

# Foundation Facts

Spring 2010

*We Inspire Inspirational Gifts...Our Community Responds*

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*Gifts that have inspired us...*

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## Meet the Physicians



*David Weizman, M.D. and Susan Wellar, R.N., General Surgery Operating Room Resource Nurse review the sterilized instruments that are used in Minimally Invasive Surgery procedures.*

**On Thursday, January 14, York Central Hospital Foundation together with York Central Hospital hosted the first Meet the Physicians Event to provide donors with an opportunity to ask questions about health care in our community and to see first hand the impact their gifts are having on patient care.**

"We were thrilled to have the opportunity to showcase the hospital's new facilities that were partially funded by our generous community," said Nicholas Voudouris, M.D., Chair, York Central Hospital Foundation. "From our perspective the evening was a great success and we hope to host similar events in the future."

More than 70 guests enjoyed various three-department tours, led by physician leaders, and learned more about the services provided in specific areas. Several donors had the opportunity to visit York Central Hospital's first Minimally Invasive Surgery (MIS) Suite generously funded by the Paul B. Helliwell Foundation and donors from the

*Continued on page 2...*

Continued from page 1...

community who responded to a matching gift grant.

The Paul B. Helliwell Foundation Minimally Invasive Surgery Suite is a high-tech system offering multi-screen video monitoring of operations performed through incisions that are much smaller than traditional surgeries.

Often referred to as laparoscopic surgery, surgeons use this technology to view and access internal organs during surgeries such as appendectomies, gallbladder procedures, removal of kidney, spleen, adrenal glands, ovaries and ovarian cysts, hiatus hernia repairs, biopsies, bowel resections and other procedures. For patients whose procedures can be

performed through MIS this means smaller incisions; less post-operative discomfort or pain because of the smaller incisions; faster recovery; less scarring; and shorter hospital stays which means a quicker return to home and work.

Following the one hour tour, guests were invited back to the Berwick Family Auditorium to ask questions regarding health care services at York Central Hospital. In total, nine departments and 13 physicians participated along with Jo-anne Marr, Acting President and CEO, York Central Hospital, Larry Grossman, M.D., Chief of Staff and several clinical leaders from departments across the hospital. ■



Paul B. Helliwell Foundation Minimally Invasive Surgery Suite.

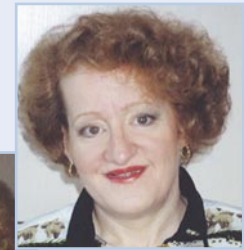
## The Berwick Family

Since York Central Hospital opened in November 1963, Robert (Bob) and Mavis Berwick together with twin daughters, Denise and Diane, have shared an association. "York Central was our community hospital," said Mavis Berwick, a resident of King City for more than 50 years. "Our doctors were affiliated with York Central and through various service clubs such as our local Lions Club, we helped raise money to fund priority projects and equipment."

Bob Berwick passed away at York Central Hospital in April 2008. In keeping with their long-standing commitment to the hospital, Mavis, Denise and Diane together with brother-in-law and uncle, Bill Berwick, generously funded the Berwick Family Auditorium in the new Longo's Learning Centre.

To honour the memory of her parents, Jim and Elsie Tilley and brother and sister-in-law, Harold and Betty Tilley, Mavis funded two patient care rooms on the new third floor Inpatient Care Unit. Denise and Diane demonstrated their gratitude and commitment by funding the Team Station in the Emergency Department and the Waiting Room in the Fracture, Plastic Surgery and Ophthalmology Clinics.

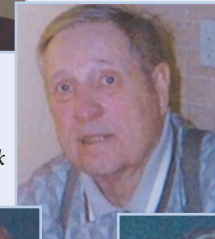
**The Berwick Family has been positively impacting patient care at York Central Hospital for generations. We sincerely appreciate their outstanding commitment and support.**



Diane Berwick



Denise Berwick



Bill Berwick



Mavis Berwick



Bob Berwick

# Metrus Development Inc. Medical Imaging Department

**State-of-the-art equipment improves patient care and increases efficiencies**

The Metrus Development Inc. Medical Imaging Department official opening celebration was held on September 23, 2009. Triple the size of the previous space, this department is equipped with three digital X-ray machines, private ultrasound suites with three new ultrasound units, expanded CT space, a larger reception area, dedicated sub-waiting rooms for each diagnostic area and is home to the John and Josie Watson Breast Health Centre.

