

Pulling up a Chair



FONDATION
HÔPITAL
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HOSPITAL
FOUNDATION

Recognizing Excellence
Vol IX

Message from the Chairman, Mount Sinai Hospital Foundation

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My first experience with Mount Sinai Hospital occurred in 1995 when my father was admitted into long-term care. Our family was welcomed into an environment that was supportive and protective, as well as highly professional and knowledgeable. Along with this personal experience came the realization of the importance of the Hospital to the community.

I joined the Hospital Foundation in 2009, becoming Chairman in 2016. Over the many years, I have seen first-hand the impact the Foundation, through all of its supporters, is able to have on the Hospital. In recent years we have really been able to 'punch above our weight'! I am proud to report that we have built up our endowments and increased our savings with the result that we can now respond to the Hospital's greatest needs as they arise. The Foundation's board has also been renewed. I am pleased to serve with our competent and engaged board members who are actively involved in the Foundation's governance and in ensuring that the needs of the Hospital are met.

This report recognizes donations made between January 1, 2017 and December 31, 2018. In it we highlight our Rest Assured Bed Campaign which will see the replacement of all the furniture in every patient room. Co-chaired by Louise Hébert-Lalonde, Danny Chazonoff and Stewart Schaefer, the campaign's goal was to raise \$1 Million. I am pleased to report that the campaign met its goal and funds are being transferred as donations are received so the Hospital can begin purchasing equipment immediately.

Another successful fundraising project, Bling It On, our 'pop-up' shopping event, proved so popular that a second edition took place this spring. While providing much-needed funds for our programs, this event also makes the Hospital better known to a wide audience. Special programs, such as Magic Moments, are made possible only through private support. Granting these end-of-life wishes is a powerful way to create lasting memories for the families of palliative care patients.

This report also recognizes a few of the many inspirational staff who go above and beyond in caring for our loved ones.

We are able to make all of this happen through our collective contributions to Mount Sinai. Please accept our thanks for taking part in our incredible accomplishments.

Leon Krolik
Chairman, Mount Sinai Hospital Foundation

The Gift of Time

A Third Party Event



Randi Belfer held a cocktail and vernissage in November 2018 to support the palliative care department of Mount Sinai. Randi is an animal behaviour consultant and dog trainer as well as an avid photographer. The exhibition of her photographs was held in memory of her late father.

Jerry Belfer was a home care patient in 2015. His family credits the support he received for extending his life and greatly improving the quality of his remaining time. His wife Gyongyi felt able to take on the role of caregiver because of the support of the home care team. Jerry cherished both quiet moments and the celebration of his birthday and wedding anniversary before passing away at home.

The exhibit's theme, "Time" served to remind its visitors that every moment of life is precious. The event raised \$3,600 with all proceeds going to the Hospital.

Mount Sinai's palliative care team includes doctors, nurses, orderlies, music and art therapists, a psychologist, Rabbi and Priest, occupational and recreational therapists, physiotherapists, social workers and trained volunteers.



From left, Wendy Corn, Cheryl Montgomery, Randi Belfer, and Margaret Martin.

Palliative home care and other special services that allow Mount Sinai to address the individual needs of patients and their families are funded entirely by donations.

The Rest Assured Bed Campaign & More

Renewal for Patient Care



While rest is essential to good health for all of us, it is even more important when someone is ill. The Rest Assured Bed Campaign, launched in Fall 2017, aims to provide enhanced well-being for all patients. Its ambitious goal is no less than the replacement of furnishings in every patient suite in the Hospital. The campaign's \$1 million target will allow 98 patient suites to be refurbished with a new hospital bed and mattress, new patient and sleeper chairs, over-the-bed table, and bedside cabinet. Other specialized equipment will also be tailored to specific patient needs.

Rest Assured Bed Campaign & More

Executive Committee
2018 2019

Co-Chairs

Danny Chazonoff
Louise Hébert-Lalonde
Stewart Schaefer

Committee

Steven Abrams
Monique Gravel
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The new 'smart' beds will meet the need for infection control and fall prevention. They enhance patient autonomy by enabling easy access and increase caregiver efficiency. Patients are thus more comfortable and secure. The antimicrobial mattresses have adjustable features, such as safety alarms and pressure-reducing surfaces.

