

RANKIN FAMILY CANCER REHABILITATION PROGRAM



It is with great excitement to announce that the Rankin Family Cancer Rehabilitation Program is now open! Screenings for potential patients began with Dr. Tatjana Zdravkovic at the beginning of August and the program continues to propel forward with further referrals continuing to arrive.

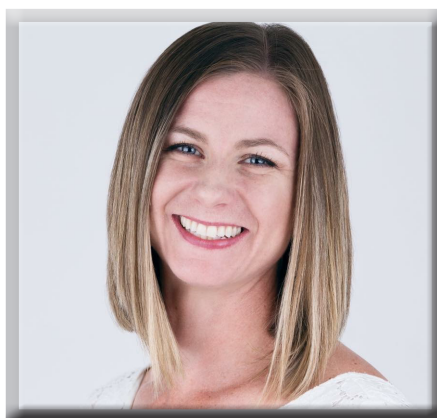
Included on our treatment team are a Physiotherapist, an Occupational Therapist, a Registered Nurse, a Kinesiologist, Rehabilitation Assistant and a Psychiatrist.

Each program will run for 6 weeks. Within those 6 weeks, patients will attend the program 3 mornings per week receiving various treatments from all disciplines and patient education.

This program has been made possible by the generosity of the Rankin Family and the Rankin Cancer Run.

HDS' NICOLE JOHNSON GRADUATES FROM LEADERSHIP NIAGARA

We are proud to announce that Nicole Johnson, Occupational Therapist with Hotel Dieu Shaver's Augmentative and Alternative Communication's Clinic, graduated from the Leadership Niagara Program this past June 2018. Through participating in this program, Nicole had the great opportunity to focus on developing her leadership skills. Nicole stated that she appreciated learning from existing Niagara Community leaders, developing relationships with other emerging leaders, and creating a solid network. Congratulations Nicole!



ANNIVERSARY BBQ



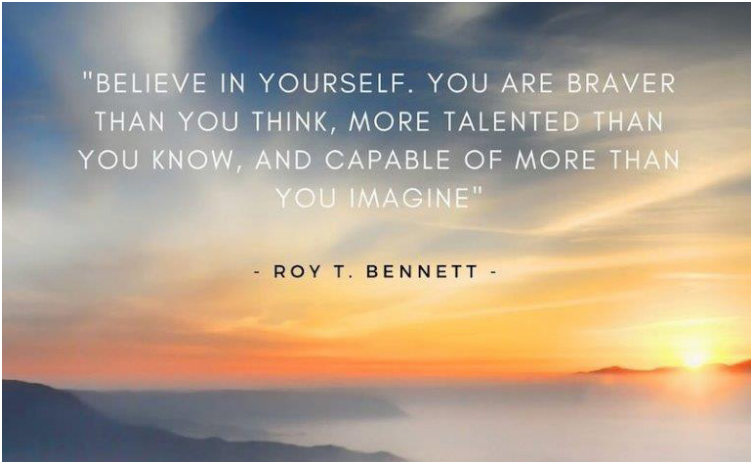
On Tuesday, August 14th, Hotel Dieu Shaver Health and Rehabilitation Centre celebrated their 13th Anniversary, and its Volunteer Auxiliary celebrated its 110th year, with a free BBQ for staff, volunteers, patients and families. St. Catharines Mayor Walter Sendzik was on hand with congratulations and a certificate for the Auxiliary's long standing service. The Foundation Board Members helped celebrate by cooking burgers on the BBQ, Gluckstein Lawyers sponsored a staff raffle, and others came to support and thank the staff.

ANNUAL CHEQUE PRESENTATION



On Tuesday, June 12th Hotel Dieu Shaver Foundation presented the hospital with a cheque for \$736,513 and the HDS Auxiliary presented HDS with a cheque for \$82,500 at the annual cheque presentation. These funds were directed to much needed patient equipment requested from the annual Wish List.

