



# Heart & Soul

A Newsletter for Supporters of New Thinking at Women's College Hospital

## The Tough Get Going

A Message from Joanne Cole, President & CEO, Women's College Hospital Foundation

An old expression says that when the going gets tough, the tough get going.

This issue of Heart & Soul certainly proves that point. You'll read about three extraordinary women who met cancer head on, overcame the challenge, and turned their experiences into something positive. One of them, Judith Scotland, told us that having cancer has made her a better, more empathetic person.

Dr. Lavina Lickley, another of the three, is a very familiar and well-loved figure at Women's College. A renowned breast surgeon, she continues to follow her patients and counsel new ones long after the traditional age of retirement. In my work, women often tell me about the wonderful care they received from Dr. Lickley, and perhaps more important, about her amazing ability to connect and touch lives. She is just one of the many "stars" of Women's College who support patients to keep going when the going gets tough.

You'll also read about Dr. Catherine Kelly's new program in thyroid cancer. Although relatively rare, thyroid cancer often affects young women. Kelly and her colleagues are developing a service that will diagnose quickly, treat effectively and support patients throughout the process.

It is always inspiring to read about women who overcome challenges and move forward with courage, humour and energy.

We at Women's College are about to take on a challenge of a very different sort: a capital campaign to support the rebuilding of the Hospital on the Grenville Street site. I am confident that

the Foundation and our community will meet this challenge. In fact, we have already raised 25% of our \$70 million goal.

It's clear that our community continues to recognize the value of what Women's College does and the importance of women's health to all of us.

Please accept my heartfelt thanks for your support of Women's College. Each gift, regardless of size, makes a real and measurable difference. Each gift touches the lives of many women facing serious health challenges.

Your contributions have never been more important. You can be sure your commitment to Women's College will support patients, families and staff—people who really get going when the going gets tough!



### Inside

Scotland the Brave  
Positive Energy  
Getting Active  
The Stars of WCH

And the Beat Goes On!  
Staying Safe in the Sun  
Opening a NeWChapter  
WCH Thyroid Cancer Program

Star Quality – Dr. Lavina Lickley  
7 Steps to Health  
Easier Than You Might Think

# Scotland the Brave

Thanks to a former breast cancer patient, Women's College receives a generous donation from The Co-operators

Judith Scotland will never forget her first appointment with the oncologist at Women's College Hospital after her diagnosis of breast cancer.

Her appointment card told her to be at Dr. Blondell's office on February 2, but the appointment was actually for the previous day. Scotland arrived with her husband and sister for support, only to find the office closed. Puzzled and upset, they were turning to leave when a man emerged from the office and asked if he could help. Scotland began to explain the situation, when he suddenly said, "Are you Judith Scotland? I was expecting you yesterday!" It was Dr. Blondell himself, and he quickly reassured her that he would see her that day. "He was really nice," says Scotland. "I felt that he understood what was going on with me, because he explained everything so carefully. The whole staff

was wonderful. Cancer is not something anyone wants to go through, but it was a good experience because of the people who helped me."

Scotland's warm feelings about Women's College Hospital started many years earlier, when she delivered her son, now 24, at the hospital. "Everybody was so good to me," she remembers. "They rubbed my back and encouraged me. My husband was very impressed by how we were treated. He even bought a thank-you card for the staff." Her daughter was also born at the hospital.

Scotland has worked for The Co-operators for the past ten years and is currently a Group Accounting advisor. Last year she had an opportunity to nominate a charity to receive a donation through The Co-operators Suggested by YOU Donation Program. Expecting a gift of

perhaps \$100, she was astounded and delighted when Women's College Hospital was selected to receive a \$10,000 donation in her name.

"My treatment at Women's College was good, everybody was so kind to me, and I really appreciate that," she says. "There will always be a tender spot in my heart for this hospital."



