

INSIDE HUMBER

Humber is your hospital, these are your stories.

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The (Real) Dream Team

Nearly ten years ago, three strangers – Renee Alexander, Catherine Aldred, and Virginia Debling – met while volunteering at Humber, and have been inseparable ever since. The three retired women, known as “The Dream Team,” have volunteered at the Information Desk every Wednesday since Humber’s Wilson Hospital opened in 2015.

[Read More](#)



This family left Nigeria for Kapuskasing. Their 5 kids grew up to be doctors and an educator

Dr. Femi Ayeni and Titi Ayeni made the sacrifice to move their five children from Nigeria to Kapuskasing, Ontario - four of the children followed their father and became doctors, including our Plastic Surgeon, Dr. Buki Ayeni, and one became an educator like their mother.

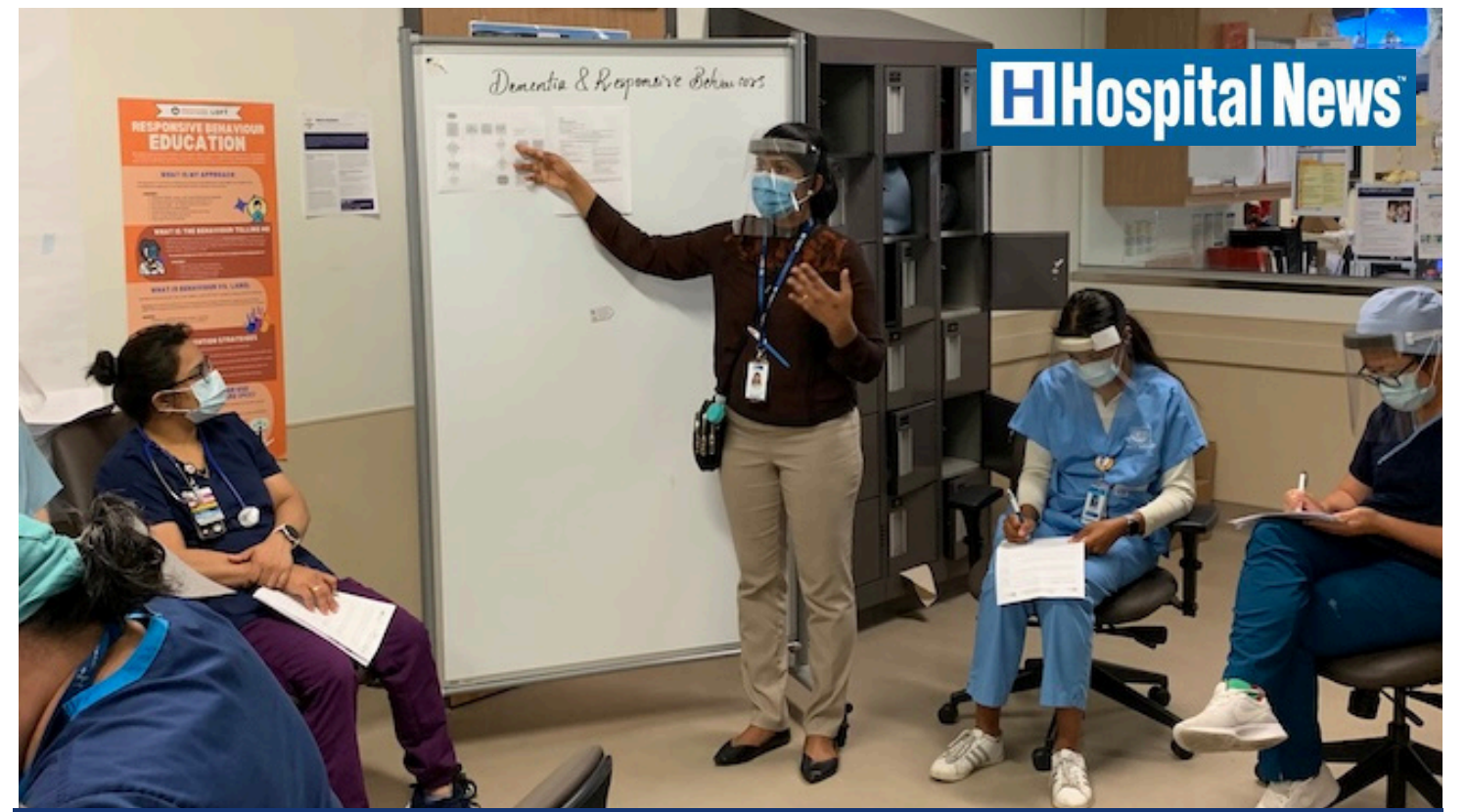
[Read More](#)



Advancing Patient Care Through Clinical Education

A foundational aspect of delivering innovative, safe and equitable care lies in how we empower hospital staff with the education and preparation needed to navigate the complexities of the healthcare system. Read more in this issue of Health System News.

