Dear Reader,

It’s been a momentous year for St. Joseph’s Healthcare Foundation. Thanks to the generous support of our grateful patients, donors, hospital staff, friends and volunteers, we’ve raised the most funds since our Foundation’s establishment in 1970. More than $12.9 million in new gifts was secured during the 2011-2012 fiscal year alone. When added to the $52 million we announced at our Timeless Care, Tomorrow’s Discoveries launch event last June, we are proud to affirm that the largest campaign in the 122-year history of St. Joseph’s Healthcare Hamilton is off to a tremendous start.

Since the early phases of the Timeless Care, Tomorrow’s Discoveries Campaign, our Foundation Board and Campaign Cabinet have worked with individuals, corporations, foundations and organizations to raise nearly $65 million towards our $75 million goal. The donations we are securing are helping St. Joseph’s to construct a new mental health and medical care centre on our West 5th Campus, to bring the future of surgical care to our Hospital, and to supercharge our healthcare research enterprise.

We’re pleased to present you with a second “Campaign Check-Up Report.” In the following pages, we’re going to give you a glimpse into our Foundation’s Philanthropy Files. You’ll learn why your support of each of our campaign priorities is so essential to the health of our region. You’ll hear stories from grateful patients, donors, physicians and volunteers who are sharing how and why they decided to become involved with St. Joseph’s Healthcare Foundation. You’ll also receive an update on our current campaign tally.

I hope you enjoy perusing through the notes, file facts, event summaries, stories, and photos that are making the case for why the community is supporting St. Joseph’s Healthcare Foundation. I hope these stories may encourage you to remember or consider how your support of our Campaign today, is helping to create a healthier tomorrow. For us, these stories are a distinct reminder of how the work that we do impacts the care of hundreds of thousands of patients who are served by St. Joe’s every year.

Thank you for your readership and for your unwavering support of St. Joe’s.

Yours sincerely,

Stanley M. Tick, Q.C.
Chair, Board of Directors,
St. Joseph’s Healthcare Foundation

Sera Filice-Armenio
President & CEO
St. Joseph’s Healthcare Foundation
You’ve seen it in the media:

Leading corporations, celebrities, government leaders, and community members are joining together in the fight against mental illness and the stigma that has long surrounded it. While the enhanced profile of mental illness has certainly helped its cause, here are a few of the hard and fast reasons why people are throwing both their advocacy and financial support behind mental health & addictions care:

- The sheer prevalence of mental illness in our society, and the fact that so many of us know a friend, colleague, neighbour or loved one who is living with mental illness and/or addiction
- St. Joseph’s Healthcare’s role as the regional provider of mental health and addiction services means we’re here to help treat the broadest range of mental illnesses and concerns:
  - From eating disorders like anorexia and bulimia, to anxiety disorders like obsessive compulsive disorder or post-traumatic stress disorder
  - From addictive behaviours to substance use issues
  - From severe depression to schizophrenia
- Research findings like the ones below which demonstrate that an individual’s physical and mental health are inextricably and unquestionably linked:
  - Up to 20% of heart attack sufferers are likely to experience episodes of depression during their recovery
  - People with mental illness have an increased likelihood of developing chronic lung diseases like asthma and COPD
- The growing understanding that these conditions are not borne out of weakness in character; they are illnesses, just like any other, and the individuals living with them can and do recover, when they are treated with dignity, compassion, and respect.

Here at St. Joe’s, we’re seeing the groundswell of support for mental health too! Over the past four years, we have seen the number of donors who allocate their gift to mental health and addictions programming and services increase by more than 400%!

St. Joe’s serves a collective population of more than 2 million Ontarians. Knowing that approximately one in five Canadians will be afflicted by mental illness, that means that 400,000 people in our region could be living with a mental health concern.
The Lewis & Ruth Sherman Foundation is Fostering Change

The late Lewis & Ruth Sherman had a long history of supporting worthy causes in Hamilton. Their names can be found on donor walls and facilities in libraries, universities, temples, and, of course, hospitals like St. Joseph’s Healthcare Hamilton. Almost a decade after their passing, the Sherman name continues to foster positive change in the community through their namesake Foundation and its support of mental health and addictions care.

