

# INSIDE HUMBER

Humber is your hospital, these are your stories.



# **Monthly Highlights**



#### **Doc Talks with Dr. Manal El Sayed**

In this Doc Talks segment, Dr. Manal El Sayed discusses her role, as well as what she is most excited about regarding pediatrics at Humber. Click below to watch the interview.

Watch Here



# Patient POV: Top 5 Reasons To Have Your Baby at Humber River Hospital

On November 17, the Osborne family welcomed their second baby girl at Humber River Hospital. As an employee of the Hospital, Bethany Osborne was aware of the excellent care and advantages of delivering at Humber, but as a patient, she had the opportunity to experience it firsthand.

**Read More** 



#### The Fibroid Fighter: The Patient Experience

On September 16, 2022, Cindy Wennerstrom became one of the first few Humber patients to undergo the Acessa ProVu® procedure, with Humber's Chief of Obstetrics and Gynecology, Dr. Andre LaRoche performing the surgery, and the system's inventor, Dr. Bruce B. Lee overseeing the operation.

Read More



# After Hip Replacement, 75 Year Old Martin Summits Mount Kilimanjaro

"Before my operation, the pain in my hip was getting progressively worse," remembers Martin. "I felt so much better after my hip replacement surgery with Dr. Martin Heller. It was a huge success." Less than a year after his right hip replacement, Martin, his sons, and their support crew climbed Mount Kilimanjaro.

Read More

# Humber River Hospital – 2023 Greater Toronto's Top Employer

Humber River Hospital was selected as one of Greater Toronto's Top Employers for 2023. This annual editorial project by Mediacorp Canada Inc. recognizes employers with exceptional People Services programs and forward-thinking workplace policies. This initiative has become exceptionally competitive over the years, as the minimum scores to secure a place on the GTA list consistently ranks among the highest in the country.

Below, you will find a link to our article in The Globe and Mail, as well as Mediacorp's detailed explanation of picking Humber.

This achievement is a reflection of our staff, physicians and volunteer's combined commitment and passion to work together, provide exceptional care and service, and demonstrate our values of compassion, professionalism and respect. Together we make Humber a great place to work, to practice medicine and to volunteer!





Click Here

Click Here

# **Command Centre's 5th Anniversary**

Humber celebrated our Command Centre's fifth anniversary. In 2022, we updated our Tiles to integrate the enhancements and learnings from our peers, as well as continue to lead the way with improvements from our own experiences. The Command Centre has been and will continue to evolve to meet emerging needs within our hospital, ensuring higher reliability care every step of the way.

























# Christmas Day 🎄

Humber provided a meal to those who were working on Christmas Day and away from their families. Thank you to all staff, physicians and volunteers for your compassion, professionalism and respect on this festive day and all year around!



#### **Year in Review Video**

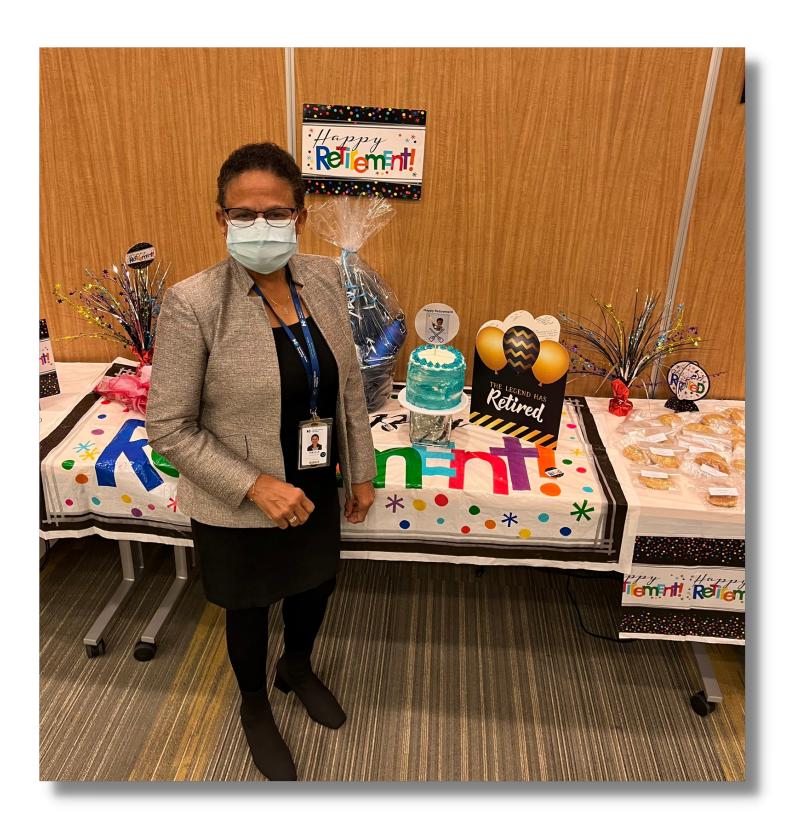
2022 was full of triumphs and memorable milestones for Humber. To encapsulate it all, we have developed a Year in Review video to highlight all that has happened over the last year. Click below to watch the video!



