INSURANCE BROKERS LTD.

The Armour Insurance Brokers Ltd. team knows how important it is to feel protected in difficult times. This motivated them to make a \$500,000 matching gift to help ensure quality, compassionate health care is available at Osler when it's needed most. "There is a need for funds to provide best-in-class health care to Peel Region's ever-growing population," said Sukhdeep Kang, CEO, Armour Insurance Brokers Ltd. "Contributing even a small amount will help to enhance the services for all of us."

## NEWS & HIGHLIGHTS

### Five Tips to Keep Your Mind Sharp



*Dr. Sudip Saha, MD, MRCPEd, FRCPC, CCST (UK), William Osler Health System's Medical Director of Seniors Health and Division Head of Geriatric Medicine, shares tips on keeping your mind sharp as you age.*

#### Challenge your mind.

Consider taking adult education courses, starting a new hobby, learning to play a musical instrument, or simply working on jigsaw puzzles.

#### Get enough sleep.

Sleep allows your brain to heal and can boost overall memory health. Aim for seven to eight hours of uninterrupted sleep every night.

#### Manage your blood pressure.

Consistent high blood pressure in mid-life can damage blood vessels in the brain and increase your risk of vascular dementia later in life.

#### Care for your body.

Exercise and nutrition are essential to a healthy brain. Aim for 30-60 minutes of exercise a few times a week. Choose a diet focusing on plant-based foods, whole grains, fish and healthy fats, and limit alcohol intake.

#### Stay connected.

Maintaining a healthy social calendar is a great way to keep our brain active and helps reduce depression and stress as we age. Stay socially connected with loved ones and friends virtually or in person—especially if you live alone.

MAKING AN IMPACT

## Retired Etobicoke General Nurse Chooses Osler for Exceptional Care

ANN PEDERSEN KNOWS FIRSTHAND WHAT IT TAKES TO DELIVER EXCEPTIONAL PATIENT CARE; FOR MORE THAN 50 YEARS, SHE WORKED AS A NURSE IN HOSPITALS ACROSS CANADA, INCLUDING AT OSLER'S ETOBICOKE GENERAL HOSPITAL, WHERE SHE SPENT THE LAST 25 YEARS OF HER CAREER, BEFORE RETIREMENT.



Ann knew from a very young age that she wanted to become a nurse. “I always felt a calling to become a nurse,” said Ann. “When I was growing up, helping others was the only thing on my mind.”

Ann always strived to provide exceptional care to her patients—something she felt aligned with Osler’s values. So when the time came when Ann herself needed care, she knew exactly where to turn.

In 2008 and again in 2010, Ann chose to receive care at Osler’s Etobicoke General Hospital when she required two separate knee replacements. Then in 2017 and 2022, Ann required surgery to replace both hips—once again relying on the care of the physicians and staff at Osler and opting to receive treatment at Osler’s Brampton Civic Hospital. It was after her hip replacement in 2022 that doctors discovered an unrelated gastrointestinal (GI) bleed that sent Ann to the Intensive Care Unit (ICU).

“When they discovered the GI bleed, I was so scared but also so thankful that I was at Brampton Civic and knew I would receive the best care possible. The entire team kept me informed about what was happening, and I am just so grateful they were so thorough and discovered it when they did.”

Ann made a full recovery and went on to spend another three weeks undergoing rehabilitation for her new hip at Brampton Civic.

More recently, Ann found herself back in the care of Osler—this time after a fall at home saw her seeking assessment and care at Osler’s Centre for Seniors and Rehabilitation; one of the first programs of its kind in Canada.

*“Everyone was very kind and caring. They treated me like a person. I’m quite pleased with the care I received.”*

The outpatient centre, which is located at Osler’s Peel Memorial Centre for Integrated Health and Wellness, operates eight clinics that address a wide variety of concerns—memory, Behavioural and Psychological Symptoms of Dementia (BPSD), falls and frailty, continence, Parkinson Disease, osteoporosis, chiropody, and neurological rehabilitation.

Ann was referred to Osler’s Memory Clinic following a comprehensive geriatric assessment, where she was found to have no memory issues.

The clinic incorporates an interdisciplinary team of Allied Health Care Specialists who work collaboratively to provide the best outcomes for their older patients. The variety of expertise available made Ann feel at ease.