In 2008, the Sherman Family and the trustees of the Lewis & Ruth Sherman Foundation became intrigued by St. Joseph’s growing role as the regional centre for mental health and addictions care. They understood, even from very early on, how important this service would be to residents of Hamilton, and made a generous $750,000 donation to support the creation of St. Joseph’s new mental health and medical care facility...which, at that point, was little more than a well-articulated vision and a set of blueprints.

Four years later, St. Joseph’s new Centre for Integrated Healthcare is taking shape at the corner of West 5th Street and Fennell Avenue, and the trustees of the Lewis & Ruth Sherman Foundation have decided to augment their earlier support with an additional $1 million gift, bringing the family Foundation’s total support for the Timeless Care, Tomorrow’s Discoveries Campaign to an incredible $1.75 million.

“My parents were philanthropists in the truest sense of the word. During their lifetime, they gave to great causes in the hopes of helping others. Today, it’s incumbent on me and my fellow trustees to take great care to ensure we’re doing the same. At a time when one in five Canadians will be affected by mental illness, 400,000 of whom live in the region served by St. Joe’s, I can’t think of a better cause than the mental health and addictions program at the Hospital,” says Ken Sherman, Lewis & Ruth’s son and the Treasurer of their Foundation.

In recognition of the Lewis & Ruth Sherman Foundation’s $1.75 million gift, St. Joseph’s Healthcare Foundation is honoured to name the Lewis & Ruth Sherman Conference Centre and the Lewis & Ruth Sherman Community Psychiatry Services. Through these named spaces, the Sherman name will continue to touch and enhance countless lives in our community.
St. Joe’s is the Home of State-of-the-Art Surgical Care

Our Hospital has been performing surgeries for as long as we’ve been in Hamilton...122 years to be exact. And while we’re proud of our long legacy of providing compassionate care to our region, we’re equally proud of our never-ending mission to improve the care of our patients through research, discovery and innovative care.

Nowhere is healthcare innovation more apparent at St. Joe’s than in our new state-of-the-art surgical centre. 12 new operating theatres are equipped with the latest in minimally invasive, robotic, and image-guided surgical technology. And early in 2012, St. Joe’s became home to the world’s most advanced surgical robot: The da Vinci Si Surgical Robotic System.

It might look like something out of Star Wars, but rest assured the da Vinci doesn’t perform surgery on its own. It is 100 per cent controlled and maneuvered by the caring hands of our skilled surgeons.

Dr. Bobby Shayegan is the deputy chief of surgery at St. Joseph’s, and the head of oncology surgery. To date, he’s performed more than 40 surgeries using the da Vinci system. “What we’re seeing so far is incredible. Surgeons at St. Joe’s are able to perform surgeries through incisions that are just 4 millimeters long. These mini-incisions are healing faster, scarring less, and helping our patients to feel better, sooner.”

While a $5 million gift from the Boris family helped our Hospital to purchase the robot, there are ongoing costs associated with performing robotic, minimally invasive, and traditional open surgeries. Depending upon the operation being performed, our surgeons need a wide array of equipment, surgical supplies, and cutting-edge technology...and your gift to surgical care at St. Joe’s can help to ensure they have the tools they need...when they need them the most!

Surgical Successes Start Here

- St. Joe’s offers the widest range of minimally-invasive surgical techniques of any other hospital in Canada.
- We’re one of only three Hospitals in Canada to be home to a two-console da Vinci surgical robot that can be used for training new surgeons, or for collaborating on complex surgeries.
- St. Joseph’s Centre for Minimal Access Surgery has trained thousands of young and aspiring surgeons on the techniques of keyhole surgeries, while undertaking pioneering research on remote surgeries with organizations like NASA.
A St. Joe’s Surgeon Earns his Wings
New Grateful Patient Program Offers Patients a Chance to Say Thanks.