Watch Here

## Leadership Change: Paula Villafana

We extend best wishes to Paula Villafana, Program Director, Mental Health and Addictions (MH&A) Program, on her retirement. Paula led a career committed to strengthening community access to MH&A services, making meaningful contributions to Humber and the community. Paula has been a valued member of Humber since 1993, showing unwavering commitment to our patients. We wish her the best in her retirement adventures.



# Leadership Change: Sudha Kutty

We extend a kind farewell to Sudha Kutty, Vice President, Strategy and External Relations. With over 20 years of leadership experience, Sudha has been passionate about improving integration and inclusion within the healthcare system. We thank Sudha for her outstanding contributions in supporting the leadership team in executing Humber's strategic plan and promoting our vision of Lighting New Ways in Healthcare. We wish Sudha all the best in her new role with CADTH.



# Humber's Holiday Party

On December 19, staff, physicians and volunteers were invited to Humber River Hospital's annual holiday party. SPVs enjoyed hot chocolate, apple cider, cookies, and a complimentary toque!

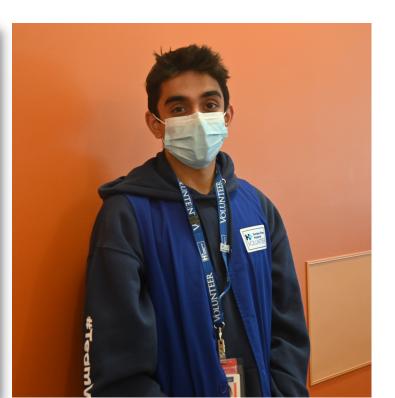


# International Volunteer Day - December 5

Humber has many talented volunteers who assist in various departments throughout the Hospital. Our volunteers focus on making a difference everyday by improving the experience patients and visitors receive. Thank you for all you do!

























## Women's Brain Health Day

To highlight Women's Brain Health Day on December 2, we spoke to Dr. Yue Jiang. Dr. Jiang is a neurologist who has been at Humber for three years. She assists patients with a variety of neurological disorders, with a focus in the peripheral nervous system. According to Dr. Jiang, there are a number of brain health issues that primarily affect women. "This has garnered much attention in the last decade, with more researchers focusing on women's health," says Dr. Jiang.



# National Day of Remembrance and Action on Violence Against Women

Sarah Barbara, a social worker on the inpatient medicine unit, shared her thoughts for National Day of Remembrance and Action on Violence Against Women on December 6. Sarah has provided insight into the significance of the day, along with useful resources and advice all women should be aware of.



Watch Here

### **Humber's 25th Annual Clinical Day**

The 25th Humber River Hospital Annual Clinical Day held on December 3 was an overwhelming success. There were 137 attendees, which included family physicians, specialists, nurse practitioners, pharmacists and registered nurses. Including faculty, there were 30 attending the program onsite, and virtually the event was viewed across Ontario. There were family physicians who attended from as far away as Nova Scotia and British Columbia.



## Code Evacuation Tabletop Exercise

Humber's 6 East staff, security, maintenance staff and Toronto Fire Services participated in a Code Red Fire/Code Green evacuation tabletop exercise at our RCC Finch Site. Although we are still in a pandemic, we continue to make sure we are safe in all aspects.





# **Church RCC Mural**

On December 2, Humber's Church Reactivation Care Centre unveiled a mural that featured hundreds of photos of the RCC staff, physicians, and volunteers. Using this mural, we express our appreciation to the Church RCC SPVs for their incredible work. We thank you all!







# Humber River Hospital's Employee Referral Program

This program provides rewards to current employees whose referral successfully fills a vacancy.
\*Please visit the Human Resources page on iHumber for eligibility.

