

A woman with blonde hair, wearing a grey t-shirt with a colorful cartoon pattern, is looking into a clear plastic hospital incubator. Inside the incubator, a newborn baby is lying down, wrapped in a blue blanket, with several medical tubes connected to their chest. The background shows a hospital room with a monitor displaying numbers like 36.5 and 33.1, and other medical equipment.

THANK YOU FOR
TRANSFORMING
HEALTHCARE IN OUR
COMMUNITY

ANNUAL DONOR REPORT

JOSEPH BRANT
HOSPITAL
FOUNDATION

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Our Mission:

We engage our community. We inspire investment in Joseph Brant Hospital. We work to make a difference in healthcare for our community.

Our Vision:

Generous giving. Exceptional healthcare. Making a difference.

Our Values:

Collaborative, Innovative, Responsive, and Transparent.

From the Foundation

As we embark on a new year and a new decade, it's a fitting time to look back and look ahead.

When we look back as a Foundation, it is your generous support that is truly overwhelming. The impact of your generous giving has made a difference across our hospital and in fact our entire community.

Every day, your donations are making an impact on healthcare in our community and changing the lives of our patients.

Patients like Ryan, who received treatment in our Mental Health and Addictions program; or Sheila, who was one of the first patients through our new Complete Breast Care program; or Lindsay, whose son Bodhi was born at 32 weeks and after four weeks in our Neonatal Intensive Care Unit (NICU) celebrated his first birthday at home with his family late last year.

These are just a few of the lives that your support for our hospital has touched and we hope you take a moment to reflect on that impact you are having on the health of our community.

Thank you once again for your generous giving to our community hospital.



Anna Iacobelli

Anna Iacobelli
Chair, Joseph Brant Hospital
Foundation Board of Directors



Anissa Hilborn

Anissa Hilborn
President, Joseph Brant
Hospital Foundation

From the Hospital

At Joseph Brant Hospital we are most proud of our investments in clinical excellence, outstanding customer service, and working in partnership with community organizations to create a more integrated health experience for patients and families. This work has been instrumental in positioning us to take positive steps towards a strong and sustainable future for health care in our community.

Much of what we've been able to accomplish is directly tied to the generous and continued support from you, our donors.

We were once again recognized by Accreditation Canada as "Accredited with Exemplary Standing" – the highest designation possible. This was the second consecutive time we've received this honour, and is a testament to the high quality care Joseph Brant Hospital provides to the patients and families that we serve, each and every day.

As we look back on the past year we know there is much to be proud of and we take a moment to appreciate everyone who has helped us accomplish so much.

Looking ahead, we recognize there is more work to do and I hope we can continue to count on your support.

Thank you,



Eric Vandewall
President and CEO,
Joseph Brant Hospital.



1882
TOTAL NUMBER OF
EMPLOYEES

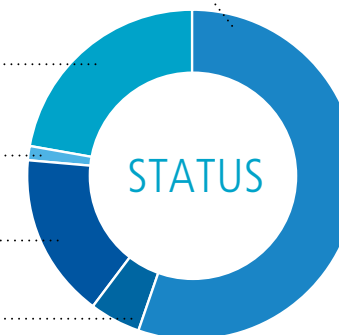
Regular Full-Time **55.47%**

Relief **4.83%**

Temporary Part-Time **16.09%**

Regular Part-Time **1.59%**

Temporary Full-Time **21.99%**



291
Inpatient beds

22,675 CT Scans
10,063 MRI Exams

45,866 Emergency Visits

718 Volunteers

75,833 hours of service
donated by our Volunteers

194
Physicians,
Dentists,
Midwives

13,156 Inpatient Admissions

1,346 Births

4,992 Day Surgeries

3,659 Inpatient Surgeries

HOME LOCATION

BURLINGTON	26%
HAMILTON	19%
STONE CREEK	10%
GRIMSBY	4%
OAKVILLE	4%

TOP 5

As of March 31, 2019 – Spring Update

The Longo Family's longstanding support continues with investment in Mental Health & Addictions



disciplinary model which includes addictions specialists, social workers, a child and youth worker, a peer support worker, a registered nurse and an occupational therapist.

Once the participants achieve stabilization, PHAST is designed to connect them directly to less intense healthcare services provided by partners in the community including the Reach Out Centre for Kids (ROCK), Canadian Mental Health Association - Halton Branch and Halton Alcohol Drug and Gambling Assessment Prevention and Treatment (ADAPT).

This innovative program is the first of its kind in the province, and we are incredibly proud of the positive impact the program is already having on our patients and their families.

The support of the Longo Family will allow us to further develop and demonstrate the effectiveness of the PHAST program, resulting in far-reaching and immediate impact that will significantly improve the lives of so many individuals and families living with mental illness and addictions challenges.

For more than 30 years, the Longo Family has consistently demonstrated an incredible commitment to the health of our community. And with their recent gift of \$250,000, the support continues with a focus on mental health care.

Mental illness and addictions indirectly affect all Canadians at some time through a family member, friend or colleague. In fact, in any given year, 1 in 5 people will personally experience a mental health challenge or illness.

At Joseph Brant Hospital, visits to our Emergency Department (ED) for mental health and addictions care continue to increase, and particularly for youth. From 2012 to 2017, visits to the ED among

those less than 18 years of age increased by a staggering 63%.

The problem is significant and complex, but mental illness and addictions can be treated effectively and with appropriate treatment and support, most people will recover. At JBH, our goal is to lead transformative change to mental health services in our community and far beyond.

