

# INSIDE HUMBER

Humber is your hospital, these are your stories.

## IN THIS ISSUE:

Monthly Highlights

SPV Spotlight

News and Event

Equity, Diversity & Inclusion

Foundation Update

Social Media Highlights

September Calendar



## Monthly Highlights



### Innovation in the ER: Innovative, Community-centric care

Humber River Health is thrilled to be showcased on the cover of Hospital News' September issue. "Without constant innovation, there is no way we can do what we do today. We are constantly seeing more patients with greater needs within existing budgets, and this allows us to provide better, safer care," emphasized Dr. Peter Voros, Vice President of Clinical Programs

[Read More](#)



### Transforming ambulatory care: Humber River Health's strategic approach

Humber's 2023-2026 Ambulatory Strategic Plan is designed to strengthen local partnerships, deliver cutting-edge outpatient medical care and extend patient care by collaborating with community health partners. "This is Humber's first ambulatory strategy," explains Carol Hatcher, Executive VP, Chief Nursing Executive, and Chief of Clinical Programs.

[Read More](#)





## Humber Becomes Meditech's First Expanse Innovation Partner

Humber has been featured in September's issue of Canadian Healthcare Technology, as we have been selected as MEDITECH's first collaborator in its Expanse Innovation Partnership program. Interviews with both Barb Collins, President and CEO, and Peter Bak, Chief Information Officer, are included in the article.

[Read More](#)



## Integrating EDI into Professional Development Goals: Jodi's Story

We sat down with Jodi Farbstein, a seasoned social worker from Humber's Outpatient Child and Adolescent Mental Health Program, to discuss her recent professional development commitment to Equity, Diversity, and Inclusion (EDI) and how it impacts her practice.

[Read More](#)



## A lot of baby food doesn't meet WHO nutrition standards, study finds

A new study of baby food found that hundreds of products sold in U.S. stores failed to meet nutrition standards set by the World Health Organization (WHO). Our Paediatric Dietician, Ashley Straitman, also explains how these products may be affecting children's motor development.

[Watch Here](#)



## Catch Up with Kevin O'Leary

"Humber is the best place on earth to do a hip replacement surgery, there's no question about it...I wouldn't go anywhere else!" We caught up with Kevin O'Leary one week after his hip replacement procedure. Check out the full interview.

[Watch Here](#)





### Schulich FMTU: Sarah's POV

Dr. Sarah Kitner is a Resident in the Schulich Family Medicine Teaching Unit (FMTU) at Humber River Health. Dr. Kitner has provided her perspective on her experience since starting in July.

[Read More](#)



**Dr. Priya Sood**

Family Physician/Postgraduate Program Director, Family Medicine Residency Program

### Doc Talks: Dr. Priya Sood

Dr. Priya Sood is one of Humber's family physicians. In this interview, Dr. Sood talks about her role, what she enjoys most about her work, and the Schulich Family Medicine Teaching Unit (FMTU) just after its first anniversary.

[Watch Here](#)



### A Commitment to Equitable Care

Humber is passionate about addressing the health needs of the community, and is dedicated to ensuring that patients have access to the care they need and deserve. In April 2023, Humber joined the Toronto Region and, in alignment with all Toronto Region hospitals, implemented the Measuring Health Equity (MHE) Survey for the first time on February 1, 2024.

[Read More](#)



