

RANKIN FAMILY CANCER REHAB PROGRAM GRAND OPENING



On Tuesday, May 22nd, Hotel Dieu Shaver announced the creation of an outpatient Cancer Rehabilitation Program intended for oncology patients that have completed or are going through treatment. Hotel Dieu Shaver approached its Foundation requesting funds to fill a gap in services for Niagara residents. The response was an incredible commitment from the Rankin Family and the Rankin Cancer Run. The Rankin Run, held yearly, supports several cancer programs in Niagara.

The cancer outpatient rehab program will improve patient satisfaction and quality of life, improve functional independence, help with the transition from hospital to the community, and further reduce the risk of functional decline and hospital (re) admission. The Program will be accepting patients in July 2018.

BBQ IN SUPPORT OF THE RANKIN CANCER RUN

On Friday, May 18th, an all staff, volunteer and patient BBQ was organized in Hotel Dieu Shaver's Healing Garden to raise funds to support the upcoming Rankin Cancer Run. Along with the selling of hamburgers, hotdogs, drinks and chips, a 50/50 draw was organized to support the amazing initiative in our community. A total of \$950 was raised with the help of everyone who attended.



MISSION MOMENT

Recently, nursing staff pooled their resources and purchased a meal of choice for a patient celebrating a birthday. This is compassion and care in action!

Kudos to our great staff for keeping our mission vibrant!



SENIOR TEAM RECOGNIZED AT ST. CATHARINES ROTARY

At the St. Catharines Rotary's President's Luncheon, the Hotel Dieu Shaver Senior Team was recognized for their volunteer contributions to Rotary's Children's Breakfast Program. For the past year, the Senior Team has been preparing and serving breakfast on chosen Mondays to the children of Lincoln Centennial School in St. Catharines.



STEVE LUDZIK FOUNDATION ANNUAL CHEQUE PRESENTATION



On Tuesday, May 29th, Hotel Dieu Shaver welcomed the Steve Ludzik Foundation to present their total donations from 2017 and 2018. With just over \$83,000 raised, Steve Ludzik noted that it was a pleasure to work so diligently on such an incredibly program. Funds were raised through various events including a Golf Tournament, Roast, and Helicopter Ball Drop. The Steve Ludzik Foundation and Senior Team at Hotel Dieu Shaver are hopeful to expand the program further in the future and eliminate the 1 ½ year wait list for those individuals waiting to take the program.

UPGRADE OF PATIENT TELEVISIONS

Hotel Dieu Shaver is in the process of upgrading its patient televisions. These new and improved televisions offer a sleeker, more modern look, more channel options to patients, and easier to view.



EMPLOYEE SPOTLIGHT: IREK TROJANOWSKI

Current Position/Role?

I work as a staff Physiotherapist on 1 West. POD 1

How long have you been with HDS?

I started as a casual therapist on the second floor in 2002. I worked then only 8 hours a week. In 2007 I took a full time position. My friend and co-worker Joy Disemoni was a strong supporter of this decision.

What is the best part about your job?

I don't think I will be original by saying, that we all love to see our patients progressing, improving in function and eventually returning home. The fact that they recognize you on the street many years later means, that we as a team of care providers, made difference in their lives.

Any advice for someone coming into your line of work?

Well - be patient and be compassionate. One day it could be you. You can't always help, so at least be nice. "Primum non nocere"

What are your hobbies/interests?

I don't have real hobbies. I like being active and I like the outdoors. Everybody knows that I used to spend many hours lifting weights. Now they are getting too heavy, so I converted to lighter lifting, like a glass of wine.

Which four individuals, living or dead, would you like to eat dinner with the most?

First, my mum. I had never found time to tell her how much I appreciate her sacrifice for our education.

Rex Murphy, Canadian commentator and writer. I love his sophisticated and elaborate English.

Rick Mercer. I like his sense of humor.

Sharon Stone. I cannot tell you the reason why. My wife may read this.