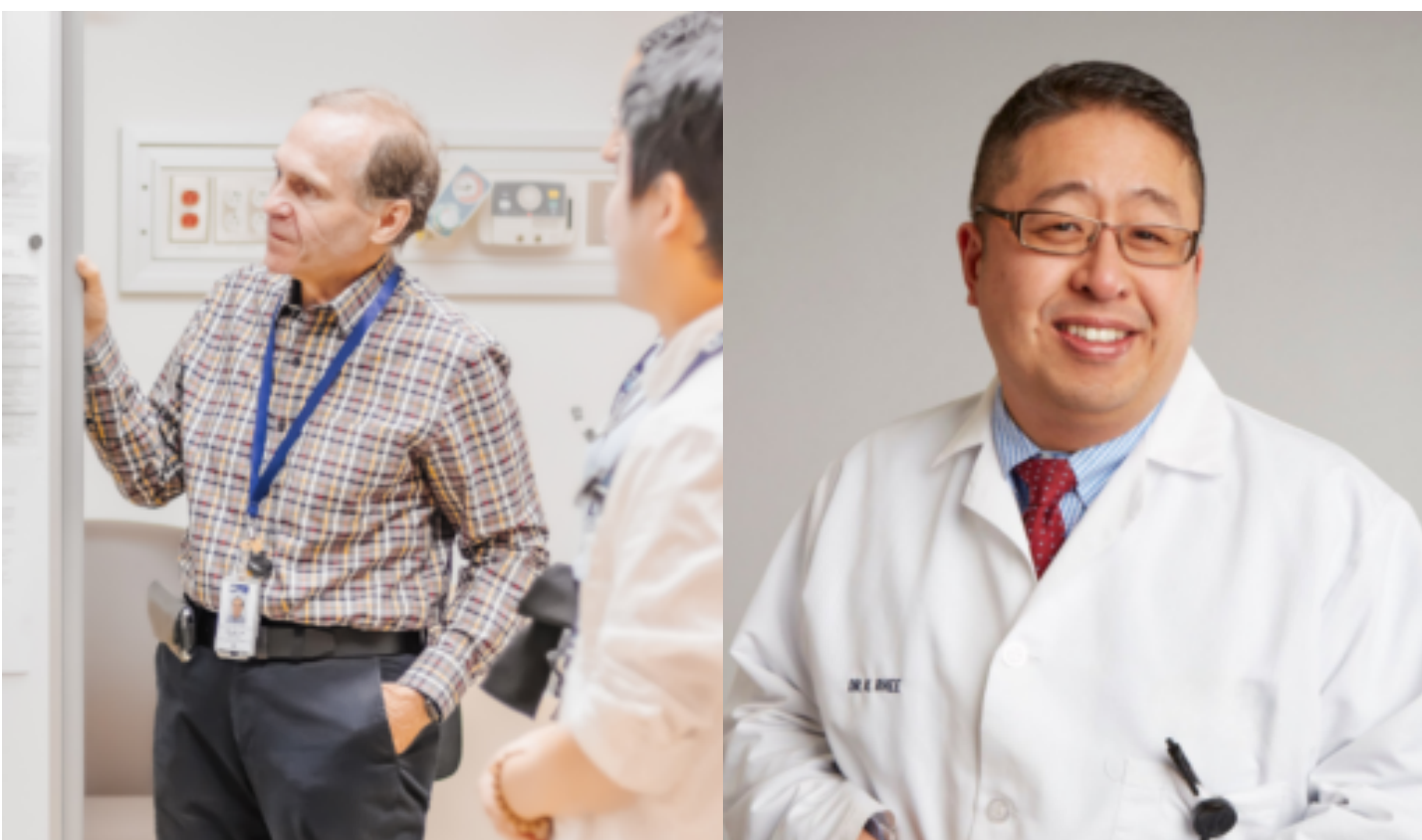
[Read More](#)



Dementia and expressive behaviours capacity building through innovation and partnerships

Central to our efforts to address the complex needs of aging adults is the comprehensive Dementia and Responsive Behaviours Capacity Building initiative, a program that has transformed care across the organization. Read more in this issue of Hospital News.