As a leading surgical Hospital, St. Joe’s performs almost 20,000 procedures each year. We’re a leader in minimally invasive and robotic surgical procedures, we’re home to the very best surgical technologies and equipment available and our surgeons are world leaders in their fields. But sometimes, it’s the personal touch that makes all the difference in a patient’s stay at St. Joe’s. And that’s just what Harold Moyer told us.

Harold came to St. Joe’s for cancer surgery in July 2010. It’s a traumatic event for anyone, but Harold says that from the moment he met his surgeon, Dr. Bobby Shayegan, Head of Cancer Surgery & Deputy Chief of Surgery at St. Joseph’s Healthcare Hamilton, he felt certain that he was in very good hands.

“Dealing with Dr. Shayegan wasn’t like the typical experience I’ve had in any hospital before – it was like dealing with a real person who not only understood my needs, but cared about them too. I was impressed with his professionalism; he really knew his stuff and was very helpful in identifying my options. Even after my surgery, when I returned for post-op check-ups, the care I received from Dr. Shayegan was second to none,” says Harold.

Like so many grateful patients, Harold decided to show his thanks by making a gift to St. Joseph’s Healthcare Foundation to help ensure other patients continue to benefit from the cutting-edge surgical care St. Joseph’s has delivered for over a century. And through a new giving program, Harold was able to send a personal note to Dr. Shayegan, to thank him for being Harold’s very own “St. Joe’s Miracle Worker.” Dr. Shayegan received a special acknowledgement letter along with Harold’s personal note, and a wing-shaped pin that denotes his miracle worker status.

Dr. Shayegan says, “So many of us who work at St. Joe’s deal with matters of life, death, illness, and recovery every day. So sometimes, we forget that the care it’s our job to provide can have a life-long effect on the patients we serve. I’m honoured to have been recognized as Harold’s “Miracle Worker” and I plan to proudly wear my pin. It’s a meaningful symbol of the importance of the work we do. It’s a reminder of why I decided to pursue a career as a surgeon: To make a difference in the lives of people like Harold.”

Since the inception of the Grateful Patient Program in June 2012, almost 100 Miracle Worker pins have been distributed to St. Joe’s Miracle Workers who were nominated by donors & patients alike.
Gifts to Research at St. Joe’s Touch Countless Lives… Here & Around the World

It can take years to move a research discovery from the lab bench, to a clinical trial, to market, and then finally to the bedside where it can truly begin to touch and improve the lives of patients. But here at St. Joe’s we're committed to shortening the time from when a research discovery is made, to when it impacts patient care…so much so that it was a commitment made in our Hospital’s most recent strategic plan.

Gifts to research are different (but equally as important) as donations that help us to purchase a new piece of equipment, or renovate an aging patient care facility. Here at the Foundation, we liken a gift to research to planting a tree. In time, that gift will blossom and flourish, bearing fruit that will feed the future of medical care.

Your donation to support meaningful healthcare research undertaken at our Hospital, will help more than 500 clinicians, scientists, researchers and students working in our labs each and every day to better understand illness and disease. The discoveries they unearth could one day change the lives of hundreds of patients at our Hospital, and as best practices and novel medications are shared across the medical profession, the impact of your gift could reach across the country and around the world!

Now that’s an incredible impact!

And it all starts with your decision to support research at St. Joe’s.

Currently we’re raising funds to support research in areas such as:

- Mental Health & Addictions
- Intensive Care Research
- Lung Disease
- Kidney & Urinary Disease
- Diseases of the Blood
- Brain & Body Imaging

Renowned Research Happens at St. Joe’s

- Dr. Mark Larché’s research team has recently been awarded a $6.5 million grant from the US National Institutes of Health in order to fund their research on asthma and airborne allergens.
- The expertise of the research performed at St. Joseph’s Centre for the Evaluation of Medicines helps to guide over $4 billion in annual government drug expenditures.
- The Mood Disorders Clinic at St. Joe’s, in collaboration with McMaster University, is piloting a research study examining how bi-weekly running may prove to be an effective treatment for anxiety and depression.
GSK is Helping Canadians to Breathe Easier by establishing a $300,000 Fellowship at St. Joseph’s.