Since sitting is critical in promoting patient health, the new patient chairs will offer a more comfortable and safer option to staying in bed for extended periods. The chairs allow ease of maneuverability and positioning so patients can be comfortable in a variety of settings. Visitor sleeper chairs are important in accommodating a family member or caregiver who wants to stay in the hospital overnight to support a loved one.

Corporate Profile: Dormez-vous?

Corporate Social Responsibility

When approached to participate in the Rest Assured Bed Campaign, Stewart Schaefer, President of Dormez-vous and Chief Business Development Officer for Sleep Country, realized right away that it was a natural 'fit' both for him and his company. He was happy to take on the co-chairman role for an effort with the potential to make so many patients' lives more comfortable. His personal experience with Mount Sinai meant he had seen first hand the kind and compassionate care his parents received at the Hospital. While he works in a large corporation with 265 stores across Canada, the scope of the campaign, close to home and community, also appealed.



Dormez-vous has an active employee engagement program with encouragement given to all to become involved with an organization of their choice. Social responsibility is a major factor in the corporation's culture, emphasizing giving back to the communities that have supported them.

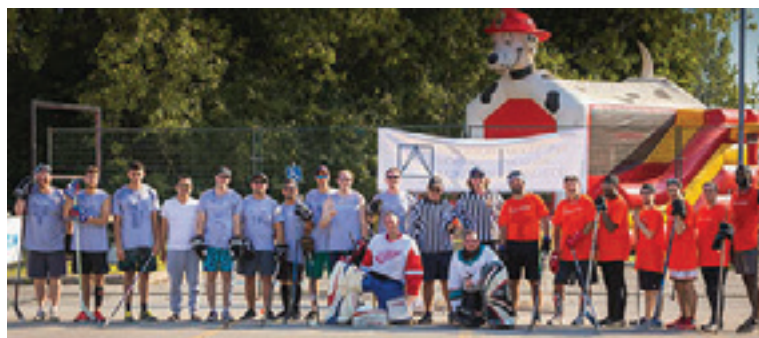
The company's philosophy stresses putting people first.

The Foundation is very pleased that Stewart has chosen to devote his energy to this important challenge, along with co-chairs, Danny Chazonoff and Louise Hébert-Lalonde, and support from an experienced executive committee.



Everyone wins!

Ball Hockey Tournament



A beautiful, hot day in September 2018 saw the Hospital's parking lot taken over for a round robin ball hockey tournament in support of the Rest Assured Bed Campaign. The sporting event, headed by energetic co-chairs Jake Greenbaum and Norman J. Hébert, attracted 8 teams to the competition.



Their supporters enjoyed the sunshine and delicious food, from burgers to pasta prepared on site, while cheering on the players. Younger fans were able to take out their enthusiasm on the bouncy castles.

The teams included GOLO, Delmar, Silver Star, Road Runners, KPMG, Spiegel Sohmer, The Abrams Shlu Boys and Guaranteed Industries, whose sponsors each contributed \$1,000 to the campaign. Players also made their own contributions and received team shirts and prizes, as well as snacks, lunch and beverages. The Mount Sinai Hospital Foundation thanks all who participated in this lively event!

The Rest Assured Bed Campaign seeks to renew all the furnishings in every patient room in the Hospital to ensure an optimal standard of care and better quality of life.

Shopping for a Cause

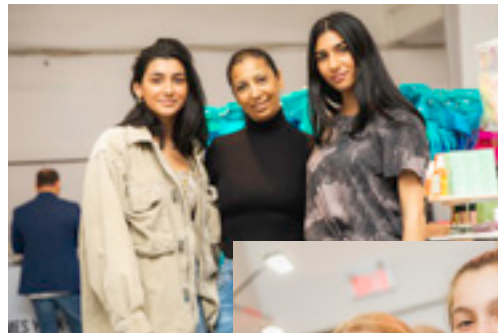
Bling It On!