"In addition to offering more privacy and comfort for our patients, the new digital x-ray equipment has resulted in faster diagnosis and care for patients," says Clare Johnson, Operations Director for Diagnostic and Support Services. "With this new technology, physicians can now access test results within minutes."

"Physicians have seen a dramatic increase in the quality of images now available to them," says Larry Grossman, M.D., Chief of Staff. "The image resolution is much greater than with the previous equipment. Having moved all diagnostic equipment to the newest digital models, physicians can now access their patients' results from any computer in the hospital, their office or home. Immediate access to results helps physicians diagnose and hospital staff treat patients more efficiently, with the best possible care."



*(l-r) Joanna McKenna, Manager, Medical Imaging describing the benefits of a new digital x-ray machine to Fred DeGasperis, President, Metrus Development Inc., Nicholas Voudouris, M.D., Chair, York Central Hospital Foundation and Clare Johnson, Operations Director for Diagnostic and Support Services.*



*(l-r) Fraser Nelson, Vice-President, Metrus Development Inc. and Vice-Chair, York Central Hospital Foundation and Fred DeGasperis, President, Metrus Development Inc.*

In 2008-2009 the hospital performed 168,796 diagnostic exams and procedures and the opening of this new, enlarged space will enable the hospital to see even more patients. We extend our heartfelt gratitude to the following donors who helped create the Metrus Development Inc. Medical Imaging Department:

Mr. Fred DeGasperis/Metrus  
Development Inc.

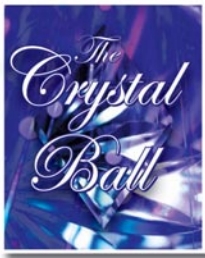
Duke of Richmond Development Inc.

Wilson Niblett Motors

X-ray Associates

***Did you know? The York Region Chronic Kidney Disease Program operates in four locations, two at York Central Hospital, one in Oak Ridges and one in Vaughan, which opened in August 2009.***

# An Evening of Elegance in support of York Central Hospital!



Julie Fuda, Gala Chair; Dr. Nicholas Voudouris, Chair, York Central Hospital Foundation



An Evening of Elegance

York Central Hospital Foundation's 22nd annual Gala "The Crystal Ball" was held on Friday, November 6th, 2009 at Le Parc, Markham. Over 900 guests attended this year's dazzling event. Gala Chair Julie Fuda is pleased to report that the event raised \$450,000 to provide York Central Hospital with an enhanced state-of-the-art surgical equipment sterilization unit.

The evening offered wonderful gourmet food and live music from start to finish. Guests demonstrated their support by participating in the incredible silent and live auctions. One lucky guest went home with matching "His & Hers" Cartier Watches, first prize in the gala raffle.

York Central Hospital Foundation is grateful for the tremendous support shown by our sponsors, guests and donors. A very special thank you to everyone who supported the event and helped improve healthcare in our community.

The success of our annual Gala relies on the tremendous efforts of the Committee members. We would like to extend a sincere thank you to each and every member of the 2009 Gala Committee for your generous support, enthusiasm and commitment. Congratulations on a fabulous job!

**Gala Chair** Julie Fuda  
**Silent Auction Chair** Grace Sgro  
**Ticket Sales Co-Chairs** Glenn Beaumont, Michael Ciccolini, Bill Daniell  
**Wine Cellar Chair** Rick Sulker  
**Logistics Chair** Sue Cratchley  
**Raffle Coordinators** Nancy Coxford, Vivian Risi

#### Committee Members

• Anna Allegranza • John Aquino • Mike Baldassarra • Lori Beaumont • Anne Beswick  
 • Rose Bussoli • Shari Canning • Claudia Cortellucci • Rosanne Cortellucci  
 • Sabrina Cortellucci • Vilma Cortellucci-Fiuzza • Josie D'Angelo • Rose DeFina  
 • Carrie Delaney • Karen Delaney • Michael De Tommaso • Raffaella DiPaola • Trudy Fan  
 • Dr. David Farmani • Nancy Fattore • Rosanna Ferri • Marie Fiorelino-DiPoce • Sarah Fuda-Vinelli  
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 • Roy Horner • Bill Leacy • Phillip Lucchese • Franca Morini • Mary Neal • Grace Pasquali  
 • Rosemary Parentela • Marie Peri • Marisa Pignanelli • Luigi Presta  
 • Michele Risi-Anagnostopoulos • Justin Risi • Virginia Ruscica • Margo Sage-Arnold  
 • Leda Santi • Dr. Saeid Sarrafian • Dr. Nicholas Voudouris • Lee Zanetti