GlaxoSmithKline Inc. is a world-leading research based pharmaceutical company that understands the importance of supporting healthcare research. In fact, the company is one of the top 15 corporate contributors to research and development in Canada. Recently, St. Joseph’s Healthcare Hamilton became the grateful beneficiary of one of GSK’s commitments to creating a healthier future for Canadians.

In June 2012, the pharmaceutical giant announced that they would make a $300,000 investment in respiratory care and research at St. Joseph’s renowned Firestone Institute for Respiratory Health (FIRH). The funds will be used to establish the Frederick E. Hargreave Fellowship, which will offer salary support to a post-doctoral fellow who is pursuing research in the field of respiratory care at St. Joseph’s Firestone Institute.

The fellowship has been named to honour the memory of one of the founding members of FIRH, Dr. Frederick Hargreave who passed away in 2011 at the age of 74. Dr. Hargreave was a talented researcher and a gifted clinician. His medical papers were amongst the most ever cited in Canadian medical history. He was known for his high moral ethics and his dedication to improving the lives of patients living with chronic lung disease like asthma and chronic obstructive pulmonary disorder (COPD).

“I believe that Dr. Hargreave shared GSK’s ongoing mission to help people do more, feel better, and live longer. And that’s why we were honoured to help his legacy of caring to live on by creating this fellowship in respiratory research. May the research undertaken by this post-doctoral fellow continue to make discoveries that will help millions of Canadians living with lung disease to breathe easier,” said Dr. Glenn Crater, Vice-President of the Medical Division at GlaxoSmithKline Inc.
Ben Gould
Partner, Milli Ltd.
Chair, Hamilton Board Committee, St. Joseph’s Healthcare Hamilton
& Top Fundraiser in the 2012 Around the Bay Road Race

This year I traded in my designer suits for running gear as I took on the 118th Annual Around the Bay Road Race in support of St. Joseph’s Healthcare Foundation. I was really impressed by both the race organization, as well as how strongly the community identifies with this historic running event that’s been a part of our city since 1894!

If you’ve ever been a part of the Bay Race, you know how inspiring and exhilarating it can be to hear the thundering footsteps of 12,000 walkers and runners hitting the streets of Hamilton to support a Hospital that has been caring for this region for 122 years and counting.

If you have yet to take part in this signature event for St. Joe’s, I really encourage you to give it a try. I can tell you first hand, there’s no experience quite like it. I wasn’t prepared for the incredible encouragement I received from the people running alongside me, and cheering all of us on from the street and the seats inside Copps Coliseum. That overwhelming sense of community inspired me to run hard, and to fundraise even harder.

I knew that every dollar I raised was going to be put to good use at St. Joseph’s Healthcare. Like so many of you, my family and I have been cared for by this Hospital, and we have a vested interest in making sure St. Joe’s has the support, the equipment, the staff, and the resources to care for all of us when we need it the most.

In the end, almost 12,000 runners (many of whom also raised funds), and 15 corporate teams helped to raise more than $260,000 to support the Hospital…and I’m confident that number is going to be even higher next year...because the Bay Race is a great experience that just keeps getting bigger, and better.

Ben Gould (pictured in front of the Milli storefront) raised more than $30,000 for St. Joe’s during his first year participating in the signature fundraising event for St. Joseph’s Healthcare Foundation.
Building a Better Hospital by Bringing a Team to the Bay Race

These 16 companies and organizations have committed to walking, running and raising funds for St. Joe’s in the 2013 Around the Bay Road Race. Each team of colleagues and employees will work together to raise $10,000 that will support patient care and research at St. Joseph’s Healthcare Hamilton.