[Read More](#)



Schulich FMTU: A conversation with Dr. Arthur Kushner and Dr. Kunuk Rhee

Dr. Arthur Kushner reflects on the program's remarkable growth. "We launched Schulich FMTU in record time—just two years. Starting with four residents in 2023, we've now grown to eleven in 2024." Dr. Kunuk Rhee adds, "This program is proof of what's possible when equity and excellence are prioritized in healthcare."

[Read More](#)



Breaking Barriers in Mental Health with Dr. Steven Selchen and Daniel Tziatis

In a community as vibrant and diverse as Northwest Toronto, access to mental health care is more important than ever. Humber River Health is working to ensure those who need it most get the support they deserve. Click here to read the full conversation with Dr. Steven Selchen and Daniel Tziatis.

[Read More](#)



Innovative Clinical Education

Our Corporate Nursing Orientation Program bridges the gap between theoretical knowledge and real-world clinical practice by utilizing high-fidelity simulation. Read more in the January issue of Hospital News.

[Read More](#)



Transitional Care Unit (TCU)

Our TCU at our Church Campus is a 4-week program for patients new to dialysis to help them and their families adjust to life with kidney failure. This video highlights some of our talented nephrologists discussing our TCU: Dr. Justin Ashley, Dr. Gavril Hercz and Dr. Shabnam Hamidi.

[Watch Here](#)

Bell Let's Talk Day - January 22

Bell Let's Talk Day is an annual event that aims to promote mental health awareness and combat stigma associated with mental illness. It encourages open conversations about mental health and supports initiatives by donating to mental health programs. To recognize this day, we spoke to members of our organization about ways we help patients with their mental health.

Deverell Reid

Deverell is a Registered Nurse in our Mental Health and Addictions Outpatient Department, working across the Clozapine Clinic, Day Treatment Program, and Long-Acting Injection Clinic. Deverell is dedicated to reducing stigma and encouraging individuals to seek help.



George Kvasha

George is a Crisis Nurse with the Mobile Crisis Intervention Team, working alongside the Toronto Police to assist individuals in crisis. George's work emphasizes dignity, respect, and the goal of finding the most suitable resources for each person in need.



Jeremy Saunders

Jeremy is a Child Youth Care Practitioner in the outpatient mental health program. Jeremy participates in assessments with psychiatrists to offer expert advice and provides individual support to patients experiencing different mental health challenges, and their families.



Trainings, Orientation and Mentorship

Starting another remarkable year, we proudly celebrate the success of our Nursing Orientation Program! A heartfelt welcome to our new team members – you are now part of a compassionate and dedicated healthcare family, united in delivering exceptional patient care every day!



Canadian Vascular And Infusion Therapy Day - January 25

Meet Tuyen Nguyen, a Nurse Clinician with our Vascular Access Team (VAT). Tuyen specializes in inserting difficult IV lines using ultrasound guidance, provides education and training to staff on IV insertion as well as management and more.



HRH Excellence Recognition Awards

In 2024, Humber River Health launched the HRH Excellence Recognition Awards. Inspired by feedback from our 2022 Engagement Survey, this annual peer-to-peer recognition program was developed to expand our appreciation efforts and celebrate the exceptional contributions of individuals and teams within our organization. In 2024, the inaugural year, we received an overwhelming 162 nominations, reflecting the enthusiasm and commitment of our community.

The HRH Excellence Recognition Awards are back and accepting nominations. Any HRH staff or physician can nominate a colleague or a team for the HRH Excellence Recognition Awards by completing a nomination form. There are six award categories:

- Living Our Values
- Leadership Excellence
- Quality Care Excellence
- Service Excellence
- Equity, Diversity and Inclusion Excellence
- Innovation Excellence



To learn more about the HRH Excellence Recognition Awards or to nominate a colleague or a team, please click below.

[Click Here](#)

Black History Month

February 1 marks the beginning of Black History Month, a time to celebrate the rich history, achievements, and resilience of people of African, Caribbean, and Black descent. It is an opportunity to learn from the stories, honour the legacies, and recognize the profound impact Black Canadians have had on our shared culture and identity.

This year, the Government of Canada's theme for Black History Month is:

Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations.