### Redesigning the Lactation Model of Care

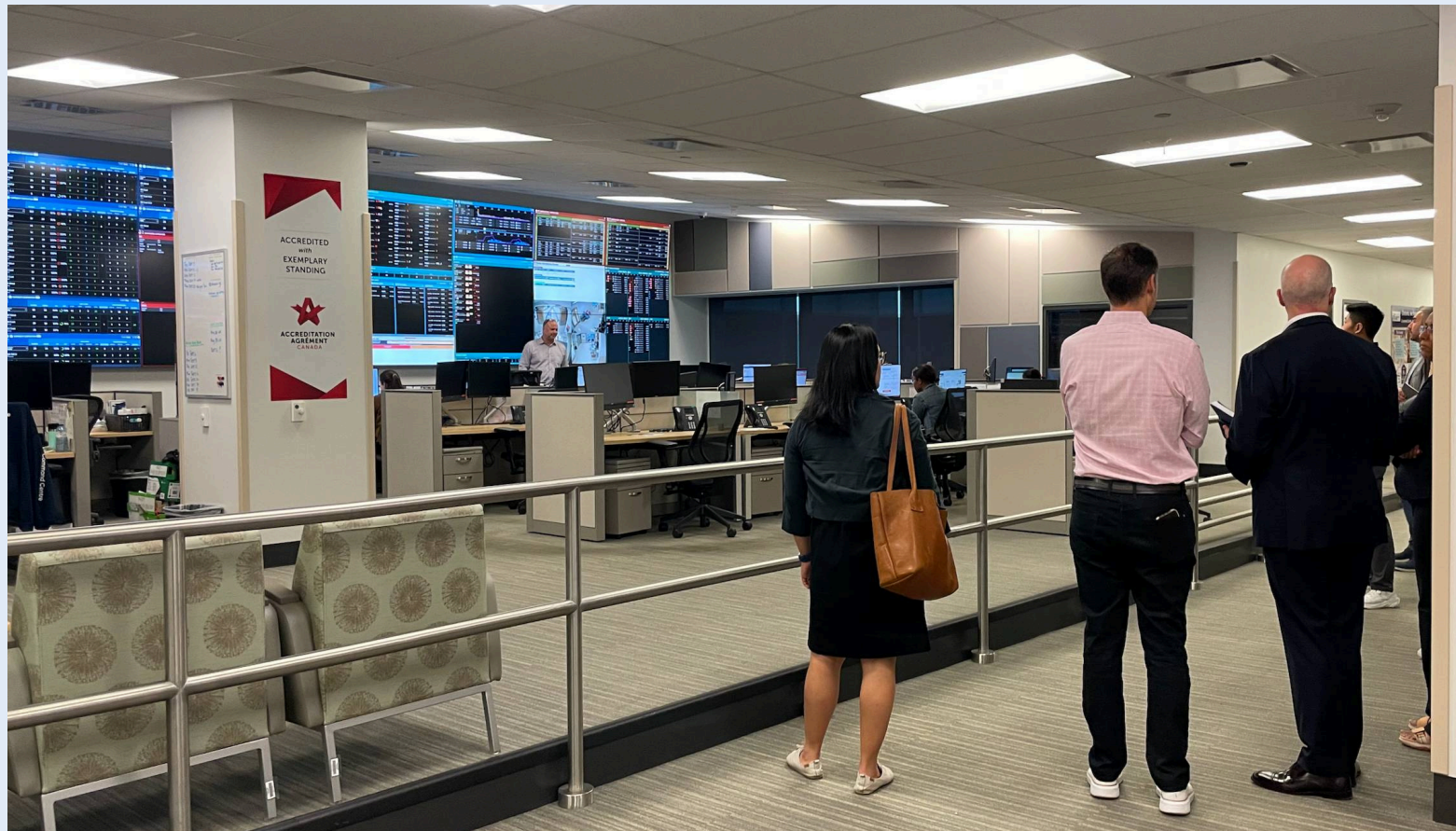
Over 4,500 babies are born at Humber River Health each year. To meet the needs of their patients, Humber's Maternal and Child Program wanted to implement a comprehensive Lactation Program that would offer services, education, and consultations to patients – lucky for them, a team of engineering students from the University of Toronto was available to help.

[Read More](#)



# Visit from Assistant Deputy Minister of Digital Analytics Strategy

On August 29, we welcomed the Assistant Deputy Minister of Digital Analytics Strategy, Michael Hillmer, and his team to showcase the digital and data-driven practices that enable Humber to deliver efficient patient care as we help to improve healthcare across the province.





### World Lung Cancer Day - August 1

August 1 was World Lung Cancer Day. Our Medical Oncologist, Dr. Roochi Arora, has shed insight into the resources available in our Cancer Care Clinic to support patients diagnosed with lung cancer.



[Watch Here](#)

### SKiP and COIN

Watch as Dr. Kyle Waldman, Anesthesiologist and Operating Room Coordinator, discusses SKiP and COIN, same day knee and shoulder replacement programs that use a safe and highly effective nerve-block system to block pain sensation, allowing patients to go home sooner.