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For information about our 2010 Gala, please call Margo Sage-Arnold at 905-883-2032 | A partnership between York Central Hospital Foundation and The Liberal and York Region Printing

## Community Events

We extend our sincere appreciation to the many people who have taken the time to organize, host and attend third party events supporting York Central Hospital. You have our heartfelt gratitude for helping to improve health care in our community.



(l-r) Bill Leacy, Michael Burgess, Margo Sage-Arnold, Sam Reid and Mike Mayo.

**Golfapalooza**, held on September 29, 2009 at *Eagles Nest Golf Club*, raised **\$18,000 to purchase life-saving medical equipment for Respiratory Care at York Central Hospital**. This music and golf charity event was founded in 1999 by *G. Bain Arnold* who passed away on November 30, 2007. Golfapalooza has now contributed over \$100,000 to local charities and hospitals. We are very grateful to Margo Sage-Arnold for choosing to support York Central with the proceeds from the first tournament held in loving memory of her late husband.



G. Bain Arnold

# Community Events



**David West** and the team at **West Photo** invited their customers to drop by the studio for a complimentary Halloween portrait of their children and asked only that they make a donation in support of York Central Hospital. **A total of \$700 was raised.**

More than 225 women attended the first **Joy of Aging Event** on October 17 at Richmond Hill Country Club. Guests enjoyed presentations on strategies for a healthy future and fitness ideas as well as a jazz performance. Keynote speaker Dr. Joey Shulman spoke on the importance of diet and active living. **More than \$12,500 was raised for York Central Hospital's Continuing Care Centre.**



(l-r) Dr. Joey Shulman, Tina Tehranchian, Branch Manager, Assante Capital Management Ltd. and Janine Purves, Senior Financial Advisor, Assante Capital Management Ltd.



Many thanks to the **York Region Professional Fire Fighters Benevolent Fund** for its generous **donation of \$5,295 raised** at the York Region Firefighter's Magic Show.

(l-r) Bill Leacy and Bill Smith.

Local **SHOPPERS DRUG MART** stores participated in the cross-Canada "Tree of Life" campaign from September 26 through October 16 **raising \$13,620 for York Central Hospital's Woman and Child Program.** The "Tree of Life" campaign cumulative giving to York Central Hospital is \$27,820.



**Thank you to the customers and employees of the following Shoppers Drug Mart locations:**

- BRAMPTON** 3938 Cottrelle Blvd.    **NORTH YORK** 6428 Yonge St.
- RICHMOND HILL** 9275 Bayview Ave. • 10800 Bayview Ave.
- 1070 Major Mackenzie Dr. E. • 118 Tower Hill Rd. • 8865 Yonge St. • 9350 Yonge St.
- 9651 Yonge St. • 10660 Yonge St. • 13070 Yonge St.
- THORNHILL** 8000 Bathurst St. • 441 Clark Ave. W. • 298 John St.
- 10 Royal Orchard Blvd.
- VAUGHAN** 9200 Dufferin St. • 9980 Dufferin St. • 3737 Major Mackenzie Dr.
- 9200 Weston Rd. • 25 Woodstream Blvd.    **WOODBRIIDGE** 5100 Rutherford Rd.

**Extendicare's** "It's in your Jeans to Give" Dinner held on October 22 at Desserts Plus raised **\$31,000**. Extendicare has raised over **\$206,000 for life-saving medical equipment and capital improvements** at York Central Hospital.

**Royal LePage – Your Community Realty** at 8000 Yonge Street raised almost **\$2,000** from their pumpkin sale in October 2009. **Since 1996 this annual event has raised a total of \$22,000** for York Central Hospital.

The **Thornhill Cruisers Car Club** generously **donated \$1,200** to the York Region Chronic Kidney Disease Program.

