



Heart & Soul

A Newsletter for Supporters of Women's College Hospital

Celebrating a Century of Nursing Excellence

RBC honors a proud tradition and supports nursing education

Nurses are the backbone and the heart of any hospital. The 200 nurses at Women's College are committed to exceptional patient care and lifelong learning. That's why the recent gift of \$700,000 from the RBC Foundation to create a virtual learning community for nurses is so important.

"Developing and sharing knowledge is an essential part of the academic healthcare milieu today," says Women's College Chief Nursing Executive Jane Mosley. "It's critical that nurses have access to a learning portal, and the RBC Foundation donation is enabling that to happen. Just as important, it's a vote of confidence – an acknowledgement of the essential contribution that nurses make to patients' lives and the system as a whole."

The Nursing Learning Community will be housed on the hospital's intranet site, with features such as a news feed highlighting upcoming events for nurses and recent developments, educational modules, bulletin boards and blogs where nurses can share ideas, videos and podcasts of presentations at the hospital and elsewhere, and links to nursing resources such as the RNAO Best Practice Guidelines. "Having a virtual

community means that nurses can access professional development activities 24/7," says Mosley. "They'll have the most up-to-date and reliable information at their fingertips. When you have the right information and links available easily, nurses are more likely to access them." In addition, the RBC gift will support the creation of a real-world centre where nurses and colleagues can meet to learn, teach and discuss, access computers, and participate in Telehealth sessions.

Gayle Longley, Director of Corporate Donations for RBC Foundation, says RBC has a deep respect for the nursing community and a long history of supporting nurses. "We hope this donation will become an important part of the learning environment for nurses at Women's College over the next several years," she says. "Because it's a virtual environment, we also hope it will expand their network and help them connect with the broader community of nurses, to share knowledge and transfer best practices."

RBC recognizes the unique role that Women's College has played in

meeting the specialized health needs of women, and is delighted to be able to support the Hospital as it prepares for the future. Zabeen Hirji, RBC's Chief Human Resources Officer, serves as Vice-Chair of the Campaign for Women's College Hospital. Says Joanne Cole, President and CEO of Women's College Hospital Foundation: "RBC has been extraordinarily generous in its contributions of time, talent and funding. This is truly an organization that believes in women's health."



Jane Mosley, Chief Nursing Executive

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The Excitement is Building

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



Recently I had an opportunity to get really excited about the future of women's health in our community.

As you may know, Women's College Hospital is preparing to build the hospital of the future on the current Grenville Street site. The designs are beautiful. More important, they are carefully thought out to support the most advanced women's health care in a warm and respectful environment. In other words, the best of the past melded with the best of the future.

By the time you read this newsletter, the preferred proponent may have been selected. Certainly you'll be hearing more about our new hospital in the months ahead. We expect to have shovels in the ground by the end of 2010.

The excitement is building. During 2009-2010, Women's College Hospital Foundation raised more than \$11 million, a 63% increase over the previous year. We are now more than one-third of the way to our campaign goal of \$70 million.

Our success is thanks to the extraordinary generosity and vision of donors like you, who understand the importance of women's health. In this issue of *Heart & Soul*, you'll read about some donors and volunteers who, like you, are supporting the work of our Hospital, and touching the lives of women everywhere.

You'll also learn more about our outstanding sports medicine program, the proud tradition of our Association of Volunteers, and the achievements of our Equity and Community Engagement group. You'll read about *Grape to Glass*, a wine tasting event organized by *neWChapter*, a group of energetic young professionals committed to supporting Women's College. My heartfelt thanks to Gillian Riley and Christopher Thompson, who co-chaired the event, and to Ryan Wiley, Co-chair of *neWChapter*, who was a major supporter of the event as well. It was a wonderful evening that raised \$100,000 for the Hospital.

Our next big event is the annual golf tournament, scheduled for Thursday, June 17. If you'd like to find out more, visit www.golfwomenscollege.ca.

There will be more opportunities to get involved with Women's College Hospital Foundation soon. Watch for an announcement about the next in our stellar series of "An Evening with . . ." events. As you may recall, Tony Blair, former Prime Minister of Great Britain, Al Gore, former Vice-President of the United States and his wife Tipper Gore were past speakers. All are hard acts to follow, but we have some great ideas!

Looking forward, 2010-2011 will be a pivotal year in the life of the Hospital and the Campaign for Women's College Hospital. I'd like to extend a special thank you to our campaign volunteers, led by Campaign Chair Sylvia Chrominska, and the wonderful generosity of you, our donors. With your help we expect to pass the half way mark of the campaign. We will also be celebrating the public launch of the campaign. See you there!