[Watch Here](#)

### Planning And Redevelopment Day

On August 2, we recognized our Planning and Redevelopment Team, who are dedicated to enhancing our hospital's facilities and operations through meticulous planning, project coordination, and cost analysis. Their work is fundamental to Humber's success!



### Health Unit Coordinator Appreciation Day - August 23

Stannie Muir is a Unit Aide in our Apotex Emergency Department. Stannie assists staff in the ED and gathers supplies needed to help patients. "The Unit Aide position is very unique. It's an important role that has been around for decades."





## International Overdose Awareness Day - August 31

To recognize Overdose Awareness Day on August 31, Darlene Ginsberg, one of our Managers in our Mental Health and Addictions Program, shares her expertise and how together, we can drive change and offer support where it's needed most.



[Watch Here](#)

## UltraPulse® CO2 Laser

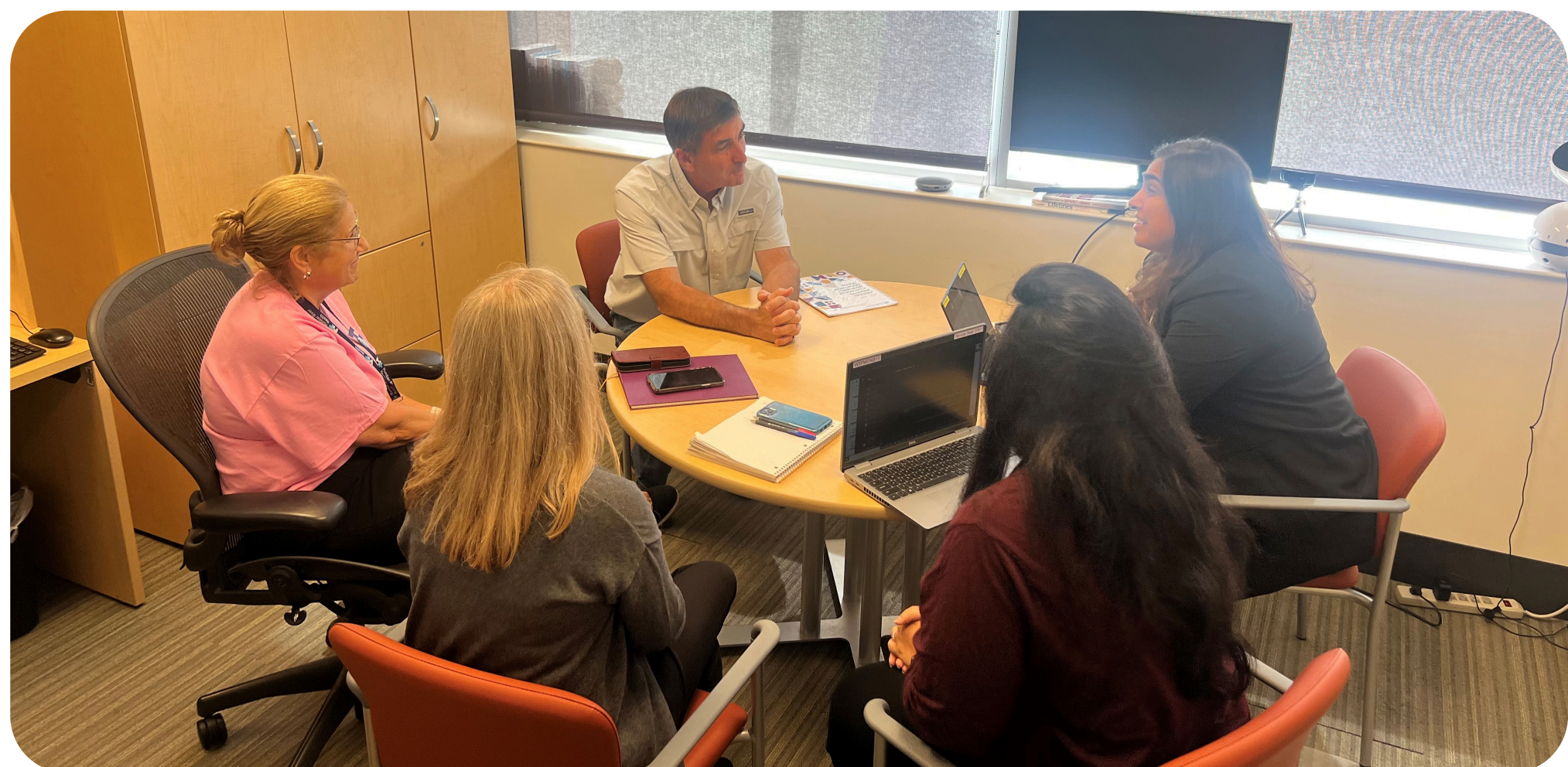
In August, OB/GYN Dr. Lynn Sterling completed our first treatment for the vulva under sedation using our UltraPulse® CO2 laser, allowing us to care for our community closer to home. Dr. Sterling explains the benefits of this type of procedure and what this means for our patients.



