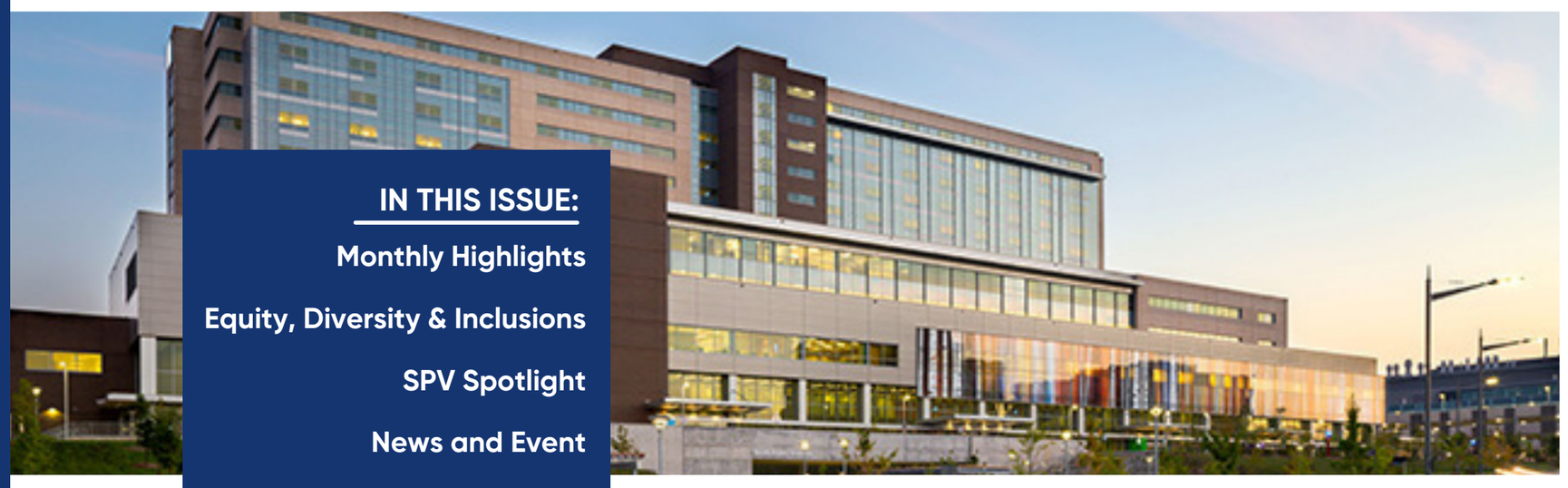
Humber River Hospital

INSIDE HUMBER

Humber is your hospital, these are your stories.



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Monthly Highlights

Bringing the winds of change to Toronto's primary care 'desert:' Humber joins DFCM as their newest teaching hospital site

To address what is quickly becoming a dire situation in primary care in the area, Humber River Hospital recently joined DFCM as their newest teaching hospital site. The hope is that incoming residents would become a continuous source of new doctors for Toronto's northwest communities.

Read More

Leadership Development and the Future of Long-Term Care

According to Ruben Rodriguez, Program Director Post-acute and Reactivation Care at Humber, leadership is vital in the effectiveness of long-term care (LTC) homes and residents' outcomes. LTC homes must invest in improving leadership abilities to adapt better care and strategic planning initiatives.

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The Volunteer Association

The Volunteer Association's fundraising efforts include ownership of the two Tim Hortons franchises in the hospital, operation of the Gift Shop, running the Retail Therapy (Vendor Program) and holding various events within the hospital throughout the year. Funds raised by the Volunteer Association are put towards the purchase of capital equipment to help enhance patient care in our hospital.

Donate

Daniela Gennaro on Her Cancer Care Journey

Daniela felt pains in her breast, but did not think much of it. Eventually, she had noticed a lump in her left breast that felt about the size of a golf ball. After undergoing a mammogram and a biopsy, Daniela was diagnosed with metastatic breast cancer in 2020 and began her cancer care journey at Humber. Dr. Punam Rana, an Oncologist in Humber's Cancer Care Clinic, assisted Daniela in adjusting her medications and doses to better meet her needs.