To support this theme, we will highlight Black trailblazers in healthcare and beyond, whose contributions have paved the way for future generations, in addition to our own staff, physicians and volunteers who empower our community at Humber River Health.

In Conversation with Dr. Rosemary Sadlier

As part of these celebrations, we are excited to host a special keynote and luncheon featuring **Dr. Rosemary Sadlier** (PhD), renowned Black Canadian author, historian, and advocate who played a pivotal role in the adoption of Black History Month in Canada. Dr. Sadlier, a recipient of the Order of Ontario, has authored seven books, including **The Kids Book of Black History in Canada**. Humber River Health has purchased a limited quantity of this book for registered attendees, which will be available on a first-come first-serve basis for signing after the keynote address.

Lunch will be provided by Honey Soul Foods for registered attendees.

Date: Friday, February 21, 2025

Time: Keynote - 12:00 p.m.

Book signing and Q&A session - 1:10 p.m.

Location: Paul B. Helliwell Foundation Auditorium

Registration Link: [Click here](#)

[Click Here](#)

Below, you will find the poster with full registration details. Please register by Tuesday, February 14 at 5:00 p.m. **If you require accessibility accommodations, please let us know so we can coordinate accordingly.**

We invite you to join us in celebrating Black History Month, reflecting on the past, and committing to a future of inclusivity and empowerment.

You can find all of our Black History Month content included in the March issue of Inside Humber.

Black History Month

Black Legacy & Leadership: Celebrating Canadian History & Uplifting Future Generations

Join us in celebrating Black History Month, reflecting on the past, and committing to a future of inclusivity and empowerment!



In Conversation with Dr. Rosemary Sadlier

Black Canadian author, historian & advocate

Friday, February 21, 2025

Paul B. Helliwell Foundation Auditorium

Keynote Address - 12:00 p.m.

Q&A Session and Book Signing - 1:10 p.m.

Limited quantity of books available on a first-come first-serve basis.

Lunch Provided by Honey Soul Foods

All staff, physicians & volunteers are welcome!

Scan the QR code to register:



Relaunch of Heart Failure Clinic

Daniel, who was recently discharged from Humber after being admitted for congestive heart failure, was able to continue his medical management in our Heart Failure Clinic with our dedicated Heart Failure team. Our Heart Failure Clinic provides heart failure patients with expert care to help them manage their disease. The program has been designed to meet the unique treatment, education, and therapeutic needs of each patient.

This clinic strengthens our commitment to bringing care closer to home for our community and furthers the growth of our Cardiology Program. A key component of our future vision is creating an on-site cardiac catheterization lab to support the needs of northwest Toronto.



Leadership Development Institute - January 28

On January 28, we hosted our Leadership Development Institute (LDI) and welcomed Keynote Speaker Nouman Ashraf, Associate Professor Organizational Behaviours and HR Management from the Rotman School of Management.

Through a highly interactive workshop, participants explored the ways they can contribute to a culture of belonging across the differences that exist within our organization, especially when leading teams across different generations. Thank you to Nouman Ashraf and everyone who participated and arranged this successful event!



Annual Scholarly Practice Conference - January 31

On January 31, we held our Scholarly Practice Conference - an annual event organized by our Quality and Patient Safety Department. This conference offers an opportunity for staff, physicians, and volunteers to explore and learn about quality improvement initiatives within the organization. Thank you to all who participated, attended, and arranged this successful event to support the development and engagement of our quality improvement culture at Humber!

Congratulations to the winners of the round-robin:



1st Place

Pictured: Paula Reynolds



2nd Place

Pictured: Charriss Memita



3rd Place

Pictured: Sally Ip and Naima Mussarat

1st Place: Poster 42. Optimization of Elective Cesarean Processes to Mitigate Delays: A multi-phasic project