[Watch Here](#)

## IT & Innovation Excellence Teams

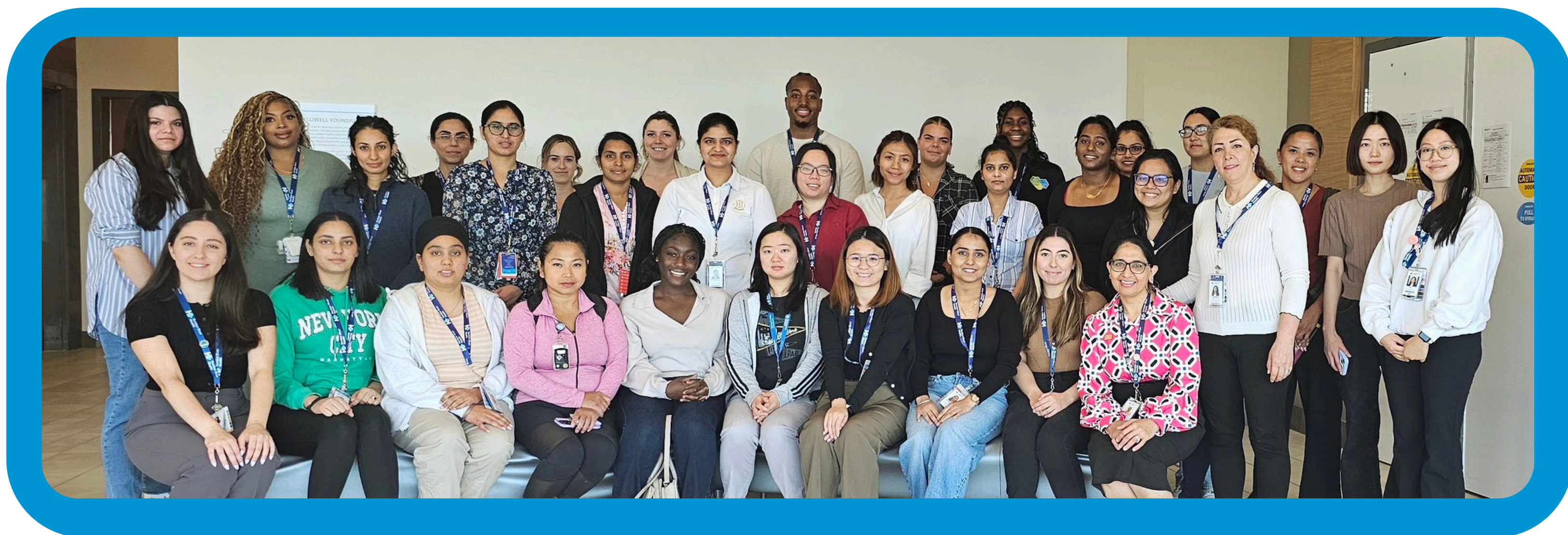
With our lean, green, and digital design in mind, we are committed to continuously integrating new technologies that enhance the way we care for our patients. Special thanks to our IT and Innovation Excellence teams, who relentlessly pursue innovation to drive positive outcomes.