Mount Sinai Hospital Foundation's inaugural Bling It On event took place at Luxe Rentals Showroom on April 26, 2018, with vendors from across the city. Following a warm welcome, visitors enjoyed light bites and drinks from Mandy's, Café Vito and Brahm Mauer Bar Services, and then began browsing the booths and purchasing all manner of treats and luxury items. The all-day shopping event featured beauty items, home décor, jewellery, and head-to-toe apparel.

The Foundation is grateful to the co-chairs, the dynamic sister duo of Sheryl Rosen Adler and Rona Rosen Malus, aided by their wonderful executive committee.

Following on this success, a second edition took place in April 2019 and proved even more popular. More than 800 shoppers were greeted by over 40 vendors who offered a wide variety that included furs, handbags and eyeglasses. The crowd appreciated the many raffle prizes and happily shopped and munched for a good cause.

The funds raised at these events benefit the Hospital's crucial respiratory, palliative and long-term care programs. Watch for another shopping opportunity in the future!



Bling It On Executive Committee 2018 + 2019

Co-chairs

Sheryl Rosen Adler
Rona Rosen Malus

Committee

Joanne Bell
Jessica Choueke
Lori Cohen
Shari Gordon
Niki Karamanos
Nicole Lefebvre
Julianna Orosz
Marla Plotnick
Wendy Rapps
Brenda Rosenberg
Dayna Rotenberg
Lindsay Sacks
Dawn Shaheen
Lauren Shayne
Linda Zunenshine

Spin for Sinai

Doing good...
feeling good!

While thinking of new ways to raise funds for Mount Sinai Hospital, Rest Assured Bed Campaign co-chair Danny Chazonoff had the innovative idea to bring exercise, fun and donating together. The concept grew out of the spin classes he regularly hosts on Friday afternoons for friends and his employees at Paysafe, where he is COO.

Two 'Spin for Sinai' events were held on Sundays in December and February at Victoria Park in Westmount. Participants registered with a minimum \$25.00 donation to reserve their bikes. Danny led the classes along with a spin instructor; he also made the playlists. His obvious enjoyment and contagious enthusiasm motivated the attendees to boost their efforts.

The successful events together raised more than \$7,000. The exercisers got a good workout with the added bonus of contributing to an important project at the Hospital.

The Rest Assured Bed Campaign aims to replace all the furniture in every patient room at Mount Sinai Hospital.



The Creative Journey

Art Therapy

While art therapy is an established feature of occupational therapy for patients at Mount Sinai, newly adopted changes have enhanced the program. Art therapist Katelyn Brinkman uses drawing, painting and sculpture to help patients respond to life changes. She has recently created separate programs that focus on the needs of each of the three patient groups -- respiratory rehabilitation, long-term care and palliative care.



The three-week program for respiratory patients is designed to alleviate feelings of anxiety and depression. Sessions begin with guided meditation and then move on to activities as varied as collage, jewelry-making, and drawing a self-portrait. The participants are encouraged to develop more autonomy and control over their current circumstances. Sessions for palliative and long-term care patients focus on maintaining their cognitive skills and providing social interaction and group support.

The location for the programs has also changed. The Snoezelen Room (a soothing environment designed to provide a multi-sensory experience) has been adapted to accommodate art therapy, allowing use of the snoezelen equipment to enhance the sessions.

The emphasis in all of these activities is not on a finished product but instead on fostering creativity, reflection and self-knowledge.

Making wishes come true

A lasting memory



The Magic Moments program at Mount Sinai Hospital seeks to fulfill last wishes for in-patients of our palliative care unit. It is one of the few such adult wish programs in North America.

Palliative patient Nando Baldaccino was admitted to the third floor in February 2018. Even at such a difficult time, he was calmed by the warm welcome from Annie Erenyi, our admissions officer. As always, she helped ease the transition and reduced the anxiety of both patient and family. During his time here, his physician, Dr. Golda Tradounsky, administered the kind and compassionate care she is known for, and took the time for conversations with Nando that reassured him. The family was very pleased with the continuous effort by staff to ensure Nando was comfortable and to answer their questions regarding his care.