WOMEN'S COLLEGE HOSPITAL FOUNDATION **golfclassic**

Presented by **RBC DEXIA** INVESTOR SERVICES

Save the Date

06.17.2010

Join us for the 2010 Women's College Hospital Foundation Golf Classic.

Location	King Valley Golf Club
10:30 am	Driving Range Open
11:30 am	Lunch
12:30 pm	Shotgun tee-off
6:00 pm	Reception, Dinner, Silent Auction and Prizes

For additional information on sponsorships opportunities, golf packages and Silent Auction items, please contact Susan Wellington, Director of Special Events and Sponsorship at 416-813-4711 or email: susan.wellington@wchospital.ca

Register now: www.golfwomenscollege.ca

Building on Excellence

Women's College Hospital prepares to start construction this year



David Hope

Creating a new hospital is a complex and demanding task. After years of work, Women's College is in the final stages of choosing the consortium that will design and build the new hospital on the current Grenville Street site.

The design process began in 2006-2007 with the development of a business case, master plan and functional plan for the Ministry of Health and Long-Term Care. Once the plans were accepted by the

Ministry, the Hospital recruited a Planning, Design and Compliance Consultant – an architectural consortium that began outlining specifications for the building. Three teams were then chosen to receive the detailed Request for Proposal. “Essentially, we asked them to take the design package and develop it into a building,” says David Hope, Director of Capital Planning for the Hospital. Hope and his team worked closely with each of the three proponent teams. “There were an incredible number of meetings with the teams to give them the opportunity to test out their ideas,” says Hope. “Ultimately we wanted to ensure that all three submissions complied with our requirements.”

The final proposals were received in mid-February. They are currently being evaluated by Hope's team for price and compliance. A decision on the successful team is expected by early summer, and construction will begin by the end of the year.

Hope says the biggest challenge in this project is the phasing. “We're building on the same site where we live,” he

points out. “We'll be knocking down our parking lot and building a new tower within inches of the existing building. And the existing building has to be running the whole time!” To add complexity, there is construction on an adjacent lot. There will be no on-site parking for several years, another challenge Hope and his team are planning for.

One of the most exciting opportunities, he says, is to design a truly green hospital. Women's College is committed to achieving certification under the Leadership in Environmental and Energy Design (LEED) program. That could mean everything from efficient air handling systems and water reduction plans, to low-emitting building materials and the use of deep lake cooling.

Hope understands that some people may be sorry to see the beloved old Women's College building disappear but points out that the Hospital is much more than its bricks and mortar. “My wife had our first two children here in the early 90s,” he says. “The staff and physicians were amazing – so engaged, supportive, and completely there. It's always about the care.”

Women's College Wins Diversity in Governance Award

In February Women's College Hospital was honoured for its work on diversity in governance, receiving a prestigious award from DiverseCity onBoard, a joint initiative of the Maytree Foundation and the Toronto City Summit Alliance.

Diversity has been an important value for Women's College ever since it was founded 100 years ago as a place where women doctors could train and practice. Today, the Hospital maintains an Equity and Community Engagement department, led by its Director, Angela Robertson, a long-time worker with homeless and low-income women and an activist in the Black and women's communities. “Toronto is one of the most diverse cities in Canada,” she says. “Our goal in Equity and Community Engagement is to ensure that the Hospital's services are available to

diverse communities of women, and that the Hospital is responsive to those communities in its practice and programs.” Robertson helps develop community partnerships, identify and advocate for marginalized groups, and raise awareness of diversity issues within the Hospital.

In 2007 the Hospital created an Equity Vision, a unique document anchored by a commitment to, “optimal health outcomes for diverse women and their families through community-informed, inclusive, and responsive services.” Robertson points out that while most hospitals have equity as a value, Women's College is the only one in Ontario to create a full vision. “That's the Board saying that health equity for all women and their families is a real priority for us,” she says.



Michele Landsberg, Ratna Omidvar, Marilyn Emery

The Hospital has also made an effort to recruit women representing diverse groups to the Board table. Today, 30 per cent of board members belong to ethnic and racial minorities, and 10% represent the LGBTQ community.

“The award was an affirmation of the value of doing this work,” says Robertson. “It also helped to anchor the ongoing commitment to equity.” She says the Hospital will continue its strategy of increasing Board representation, listening and responding to diverse communities, and increasing awareness among staff and physicians.