**P.G. Miller Enterprises Ltd.** has been donating proceeds from the coin boxes at their McDonald's locations to York Central Hospital since July 2007. To date, they have **donated a total of \$7,882.**

**Sarah Levy** organized a baseball game to honour the life of her grandfather, Chuck Levy, who was a patient at York Central Hospital. **Sarah's event raised \$2,000 to fund equipment for the Continuing Care Program.**

**Richmond Hill Old Timers Hockey Team** 2009 summer golf tournament **raised \$1,650.**

**Leon's Furniture** furnished two **waiting rooms** for the York Region Chronic Kidney Disease Program.

**George's Tastee Foods Corp.** **raised \$4,000.**

**Ride for Mental Health** raised **\$790.**



York Central Hospital Foundation's  
15<sup>th</sup> Annual Proud Partners Classic

For information please phone **Margo Sage-Arnold** at **905-883-2032** or visit **www.ychfoundation.calgolf.**



**DR. WARREN GOLDSTEIN**  
Clinical Chief,  
District Stroke Centre

## ASK AN EXPERT

### District Stroke Centre serves stroke patients from across York Region

Each day across York Region, patients are transferred to York Central Hospital for our expert care of strokes. As the District Stroke Centre (DSC), York Central Hospital is the only facility in the Region able to provide tPA (tissue Plasminogen Activator). The drug dissolves blood clots and restores blood flow to the brain, but is only effective if given within the first four and a half hours of a stroke. Once a patient arrives with a suspected stroke, a clinical assessment and diagnostic tests are performed immediately. Time is of the essence. In many, but not all cases, tPA can then be used to try to break up the blood clot.

“While it doesn’t work for everyone, the recovery can be miraculous,” says Dr. Warren Goldstein, the hospital’s Clinical Chief of the District Stroke Centre. “In some cases, within 30-40 minutes of receiving tPa, you can see a complete resolution of the stroke symptoms – patients can be almost back to normal.”

If a CT scan shows signs of haemorrhage (bleeding in the brain), tPA would not work; if the stroke is ischemic (blockage of blood flow to the brain), tPA could work. Since tPA is effective only if administered very soon after a stroke begins, it’s critical to identify symptoms and get to a designated DSC as quickly as possible.

#### What is a stroke?

A stroke is a sudden loss of brain function, which occurs when the blood supply to part of the brain is cut off. Without oxygen-rich blood, brain cells begin to die.

#### What are risk factors for stroke?

Age, family history, plus many others that are controllable and should be monitored: high blood pressure, high cholesterol, heart disease, diabetes, being overweight, excessive alcohol consumption, physical inactivity, smoking and stress.

#### What is a District Stroke Centre?

District Stroke Centres are hospitals designated by the Ministry of Health and Long Term Care as an expert facility in the care of stroke. York Central Hospital is one of 18 DSCs in Ontario and the only one in York Region. The DSC works with personnel at York Region EMS, Markham Stouffville Hospital and Southlake Regional Health Centre to provide acute stroke management for York Region. Suspected stroke patients who might benefit from tPA are sent directly to York Central Hospital. In 2009, York Central Hospital cared for almost 650 stroke patients. York Central Hospital is home to an innovative Stroke Prevention Clinic and is leading a Stroke Prevention Strategy for the region.

#### Know the Warning Signs

Rapid response is essential in treating strokes. Call 9-1-1 immediately if you or someone close to you shows any of these five warning signs, even if they are temporary:



• **Weakness:** Sudden loss of strength, or sudden numbness in the face, arm or leg.



• **Trouble Speaking:** Sudden difficulty speaking or understanding, or sudden confusion.



• **Vision Problems:** Sudden trouble with vision.



• **Headache:** Sudden severe and unusual headache.



• **Dizziness:** Sudden loss of balance, especially coupled with any of the above signs.

*In support of York Region District Stroke Centre*



### Strides for Stroke

5K Run/Walk



Saturday,  
May 1, 2010  
Richmond  
Green

**Did you know? About 50,000 Canadians suffer strokes each year and 300,000 Canadians are currently living with the effects of a stroke.**

# The Kathy Anne Warner Memorial Bursary

## in support of Emergency Nursing

Kathy Anne Warner was a Registered Nurse and team leader in the Emergency Department at York Central Hospital from the time she graduated in 1972 until her untimely passing in 2009. She was the longest serving nurse in the history of the department. Kathy was widely admired by her peers, physicians, and patients for her compassion and professionalism and her dedication to the highest level of patient care.