*“Visiting the centre is definitely easier than having to visit multiple locations. If anything ever happens, I know I have the best health care professionals all-in one place.”*



## Impact of Monthly Giving

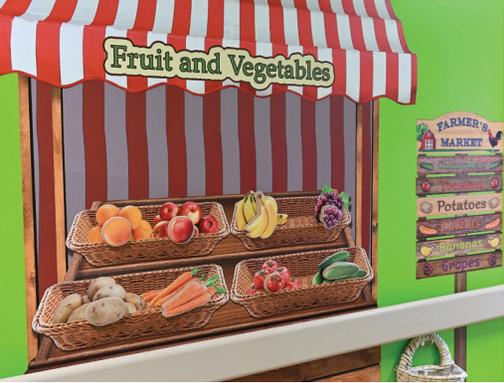


Every day of every month, Osler needs your support to help us provide quality health care close to home. A monthly donation will help ensure Osler’s health care teams have the equipment they need to care for you, your family and loved ones, when it’s needed most.

Monthly giving is a great way to include charitable donations in your budget. When you make a monthly gift to Osler Foundation, you can see the real impact your donation is making on the lives of the many people in your community who seek treatment at their local hospital.

100% of the equipment within our hospitals is funded by the community. Become a monthly donor and help make a meaningful impact while supporting exceptional health care close to home. Learn more at [oslerfoundation.org](https://oslerfoundation.org).





PROGRAM PROFILE



# Butterfly Approach

In 2016, a health care report found that not only did Osler’s local geography have the largest rise in population of seniors in general, but the largest rise in prevalence of seniors living with dementia provincially. Osler knew they had to formulate a plan on how best to serve these patients. Since then, Osler teams have been working to bring the Butterfly Approach to the Acute Care for the Elderly (ACE) unit at Brampton Civic Hospital—the first implementation of this program in an acute-care setting, worldwide.



The Butterfly Approach is an emotion-based, person-centred model of care for patients with dementia, in which the person’s emotional needs are as important as their physical needs. When someone has dementia, pockets of the brain are affected over time, causing loss of memory, speech and mobility. The emotional centre is the last to be affected. By focusing on person-centred care, the Butterfly Approach can meet more than just a patient’s clinical needs. In addition to a medical history, the individual’s history is also collected on admission so the care team can better understand and meet their emotional needs. The patient can then feel more comfortable and focus on other recovery goals.

“The Butterfly Approach recognises that people were people before they became people living with dementia,” said Patricia Geerlinks, Osler’s Director of Women’s, Children’s & Seniors’ Programs. “The language of dementia is emotion. If you’re to meet a person where they are in their stage of dementia, and meet their needs—emotionally—while attending to their acute physiological impairments as well, then you go a long way in helping them meet their other goals from a person-centred care perspective.”

To do this, Osler’s teams incorporate meaningful daily tasks for patients and

incorporate the comforts of home, including music, games and toys. Osler’s ACE unit is also colourfully decorated as people with dementia lose their colour scheme, making the colour beige five times lighter for them and causing everything to look the same—colours are not only helpful for brain stimulation but can also be used as wayfinding for patients.

“In Canada, the number of people who are older than 65 is larger than the number of children who are younger than 15—but specifically in the context of our local geography, we have three times the rate of population growth as compared to the provincial average,” said Dr. Sudip Saha, Osler’s Medical Director of Seniors’ Health and Division Head of Geriatric Medicine. “In the next eight years, there is a projected 83 percent rise in the senior’s population locally. When you marry all of this together, you see that we have a grey tsunami coming—so we needed to incorporate a new methodology, thereby turning a problem into an opportunity.”

Osler has been working with Meaningful Care Matters on this revolutionary shift in acute dementia care, and, as of February 2023, Osler is the first-ever acute care facility to receive accreditation for its implementation of the Butterfly Approach in a hospital setting.

## STAFF Q&A

**CHANESE LAMBERT,  
CLINICAL MANAGER,  
SENIORS' HEALTH**

**Q:** What impact do you see donations making in your area?

For our patients, we are always trying to promote mobility when they come into the hospital, and the only way we can do that is with access to quality equipment. Our department relies heavily on wheelchairs and mobility equipment to provide healthy movement for our patients. We couldn't do what we do without the support of community donors, and we see firsthand the impact donations make for our patients and our hospital.



## COMMUNITY & OSLER CLINICAL TEAMS HELPING TO SHAPE THE FUTURE PEEL MEMORIAL

As Osler continues to move forward with the transformation of Peel Memorial into Brampton's new hospital, patients, families, the broader community, and Osler staff and physicians have been sharing their knowledge, expertise and input on the design of the expanded site.