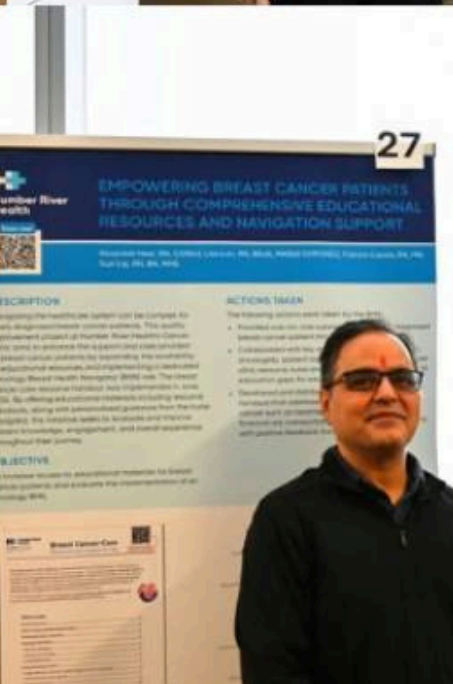
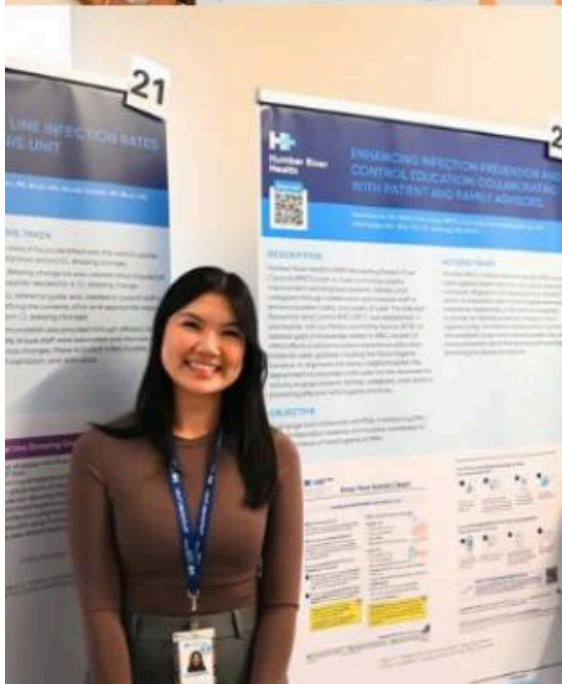
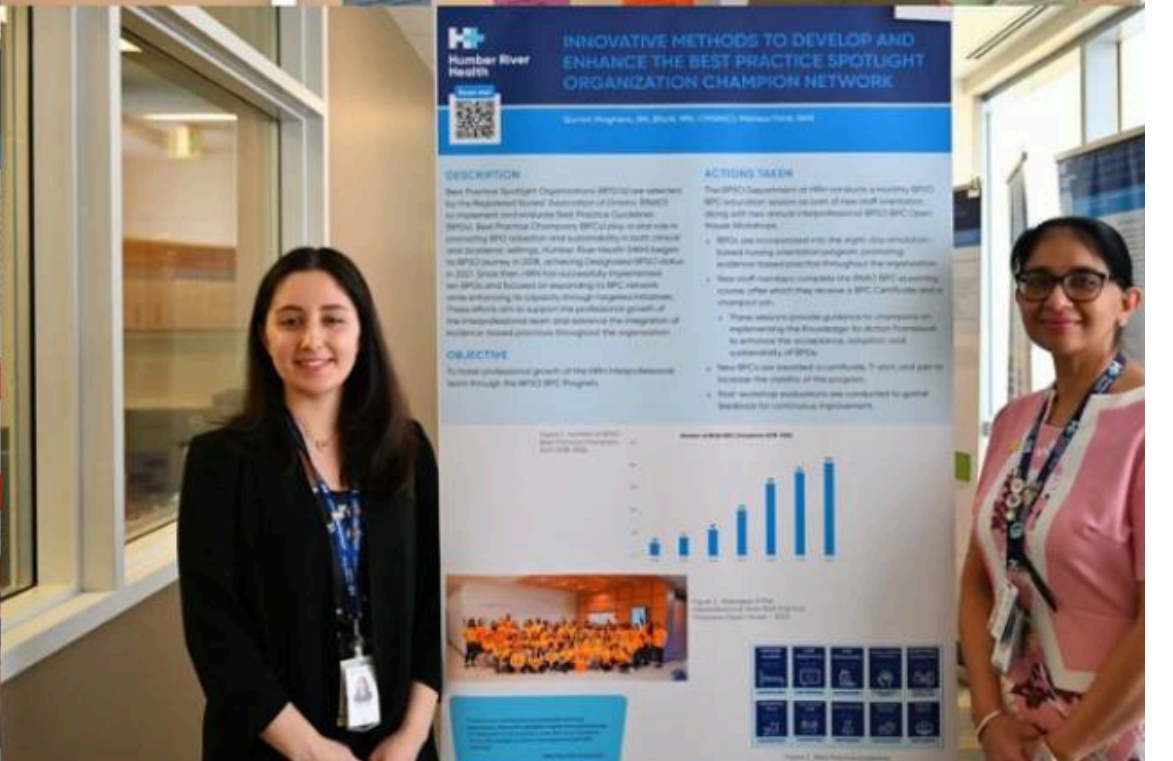
Mayura Kandasamy, RN, BScN, MSc; Dr. Lynn Sterling, MD, FRCSC, MSc (Ed), NCMP; Dr. Andre LaRoche, MD, FRCSC; Dr. Lesley Hawkins, BSc, MD, FRCSC, MSc (Ed); Charriss Memita, RN, BScN; Paula Reynolds, RN; Neda Etemadi, RN, BScN, MScN, PNC(C), CCSNE; Hannah Boostani, RN, BScN; Ashley Macedo, RN, BScN; Vishnave Maheswaran