## Trainings, Orientation & Mentorship

We support the journey of our new nurses by providing expert educational orientation programs that use simulations and offer steadfast support to help build their confidence, nurture critical thinking skills, and ensure the delivery of safe, compassionate care for every patient.



Our structured preceptorship and mentorship program fosters a culture of excellence that goes beyond personal success and encourages a shared future where all can prosper. At Humber, we are empowering leaders and inspiring futures!





## Socks & Snacks Drive

On August 1, we held our Snacks & Socks Drive where we distributed pre-packaged snacks and socks to help those in need - a heartwarming initiative to help make a difference in the Humber community! Thank you to all who donated and contributed to making this initiative a success.



## Tim Hortons Annual Community Safety Day

On August 16, we took part in the Tim Hortons Annual Community Safety Day in recognition of our Emergency Services. Joined by Toronto Police, Toronto Medics, and many others, the fair was full of informational booths and fun activities for everyone in our community!





## Celebrating Summer Student Volunteers

On August 22, we celebrated our summer student volunteers! From June to August, 96 students volunteered in about 40 different areas throughout the Hospital. We thank these volunteers for their dedication throughout the summer and for providing exceptional support to our staff, patients, and visitors.



## Back to School Backpack Drive

On August 28, we concluded our 9th annual Back to School Backpack Drive. We are incredibly grateful for all the generous donations that will help so many students in our community! Thank you to everyone who contributed and made this initiative a success - we received over 500 backpacks in total.





## National Day for Truth and Reconciliation/Orange Shirt Day

Each year, on September 30, we recognize the National Day for Truth and Reconciliation. The day honours the survivors of residential schools, their families, and the communities of Indigenous peoples. September 30 also marks Orange Shirt Day - an Indigenous-led grassroots commemorative day intended to raise awareness of the impact made on Indigenous peoples by the residential school system. As this day quickly approaches, we kindly encourage you to wear orange on **Monday, September 30**.

As the National Day for Truth and Reconciliation and Orange Shirt Day approaches, Humber is committed to recognizing the significance this day holds to those involved. We encourage all of our staff, physicians and volunteers to honour this day through personal reflection, education and/or by participating in Indigenous-led initiatives within our community. **You can also show your support by participating in one - or all - of the initiatives planned by our Equity, Diversity and Inclusion team:**

## Support the Native Canadian Centre of Toronto through the purchase of an Orange Shirt

Humber has purchased a limited number of orange shirts from the Native Canadian Centre of Toronto that will be available to staff, physicians and volunteers in exchange for a minimum donation of \$10. All donations will go to the Native Northwest Reconciliation Fund, which supports people and families who continue to be impacted by residential schools and intergenerational trauma. Donations will be accepted via cashless options (i.e. debit or credit cards) at all three of our Annual BBQ Celebrations:

- **Finch Campus**, September 17: 11:30 a.m. - 1:30 p.m.
- **Wilson Site**, September 19: 11:30 a.m. - 1:30 a.m.
- **Church Campus**, September 20: 11:30 a.m. - 1:30 p.m.

[Read More](#)

## Attend the CCDI Webinar: Pathways towards truth and reconciliation

As part of the Employer Partnership with the Canadian Centre for Diversity and Inclusion (CCDI), we are pleased to share the following webinar available to all staff and physicians. Please sign-in and register with your Humber email and indicate that your organization is Humber River Health.

**Date:** Thursday, September 26, 2024

**Time:** 1:00 - 2:30 p.m.

[Register Here](#)

## Join a Virtual Program

In collaboration with the Central Regional Cancer Program, we are pleased to share the following programming that will be available to the first 20 individuals who register. Each session is approximately 1 - 1.5 hours in length. These sessions are not a private booking and participants will be joining in collection with other GTA hospital attendees as part of the Orange Shirt Day Virtual Programming provided by the Woodland Cultural Centre.

### Former Mohawk Institute Tour

Tour the former Mohawk Institute Residential School to learn the history of the school from when it opened in 1831, until it closed in 1970. Participants will virtually visit different rooms in the school including the girls' and boys' dormitories, the cafeteria and various rooms in the basement, among others.