From left to right: Linda Pearson VP, Development & Campaign Director Women's College Hospital Foundation, Judith Scotland, and Geoffrey Beechey, Vice-President Contact Centre Operations for The Co-operators

# Positive Energy

Katie Osler turns personal challenges into generosity



In a masterful understatement, Katie Osler describes the last eight years of her life as "a busy time." During those years, Osler gave birth to her two children

at Women's College and was treated for breast cancer at the hospital. Recently she underwent a hysterectomy, also at Women's College.

What's amazing about Osler is that her enthusiasm and energy for life is undimmed by her challenging experiences. "You can get depressed or angry, but then your body is using all that energy that it could be using to fight the cancer," she says. "I knew it was going to take a lot of energy to get through my treatment, and I didn't want to waste it."

Osler, who was herself born at the hospital, is a real estate agent with Chestnut Park, where she works on a team with her mother and sister. She started making monthly donations to WCHF after giving birth to her daughter, who is now eight. "I have very, very happy memories of that time at Women's College," she says. "When I was having my babies, it felt really intimate, protected and safe. And yet I knew that they had

everything they needed if something went wrong."

It was just before Christmas 2006 that Osler found a lump in her breast and had an initial consult with her surgeon. A biopsy was performed on December 29, she got her results January 10, and had her surgery on January 16. "That was fast, especially over the Christmas holidays. And I had great care for my mastectomy. I continue to be in awe of what the women at that hospital can do."

Since her treatment, Osler has directed her donations to support the Henrietta Banting Breast Centre. She says that giving on a monthly basis makes it easy to make a significant gift every year. "It comes off my VISA and I don't feel it!"

She adds: "I think it's wonderful that there's a hospital that deals with and caters to women. I love Women's College and I love supporting it. Mine is not a big donation, but it all adds up."



Supporting  
the Women's  
Cardiovascular  
Health Initiative

## And the Beat Goes On!

The 2009 Heart Beat Ball, held February 6 at the Four Seasons Hotel, was a huge success. Attended by more than 300 guests, it featured great food, elegant décor, fabulous silent auction items, and many gorgeous celebrities. Best of all, it was an opportunity to learn about women and heart disease from a leading expert, Dr. Martha Gulati, Associate Director of the Center for Women's Cardiovascular Health at the Bluhm Cardiovascular Institute of Northwestern Memorial Hospital, and a former intern at Women's College.

Proceeds from the event will support the Women's Cardiovascular Health Initiative at Women's College. Special thanks to Gala Co-Chairs Dr. Len Sternberg, Chief of Cardiology at Women's College and Dr. Catharine Whiteside, Dean of Medicine at the University of Toronto and Vice Provost Relations with Health Care Institutions, Honourary Chair Dr. Carolyn Bennett, MP St. Paul's, Valerie Pringle, our outstanding emcee and the many volunteers who helped make the evening so magical.



From left to right:  
Ms Sylvia Chrominska, WCHF Capital Campaign Chair, Dr. Curtis Cole,  
Ms Joanne Cole, WCHF President & CEO, Dr. Martha Gulati



Dr. Carolyn Bennett, MP & Dr. Elaine Todres,  
WCHF Board Chair



Dr. Catharine Whiteside & Dr. Len Sternberg



Ms Valerie Pringle



From left to right:  
Mr. Bob Hope, Mr. Rex Harrington, Ms Catherine Davey, Mr. Seamus O'Regan

## Thank you to Our Generous Sponsors and Supporters

### GARNET SPONSORS



Diamond and Schmitt Architects



### HEART OF GOLD SPONSOR



### SPECIAL THANKS TO



### TABLE PURCHASERS

Dr. Leonard Sternberg  
Boehringer Ingelheim  
Department of Cardiology - WCH

Department of Medicine - WCH  
Environics Communications  
GE Healthcare Canada

Novartis  
RBC  
Women's College Hospital Foundation

# Preventing & Treating Cancer

## 7 Steps to Health: Take action to reduce the risk

A report recently published by the World Cancer Research Fund suggests that many cancers, including over 40% of breast and bowel cancers in developed countries, are preventable through lifestyle choices. You can never reduce your risk to zero, but here are some recommendations.



