

Bienvenue | Welcome



Pour célébrer | Celebrating
2021-2022

Society Booklet

**AU CENTRE HOSPITALIER DE ST. MARY,
TOUT NOTRE PERSONNEL EST EN PREMIÈRE LIGNE.**

**AT ST. MARY'S HOSPITAL CENTER,
ALL STAFF ARE FRONTLINE.**



**LA SOCIÉTÉ DE ST. MARY 2021
THE ST. MARY'S SOCIETY 2021**

**UNE COMMUNAUTÉ DE SOUTIEN
COMMUNITY SUPPORTING COMMUNITY**

LA 84^e ÉDITION DU BAL DE ST. MARY
Remettre les sourires là où ils doivent l'être

Notre comité du bal de St. Mary et les membres de nos conseils d'administration sont passés à l'action pour imaginer la tradition. Les membres de notre personnel – la novembre n'aurait jamais pu imaginer que la lorsque les élégants serveurs de Beatrix ont pris un dîner gastronomique à emporter pour deux compassion en se présentant pour faire tirer des photo l'attention des journalistes pour faire écrire qu'ils se reflétaient sur leurs visages. La 84^e édition

2021




THE ST. MARY'S SOCIETY
(January to December 2021)

There is an incredible strength of human spirit that lives deep within the St. Mary's community. Resilience resonates from our core.

As we have all been navigating through difficult times, it has been awe-inspiring to see the unwavering support of each and every one of you. It has been said that 80% of success in life is just showing up. Let it be known that the capacity to always show up is exactly what enables us to go the distance. Because of you, we have complete, unshakable confidence in our ability to take charge and combine our efforts to see our way through.

Over the long months of tedious challenges, we have persevered and fought for our patients and their families. We continued to successfully battle each wave of the pandemic while also rising to answer the everyday needs of our community – babies are still being born, surgeries are being performed, and cancer and dialysis treatments have never stopped.

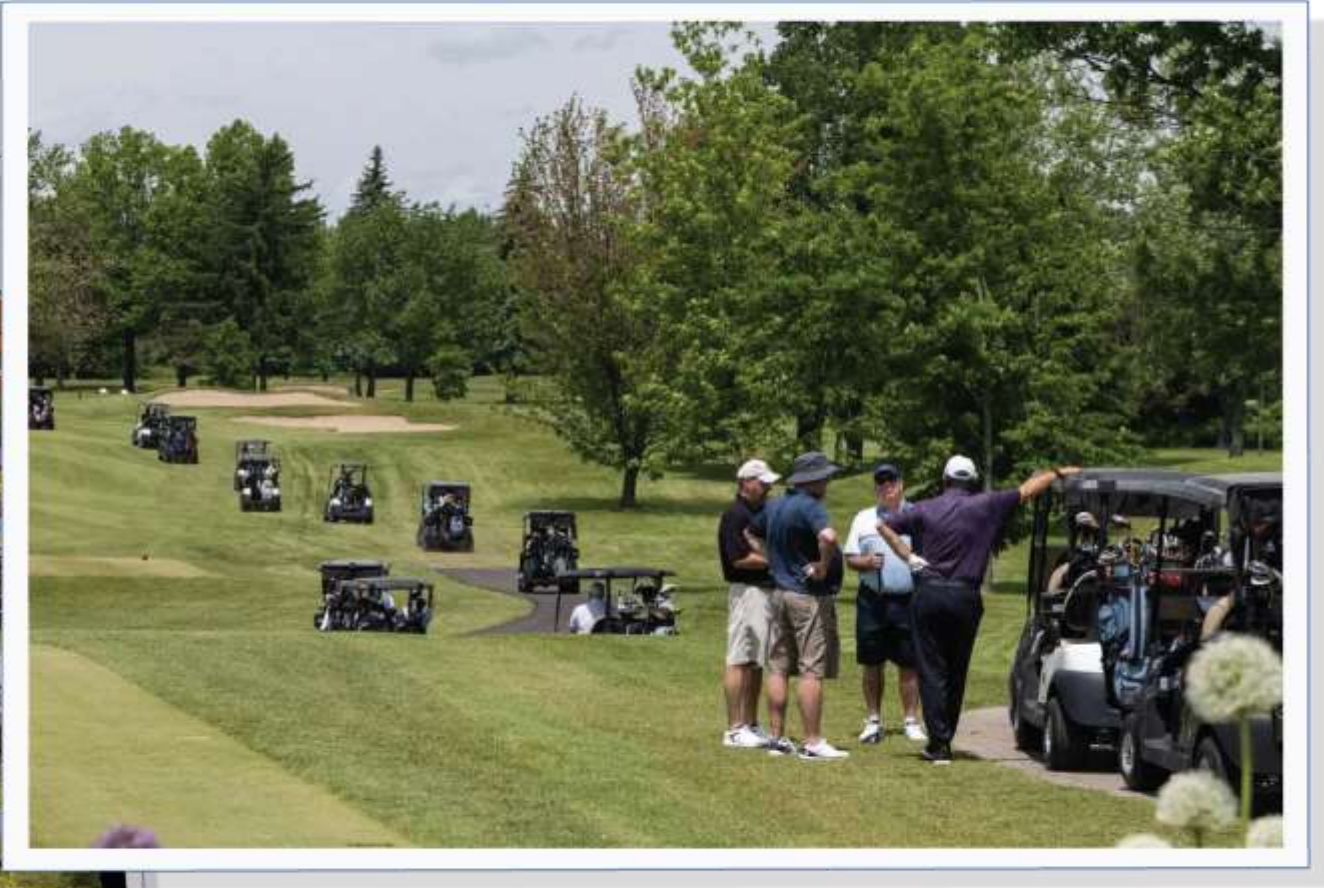
As a member of the St. Mary's Society, we invite you to share in the pride as you flip through these following pages and see how much we have accomplished together over the year. Your generosity has enabled us to invest in improving our facilities, develop new pathways of care, and conduct leading edge research. As well, we have upheld our academic commitment as a university affiliated teaching hospital with CHMJ status in training the healthcare professionals of tomorrow.