2nd Place: Poster 43. Streamlining the Induction Booking Process to Align with Canadian Guidelines

Mayura Kandasamy, RN, BScN, MSc; Dr. Andre LaRoche, MD, FRCSC; Dr. Karen Levy, MD, MHSc, BSc; Paula Reynolds, RN; Charriss Memita, RN, BScN; Neda Etemadi, RN, BScN, MScN, PNC(C), CCSNE; Amy McGregor, RN

3rd Place: Poster 24. Dynamic Staffing With a Thoughtful Orientation Approach

Sally Ip, RN, BScN, MN; Mayura Kandasamy, RN, BScN, MN; Naima Mussarat, RN, BScN, MN; Derek Hutchinson, RN, BScN, MN; Allan Catangay, RN; Nancy Raponi, RN



Social Media Highlights

Humber River Health
@HRHealth_

x1 ...

Congratulations to the Bioh family who welcomed their bundle of joy at 7:19 am- HRH's first baby of 2025! Congratulations to all parents welcoming their [#NewYearsBabies!](#) [@TorontoStar](#) [@CP24](#) [@NationalPost](#) [@GlobalNewsTO](#) [@CBCToronto](#) [@CityNewsTO](#)

Wishing everyone a [#HappyNewYear!](#)



Humber River Health
@HRHealth_

x1 ...

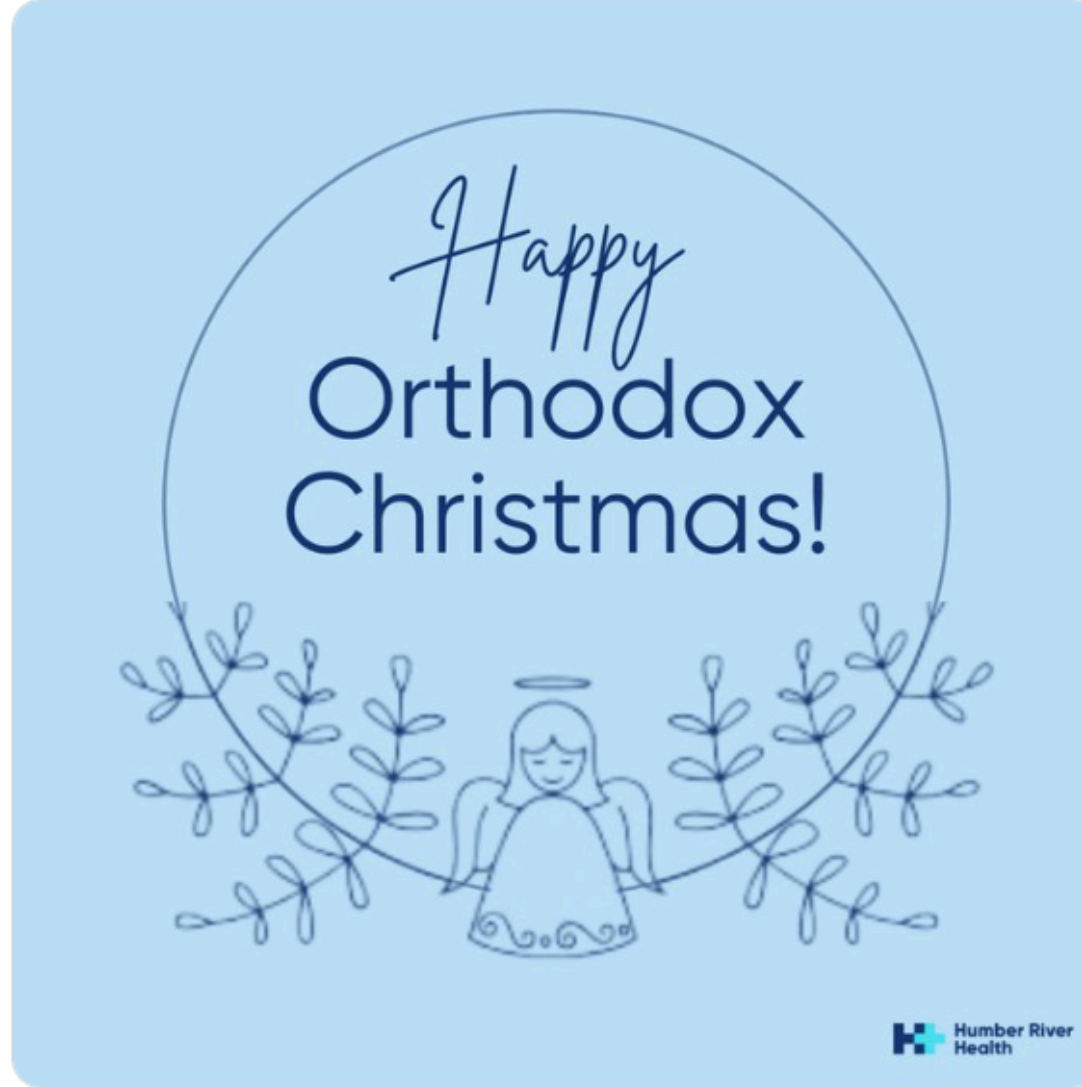
Today, we held a Mock Code Red Fire exercise at our Finch Campus with staff from 3 East, Security, Maintenance and [@Toronto.Fire](#). Such exercises allow us to ensure the health and safety of our patients and staff.