A Community Survey, available on Osler's website, asks patients, families, and residents to share what they feel is most important for the design of public areas within the new Peel Memorial.

And over the past several months, Osler's Capital Development team has been conducting a series of meetings with the clinical and non-clinical teams who will be providing care and services across the expanded Peel Memorial. Staff, physicians and volunteers have offered important insights that will help inform the planning of the new hospital's design elements and features.

In the time ahead, Osler will continue to work with the planning, design and conformance team, HOK Architects, and a team of additional consultants to incorporate these valuable insights from our community and health care teams to support the next stages of Peel Memorial's transformation.

Residents are encouraged to continue sharing their feedback with Osler on the future design of Peel Memorial, and the survey remains available on our website. Scan the QR code to visit the survey.



## MEET ANDREA

For Andrea Allan, volunteering has always been an important part of her life. She has been donating her time to the community since she was 15 years old, so when her youngest daughter wanted to volunteer at the original Peel Memorial Hospital to see if a career in nursing would be a good fit, Andrea signed up, too.

For the past 30 years, Andrea has been volunteering once a week and has held many different volunteer roles, including in palliative care, CT scan and wayfinding; she finds the most joy in the Seniors' HELP program. The program was developed to assist and promote the health of elderly patients while in the hospital, so they can return to their previous quality of life when they are discharged.

"I help patients maintain their mental and physical skills by socializing and engaging in activities with them. It is much more than just companionship—I receive more than I give. Volunteering is what brings me joy."

## OUR COMMUNITY CARES

### SIGNATURE EVENTS



#### ON STAGE WITH ROBERT PILON

Guests gathered at The Rose Brampton for *On Stage with Robert Pilon*, presented by Orlando

Corporation, for an intimate and interactive musical experience in support of Osler's hospitals. With the audience seated on stage, guests had a once-in-a-lifetime vantage point for musical numbers from Broadway and beyond performed by Robert Pilon and included comedy from celebrity host Jessica Holmes. Thanks to a generous matching gift from John Esplen and The Humberview Group, the event raised over \$900,000.



#### OSLER OPEN: ETOBICOKE INVITATIONAL

The 26th Annual Osler Open: Etobicoke Invitational was a hole-in-one, with 144 golfers hitting the links to raise over \$214,000 for Etobicoke General Hospital. This year's event coincided with the 50th anniversary of Etobicoke General, which opened its doors in September 1972. Thanks to sponsors: Downsview Kitchens, BVD Group, and S. Robinson and Associates of RBC Dominion Securities.



#### JAMIE BRAS' CASINO NIGHT: WINNER, WINNER!

Luck was in the air at Jamie Bras' 4th annual Winner, Winner!

Casino Night, which raised \$71,570 in support of Etobicoke General Hospital. Donors enjoyed a fun-filled night with great food, games, and prizes at Islington Golf & Country Club, while supporting a great cause!



#### RAJASTHAN ASSOCIATION OF NORTH AMERICA (RANA) DIWALI & AWARD GALA

In October, RANA Canada held their annual Diwali and Award Gala, where Indo-Canadians of Rajasthani origin were honoured in 11 categories and recognized for their contributions to Canadian society. RANA Canada generously presented Osler Foundation with a donation of \$10,000 to support cancer care.



#### SRINGERI VIDYA BHARATI FOUNDATION (SVBF) NAVARATRI WALKATHON

SVBF's first walkathon attracted people of all ages, from youth to senior citizens—even a few pets—to raise funds for Etobicoke General Hospital. In attendance were Dr. Lakshmanan, Order of Canada and founding member of SVBF; Mr. Param Bhat, Trustee of SVBF; and Osler's own, Dr. Prema Vaidyanathan. The event raised \$5,279 for the hospital's Women's and Children's program.



#### NAVARATRI GARBA

Sargam Social Club, spearheaded by club president

Mr. Shailesh Patel, celebrated their 5th Annual Navaratri Garba, raising \$5,000 for Osler Foundation. The event, a celebration of Gujarati folk dance and song, was attended by over 500 members and symbolized the joy community gatherings bring after the pandemic made for a challenging and socially distanced period.

SAVE THE DATE: Holi Gala: April 15, 2023 | Osler Open: Brampton Invitational: June 5, 2023