As our health landscape continues to evolve, we know our future is not determined by the stars but by our own determination, agility and resolve... our extraordinarily resilient St. Mary's community.

Thank you,

Arthur J. Wechsler
Chairman of the Board

29th St. Mary's Masters Golf Tournament
Cardiology
\$359,900 Net



30th St. Mary's Masters Golf Tournament Orthopaedics Department \$466,700 Net



**27th Girls for the Cure
Women-related cancers
\$136,000 Net**

Since the first steps taken in 1994...



Over 46,500 students have walked in unison
Over 412 million steps taken
Over 7.8 times around the world

28th Girls for the Cure
Women-related cancers
\$162,852 Net



84th St. Mary's Ball

\$868,995 Net



Community supporting Community



Gayle Hutchison Golf Tournament



Friends of St. Mary's Golf Tournament



Whack-A-Ball

Community supporting Community





*Please note when viewing videos, it is best when connected to public Wi-Fi with a mobile device or laptop as video content is restricted on the Hospital's internet.



Can Music Help You Sleep?
St. Mary's Dr. Julia Chebot and Geriatric Resident Dr. Sophia Mondestin are spearheading a new study to find out if patients equipped with Bluetooth tech...▶



Message From a Grateful Patient
Their attitude, helpfulness, kindness and smiling faces full of compassion is truly a memorable event in my recovery process. ▶



A Moment with Doctor Stu
Doctor Howard Stuart shares some words on love, kindness, Stevie Wonder and how we are somehow different than we were just a few years ago...▶



Family Medicine Bursary Awarded
The Bursary was established by the Lishitz family in honour of Dr. Stuart Glasser for his devotion to his patients and setting the highest...▶



Physio Lunchroom Renovation
The old lunchroom has been transformed into a cleaner, fresher space with a beautiful nature scene and even a...▶



The Brothers Coyle Have You Covered
This summer, we turn the spotlight on St. Mary's master painters and brother duo, Jim and Danny Coyle...▶




Good afternoon Babins,

The Foundation held our draw this afternoon and your entry has been drawn in our Valentines Day contest!!!