Read More

Equity, Diversity & Inclusion

Black History Month

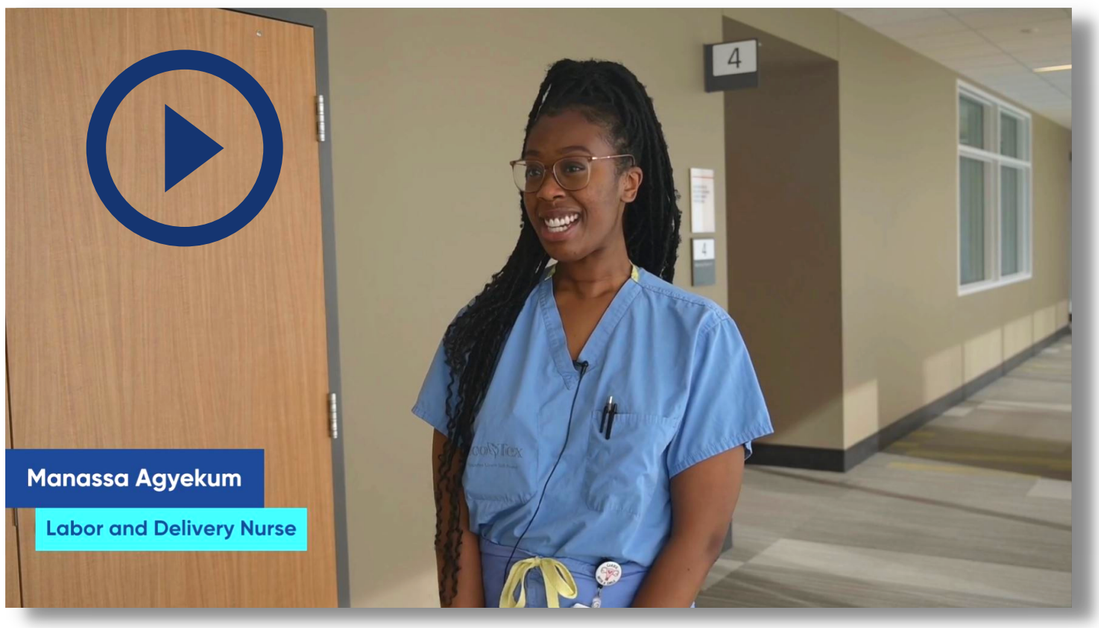
You can find all of the content and highlights from Black History Month 2023 below:

Videos

Shade Chatrath - Midwife

Watch Here

Manassa Agyekum - Labour and Delivery Nurse



Watch Here

Posts

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Meet Precious Edionseri, an Information Desk Volunteer.

Precious believes it is important to celebrate #BlackHistoryMonth to recognize the culture and diversity within our communities. She encourages others to remain educated on #BlackHistory and share information with others.

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February 1 marks the beginning of #BlackHistoryMonth, an annual celebration of the past and present achievements of the Black Community.

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As #BlackHistoryMonth comes to a close it is important to remember that celebrating #BlackHistory should not only happen in February, but year-round. We continue to reflect on “Black Resistance” as we remain educated on and recognize the power and strength of the Black Community.

Blogs

Interview: Judene Stewart, Associate Director of Corporate Engagement

Judene Stewart is the Associate Director of Corporate Engagement at the Humber River Hospital Foundation. In this interview, she discusses why it is important to have Black representation in fundraising, what advice she has for young Black people interested in getting into philanthropy, and why it is important to acknowledge Black History Month from a Foundation perspective.

Read More

Black History Month 2023 with Joan Myers-Harrison

During Black History Month, communities come together to celebrate, educate and better understand the traditions, achievements, struggles, and sacrifices of the Black Community. Joan Myers-Harrison, a Resource Nurse in the Cancer Care Clinic at Humber, provided her opinions on the importance of Black History and ways in which others can celebrate and commemorate the Black Community.