She held all those around her to these same high standards, always putting the interests of her patients first. In the words of her colleagues, she was strong, caring and compassionate; a teacher and friend; and a dedicated, dynamic leader. Kathy was committed to constantly upgrading and improving her skills and always felt she

was a better nurse as a result. She encouraged her peers to constantly learn and advance their skills.

The Kathy Anne Warner Memorial Bursary is an Endowment Fund established by her family to honour Kathy's devotion to being a great emergency room nurse and life-long learner. The capital is invested and a percentage of the interest earned annually will be disbursed to eligible emergency department nurses for classes and conferences.

Funds for this bursary will be managed by York Central Hospital Foundation through its Endowment Fund. To support the Kathy Anne Warner Memorial Bursary, simply note this on the memo portion of your cheque payable to York Central Hospital Foundation or call the foundation office at 905-883-2032.

## Leave a Legacy

### Give your Community the Gift of Health Care

When Ms. Mary Maziak, long-time Richmond Hill resident, passed away in September, 2009, York Central Hospital Foundation received notification that she had left a few special bequests to her loved ones and the residue of her estate to the hospital. When Ms. Maziak visited her lawyer to prepare her Will, she expressed a desire to help people in the community. After considering various worthy charitable organizations, she decided that by leaving her estate to her community hospital, her gift could benefit the entire community.

The funds from Ms. Maziak's estate were designated to the Foundation's Endowment Fund and will be invested in perpetuity. Each year a percentage of the interest earned is reinvested, increasing the endowment capital while a percentage of the interest earned is disbursed to support hospital construction; purchase

needed medical equipment or offer educational opportunities for hospital staff and physicians.

Ms. Maziak's legacy gift is helping to make certain that York Central Hospital has the essential resources to help improve health care in our community for generations to come.

Your legacy gift, designated to York Central Hospital Foundation's Endowment Fund, can play an important role in York Central Hospital's future. There are several ways to make a legacy gift either during your lifetime or through your Will. Regardless of the amount or timing of your gift, you can be sure it will make an impact now and in the future.

**To learn more about this special kind of giving, you are invited to contact Karen Delaney, Director of Development, York Central Hospital Foundation 905-883-2032, [kdelaney@yorkcentral.on.ca](mailto:kdelaney@yorkcentral.on.ca)**

You are advised to consult with your financial planner for detailed information.

# York Central Hospital's Vision for a new Neonatal Intensive Care Unit

## A Special Space to Grow

York Central Hospital is building a new Neonatal Intensive Care Unit scheduled for completion in fall 2010 to better serve the hospital's smallest patients.



**CURRENT**



Renovated NICU- Renderings



**AFTER**

Tiny and frail, often with underdeveloped organs, difficulty breathing and taking nutrition, premature babies must continue to develop outside the womb. Their growth and development will depend on the skills of doctors and nurses in the Neonatal Intensive Care Unit (NICU).

Last year, York Central Hospital welcomed over 2,400 babies. On average, 13% or 312 of these infants required specialized care. Some babies stay just a few days while others may need intensive care for several weeks. We have some of the best specially trained neonatal medical professionals in the Region. However, our current NICU is operating at 107% capacity. It consists of 6 isolettes in an area that was created by combining two patient rooms that were built approximately 40 years ago. This antiquated set-up doesn't meet today's requirements for specialized electricity, oxygen delivery, noise reduction, privacy, and infection control.

To address this challenge, the unit will be expanded from six to eight care stations, with the ability to add an additional four stations as future funding allows. Each care station will be more spacious with added privacy, and equipped with a new isolette and

Physiological Monitor, Intravenous Pumps, bedside computer documentation systems and phototherapy units.

This state-of-the-art equipment and new supportive environment will complement the extraordinary skills of our dedicated medical team as they continue to deliver expert and compassionate care for these babies. Ultimately, this will lead to improved development for babies with challenges at birth and will allow them to go home sooner.

If you would like to support this exciting, life-saving facility or have any questions, please contact Jayne Kozovski at 905-883-2032. ■



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Caring to make a difference™

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**The Health Care System can be complex to navigate. If you need information about services at York Central Hospital, our foundation staff would be pleased to assist you in finding the answers. Please feel free to phone Tammy Bucci at 905-883-2032.**