Nando expressed the desire to have a wish granted: He wanted to see his family all together again, despite an estrangement of recent years. The Magic Moments team responded by arranging a special dinner that became a reunion of Nando's entire family. The celebration featured a catered meal, cake and decorations, and even a magician to entertain the grandchildren.

The emotional experience brought the blessing of reconciliation and had a lasting effect. The good will continued with Sunday lunches in the following weeks at the Hospital. And after their father's passing in June, the siblings continued to meet regularly at their mother's house. The family has expressed their gratitude for both the wonderful care their father received and the gift of a special opportunity to come together.

These special memories are made possible through your gifts. The Magic Moments program is funded entirely through donations to the Mount Sinai Hospital Foundation.



Honouring the past

With a gift for the future



Planned giving through a charitable bequest to the Mount Sinai Hospital Foundation can be especially helpful in meeting the Hospital's needs for new equipment, offering innovative programs, or renewing our facilities. Donor Jon Dlusy recently made just such a commitment by naming the Foundation in his will. He wishes to honour the memory of his older brother Nathan who perished in 1944 while in wartime service. Jon recounts vividly the family history; how they escaped from Germany and came to Canada in 1938. Then, at age 21, Nathan enlisted in the Royal Canadian Air Force and was posted overseas. He died in a plane crash over Scotland while returning from a mission.

Now in his nineties, Jon grew up in Montreal and worked in both the clothing industry and in real estate. His generosity to Mount Sinai reflects his high regard for the work of the Hospital. Jon hopes that his bequest will have a lasting impact on patients' lives. It also serves as an important reminder that we must not forget the sacrifice that young Jewish men made in the fight against Nazism.

In gratitude to Jon Dlusy, the Foundation has named the second-floor respiratory unit after his brother. A beautiful commemorative wall to mark the new Nathan Dlusy Respiratory Unit has been commissioned and will be formally unveiled in June 2019.

For more information on how you can participate in planned giving, please contact Wendy Corn.



Inspiring employees

Our front-line leaders



Patients and staff often make the same observation – it is the people who work here who create the special environment that is Mount Sinai Hospital. This is certainly true of our nursing staff and three head nurses of the respiratory, palliative and long-term care units. While they vary in their tenure here, from a long-time employee to a recent hire, they all reflect that team work is the essential ingredient in ensuring the highest standard of patient care.

Judith Marchessault

On staff for 18 years, Judith was drawn to working at the Hospital by a desire to work in palliative home care. She was the first home care nurse and helped develop our innovative program.

Her palliative care team places the emphasis on the patient, accommodating to the individual's needs rather than the hospital's schedule. When reviewing a patient's request, they try to take a 'why not?' approach whenever possible. Judith stresses the importance of the patient's family in palliative care, treating the patient and family as one entity.

For Judith, palliative care and its potential to improve quality of life goes to the essence of nursing, providing a human touch and recognizing the unique individual. Her team measures success in terms of the comfort of their patients.

Fruan Tabamo

The newest member of this trio, Fruan started work here in April 2018. In addition to being head nurse for long-term care, he is program coordinator for the support program for the autonomy of seniors.

Upon admission, patients provide biographical information so staff can get to know them better as individuals and ease their transition to the Hospital. His staff strive to create a welcoming and home-like environment, which means giving residents choices, in what they wear, their activities and even the menus. The goal is to allow them some autonomy and let them remain true to themselves, despite their illness.

Fruan praises his excellent staff who work continuously to put the focus on the quality of life of each and every patient.

Ryan Bissesar

Head nurse of the respiratory unit, Ryan worked for many years in long-term care. He chose to come to Mount Sinai for a different, and equally rewarding, challenge. He found not only a solid nursing team in place but also a group that forms a close-knit family of colleagues. He appreciates the collaborative work environment that characterizes Mount Sinai.