As advertised, you have won:

- A bouquet of flowers
- A bottle of bubbly
- A box of decadent chocolates

Please let us know what time you are available on Monday to pass by the Foundation office so we can present you with the bubbly, chocolates and flowers. We hope you won't mind us taking your picture to appear in the next edition of 1924.

Thank you and congratulations again!

The St. Mary's Hospital Foundation Team



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Psychiatry Improving Access to Care
The pandemic has adversely affected Canadians' mental health. Requests for psychotherapy services have more than doubled. ▶



Message From a Grateful Patient
Mr. Forton says that every single St. Mary's staff member who cared for him exuded a sense of caring, responsibility and professional ethics. ▶



A Moment with Doctor Stu
Doctor Howard Stuart takes a moment to remind us that we ALL make a difference here at St. Mary's and EACH of you are much more than just your job title...▶



A Note of Thanks From APDP!
It's no secret that we have been living through challenging times in healthcare. Whether you've been working at...▶



Meet St. Mary's Porter Express!
This outstanding team of 10 keep our wheels turning and can walk as many as 20 thousand steps a day! They cover all corners of...▶



Congratulations to our Garden Contest Winners!
We hoped it wasn't too big of a challenge to spot the differences between our two garden photos! Two lucky...▶

E -Thank you Campaign

Thank you, Cynda!
It's nice to see all the good works; St Mary's remains a great little hospital despite all the issues with medical care in Quebec. My doctor will be retiring within the next few years. I understand there is a Family Medicine department at St. Mary's.
- Robin M.

Myself and my daughter Maya really appreciate such thoughtful and kind E-mail. I am very much looking forward to meeting you and personally thank you and your foundation for letting us participate in the noble cause.
- Jitendra D.



FOUNDATION HOSPITAL ST. MARY'S | **ST. MARY'S HOSPITAL FOUNDATION**

Dear Ms. Hebert,

For many, fall is a favourite season when we can enjoy pumpkin flavoured treats and watch the maple trees turn into glorious multi-colored works of art. This special time of year often brings a sense of comfort, warmth and reflection. At St. Mary's, we like to take this opportunity to express our appreciation to our donors for their generosity and remind you of just how big a difference you really make.

With so many reasons to be thankful this year, it has been especially meaningful to bring our community together at our fundraising events. Some delivered unprecedented levels of success and gave us true cause for celebration! It is true, and it proves, that there is a deep-rooted strength of human spirit here at St. Mary's.

It is with great pride that I wish to share with you today what my Foundation staff call "Cynda's Report Card", an account of the wonderful initiatives that your kindness has helped bring to fruition in the last 12 months.

- Investment in Dr. Anthony Albers Musculoskeletal Research Project for the advancement of surgical programs and the building of a valuable data base surrounding knee and hip replacements.
- Ongoing support for our state-of-the-art Orthopaedic Robotics program enabling St. Mary's to perform the largest number of hip and knee replacements in the province annually.
- Creating the 24-hour Newborn Weight Loss Calculation to promote breastfeeding and measure the impact on in-hospital formula supplement implementation.
- Reducing wait times for psychotherapy care with the launch of the Giving Resources and Support to our Patients (GRASP) project to offer group therapy sessions which improve access to vital care and also reduce social isolation.
- Support for Dr. Rosana Faria for the Looking Forward Program which is a practical guide and resource tool to help recovering cancer patients rebuild their lives after treatment.
- Funding Dr. Julia Chabot of the Division of Geriatric Medicine at St. Mary's Hospital Center for her project of musical interventions for sleep facilitation in acute geriatric settings.
- Launching inaugural fellowship to welcome fellow from Israel to participate in vital research with Dr. Marise Larouche for streamlining the diagnosis and treatment of debilitating pelvic floor dysfunctions which affects almost one quarter of adult women.
- Continued support for Dr. Sylvie Lambert for the development and implementation of a state-of-the-art process for cancer patients and their caregivers, which screens symptoms using a mobile app, improving the understanding of how patients and caregivers cope and adjust.
- Awarding annual bursaries for our valuable nurses, honouring our commitment to providing enhanced skills and training.
- Providing vital funds to support our Cardiology team which has been meeting greater demands in the fight against heart disease during the pandemic.
- Equipment acquisition of specialized patient transport chairs for our Emergency team and Central Transport Service which are easier to use, more comfortable for patients, easier to clean and save time when transporting patients outside the unit.
- Upgrading our facilities with improvements to the ICU Family Room and staff lounges on the 5th Floor, Physiotherapy and Surgery departments.