Humber River Health
@HRHealth_

x1 ...

We extend our warmest wishes to our Orthodox community celebrating Christmas today, also known as the Feast of the Nativity. To all celebrating Christmas today, we wish you peace, joy, and blessings during this sacred season.



Humber River Health
@HRHealth_

x1 ...

Respecting our patients includes protecting their privacy and their personal health information (PHI). We are accountable for safeguarding both patient and corporate information by following best practice guidelines and hospital policies. [#DataPrivacyDay](#)



Humber River Health
@HRHealth_

x1 ...

We extend our warmest wishes to the Orthodox Christians celebrating New Year today, also known as the Julian Calendar New Year.

To those celebrating New Year today, may the year ahead bring health, happiness, and success!



Humber River Health
@HRHealth_

x1 ...

We extend our warmest wishes to everyone celebrating Lunar New Year. As we welcome the Year of the Snake, we wish all those celebrating a year filled with wisdom, health, and happiness. May this Lunar New Year bring you and your loved ones renewal, unity, and success.



African Heritage Month (Nova Scotia)

Nova Scotia is home to 52 historic African Nova Scotian communities, with a rich and complex history that spans more than 200 years. African Heritage Month is a time to honour this heritage and celebrate the culture, achievements, and contributions of Black Nova Scotians—both past and present. It is a moment to recognize the strength of our shared legacy and the brilliance that continues to inspire future generations.



Religious/Spiritual Days

FEB 6-7

Lailat al Miraj commemorates Prophet Muhammad's (pbuh) night journey from Mecca to Jerusalem (Isra) and his subsequent ascension to heaven.

FEB 13

Shrove Tuesday/ Mardi Gras is a Christian observance and marks the last day before Lent begins.

FEB 14

Ash Wednesday marks the beginning of Lent in the Christian calendar.

FEB 14

Vasant Panchami is celebrated in honour of Goddess Saraswati, who is considered the Goddess of Knowledge and Wisdom.

**FEB 14 -
MAR 30**

Lent is a Christian observance that provides a time of spiritual introspection, confession and absolution in preparation for Easter.

FEB 15

Parinirvana/Nirvana Day is a for meditation on death and impermanence in the Parinibanna Sutta.

FEB 24

Māgha Pūjā shows appreciation to the monastic sangha- monks, nuns, and men and women who are lay disciples.

FEB 24

Chotrul Cuchen occurs on the first moon of the New Year (Lunar) and is the Day celebrating Buddha's Miracles – often celebrated with a butter lamp festival.