**Date:** Tuesday, September 17

**Time:** 10:00 a.m.

[Register Here](#)

### Truth & Reconciliation Virtual Programming

This presentation is a great introduction to the tragic history of the residential school system. Participants will examine the history and policies that led to the creation of the residential schools, their legacies, and why truth and reconciliation is important.

**Date:** Wednesday, September 25

**Time:** 1:30 p.m.

[Register Here](#)



# Learn from Indigenous Storytellers through Movies and Books

Build your understanding of residential school systems with historical fiction movies, TV-shows and books from Indigenous voices. Here are the top three recommendations from Humber's staff, physicians and volunteers:

- **Bones of Crows** (Movie and CBC Mini-Series)
- **Indian Horse** (Movie and Book by Richard Wagamese)
- **Five Little Indians by Michelle Good** (historical fiction book)

## Gender Diversity & Creating Inclusive Spaces: Working Through Scenarios

On August 23, we welcomed the Canadian Centre for Gender and Sexual Diversity (CCGSD) who engaged participants in an interactive session focusing on Gender Diversity and Creating Inclusive Spaces. Thank you to our facilitators for providing such a comprehensive learning experience!





## A Perspective on Giving with Grateful Donors Megan and Hugo Sorensen

After receiving excellent care from Dr. Rodriguez-Elizalde for hip surgery, Megan and Hugo Sorensen were inspired to support Humber's priorities. Their generosity has since extended to funding initiatives in Orthopaedics, Robotic Surgery, the COVID-19 response, and Plastic Surgery.

Most recently, following Hugo's positive experience with hand surgery, they donated a Mini C-Arm for the Plastic Surgery clinic. Megan and Hugo hope their actions will encourage others to support healthcare, embracing their philosophy: "If you can, you must."



[Read More](#)

## Split the Pot Lottery

Split the Pot Lottery returns from now until September 18 with more chances to win in support of Humber!

- 64 TOTAL winners
- \$1,200,000 estimated payout (guaranteed at \$500,000)
- Over \$100,000 in Early Reward prizes
- 51 Early Reward winners
- 13 Grand Prize winners
- Supporting 62 hospital partners across Ontario

There's no better time to support Humber River Health. Buy your tickets today to win BIG.



[Click Here](#)

## Awesome Invitational Golf Tournament presented by Pace Law

Thank you to everyone who joined us at the 41st annual Awesome Invitational Golf Tournament presented by Pace Law Firm in support of Humber River Health! Together, we raised an amazing \$350,000 in support of the areas of greatest need, including our Robotic Surgery Program.

Thanks to your generosity, we can continue to use leading edge technology to provide exceptional patient care. We hope you enjoyed a spectacular day at Oakdale Golf & Country Club. We look forward to seeing you at Awesome 2025! Click here to view the photo gallery.

[Click Here](#)



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## Rustic Bakery Golf Tournament

This summer, Rustic Bakery hosted their second annual Golf Tournament and Dinner at the Royal Woodbine Golf Club. The event raised \$12,100 for Seniors Care at Humber River Health. A special thank you to Mario and the entire team at Rustic Bakery!



[Click Here](#)

## Downtown Autogroup: Driving for a Cause

In the market for a new car? DAG Downtown Auto Group is proud to offer all Humber staff and physicians a special offer – get an extra \$500 cash incentive on any new or preowned car purchase. For every purchase, DAG Downtown Auto Group will donate \$100 to Humber, making a positive impact on our community for each vehicle sold. Use code: **DAGHRH0924**.



[Click Here](#)

## LIVE: Illuminate: A Diwali Celebration

Join us on Thursday, October 24, 2024, 6:00 p.m. at Paramount EventSpace, for an unforgettable evening of music, entertainment, and delicious cuisine in support of Humber River Health and our areas of greatest need, including the Schulich Family Medicine Teaching Unit. Don't miss out – solidify your sponsorship or tickets now and make this Diwali truly unforgettable.

For sponsorship inquiries, please contact Judene Stewart at [justewart@hrh.ca](mailto:justewart@hrh.ca) or visit our website at [hrhdiwali.ca](http://hrhdiwali.ca).