### 1. Be a non-smoker and avoid second-hand smoke

Smoking causes about 30% of all cancer deaths in Canada. Lung cancer is the leading cause of cancer death for men and women in Canada. Smoking also increases your risk of developing cancers of the mouth, throat, larynx, cervix, pancreas, esophagus, colon, rectum, kidney and bladder. If you are a smoker, quit. If you are a non-smoker, avoid second-hand smoke.

### 2. Eat five to ten servings of vegetables and fruit a day. Choose high fibre, lower fat foods. If you drink alcohol, limit your intake to one to two drinks a day

If you are pregnant or breast-feeding, avoid alcohol.

### 3. Be physically active on a regular basis: this will also help you maintain a healthy body weight

Studies strongly suggest that exercise reduces your risk of colon cancer. Also, the evidence of a link between physical activity and breast cancer is convincing.

### 4. Protect yourself and your family from the sun

Skin cancer is the most frequently diagnosed cancer in Canada. Reduce sun exposure between 11 a.m. and 4 p.m. Seek shade

or create your own. Keep babies under one year old out of direct sun. Tanning parlours and sunlamps are not safe. When you are in the sun, always remember SLIP, SLAP, SLOP:

- SLIP on clothing to cover your arms and legs
- SLAP on a wide-brimmed hat
- SLOP on sunscreen (SPF 15 or higher)

### 5. Follow cancer screening guidelines

Even people with healthy lifestyles can develop cancer. One way to detect cancer early is to have regular screening tests. These tests can often find cancer when it is still at an early stage. The earlier the cancer is found, the more successful the treatment is likely to be.

- For women, know the screening guidelines for breast, cervical and colorectal cancer.
- For men, know the screening guidelines for colorectal cancer and talk to your doctor about your risk of prostate cancer.

### 6. Visit your doctor or dentist if you notice any change in your normal state of health

Know your body and report any changes to your doctor or dentist as soon as possible (for example, sores that do not heal, a cough which goes on for more than four weeks or a change in bowel habits). Health care professionals are trained to spot the early warning signs of cancer and other diseases.

### 7. Follow health and safety instructions at home and at work when using, storing and disposing of hazardous materials

At home and at work, take care to follow safety instructions when using, storing and disposing of household pesticides or any other chemicals. Health Canada and Environment Canada have guidelines for handling cancer-causing substances. These guidelines are printed on the packaging and posted in workplaces.

Recommendations from the Canadian Cancer Society

## Women's College Program Supports Women with Thyroid Cancer

When we think of cancers that are common in women, breast and lung cancer immediately come to mind. But thyroid cancer, although rare, also occurs more often in women than in men and frequently strikes young women.

That's one reason Women's College Hospital is developing a comprehensive thyroid nodule and cancer program under the leadership of Dr. Catherine Kelly.

The thyroid is a butterfly-shaped gland located in the front of the neck, responsible for releasing three hormones into the bloodstream. In women, the incidence of thyroid cancer increases from their 20s to their 50s and then declines. (Men are more likely to develop the disease later in life) Some forms of thyroid cancer run in families, so women who have several family members with the disease are at higher risk. Children who have

been exposed to radiation to their heads or necks are also more likely to develop thyroid cancer, although it may take decades to develop. Otherwise, there are few clear risk factors and as yet no way to prevent the disease.

People with thyroid cancer usually have no symptoms, Kelly says. Thyroid blood tests are generally normal however; a manual exam of the thyroid can sometimes detect a small lump. Other rare symptoms may include trouble breathing or swallowing, and hoarseness. Diagnosis may involve blood tests, laryngoscopy, ultrasound and other scans, and fine needle biopsy. Treatment generally starts with the partial or complete surgical removal of the gland, followed by some radiation therapy and chemotherapy.