Helping Women Stay Active

The sports medicine program at Women's College is a national leader



Dr. Julia Alleyne

It was very quiet around the Women's College Hospital sports medicine program for two weeks in February, and that's a good thing.

Every physician and therapist associated with the program was selected to work at the 2010 Winter Olympics. "It's quite an impressive achievement," says Dr. Julia Alleyne, who served with Skate Canada. "It speaks to the strength of the group we have developed here and our commitment to Canadian athletes. We are seen as leaders, and that's very rewarding." In addition to Skate Canada, Alleyne is Team Physician for the Canadian

Trampoline Team and Consultant Physician to the National Ballet of Canada. She has served Canada at the 2002, 2006 and 2008 Olympic Games.

Dr. Alleyne founded Sport CARE at Women's College in 1995. The innovative multidisciplinary program provides care for anyone who has had an injury or illness related to exercise or needs help getting active. Sport CARE works closely with the Hospital's outstanding orthopaedic surgery program, creating a center of expertise unlike any other in the city. "I had done a lot of work in the community," she recalls, "and

I felt there was a lack of evidence-based approaches to musculoskeletal care. This clinic was designed not to duplicate what's done in the community but to develop and evaluate new models for assessment and care."

Three specialized programs are offered within the Centre. Athletes@Risk focuses on elite athletes at risk of "Female Athlete Triad," a syndrome marked by disordered eating leading to "energy deficit", lack of menstrual regularity, and reduced bone health. The Exercise and Pregnancy program started with a North America-wide 1-800 helpline for patient questions and also provides education to health care professionals. The program recently launched a multidisciplinary clinic with physicians, athletic therapists and physiotherapists providing assessment and treatment for pre-pregnancy, pregnancy and post-partum exercise issues. Fitness over Forty offers counselling and assessment to women who have had little exposure to exercise and need to get active, often to manage a chronic disease like diabetes.

Dr. John Philpott is one of Alleyne's colleagues at Sport CARE. Trained as a paediatrician, Philpott's own experience with athletic injury got him interested in sports medicine. Like Alleyne, Philpott is well regarded in the Canadian sport community. He works with Canada's basketball, soccer and skating teams. In addition to elite athletes, Philpott has a special interest in children who don't get enough exercise. He helps run a paediatric healthy lifestyle clinic at Toronto East General Hospital. "Working family by family we try to make a difference, but the returns are limited," he says. "The biggest improvements will be made at a societal level, by redesigning neighbourhoods and changing the way we live our lives."

Working in close partnership with Sport CARE are the Hospital's orthopaedic surgeons. Surgeons specializing in arthroscopy and soft tissue procedures from across Toronto have been brought together at Women's College. In addition to operating almost every day, the group participates in sports medicine rounds, educates residents, and collaborates on research. "Everyone was doing their own thing at their own hospitals," says Dr. John Theodoropoulos, a member of the group. "Now we're all working together in a cohesive unit."

Theodoropoulos also has a celebrity sport connection. As orthopaedic surgeon to the Toronto Maple Leafs, he attends all 50 home games each season. He also works with several other hockey teams and with the Toronto Blue Jays, and was stationed at the hockey venue for the Olympics.

Theodoropoulos is excited about the future of sport medicine at Women's College Hospital. "Ultimately our goal is to have a true centre of excellence," he says. "In the new building we will bring together all the disciplines for both surgical and non-surgical care. Whether it's a professional athlete or the average guy, we'll treat everyone equally and provide the most up-to-date diagnosis, care and rehabilitation."



Dr. John Philpott

Get Moving!

Why is physical activity important?

The reasons are many. Physical activity:

- Appears to reduce the risk of more than 25 chronic conditions, including heart disease, stroke, hypertension, breast cancer, colon cancer, type 2 diabetes and osteoporosis
- Allows you to get through the day with greater ease and less fatigue
- Slows functional decline as you get older
- Is associated with higher job satisfaction and better energy, attitude and productivity
- Provides a balance to the demands of family and work and helps you handle stress
- Reduces the rate of bone loss associated with osteoporosis
- Promotes a healthy environment (by walking or cycling, instead of driving)

If you're not sure how much is enough, Dr. Alleyne suggests consulting Health Canada's physical activity guides (www.phac-aspc.gc.ca/pau-uap/paguidelindex.html).

For example, the Guide for Older Adults recommends: "Start slowly and build up – listen to your body. Accumulate 30 to 60 minutes of moderate physical activity most days. Minutes count – add it up 10 minutes at a time. Not sure? Consult with a health-care professional."