To be a part of the oldest road race in North America that supports the most historic Hospital in our region, call us today! 905.522.1155, ext. 35982.

Ready to run the Bay Race as an individual?
Registration for the 2013 Around the Bay Road Race is now OPEN!
Visit www.bayrace.com to register now and receive a discounted entry fee.

RACE FACTS

• The Around the Bay Road Race is the oldest road race in North America. Established in 1894, its even older than the famed Boston Marathon, which began three years later in 1897.

• Last year, Hamilton’s own Reid Coolsaet won the 30K Around the Bay Road Race with a time just seconds off of the course record.

• All funds raised through the Bay Race support patient care and research at St. Joseph’s Healthcare Hamilton. The 2012 race set a new record by raising $260,000!

• The economic impact of the Bay Race on the City of Hamilton is estimated to be well over $3.5 million!
14th Annual Holiday Gala – A Roman Holiday

On November 5, 2011 LIUNA Station was aglow as friends, staff, vendors and donors to St. Joseph’s Healthcare Foundation celebrated its transformation into a Roman Holiday themed gala venue. Fine food, outstanding live and silent auctions, paired with friends, fun, food and live entertainment made it a night that 400 attendees won’t soon forget! At the end of the black-tie evening, more than $290,000 had been raised to support superb patient care at St. Joseph’s Healthcare Hamilton.

Naming Our New Hospital

On May 29, 2012, St. Joseph’s celebrated naming the new mental health and medical care facility being built on its West 5th Campus. In recognition of Charles & Margaret Juravinski’s landmark $10 million to the Hospital, coupled with their ability to inspire an additional $3 million from the community through their innovative Daily Double matching program, when it’s completed in 2014, the new Hospital will be called the Margaret & Charles Juravinski Centre for Integrated Healthcare.

27th Annual Foundation Golf Classic – In Memory of Shirley Elford

Many changes were afoot at St. Joe’s longest running event! PCL Constructors Canada and Comstock Canada signed on as the tournament’s premiere sponsors. PCL Constructors spearheaded a change in venue to the beautiful Glencairn Golf Club in Milton where the 27-hole track enabled more foursomes than ever before to take part. In total, 164 golfers took to the links on May 28th raising $100,000 to support the Timeless Care, Tomorrow’s Discoveries Campaign.
Are Highways Hurting Our Lungs?

The Community Health and Education Research (CHER) Fund of the Hamilton Community Foundation has been a long-standing supporter of healthcare research at St. Joseph’s Healthcare Hamilton. The CHER Fund’s most recent grant is supporting a research study spearheaded by Dr. Parameswaran Nair, an associate professor of medicine, respirologist and researcher at St. Joseph’s renowned Firestone Institute for Respiratory Health. Dr. Nair’s study suggests that individuals (particularly women) living within 300 metres of a major road or highway are more likely to see a worsening of their asthma, and/or a decrease in lung function compared with those who live further afield from major traffic routes.

Beams of Light Yoga Studio
Stretches for St. Joe’s

Members of the Beams of Light Yoga Studio in Winona, Ontario performed 108 Sun Salutations on New Year’s Day 2012 to raise funds for the mental health and addictions program at St. Joseph’s Healthcare Hamilton. $700 was raised on this first foray, and the studio owner, Sharon Kovacs, hopes to turn this event into an annual fundraiser, and is challenging other yoga studios to rise to their Sun Salutation Challenge!

Bringing Christmas Wishes to our Patients

For the first time, donors to St. Joseph’s Healthcare Foundation’s 2011 Holiday Appeal were invited to send a message to the patients and staff who will need to be in our Hospital over the holiday season. The messages were collected and distributed to inpatient floors of the Hospital by foundation staff members on Christmas Eve and brought a smile of holiday cheer to the faces patients, staff members and visitors alike. Watch for our next Holiday Appeal arriving in mailboxes in October 2012.
From the Community Files:
Paul & Jessica Valeri host a Stag in Support of St. Joe’s

My name is Paul Valeri... I was born and raised in the City of Hamilton. As you may suspect, I have a fairly large Italian family, and an even larger circle of friends. So when I decided to propose to my girlfriend Jessica last year, I knew that according to time-honored tradition, my family would soon be planning a stag. But Jessica and I had some plans of our own.