Women's College already has a busy Medical Endocrine Clinic where women with suspected thyroid cancer and other diseases

## Getting Active

### Suggestions from Canada's Physical Activity Guide

Scientists say you should accumulate 60 minutes of physical activity every day to stay healthy or improve your health. The time needed depends on effort: as you progress to moderate activities, you can cut down to 30 minutes, 4 days a week.

Physical activity doesn't have to be very hard to improve your health. You can reach the goal by adding it up in periods of at least 10 minutes throughout the day.

- Start your day with 10 minutes of movement indoors or outdoors.
- Go for a bike ride.
- Garden for your health.
- Park the car 10 minutes away from the store you are going to. Better yet, leave the car at home.

- Play catch or fly a kite with your kids.
- Dance to your favourite upbeat music.
- Have a "walking meeting."
- Take the stairs.
- Replace your coffee break with a walking break.
- Roll your shoulders and stretch your neck when sitting in front of the computer.
- Join a club or organization that coordinates active living events.
- Hit a tennis ball with a friend.
- Join a T'ai Chi or yoga class.
- Go line dancing, folk dancing or square dancing.
- Walk, cycle, in-line skate or wheel to work.
- Get off the bus two stops early and walk home.

## Staying Safe in the Sun

### Four Sun Safety Basics from the Canada Safety Council

#### Minimize Sun Exposure

- Schedule outdoor physical activities when UV rays are at their weakest – before 11:00 a.m. and after 4:00 p.m., especially between the months of April and October.
- Always keep children under the age of one out of the sun.
- Remember that skin doesn't have to be hot to burn, so don't be fooled by cloudy or overcast weather.
- Remember too that water, snow, sand and concrete can reflect and increase the sun's burning rays.

#### Seek and Create Shade

- Seek natural shade from trees and buildings.
- Plant trees in school yards and other play areas.
- Use shade umbrellas, or create other forms of shade if natural shade is not possible.
- Keep playpens, strollers and carriages in shaded areas.

#### Cover Up

- Cover children's heads, necks and ears with a broad brimmed hat when outdoors.
- Protect arms and legs with tightly woven, loose fitting, cotton clothing.
- Children should wear a T-shirt over their bathing suit, and long shorts instead of short shorts.
- Wear UVA/UVB protective sunglasses

#### Use Sunscreen

- Have children use a broad spectrum sunscreen (protects against both UVA and UVB rays) with a sun protection factor (SPF) of 15 or more.
- Apply sunscreen before all outdoor physical activities such as swimming, skateboarding, biking or even walking. Remember to apply at least 20 minutes before sun exposure. Reapply often, as perspiration will reduce the effectiveness.

are seen. The new program will focus on thyroid nodules and cancer. It will include a rapid diagnostics service, and a clinic where patients can see an endocrinologist (a doctor that diagnoses diseases that affect glands), a surgeon, and a nurse navigator during a single appointment. "Thyroid cancer is an orphan disease in terms of supportive care," says Kelly. "Perhaps because the outcomes are generally good—survival rates are better than 90%—patients are often left to cope on their own after diagnosis. But the women who get this disease are often young and may be in the middle of raising their families, so it can be quite stressful."

Patients faced with a diagnosis of thyroid cancer may have to make difficult decisions about follow-up treatments and surveillance, too. Says Kelly, "We want to create a program that coordinates all services in one place and supports patients through the decision tree."



# Easier Than You Might Think

Have you considered hosting an event to support Women's College Hospital?

The warm weather months provide an excellent opportunity to raise funds and awareness for Women's College by hosting or organizing events with proceeds supporting the Hospital.

Whether you decide to personally host an event, or involve your friends, family or social group, these initiatives are a great way to create a strong sense of community and teamwork.