MISSION MOMENT



MISSION & PASTORAL SERVICES

Our Annual Ecumenical Memorial Service was held on June 23rd. Families/loved ones of patients who have died during the past year were invited to this service. The chapel was filled to capacity and those who attended expressed gratitude for this gesture of remembrance and also many comments regarding the compassionate and professional care which their loved ones had received while at HDS.

Sadly, we announce that our dear Sister Jacqueline DesRoches died on July 11th at the retirement residence of the Sisters of St Vincent de Paul. Sister Jackie, as she was known, had served in St. Catharines for 18 years and dearly loved her time here at Hotel Dieu Shaver as well as at the former Hotel Dieu Hospital. A memorial mass was celebrated for Sister Jackie at the Cathedral of St Catherine of Alexandria on Church Street on Wednesday, September 12th at 7 p.m., presided by our Bishop Gerard Bergie.

PEACH COBBLER

INGREDIENTS:

- 1 can of Pillsbury Crescent Rolls
- 8oz. cream cheese (softened)
- 3/4 cup of sugar
- 1 tsp vanilla
- 1 lg can drained/sliced peaches



INSTRUCTIONS:

1. Use 1/2 the can of crescent rolls & pat down in a square baking dish
2. Beat cream cheese, sugar and vanilla together on medium
3. Spread mixture onto the crescent rolls
4. Layer peaches on top of cream cheese mixtures
5. Place the other 1/2 of the crescent rolls on top of peaches
6. Brush top with butter and sugar
7. Bake according to the crescent rolls package

ANNOUNCEMENTS:
WELCOME TO THE HDS FAMILY!

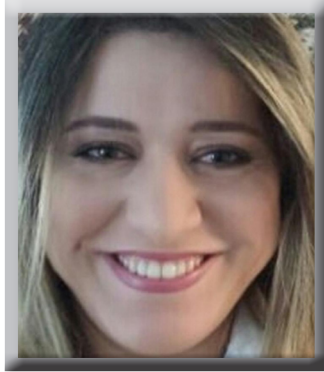
JANICE WRIGHT
NURSE PRACTITIONER

The Nursing team is thrilled to announce the return of our Nurse Practitioner Janice Wright. Janice served as Hotel Dieu Shaver's first Nurse Practitioner from 2011 to 2016. Through Janice's great leadership this role was developed and flourished during her time at Hotel Dieu Shaver. Welcome back Janice!



WESAM ABUZAITER
MANAGER OF PHARMACY

With the recent departure of Subuddhi Kulkarni, we are very pleased to announce our new Manager of Pharmacy, Wesam Abuzaiter. Wesam holds a Masters degree in Pharmacy from the University of Rennes I in France. Wesam has also earned her Black Belt Certificate in Lean Six Sigma and is in the process of becoming a Certified Professional of Health Quality and Risk Management through the National Association of Health Care Quality/ American Hospital Association. Wesam has held progressively responsible positions in both the hospital setting and retail setting, including her Pharmacy and Professional Practice Lead role at Brant Community Healthcare System. Wesam holds an Adjunct Assistant Professor position with the University of Waterloo, Canada, School of Pharmacy.



Please join us in congratulating and welcoming Wesam to the Hotel Dieu Shaver family.

PEACH HEALTH BENEFITS



2018 BIG BIKE

Team Hotel Dieu Shaver once again participated in the Big Bike in support of the Heart and Stroke Foundation. The team was sporting 'Don't Ever Quit' t-shirts as part of campaign to bring awareness to programs and services at HDS.



ROSE CRAIG FOUNDATION



On Thursday, July 19th, Hotel Dieu Shaver welcomed the Rose Craig Foundation to HDS to thank them for their continued support. The Rose Craig Foundation donated funds to purchase a new Accu Vein Finder.