All of us at St. Mary's are deeply grateful for the vital role you play in helping us achieve these great accomplishments, and reinforcing our strength as a pillar in the ever-changing healthcare landscape. We know that, together, we will continue to go the distance for our patients, their families and promise that St. Mary's will always be here when you need us.

Thank you.

Dear Mrs. Cynda Heward, Congratulations for the way you manage all these great initiatives regarding the health and dignity of all human beings. I encourage you to continue with this great labor and ideas that favor to everyone of us as a society. Thank you very much for this and thank you very much for sending me this very touchable report. Wishing you also, a beautiful season and hoping to hear more about the good news from the Hospital.
- Eduardo B.

E-Thank you Campaign



Dr. Anthony Albers / Musculo-skeletal Research Project



St. Mary's Mat/Child staff

E -Thank you Campaign



Dr. Vanessa Delisle

Looking Forward >>

[Start Questionnaire](#)

Step into your new normal — move forward to life after cancer treatment

The **Looking Forward** program is a practical guide and resource tool to help recovering cancer patients rebuild their lives after treatment.

Looking Forward Program

E -Thank you Campaign



St. Mary's Porters



Dr. Julia Chabot & members of St. Mary's Geriatric Medicine

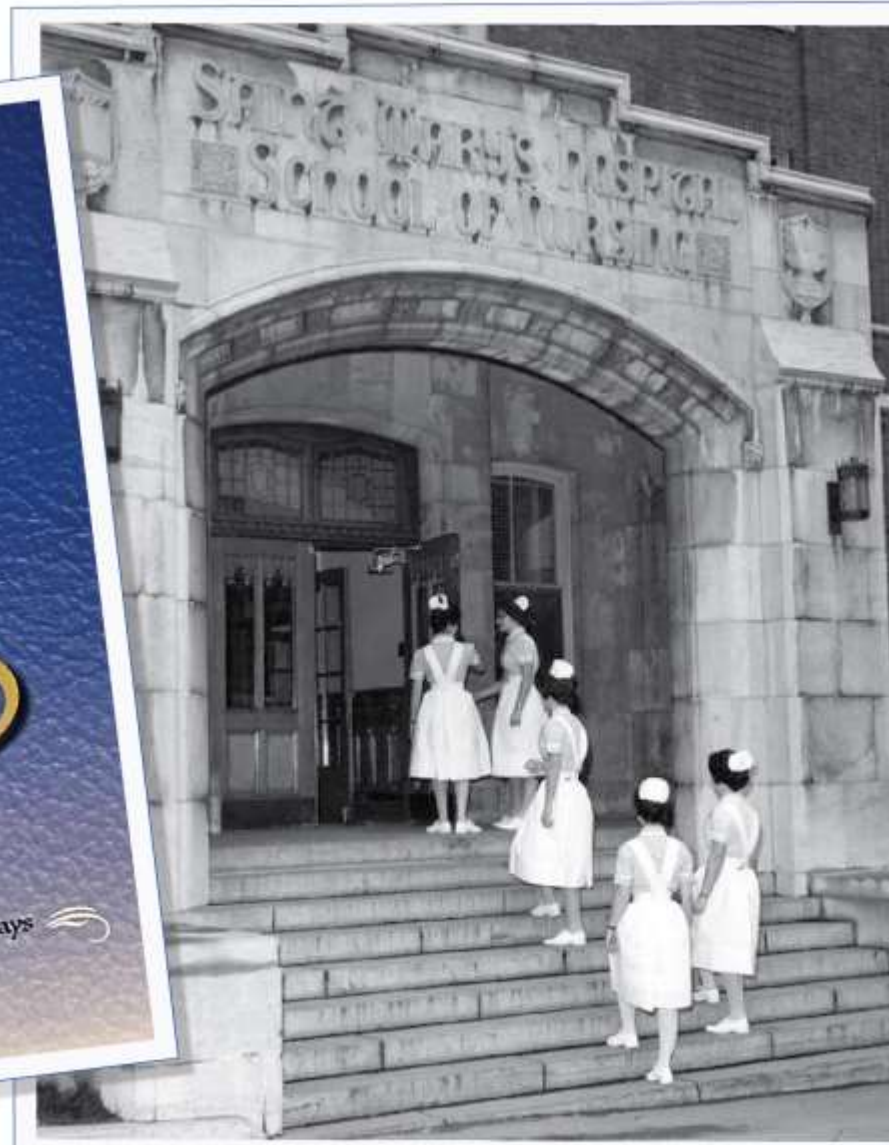
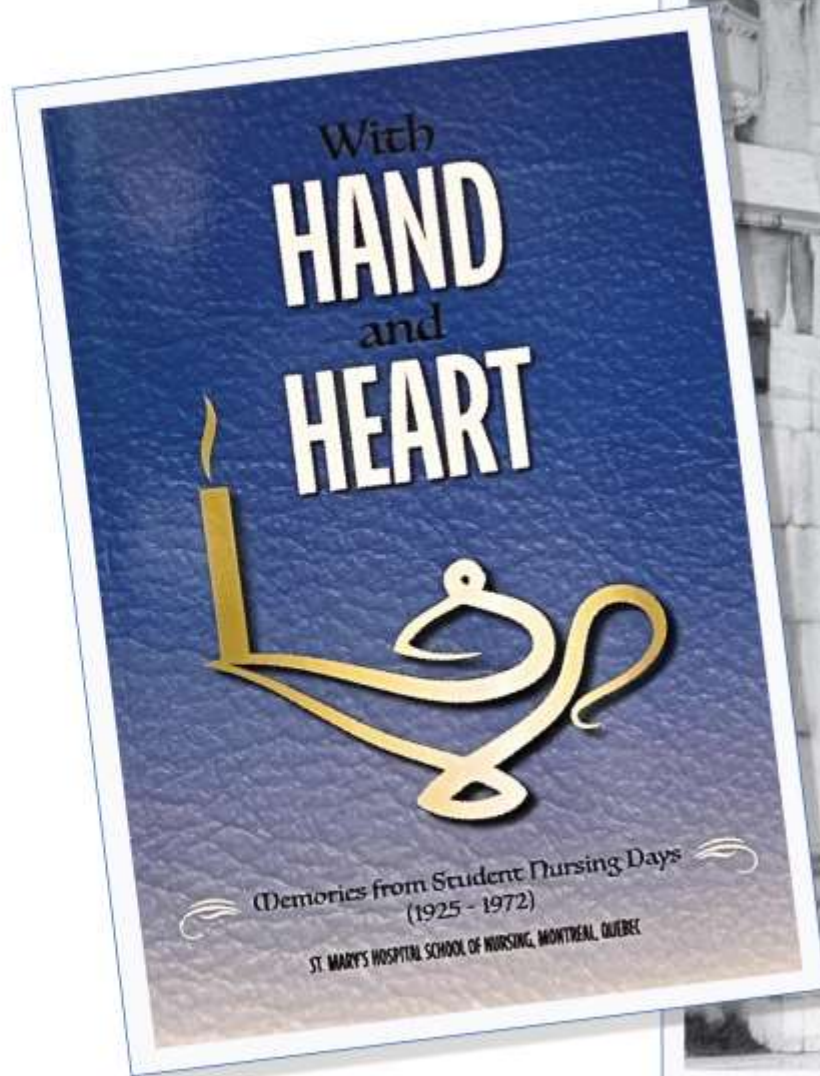
E -Thank you Campaign



Physiotherapy department



E -Thank you Campaign



St. Mary's Nursing residence
Circa 1950's



Thank You.

**FIÈREMENT ST. MARY.
PROUDLY ST. MARY'S.**