APPLY SUNBLOCK

When outdoors, make sure you wear sunblock! Don't forget to reapply as needed



DRINK PLENTY OF WATER

Keep hydrated by drinking plenty of water. The standard recommended amount is 8 glasses per day

RANKIN CANCER RUN

The 13th annual Rankin Cancer Run in St. Catharines had a record number of participants this year who raised a record amount of money — \$1,050,000. All funds from the volunteer-run event stay in Niagara and go towards local cancer support organizations, one being Hotel Dieu Shaver. Many participants who are battling cancer or who are cancer survivors wore orange shirts. More than 60 schools participated and there were 400 volunteers, including a new group of more than 40 Brock University international students. The Rankin Cancer Run surpassed last year's total by \$50,000. The run raised \$1 million in 2017 and had over 13,000 participants. In its first 12 years, it's raised \$7.554 million for organizations in the community. Several staff and their families participated in the run along with our own HDS team.



FRESH FRUIT CHEESECAKE PIE

INGREDIENTS

- 44 tea biscuits (Nabisco Social Teas)
- 8 tbsp. unsalted butter, melted
- 2 8-oz. packages cream cheese, at room temperature
- 1/2 c. granulated sugar
- 1 1/2 c. very cold heavy cream
- 2 tbsp. fresh lemon juice
- 2 clementines, peeled and sliced
- 1 kiwi, peeled and sliced
- 1/4 c. blueberries

DIRECTIONS

In a food processor, pulse the cookies to form fine crumbs. Add the melted butter and pulse to combine. Transfer to a 9-inch pie dish and press evenly on the bottom and up the sides. Refrigerate for at least 20 minutes.

Using an electric mixer, beat the cream cheese & sugar in a large bowl on medium-high speed until smooth, about 2 min. Reduce mixer speed to low and gradually add the cream. Increase speed to medium-high and beat until stiff peaks form, 3 min. Beat in the lemon juice to combine. Spread evenly into the crust.

Refrigerate until the mixture is set, at least 4 hours and up to 2 days, covering lightly with plastic wrap after 1 hour.

Just before serving, top with the fruit

PATIENT SPOTLIGHT: PHILLIP MARKHAM



As a retired engineer and sales manager, math and science always came easy to Phil – until his stroke. Today, Phil is given homework tailored by his therapists to help him regain his comprehension of letters and numbers.

At 70, Phil looks and acts years younger. He stayed active most of his life, starting at four years old when he fell in love with playing soccer. He played until he reached 60 years of age and coached for years, even winning the Ontario Cup one year. "It's been my passion for so long, I still love it to this day."

On February 10, Phil woke up early so he could watch soccer. "Or football, as they call it where I'm from," he says in his English accent. Walking to the kitchen to make a cup of coffee, his mind and body just froze. He couldn't remember where he was. He looked around, his body still stuck in place, wondering how he got there. After a few minutes, he remembered he wanted coffee. He started to make it, but forgot to put it in a cup and it spilled everywhere.

He then went to bed and fell asleep. "I should've known," he says. "All the clues were there, but I was suddenly so tired." He is not comforted by the fact that during a stroke, it's common for sufferers to feel sleepy and doze off.

About half an hour later, he woke up. He wanted to watch soccer. His wife of 20 years, unaware what had happened, started talking about the day. Phil's answers were gibberish. She couldn't make out any words. The neighbour she called over to help knew right away—Phil was having a stroke.

He was taken to Niagara Health where he stayed a week before being transferred to Hotel Dieu Shaver. The stroke had mostly affected his cognitive abilities so he had relearn just about everything. Therapists adapted his therapy to focus on speaking, writing, and reading comprehension. They even custom-make math and science homework based on Phil's engineering background.

"At first, it was scary and overwhelming, knowing I had to learn everything all over again," he says. "The staff had turned it around soon. No matter what I was feeling, they didn't judge me."

Soon, Phil saw that he was regaining some of what he thought he lost forever. He became more determined to make the best of it, practicing his therapy daily, even at home. "Every day I'm learning and relearning. I've been so fortunate to come here," he says. "I love it here. The nurses and the therapists and even the staff delivering food to your room, everyone has been so great."

Phil is looking forward to completing all his therapy at Hotel Dieu Shaver – not because he wants to leave, but because he wants to come back. "I want to volunteer here, I want to help pay back what I've gained here. I just can't say enough about Hotel Dieu Shaver and the great work they do. Everyone should know about this place."