STAFF APPRECIATION PANCAKE BREAKFAST

On Wednesday, June 13th Hotel Dieu Shaver Foundation hosted a Staff Appreciation Pancake Breakfast to all HDS staff members to thank them for all they do for the patients of the hospital. Without the tremendous staff, the Foundation would not be able to raise the funds they do for patient care equipment. Pancakes and fruit were served by the Foundation Board of Directors in the Main Boardroom & the Lou Cahill Meeting Room. The breakfast was generously sponsored by Gluckstein Personal Injury Lawyers.



PATIENT/STAFF STORY: MEET JOY & MARY K



- Joy Dusek arrived at Hotel Dieu Shaver Rehab nearly ten years ago after a horrific automobile accident. The accident took her boyfriend's life and left Joy with some brain trauma. Upon arriving to Hotel Dieu Shaver, Joy was greeted by Mary Kukaryshen (Mary K), Registered Practical Nurse. The brain trauma caused Joy to speak Dutch when she awoke, and ironically Mary K was also Dutch and could speak fluently. The conditions could not have been better.
- "I'll never forget that," says Joy. "Mary K was such a comfort to me at the worst time in my life."
- After seeing Les Miserables in Toronto, Joy and her boyfriend dropped Joy's sister off in Milton and continued driving home along the QEW to St. Catharines. Their car hit the back of a transport truck and got stuck underneath the rear carriage. The truck driver, unaware that his truck had been hit, kept driving. It wasn't until another driver contacted him through the CB radio that he stopped.
- The little blue car was destroyed. Joy's boyfriend was killed instantly, although she wasn't told his fate until one month into her recovery. Joy woke up in the hospital, ten days later, with no memory of the accident.
- "I couldn't walk, I could barely speak," she remembers. "My head and brain injury meant I had to learn everything all over again." Mary K, along with a team of nurses and therapists, worked with Joy to improve her memory, balance, walking and speaking.
- Years later, Joy continues to be grateful for the team that helped her recover. "I felt a connection here, to the people, and to the facility." And she never forgot Mary K. Joy wanted to come back to Hotel Dieu Shaver, to help people like her. Mary K encouraged her to apply to Hotel Dieu Shaver. "I told her to apply, and I offered to be a reference," says Mary K.
- Joy has worked at Hotel Dieu Shaver as a PSW/porter since 2015. Her soft-spoken nature and bright smile encourages patients every day, and she loves being part of their healing process. "My experience helps me understand them, because I know what they're going through," she says. "I know what it's like to be a patient, to have your world turned upside down."
- "Everyone at Hotel Dieu Shaver is so friendly and easy to work with," Joys says. "As a patient and now as an employee, it's been a great experience. I love it here."
- Mary K agrees, saying, "I love what I do – that's probably why I've been able to do this almost 30 years," she says. "It's an honour to work with patients and see miracles happen every day."

5TH ANNUAL PASTA DINNER

The HDS Foundation's 5th Annual Pasta Dinner was once again SOLD OUT! Staff, patients, volunteers, and their families enjoyed a pasta dinner, entertainment by Brad Boland, photo booth, 50/50 draw and silent auction. Over \$9,500 was raised - \$1,000 more than the previous year!



BUSINESS & PROFESSIONAL WOMEN'S CLUB OF NIAGARA

On Friday, June 15th the Business and Professional Women's Club of Niagara presented the HDS Foundation with a cheque for \$1,000 which will be used to purchase voice amplification hardware for our Augmentative and Alternative Communication (AAC) patients. The AAC Clinic was present for the cheque presentation and was able to demonstrate how this equipment will be used and discussed the benefits the patients will receive from this donation.



SOCIALIZE WITH US



BENCH DEDICATION

On Friday, July 27th a bench dedication took place in honour of Darryl Salach, one of our first patients in our Augmentative & Alternative Communications Clinic (AAC). At the dedication was Darryl's parents, the HDS Foundation and the AAC team. The bench can be found inside the Labyrinth in the Healing Garden.



REGIONAL CHAIR'S GOLF TOURNAMENT

Chair Caslin hosted his annual Golf Tournament on August 24th in support of Hotel Dieu Shaver Foundation and several other charities in Niagara. This year's funds will fulfill the final pledge of \$100,000 to Hotel Dieu Shaver's Hand Therapy Room.