[Click Here](#)

## Run for Toronto

On September 22, Mercy 4 Mankind is launching the first annual Run for Toronto in support of Humber River Health. This family-friendly event offers a 1K walk and 3K run, which is open to all ages and all levels of experience. Interested in organizing a team within your department? Contact the Foundation for more information!

Let's walk and run together to help Humber!

To register or support a runner, please [click here](#).



[Click Here](#)



## Gifts of Gratitude

Gifts of Gratitude is our grateful patient program, created to give Humber patients and their families another way to thank a nurse, doctor, staff member, or department. When a donation is made in honour of someone at Humber River Health, they receive a special recognition pin and personalized card, and the donation helps future patients receive great care.

Congratulations to everyone at Humber River Health whose exceptional care inspired a donation in the last month:

7W, Valentino Arboleda, Dr. Barry Cayen, Dr. Barry Cayen Christina Charalambous, Connie Estrera, Dr. Dima Pel, Jessica Quan, Dr. Stephen Reed





# Social Media Highlights

**Humber River Health**  
@HRHealth\_

Emancipation Day is a day that marks the historical moment in 1834 when the Slavery Abolition Act of 1833 came into effect across the British Empire, legally ending the centuries-old system of enslavement of People of African Descent.

**Humber River Health**  
@HRHealth\_

Thank you to everyone who joined us at the 41st annual Awesome Invitational Golf Tournament presented by @PaceLawFirm! Together, we raised an amazing \$350,000 in support of the areas of greatest need at Humber River Health, including our Robotic Surgery Program.

**Humber River Health**  
@HRHealth\_

Congratulations to the nurses, doctors, and staff whose exceptional care inspired a donation this month! More pin presentation photos can be found here: [facebook.com/media/set?vanity...](https://www.facebook.com/media/set?vanity...)

Learn more at [giftsofgratitude.ca](https://www.giftsofgratitude.ca)

**Humber River Health**  
@HRHealth\_

"I am very passionate about raising money for this cause," says grateful donor Mike. "I will always be an advocate for both Dr. Peter Kong and the Urology Department at Humber River Health for as long as I can."

Learn more about Mike's championing story:

**Humber River Health**  
@HRHealth\_

Thank you to all our staff, physicians, and volunteers working this long weekend! We appreciate your ongoing commitment and dedication to our patients and community. Stay safe and enjoy the long weekend!

**Humber River Health**  
@HRHealth\_

Working alongside our extraordinary people is Canada's first and most comprehensive Hospital Command Centre. Located at the heart of Humber, this NASA-styled "mission control" room works behind the scenes to help make every patient's experience better, faster, and safer.

## September Calendar

### Religious/Spiritual Days

- SEPT 5 - 17** **Onam** is celebrated as part of the Hindu annual harvest and cultural festival and is celebrated mostly by the people of Kerala.
- SEPT 6** **Ganesh Chaturthi** is a Hindu festival that tributes the Hindu deity, Ganesha.
- SEPT 15-16** **Mawlid al-Nabi / Eid-Maulad-un-Nabi** celebrates the birthday of Prophet Muhammad who was born in Makkah in 570 CE.
- SEPT 26** **Krishna Janmashtami** is a Hindu religious festival celebrating the birthday of Lord Krishna.



# BBQ LUNCH

## YOU'RE INVITED!

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### Finch Campus:

Date: September 17, 2024

Time: 11:30 a.m. until 1:30 p.m.

Location: Patio

### Wilson:

Date: September 19, 2024

Time: 11:30 a.m. until 1:30 p.m.

Location: Level 0 Piazza

### Church Campus:

Date: September 20, 2024

Time: 11:30 a.m. until 1:30 p.m.

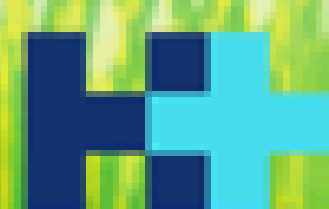
Location: Patio

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### Food Options:

- 1) Hamburger, chips and a drink
- 2) Veggie Burger, chips and a drink
- 3) Hot Dog, chips and a drink

All staff, physicians and volunteers, including all partners at our Church and Finch Campuses are invited.



Humber River  
Health