Read More

Why Representation Matters in Family Medicine

Dr. Abdullahi Berih is a family medicine physician who is part of the Humber River Family Health Team. He joined the Humber River Family Health Team about 15 years ago and serves on their board. In this interview, Dr. Berih discusses why it is important to have Black physicians and physicians of colour serving in communities like ours.

Read More

Black History Month: The Midwife Student POV

Hannah Cole and Tumanini Iyaruu are Senior Midwifery Students at West End Midwives in Toronto and have been working at Humber since May 2022. In honour of Black History Month, the two shed insight on the significance of continued Black History celebrations and the importance of demonstrating Black Resistance within a healthcare environment.

Read More

Events

International African Medical Innovators Tabletop Exhibit - February 14 - 17

As part of Humber River Hospital's celebration of Black History Month, we invited the Canadian Multicultural Inventors Museum (CMIM) to display their International African Medical Innovators Exhibit, which celebrated People of African descent and their contributions to the world of Innovation in Healthcare. The exhibit displayed the stories of medical innovators and their contributions in terms of their inventions and medical techniques. This tabletop exhibit featured up to 150 Innovators in Healthcare (both past and present) and was held at our Wilson site, open to all staff, physicians, volunteers and visitors.

"Medical Innovators of the African Diaspora" Virtual Presentation - February 24

Ciaran Phillip, Forensic Scientist and Science Communicator from the Canadian Multicultural Inventors Museum, hosted a presentation highlighting the achievements of Black healthcare innovators and inventors in their diverse fields on February 24.

Thank you to everyone who joined us for the presentation! We had an amazing turn out across all three sites.

Visitors of the exhibit and participants of the virtual presentation had the opportunity to win prizes by participating in a quiz, provided to us by businesses of the Black Entrepreneurship Alliance. The lucky winners of the prizes were: **Yashpreet Kaur, Xin Liu, Grace Qi and Claudette Boodth.** Congratulations!

Yashpreet Kaur, Registered Nurse, 9 East

Xin Liu, Registered Technologist, Nuclear Medicine

Grace Qi, I.S Analyst

Claudette Boodth, Manager, Church RCC

The Excellence of Black Philanthropy: Panel Discussion with Sandra Sualim

On February 15, Sandra Sualim, President & CEO of the Humber River Hospital Foundation, moderated a panel discussion on The Excellence of Black Philanthropy. She was joined by Wes Hall and Colin Lynch for a discussion on the opportunities and barriers for Black philanthropists and the emergence of powerful Black-led, Black-serving philanthropic organizations.

SPV Spotlight

Pride in Food Services Week - February 6 - 10

Our Food Services Department assists in supporting and improving the health and recovery of our patients. We thank all our food service workers for the professional and dedicated work they do in ensuring our patients receive safe food and quality meals!

Arlene takes pride in her role by ensuring everyone helps each other accomplish their work timely and effectively. “It is really nice to come to work and be surrounded by a great team!”

Arlene Prade, Dietary Aide, Food Services Department

Rosemary takes pride in her work by treating others with professionalism and respect. “We are a dedicated team! We work through thick and thin and always go the extra mile.”

Rosemarie Barrett, Dietary Aide, Food Services Department

Resident Doctors Awareness Week - February 6 - 10

Our Residents offer immense support to our staff and physicians in using innovative techniques to perform procedures and provide ongoing patient-centered care. Thank you for your continuous commitment to excellence!

Psychology Month

The Psychologists at Humber play a pivotal role in working with children, adolescents, and adults in Outpatient Mental Health. They assist with psychological assessments, diagnosis, group and individual therapy, program development, evaluation and staff training. To our dedicated Psychologists, thank you for all that you do for our patients and our Hospital!

Women and Girls in Science Day

The International Day of Women and Girls in Science, celebrated on February 11, aims to promote full and equal access to and participation in science for women and girls. Meet Darlene Armoogam, a Medical Lab Technologist at Humber. Inspired by her Grade 12 chemistry teacher, Darlene has worked to achieve a successful career in science and medicine, overcoming challenges along the way.

Watch Here

Recreational Therapy Month

Recreation Therapy is a treatment that utilizes recreation and other activity-based interventions for patients with mental or physical conditions or injuries to improve or maintain functionality, self-confidence, socialization and a sense of well-being.