Your event can be one that you organize specifically with Women's College Hospital Foundation in mind, or you could take advantage of an already-planned event – such as a birthday party, street sale or backyard BBQ – by including an opportunity to raise funds. This can be as simple as asking friends to donate in lieu of gifts, or by collecting donations as part of your festivities.

The following are just a few of the events you might consider organizing for Women's College

**In the Neighbourhood:** dinner parties, garage sales, bake sales, lemonade stands, BBQ's, carnivals, block parties, theme parties, birthday or anniversary celebrations

**At Work:** 'dress down' days, loonie/toonie drives, holiday celebrations, 'celebrate summer' parties

**Sporting Events:** games, derbies, tournaments

**A-thons:** walk, jump, knit, swim, read, bowl, skate, cycle, step, dance... whether on a big scale or small, the possibilities are endless!

**Ticketed Events:** home or garden tours, art shows, boat cruises, dances,

talent shows, theatrical performances, celebrity luncheons

If you are considering hosting an event to support Women's College, or would like more information, we would love to hear from you!

We will be pleased to discuss your ideas and provide advice and expertise. Once your event has been approved, we can provide educational and/or fundraising materials to distribute at the event; a listing on our web site, an official letter of support, and other resources and ideas to help make it a great success.

Please contact Susan Wellington, Director, Special Events & Sponsorship, at 416-813-4711 or [susan.wellington@wchospital.ca](mailto:susan.wellington@wchospital.ca)

## A Long Road for Skin Cancer

Ultra-Distance Run Raises Funds and Awareness



Paul Bredin is in the foreground and Sean McSweeney is in the background. June 21, 2008 (Summer Solstice) 8 am. Just outside Barrie on Yonge St. heading south to Toronto.

Sean McSweeney's wife was diagnosed with melanoma in December 2003. Thanks to careful screening, her cancer was caught early and successfully treated. But McSweeney, a member of the senior staff team at Mountain Equipment Co-op and an avid long-distance runner, felt he needed to do something to raise awareness around the issue of skin cancer.

For some, that might have meant organizing a 10K fun run, or participating in a marathon. McSweeney went further. He and his colleague Paul Bredin created Run with the Sun – a run of nearly 100km along Yonge Street, one of the longest streets in the world, from sunrise to sunset on the longest day of the year.

Bredin, too, had a special reason for getting involved. "My father was diagnosed with prostate cancer at about the same time, and was going through chemo when Sean approached me to do the run."

On June 21, 2004, Bredin and McSweeney set off from the foot of Yonge Street and over the next 14 hours ran and walked all the way to Barrie. They and several other intrepid runners have done the same thing (except in the reverse direction so they're running downhill!) each summer solstice since then. "The trick in an event like this is just to keep moving," says McSweeney. "The other challenge is that, unlike a marathon, you have to eat and drink all

the way." Each runner consumes an estimated 10,000 calories and drinks between 10 and 20 litres of water.

To date, Run with the Sun participants have raised more than \$15,000 for skin cancer research. In 2009, the proceeds from the 5th annual event will support the Dermatology Program at Women's College Hospital, and the Canadian Cancer Society. "We felt that Women's College was a good fit because of the focus on prevention and outreach," says McSweeney. "Our goal is to create awareness around the great work the Hospital is doing, and to remind people that you can enjoy being outside in the sun safely."

For more information about Run with the Sun including opportunities to get involved, contact Susan Wellington, Director, Special Events & Sponsorship at 416-813-4711 or [susan.wellington@wchospital.ca](mailto:susan.wellington@wchospital.ca)

# Star Quality

Dr. Lavina Lickley is a renowned breast surgeon with a special talent for touching the lives of her patients



"Personally I do not like the word 'survivor' – I much prefer 'thriver.'"

That's Dr. Lavina Lickley, a renowned breast surgeon and researcher who herself underwent treatment for the disease 14 years ago. And there is no question that Lickley does thrive. After more than 30 years at Women's College Hospital, she still bristles with passion—for the Hospital, her research, and above all, for her patients.