Other advice from Dr. Alleyne:

- Exercise in small amounts frequently rather than saving it all up for the weekend
- Combine physical activity with other activities. For example, walk to the bank and the dry cleaners
- Keep a diary, a training log or some other way of tracking your progress
- Start low, go slow
- Find a walking buddy or join an exercise class: recent studies show that with social support you'll feel less discomfort and be more motivated
- Invest in good shoes

A Feisty Little Place

Janet MacInnis fell in love with Women's College 25 years ago and has never stopped caring



Janet MacInnis

When Janet MacInnis was first asked to serve on the board of Women's College Hospital in 1985, she wasn't sure what to say. After all, her father and brother were both doctors at another hospital, and she'd had her four children there. "I came to Women's College to have a look," says MacInnis, "and I was immediately struck by the history, the people, the intimacy, and the ethos. I was deeply moved."

So moved that she's been a volunteer with the Hospital and Foundation ever since.

MacInnis, a mother of four, started her volunteer career with Deer Park United Church and the Junior League. She learned to lead through her involvement with United Way Toronto, where she chaired a capital campaign, and served as Chair of the Board and Chair of the Multiculturalism Committee. At Women's College she chaired the Special Delivery Campaign in the late 80s, and then went on to serve on many Board and Foundation committees. Today she serves on the Major Gifts Committee of the Foundation's Campaign for Women's College Hospital and as an honorary member of the Hospital board.


She has been a generous donor too, and is a member of the Spirit of Life Society, which honours those who have made a planned gift to the Hospital. Chances are, at least one of her 14 grandchildren will also follow in her footsteps.

"I've always seen Women's College as a little gem," she says. "It's a feisty little place too, which is why I've stuck with it." She developed enormous respect for the women physicians who

led the Hospital in the early days, and remembers with special fondness Dr. Bette Stephenson, long time Chief of Family Medicine. She delights in quoting Stephenson, who once told her, "Women's health is a lot more than just south of the navel and north of the knees!"

Today, research is bearing out what Stephenson knew from experience – that men and women are biologically different and need different care and treatment. MacInnis strongly supports the Hospital's renewed commitment to women's health. "Women are the gateway to healthcare for their children, their spouses, their elderly parents," she says. "When women are well cared for, the rest of the family is well cared for."


She is also excited by the future of Women's College as the first and only ambulatory care centre dedicated to women's health in North America. "So much can be done by the day now," she says. "This is the healthcare and the hospital of the future."



Women's College Hospital Foundation's F.M Hill Speaker Series presents:

the new **HEALTHY YOU** speaker series

SEMINAR	Bone Up!
DATE	Tuesday, May 18, 2010
TIME	7:30 p.m. to 9 p.m. (Doors open at 7:15 p.m.)
TICKETS	\$15 each
LOCATION	Elmwood Spa, 18 Elm St. 4th floor, Terrace Restaurant, Toronto (east of Bay Street, south of Gerrard Street) Light refreshments provided.







About Gillian Hawker, MD, FRCPC
Gillian Hawker is Physician-in-Chief of the Department of Medicine at Women's College Hospital in Toronto, where she holds the F.M. Hill Chair in Academic Women's Medicine. Dr. Hawker is a rheumatologist at the Hospital, and she directs both the Osteoporosis Research Program and the Canadian Osteoarthritis Research Program.

Purchase tickets online at womenscollegehospitalfoundation.ca or call (416) 813-4709. Proceeds are directed to Women's College Hospital Foundation.

Bone Up!

sponsored by:

Celebrating Recent Events!



Raising a Glass to Good Health

More than 500 supporters gathered at the Fermenting Cellar in the Distillery District on February 18 for *Grape to Glass*, a new event in support of Women's College Hospital. Guests had the chance to taste a variety of luxury wines paired with gourmet foods. They also bid on rare wines from around the world. The event, organized by neWCHapter, the Foundation's future leaders society, raised \$100,000. Said Barbara Mason, Executive Vice President, Wealth Management for Scotiabank, the Presenting Sponsor: "The success of *Grape to Glass* demonstrates the powerful connection and commitment that people feel for this wonderful organization."



Grape to Glass event at Fermenting Cellar



Co-chairs, Gillian Riley and Chris Thompson



Veronika Litinski, Ryan Wiley, Co-Chair, neWCHapter, Brian Vandervecht, Andrea Lenzner, Tania Martin



Barbara Mason, Executive Vice President, Wealth Management, Scotiabank

Volunteers Celebrate 95 Wonderful Years



For most people, it's the first face they encounter when they enter Women's College Hospital, and it's always a warm and smiling one.