UPCOMING EVENTS

Golf Ball Drop Raffle - September 14th at 6:30pm at Eagle Valley Golf Course

A unique raffle to benefit the Steve Ludzik Centre for Parkinson's Rehab in which golf balls will be dropped by a helicopter over the green. A hole in one or closest to the hole will win \$10,000.

Tickets are \$20 each and can be purchased at:

Eagle Valley Pro Shop

2334 St Paul Ave, Niagara Falls

905-374-2110



EMPLOYEE SPOTLIGHT: STEPHANIE RAY

Stephanie Ray has been a Physiotherapist at Hotel Dieu Shaver for the past 15 years. Her love of physical activity is what drew her to the profession. Nowadays she is not only representing HDS, but our country as well.

Next September, Steph will be traveling to Lausanne, Switzerland to represent Canada in the 2019 World Sprint Triathlon Championships in her age category. The event includes a 750m swim, 20km bike and 5km run. With only finding a love for the sport three years ago, she credits her success to the support of her family, her coaches Jeff Scull & Kyle Jones of Edge Triathlon and the loving memory of her mother.

After her mother's passing in 2015, Steph felt she needed something to help her cope with her mother's loss. As already being a leisurely runner, she registered for the Red Bull Wings for Life.

With Red Bull Wings for Life, you participate at the nearest city and run at the exact same time as 100,000 other runners around the world, setting your own goal along the course.

Once the chaser car passes you, you are eliminated from the race. As a first timer, Steph set her sights on reaching the 10km marker. Eventually the chaser car did catch up to her, but not until the 19km marker, the farthest distance she had ever run. The high she felt that day, accomplishing a feat she never had before, sparked a fire inside her, "wow ... I feel like I can do so much more with myself."

From there she registered for her first Try-A-Tri in Niagara and found her way to the podium after only 4-5 weeks of training. She continued with a few Triathlon Sprints in the summers, training on her own. It was finally last summer when she really got serious about the sport.

While training by herself at the Welland Canal one morning, coincidentally at the same time as Edge Triathlon, a connection was made. Since joining Edge, Steph has made significant improvements in the sport and her results are a true testament to that.

"I have made so many friendships and the people have been amazing. There have been so many positive life influences since joining Edge," Steph says. She is now part of a team of 65 adults, as well as 25 kids, working toward their own Triathlon goals. With having a young family of her own, an 11 year old son and 8 year old daughter, she has been able to involve them in the sport as well.

With the winter months approaching, Steph is headed into her long running season, a balance shift in the sport. She will be completing a half marathon this fall, to maintain her stamina, as well as continuing to bike at least once a week and swim three to four times a week until January. Once January hits, indoor training will commence with increased cycling and she will gradually begin to shift the balance to all three activities as her peak training season hits in May. From there, it is full steam ahead as she prepares for the World Championships in September.

Her motivation and determination has been unwavering, as it has really involved an entire lifestyle change. The most challenging part has been to balance work, family and training. Steph's initial training involved bringing her son and daughter with her; "at times when I had to get a swim in I would bring my daughter along to kayak." Every morning Steph is up before 5:30am to complete her workouts. Once peak season hits from May until September, she will be working out up to seven days a week, while four of those days include workouts twice a day, along with working full time and spending time with her family.

Steph's motivation has not only allowed her to reach her goals, but has been infectious among her colleagues. While many want to support her, as well as becoming inspired by her, you can even find Steph and other HDS team members enduring various circuit and body weight training sessions on their lunch hour together.

July 22nd, 2018 is a day that Steph will not soon forget. Her mother's birthday and the day she qualified for the World Championships. With a second place finish in her category, a 6th place finish overall and reaching a personal best of 1:15:29 in the Toronto Triathlon, Stephanie Ray is headed to Switzerland to represent Canada.

Good luck at the World Championships, Steph! Your HDS family will be cheering you on from home!