Lickley had no intention of being a physician when she was in high school at Branksome Hall, a Toronto independent school: her ambition was to be the first woman Prime Minister of Canada. When it came time to attend the University of Toronto, she hesitated between science and English, and at the last minute landed on physiology and biochemistry. The program was very demanding, and only six of the original 31 people in her class managed to graduate. She "hung on like a limpet," was offered automatic entry into medicine, and jumped at the opportunity. Later when her mother was facing a major surgery, the Chairman of the Department of Surgery invited her into his office and explained his plans for the procedure. "I was hooked," she says.

At the time, Lickley was the first woman to apply for a surgery residency in ten years, and she initially faced some challenges in a male-dominated specialty. By the time her fellowship was complete, she had decided that she wanted a career in academic medicine, and went on to

complete a PhD at McGill University in experimental medicine. For the first 20 years of her career she worked on research into the metabolic and hormonal responses to stress while continuing to practice as a general surgeon. Gradually her surgical practice began to focus on breast surgery, and that in turn led to clinical research in breast cancer. She joined Women's in 1974 and served as Surgeon in Chief from 1989 to 2000.

Lickley participated in a variety of important breast cancer studies, from the first trials that legitimized lumpectomy to a recent study comparing the effectiveness of Tamoxifen and Raloxifene, two medications used to prevent breast cancer in high-risk women. The study showed that Raloxifene was as effective as Tamoxifen in reducing cases for invasive breast cancer with fewer side effects. Unfortunately Raloxifene can only be used in post-menopausal women.

She gave up surgery three years ago, when she found that the long hours of standing bothered her back. Today, she focuses her Women's practice on following patients she has treated for breast cancer, and counselling women at high risk of breast cancer. In addition to her work at Women's, she runs a high-risk clinic at Princess Margaret Hospital. In this role she explains options for prevention, supporting her patients to make informed decisions.

She managed her own brush with breast cancer through an approach she describes as 'benign denial.' "I did everything I was told to do that they showed me could improve my chances, and having done that, I made the assumption I was cured."

Lickley doesn't expect a single brilliant breakthrough in breast cancer but sees slow and steady progress. "The future will be a little more of this, a little more of that—small steps forward," she says. "A physiology professor once told me that the aim of all research was to get rid of surgeons. I'd say that's also true of radiologists and oncologists, but we're not there yet."

When she's not working, Lickley says she's a "burn the candle at both ends"

person. She loves reading and immensely enjoys a book club that she recently joined. She is also an avid bridge player and opera fan. The "love of her life" is her Haliburton cottage, where she spends three weeks each summer and as many weekends as she can manage.

Lickley's warm, down-to-earth manner, extensive knowledge and deep compassion have endeared her to many breast cancer patients. During the 2008 holiday season, she received seven donations to the hospital in her name, earning her more stars than any other staff member (see story below). "Dr. Lickley is truly a star," says Joanne Cole, President and CEO of the Women's College Hospital Foundation. "Her patients clearly appreciate and benefit from her commitment to them. She represents the very best of the Women's College spirit."



## The Stars of Women's College Hospital

On Oscar night we celebrate the stars of Hollywood as they traipse down the red carpet in their magnificent dresses and elegant suits. At Women's College, we celebrate real-world stars (most of them wearing hospital greens!) every day of the year. The women and men of Women's College share a common commitment to compassionate and respectful care centred on the individual needs of each patient. When a former patient or other donor makes a gift to the Hospital in the name of a staff member, the staffer receives a bronze star from the Foundation. When ten stars have accumulated, they are replaced with a silver star. After 20 donations, the staff member receives a gold star. Each year, everyone who has received a star is honoured at a celebration of excellence.