1

SUCCESSFUL REFERRAL:

\$600/hire

**\*Subject to deductions** 

2-3

SUCCESSFUL REFERRALS:

\$700/hire

**\*Subject to deductions** 

4+

SUCCESSFUL REFERRALS:

\$800/hire

**\*Subject to deductions** 

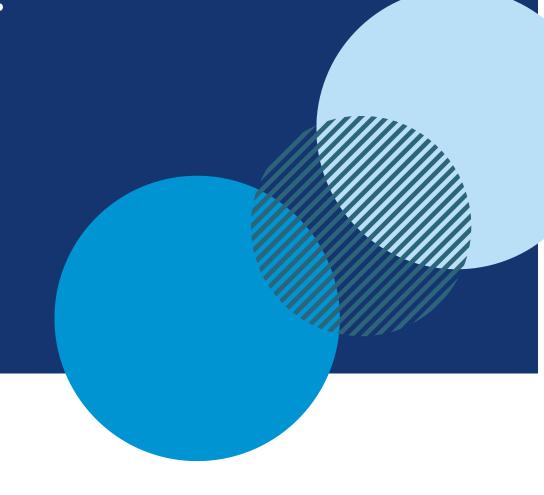
### FOR MORE INFORMTION AND TO REFER A CANDIDATE:

iHumber > Services > Human Resources > Employee Referral Program

**QUESTIONS?** 

**Email: Careers@hrh.ca** 

**Click Here** 



# Social Media Highlights

OHA ... Unt. Hospital Assoc.

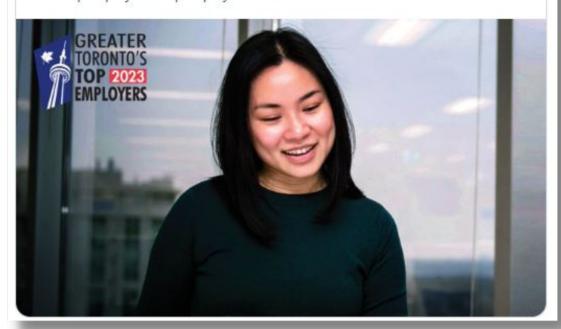
@OntHospitalAssn

Congratulations to @HBKidsHospital, @SickKidsNews, @HRHospital, @MGHToronto, @OntarioShores, @SinaiHealth, and @UnityHealthTO on being named among this year's Greater Toronto's Top Employers!

© Canada's Top 100 Employers @top\_employers · Dec 9

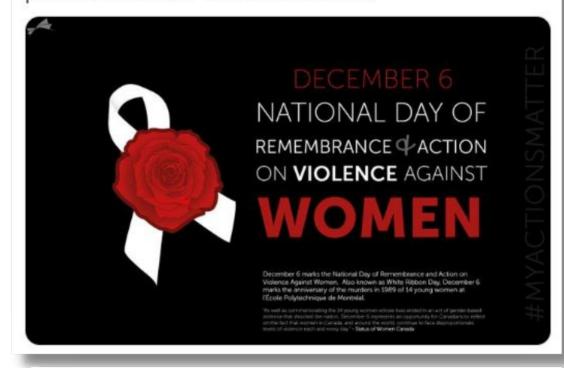
Our congrats to this year's Greater Toronto's Top Employers, announced in partnership with @globeandmail. The 2023 winners ensure that their people can take time for things they care about. More at: canadastop100.com/toronto

#GTATopEmployers#TopEmployers2023





Today marks the National Day of Remembrance and Action on Violence Against Women- a time to reflect on and commemorate all women who have experienced gender-based violence. To take action, we must remain educated and speak up against injustices present within our own communities.





Our professional practice team is committed to offer a successful transition experience to new graduate nurses and experienced nurses as they join @HRHospital





A morning training for @HRHospital security team to ensure they are always prepared to meet the needs of our patients and community!





Preceptoring and mentoring is an interactive facilitative process, therefore, professional coaching, guidance, and support offered to preceptors and mentors help to endorse their professional development.





Humber's partners at @firgrove and Toronto
Community Housing received all the donated coats
from our Winter Coat Drive. Thank you to those who
participated and made the coat drive a success. We
appreciate your help in spreading warmth and
happiness to families in our community.





The Canadian Transplant Society visited @HRHopsital this week to raise awareness and funds for their cause. The @cantransplant specializes in organ donation, transplantation information and education.

To learn more or to become a donor, visit: cantransplant.ca/donate-with-us/



Humber River Hospital
@HRHospital

Students from various schools in our community sent handwritten letters to Humber's staff, physicians, volunteers, and patients. Their thoughtful messages were received with smiles, filling our Hospital with an abundance of hope and joy during the holidays!





Our thanks to the @HRHospital, Staff, Physicians & Volunteers who despite 2 days of stormy weather and the need for many to drive long distances or stay on site made sure they are there to care for patients! #Healthcareworkers everywhere care!!