The Recreational Therapists at Humber provide numerous programs and services to ensure optimal, innovative, patient-centred care. Thank you for all that you do!

Women's Heart Health

Wear Red Canada is celebrated annually on February 13 to raise awareness about women's heart health.

Meet Anna Marie Kolodziej, a Registered Nurse in our Cardiology Outpatient Clinic. Anna assists cardiologists with diagnostic tests and provides health teaching to patients with congestive heart failure to help them improve self-management skills.

Anna has shared some useful tips to assist women with practicing proper heart health:

- Practice stress management
- Spend quality time with family and friends
- Maintain a healthy diet
- Accumulate at least 150 minutes of moderate to vigorous physical activity per week

Trillium Gift of Life Network Awards - February 1

The Trillium Gift of Life Network (TGLN) Awards recognized Humber River Hospital for our commitment to saving lives through the gift of organ and tissue donation and transplantation with the Eligible Approach Rate Award. For the second year in a row, Humber has exceeded the provincial eligible approach rate target of 90% set by TGLN. We have demonstrated leading practices by facilitating donation discussions with patients at end of life.

Henoc Muamba and the Grey Cup Visits Humber - February 8

The Grey Cup trophy is awarded annually to the winning team of the Canadian Football League (CFL) championship. The latest Grey Cup took place in Regina, Saskatchewan on November 20, 2022, where our Toronto Argonauts defeated the Winnipeg Blue Bombers 24–23.

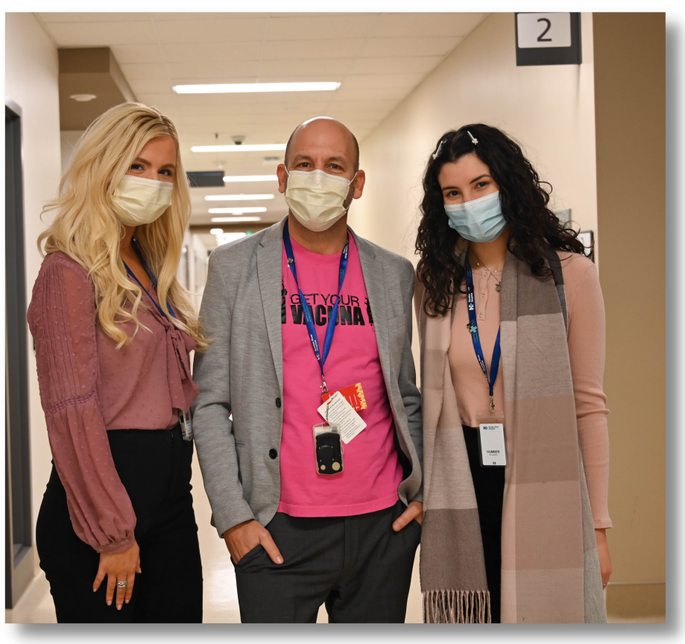
To celebrate, the CFL, Toronto Argonauts and orthopedic surgeon, Dr. Rick Zarnett, brought the trophy here to Humber River Hospital! SPVs got to see the trophy and meet the MVP of the game, Henoc Muamba!

Morgan Rielly Visits Humber - February 13

Thank you to our friends and supporters at Pizzaville, who helped us welcome Morgan Rielly from the Toronto Maple Leafs on February 13. Morgan held a private meet and greet with our pediatric patients, as well as met with staff, physicians, volunteers, patients, and visitors.

Pink Shirt Day - February 22

On Pink Shirt Day, we raise awareness for a major problem affecting our schools, workplaces, homes, and online landscapes: bullying. We wore pink to raise awareness and show support for anti-bullying initiatives, and to help encourage a more kind and inclusive world. Thank you to those who participated and wore pink on February 22!



Self-Care Fair - February 23

Supporting and maintaining employee health is important. To help promote and educate our hard-working SPVs on health and wellness, Humber River Hospital kicked off our Self-Care Fair on Thursday, February 23, 2023 at our RCC Church Site.