**For more information about the Stars of Women's College, contact Fiona Bedlington, Community Giving Officer, at 416-323-6400 x 2319 or [foundation@wchospital.ca](mailto:foundation@wchospital.ca)**

# Announcing the 2<sup>nd</sup> Annual WCHF Golf Classic!

Following on the success of our inaugural golf tournament in 2008, Women's College Hospital Foundation is pleased to present the 2nd Annual WCHF Golf Classic, taking place on Thursday June 18th at the prestigious King Valley Golf Club. Join us for a wonderful day of golfing (scramble format) on a stunning course, followed by a cocktail reception, silent auction, delicious dinner and our awards ceremony where many fabulous prizes will be presented!



WOMEN'S COLLEGE HOSPITAL FOUNDATION **golfclassic**

Presented by **RBC DEXIA** INVESTOR SERVICES

**Thursday, June 18**  
King Valley Golf Club

For additional information about the Golf Classic, including sponsorship opportunities & registrations, contact Susan Wellington, Director, Special Events and Sponsorship at 416-813-4711 or [susan.wellington@wchospital.ca](mailto:susan.wellington@wchospital.ca)

Register online at: [www.golfwomenscollege.ca](http://www.golfwomenscollege.ca)

new thinking  
**WH**  
Women's College Hospital Foundation

WCHF is pleased to welcome back **RBC Dexia Investor Services** as our Presenting Sponsor and **C.A. Delaney Capital Management Ltd.** as a Birdie Sponsor.

## Opening a neWCHapter

A group of enthusiastic young supporters are looking for new members and planning to make a splash

Gillian Riley has fond memories of giving birth at Women's College Hospital. Jack, her third child, was born during the blackout of August 2003. "The Hospital came through in spades," she says. "There weren't many other patients, so I had my pick of all the doctors!"

Riley, who is Senior Vice President Retail Deposits for Scotiabank, is a long-time patient of the WCH Family Medicine Centre. She and Dr. Ryan Wiley, Managing Director of SHI Consulting, have teamed up to create a new organization, neWCHapter, to support the hospital and develop the next generation of volunteer leaders. neWCHapter members are primarily professionals, men and women between the ages of 25 and 45. "We're providing an opportunity to contribute in a different way," says Riley, "and to have some fun at the same time."

The group will help communicate the hospital's mission, reaching new audiences and expanding the hospital's network of supporters, and support fundraising efforts. To date, some 15 people have been recruited to an executive committee. Plans are under way for some informal events this summer and a major event in February 2010.

The response has been very positive so far, and Riley isn't surprised. "People want to make a difference," she says. "Women's College is a place you can contribute in a meaningful way to the community."

**To find out more and become a member of neWCHapter, please contact Ingrid Graham, Director, Leadership Giving & Special Initiatives Email [ingrid.graham@wchospital.ca](mailto:ingrid.graham@wchospital.ca)**

## Thank you for your support!

## WCHF Board of Directors

Elaine Todres, Chair  
Peter Angelou  
Leon J. Bloom  
Deborah Chant  
Joanne Cole, President and CEO, Secretary  
Carol Ann Cowan  
Marilyn Emery, WCH President and CEO  
Kim Forgues  
Christopher S.L. Hoffmann, Treasurer  
Mary Susanne Lamont  
Nancy MacKellar  
Pat McGee  
Wanda O'Hagan  
Valerie Pringle  
Gillian Riley  
Michelle Samson-Doel  
Kim Shannon  
John Semple  
Ryan Wiley  
Sally Wright

## WCHF Advisory Board

Maureen Kempston Darks  
The Honourable Margaret Norrie McCain  
Robert Ramsay  
The Honourable Senator Nancy Ruth  
Beverly Topping

## WCHF Senior Staff

Joanne Cole  
President & CEO  
Mary Dodd  
Vice President  
Finance & Operations  
Laura Gatensby  
Vice President  
Community Giving & Stewardship  
Linda Pearson  
Vice President  
Development & Campaign Director  
416-323-6323  
[foundation@wchospital.ca](mailto:foundation@wchospital.ca)

new thinking



Women's College  
Hospital Foundation