While stags are usually hosted to celebrate and gather financial support for a young couple starting their new life together, Jessica and I were very fortunate, we already had enough money to plan a wonderful wedding, and escape for a honeymoon too. So rather than asking people to support our new life together, Jessica and I asked our friends and family to celebrate with us and give generously to a cause that is close our own, and our families’ hearts: St. Joseph’s Healthcare Hamilton.

Philanthropy seems to come naturally to our family. I grew up watching my parents and my grandparents give back to the community in which they lived, worked and raised their children. One of the ways they gave back was by supporting St. Joseph’s Healthcare. In fact, in 2008 my grandfather Clemente Valeri donated $1 million to the Hospital to support the Edward Valeri Cardiac Care Wing, which was named in recognition of their generous gift and in loving memory of my late uncle, Edward.

Over the years, St. Joe’s has cared for many members of the Valeri family, most recently, for my beloved grandmother, Lucia Valeri, who passed away in November of last year. During her stay, I was truly impressed by the compassionate care she received and the level of respect she was shown the nurses and doctors at St. Joseph’s. They treated her as though she was their own grandmother, like one of the family, and if anyone reading this knew my grandmother you would know that nothing was more important to her than family!

Jessica and I saw a real opportunity to both honour my Nonna’s name and to give back to the establishment that showed her all the kindness and respect that she deserved in her final months. We decided to donate all the funds raised from my stag to St. Joseph’s Healthcare Foundation and through the generosity of my friends and family, we were able to raise more than $10,000.

Now that we stand on the cusp of our new life together, Jessica and I look confidently towards our future together safe in the knowledge that no matter what life slings our way: happy new arrivals, emergency visits and end of life care, St. Joseph’s Hospital will be there for us.

If you would like to host an event to support St. Joe’s, please contact Janine Belzak, Manager of Special Events at St. Joseph’s Healthcare Foundation by email: Janine@stjoesfoundation.ca, or telephone: 905.522.1155, ext. 32951.

Paul and Jessica Valeri are continuing the Valeri family’s tradition of supporting St. Joe’s. Congratulations to the happy couple, who were married in July 2012.
Dear Friends of St. Joseph’s Healthcare Foundation:

On behalf of St. Joseph’s Healthcare Hamilton, St. Joseph’s Health System, our talented and professional staff, volunteers, board members, and of course the patients we’re honoured to serve, allow us to begin by personally thanking you for your kind support of our Hospital.

Healthcare organizations in Ontario are fortunate to receive funding from the province, however, so often, it is the gifts, support, ideas, and comments we receive from grateful patients and donors like you that inspire St. Joseph’s to continue pushing the boundaries of patient care and research from excellent to extraordinary.

Through your support of our Foundation’s Timeless Care, Tomorrow’s Discoveries Campaign, you are helping to transform mental health care in our region, to enhance surgical care and innovation, and to build a healthier future via a steadfast commitment to clinical and scientific research. In essence, you are building a healthier community through your support of St. Joe’s, and for this, we remain forever grateful.

Yours sincerely,

Dr. Kevin Smith
President & CEO,
St. Joseph’s Health System
Hamilton

Dr. David Higgins
President,
St. Joseph’s Healthcare

How you can learn more:

St. Joseph’s Healthcare Foundation is committed to the ethical and transparent stewardship of the funds we raise. For a full copy of our audited financial statements, please visit www.stjoesfoundation.ca and look under the ‘About Us’ section or simply call our office at 905-521-6036 and we’ll mail you a copy.
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Campaign Cabinet Members
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Timeless Care

Tomorrow’s Discoveries

The Campaign for St. Joseph’s Healthcare

From the Philanthropy Files