The Self-Care Fair is an educational and interactive event designed to provide basic health and wellness information to our staff. This event aimed to encourage and remind staff that we need to take care of ourselves, not just our patients. The fair includes a number of educational booths from various vendors listed below, for staff to learn more about what each organization can offer to them.

Vendors include:

- ComPsych
- HOOPP
- Public Health
- IPAC
- Humber River Resource Centre
- Co-operators Insurance
- Hearing Solutions

...with additional vendors joining us at the remaining two fairs.

The fair will be coming to the remaining two sites on the dates below:

- **Finch RCC: Thursday, March 23, 2023**
- **Wilson: Tuesday, April 25, 2023**

A huge shout out to our JHSC Co-Chair, Angela Lockhurst, for all her dedication and hard work that made this possible.

Be sure to come by and see what The Self-Care Fair can do for you...because SELF-CARE ISN'T SELFISH!

Leadership Changes

Jennifer Yoon is now the Deputy CNE, Vice-President, Quality, Professional Practice and Risk. Jennifer will help co-lead the development of a new Humber Institute for Clinical Professions with Human Resources.

Jennifer Yoon obtained her nursing degree from Toronto Metropolitan University (formerly Ryerson University) in 2008. She completed her Masters of Sciences in Quality Improvement and Patient Safety from the University of Toronto in 2014. Jennifer began her PhD studies at Queen's University in the fall of 2021. Her doctoral studies focus on strategic nursing workforce planning and patient safety outcomes as hospitals work to become high reliability organizations.

Dr. Peter Voros is the Vice President, Clinical Programs at Humber River Hospital. In his role, he is responsible for leading the services provided by the Emergency Department and Command Centre (Patient Flow), Mental Health and Addictions Programs, Critical Care, Medicine (Inpatient Cardiology, Respiratory, Nephrology, Stroke and Acute Medicine), Oncology, Seniors, Allied Health, and Outpatient Rehabilitation.

Peter has over 28 years of healthcare experience as a direct provider and leader. He is a Clinical Psychologist who has worked in a variety of healthcare and academic positions such as an adjunct professor, psychologist, clinical coordinator, director, and executive vice-president. He received his doctoral degree in Psychology from the University of Toronto.

We congratulate Beatrise Edelstein on her new role as Vice President, Post Acute Care and Health System Partnerships! Beatrise previously held the position of Director of Seniors Care where she provided insight, expertise, and innovative techniques to our Seniors Care Program.

In her role, she is responsible for planning, developing, leading and evaluating health system transformation initiatives within Reactivation Care Centres, North West Toronto Ontario Health Team, and Family Practice with the focus on stakeholder engagement and partnerships.

She is passionate about leveraging the latest innovations, research, and models of care, to deliver the highest quality of care within a high reliability culture.

Social Media Highlights

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About 70 new employees joined our team this week, and we had a wonderful orientation to welcome them. An effective orientation program plays an important role in preparing employees to enter into their new workspaces and assist in providing high-quality patient care. Welcome!

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Meet Lorelei Roque-Reyes, a Quality Improvement Specialist at Humber.

Lorelei believes she has a team like no other. “We are movers and shakers who utilize divergent thinking to generate and explore creative ideas to revolutionize change and improvement one project at a time."

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Wishing you and your loved ones a happy and safe Family Day.
#FamilyDay2023 #Family #FamilyTime

Humber River Hospital
@HRHospital

Random acts of kindness are one way we show appreciation for our staff, physicians, and volunteers– with the help of Kindness Cart. Kindness Cart is an initiative to acknowledge the dedication of Humber’s SPVs. We can use kindness to change the world!
#RandomActsOfKindnessDay

Humber River Hospital
@HRHospital

Emergency Preparedness continues as one of our top priorities. Thank you @Toronto_Fire for a successful Mock Code Red Fire/Green Evacuation event today on 6 West ICU, Wilson Site, completed with ICU, Security and Facilities staff; ensuring we keep our patients and staff safe.

Humber River Hospital
@HRHospital

It’s #ValentinesDay – a special day to show those you love, you care! From our hearts to yours, have a safe and enjoyable Valentine’s Day❤️