For decades the Association of Volunteers has staffed the Hospital's information desk, helping to welcome, reassure and direct patients. The Association has also served patients and staff in the gift shop, the surgical waiting room, breast imaging centre and other parts of the Hospital, helped to raise awareness of the Hospital in the community, and raised funds to support it. "We see ourselves as ambassadors for Women's College," says Association President Darlene Bogart.

Bogart's mother-in-law served as Chair of the Hospital Board, and three of her sisters-in-law also volunteered with WCH. She worked at the Hospital as a volunteer during university, and then joined the Association in 1964. "It was a fit for me," she says. "The whole idea of women taking charge, the philosophy of the Hospital, has always been very important to me. My heart is at Women's."

This year, the Association is celebrating its 95th anniversary, but Bogart says that doesn't mean the organization is getting musty. "We don't see ourselves as being old – just as being around almost as long as the Hospital! This is a celebration of the fact that we've been a steady rock and a good partner for the Hospital through all those years." Among the 95th birthday events: a birthday party, a Club 95 for those who raise or donate \$95, a sponsored "gentle walk," host-a-party week, and a cookbook with 95 special recipes. The Association is three-quarters of the way to achieving its \$1 million pledge to the Campaign for Women's College Hospital.

Bogart sees a bright future for the Association. "I don't have a crystal ball, but I'm sure it will continue to make the changes necessary to stay relevant, and attract strong support from members. I know the sense of support and caring for each other will go on."



A Wondrous Thing for Women

Joann and Rodger McLennan are enthusiastic and generous supporters of Women's College Hospital

There's no mistaking where Joann McLennan is from. Although she's lived in Canada for more than 40 years, the tones of her native New York City ring clear. "It never goes away," she says proudly. "And I go home every year to reinforce it!"

She met Rodger in the late 1960s, while visiting a Canadian friend in Windsor, Ontario. The two connected at a New Year's Eve party. A month later she had moved to Canada, and they were married within a year.

The McLennans settled in Toronto in 1975 when Rodger got a job with the Scarborough Public Library. When they started looking for a family doctor, someone recommended a young woman who was just starting up her practice. Her name was Dr. Carolyn Bennett, and she was affiliated with Women's College Hospital.

Bennett, went on to enter politics, winning a seat in the 1997 federal election. She was re-elected in 2000, 2004 and 2006, and served in several cabinet positions. "We didn't want her to win," says Joann with a smile.

The McLennans continued to attend the practice Bennett started and to receive most of their secondary care at Women's College Hospital. "Women's health matters to me," says Joann. "The research done at the Hospital is very impressive, and so is the care women get when they go there. At Women's College, they care for whole families." She is especially appreciative of the Multidisciplinary Osteoporosis Program, a team of physicians, nurse specialists, occupational therapists, physical therapists and pharmacists. "It's a wondrous thing for women – as far as I'm concerned, if you don't get all that attention from different professionals, you're not getting proper treatment."

Rodger is enthusiastic about the mission of Women's College Hospital, too. "I'm glad there is an emphasis on service for women, because for too long women have gotten short shift in medical services." He is impressed by the care he receives, and by the Hospital's trademark warmth and friendliness. "You get to know your care providers here, and it all becomes like a family get-together. I think we're both very lucky to have Women's College as our main medical base." He and Joann have recommended Women's College to many friends and acquaintances over the years.

Several years ago, Joann was seriously ill and was hospitalized for eight months. She spent three months in a coma in the Critical Care Unit at Sunnybrook and Women's College Health Sciences Centre. Her surgeon, Dr. Theodore Ross, visited her seven days a week until she was out of danger. Rodger was also pleased with the thorough care he received when he visited the Urgent Care Centre with heart concerns. "The doctor kept me overnight so that she could check my readings several times. She didn't want to make a decision based on 15 minutes of monitoring."

Rodger and Joann have supported Women's financially for many years. Joann explains their generosity in simple terms: "We have it, the Hospital needs it, so we give it!" They are also members of the Foundation's Spirit of Life society, which honours those who have made a bequest in their will to benefit the Hospital. "We can't be here forever," says Rodger. "This will help the Hospital when we're gone."



Joann & Rodger McLennan

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Women's College
Hospital Foundation

Thank you for your support!

Women's College Hospital Foundation is a member of Imagine Canada's Ethical Code Program. The Ethical Fundraising and Financial Accountability Code can be read at www.imaginecanada.ca



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