Ryan's sense of humour and sunny disposition are evident in his kind and generous approach to patients. He is respectful and supportive of his staff. Ryan values the many services that Mount Sinai offers to patients and clients and points out that we treat everyone as an individual. Ryan has also expressed his appreciation of the Foundation's work and the support given to staff and patients alike. He salutes the Foundation's team and sees their efforts as an integral part of the Hospital's important work.

In addition to directing their own units, the three head nurses work together to form a strong team with an interdisciplinary approach. Their synergy, mutual respect, and focus on solution-finding help ensure the Hospital can serve its varied and complex missions.



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By the Numbers

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Here is a quick look at what Mount Sinai accomplished in 2017 & 2018, thanks to your support

284 patients

treated via tele-medicine/
tele-pulmonary rehabilitation program

8 satellite sites

55

MAGIC
MOMENTS
WISHES
GRANTED

758

New Event
Participants

15,208

VOLUNTEER
HOURS

1,091

NEW
DONORS

3,493

patients
who had
sleep
tests done

913

Patients

in-patients in
our pulmonary
rehab program

2,210

patient hours
spent in a
recreology
activity

PATIENTS
SEEN IN
CLINIC

19,679

1,488

IN-PATIENTS
TREATED

ACCREDITATION SCORE
EXCELLENT

Planetree International

Renewing the focus on patient care



While an emphasis on the needs of the individual patient has always been a hallmark of care at Mount Sinai Hospital, a recent initiative is underway to guide the Hospital in creating a recognized standard, in collaboration with Planetree International. A 700-partner network located in 25 countries, Planetree offers a range of resources to support healthcare organizations to achieve excellence in person-centered care. Planetree's focus on 'quality, compassion and partnership' benefits the patient, employees and caregivers.

The Hospital has begun the process to attain Planetree's Certification for Excellence in person-centered care. This achievement recognizes the creation of an organizational culture that engages patients, families, staff, and the community to improve health and well-being.

Certification includes the stages of Purpose – uniting a team around a shared mission; Process developing a comprehensive approach to engaging patients and their families in all aspects of care; and Practice – involving staff, patients and family in the design, implementation and communication of the organization's improvement efforts.

In initial steps, Planetree 'ambassadors' from across the CIUSSS West-Central Montreal, took part in an introduction and training session in March 2019, and work will be continuing on this major objective in the coming year

At our 44th Annual General Meeting that took place in September 2018, we awarded our 1st ever Outstanding Leadership Awards to the following recipients:

Award Recipients

Sheryl Rosen Adler

In Recognition of
Outstanding Leadership,
Bling It on Event 2018

Rona Rosen Malus

In Recognition of
Outstanding Leadership,
Bling It on Event 2018

Melencia de Guzman

Donor of Distinction 2017

Heleena Wiltzer

In Recognition of
Outstanding Leadership,
Donor Wall of Compassion
2016

Alta Levenson

In Recognition of
Distinguished Service 2018

In Memory

A family's appreciation for palliative care

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The family of palliative care patient Joseph Silverstone was so thankful for the standard of care he received that they were moved to express their appreciation. They described how the excellent medical care and support from staff greatly helped them face this very difficult time.

Joseph had been understandably apprehensive when the time came for him to be admitted from home to Mount Sinai, however, he was able to relax when he was met with caring staff who were concerned for his comfort. During Joseph's last days he experienced a nurturing environment. The family often had music playing, and a family friend came to play the violin, all contributing to this calm ambiance.

He received many visitors, none more important than his young grandchildren. The staff prepared carefully for the children's visit to create a peaceful opportunity for them to say goodbye to their grandfather.

In an eloquent letter, the family lauded the empathy, patience and respect that characterized his stay at the Hospital, praising the entire third-floor team 'who showed us kind skill, empathy and support.' They stated that, 'it is apparent that such behaviours are very much a part of the culture of Mount Sinai Hospital. Please accept our deepest appreciation for the care that was provided to our deeply loved father and husband.'