Through the Prioritizing Health through Acute Stabilization and Transition (PHAST) program, we are able to provide fast, integrated and comprehensive treatment through a combination of group and one-on-one sessions for individuals in the program and their families. The program offers a multi-



A Joseph Brant Hospital Story: **Ryan Luyk**

“To each and every one of you, thank you from the bottom of my heart because without your generosity, and your willingness to give, I would not be here today.”

For Ryan Luyk, it's taken years to get comfortable sharing his story and his gratitude to Joseph Brant Hospital.

Ryan came to JBH after struggling for many years with his mental health and addictions. Four years ago, he had a prescription pill and alcohol overdose which nearly cost him his life.

“I ended up in a medically induced coma for just over three weeks, and subsequently spent some time in the inpatient unit in the Mental Health &

Addictions program,” he says. “I had little to no self-esteem, no confidence, no pride, no quality of life. Life was very horrible and I was fighting every single hour of my life to survive.”

It was after receiving treatment that Ryan felt a sense of relief. Having a roadmap to help him navigate what he needed to do to get better helped Ryan realize that things can and would get better.

Upon discharge, Ryan was connected with community agencies and services, as well as the outpatient mental health clinic at JBH.

Just a few weeks ago, Ryan received his Human Resources Management Diploma from McMaster University. He is now working full time as a Peer Support Worker supporting individuals with mental health and addictions challenges.



A Joseph Brant Hospital Story: **Sheila Guest**

Sheila Guest was home with her husband on a Friday night when the phone rang. She knew right away it was bad. The ultrasound she had on her right breast had found “something” that her doctor wanted to biopsy.

“I knew in my heart that it was cancer. I was worried sick and horrible thoughts raced through my mind. What if it was the worst kind of cancer? What would that mean for my husband, children, and especially my grandchildren? I so wanted to share their special moments as they grew up.”

Thankfully some of the fears that Sheila felt were relieved by the Complete Breast Care Program (CBCP) at Joseph Brant Hospital. The CBCP’s patient-centred approach to care allows patients like Sheila to receive all the necessary diagnostic tests, consultations, and surgical care in one place and with a dedicated Patient Navigator who is with patients through every step of their cancer journey.

For Sheila, it was a blessing to be in such good hands.

“I think the staff at Joseph Brant Hospital are absolutely incredible at what they do,” she says. “Everyone was extremely kind and very good at sharing everything that

was going to happen. I can’t speak highly enough for the overall treatment I had.”

You never expect a cancer diagnosis, but when you get one it’s important to have the right equipment and right support. Joseph Brant Hospital was able to turn a scary situation into one of hope, thanks to their exceptionally trained and supportive staff members.

In Sheila’s case, the biopsy didn’t turn up any malignancy but did reveal a large mass of ductal carcinoma in situ (DCIS), the most common breast cancer in women that looked like it might become invasive and spread.

For Sheila, this meant surgery to remove the mass from her right breast. Ten days later the pathology report came back. They had found a 0.75-millimetre tumour, so small it couldn’t even be classified, within the DCIS mass. If it wasn’t for the diagnostic equipment, the tumour may have been missed ... and allowed to grow ... and spread.

“I’m so grateful to the staff at Joseph Brant Hospital and everyone who gave generously to support the hospital.”



Shoppers Drug Mart demonstrates their commitment to Women’s Health

Shoppers Drug Mart has long demonstrated their commitment to women’s health and their \$500,000 gift to the redevelopment and expansion project at Joseph Brant Hospital is no exception.

Shoppers Drug Mart’s generous support for Burlington’s community hospital is being recognized with the naming of the Women’s Imaging Centre.

The redevelopment and expansion project at Joseph Brant Hospital has transformed healthcare in our community, with the addition of a new patient tower which doubled the size of the facility. In addition, significant renovations were undertaken in the original facility, including a significant expansion in the Diagnostic Imaging Unit, seeing the area grow by more than 2.5 times its original size.

One key aspect of the new space is the dedicated Women’s Imaging Centre. This space has a private entrance and dedicated waiting room with a soothing environment to help reduce the anxiety associated with a mammogram.

“Shoppers Drug Mart has a long-standing commitment to women’s health and we are proud to support the redevelopment of Joseph Brant Hospital,” said Dave Puri, Vice-President Operations, Shoppers Drug Mart. “Being able to see first-hand the new facility and the impact it is having in the community has been incredible and we’re pleased to be able to invest in local healthcare in Burlington.”



A Joseph Brant Hospital Story: **Lindsay and Bodhi Fitzpatrick**

Lindsay Fitzpatrick was at home with her husband and young son when her water broke at 31 weeks pregnant. Lindsay was rushed to Joseph Brant Hospital to the Maternal Child Unit and received a steroid shot for her unborn son's lungs.

"Thirty-one weeks is too early to bring a baby into this world," says Lindsay. "The nurses reassured me and told me that everything was going to be okay, and that they were going to look after both my son and I to make sure things were going to be okay."

After nearly a week in the Maternal Child Unit at JBH, Lindsay went into labour and at 6:39 a.m. on October 25, more than six weeks before his expected due date, Bodhi entered the world at four pounds, eight ounces.

"When he arrived, it was a whirlwind experience. I was in the hospital for a week so I was anticipating his arrival," says Lindsay. "So when he came and I finally got to hold him in my arms it was surreal and amazing and he was so much smaller than I imagined he would be."

"I knew the reason we got to leave the hospital as a family of four is because we had such support and great care."

Bodhi spent the first four weeks of his life in the Neonatal Intensive Care Unit with Lindsay as a regular visitor to the unit. After four weeks of daily visits and scrutinizing the number of grams he gained and how many ounces of milk he consumed, Lindsay received word that Bodhi would be going home.

"I remember crying like it was the best news I'd ever heard that we were finally, finally able to go home," she says. "I knew the reason we got to leave the hospital as a family of four is because we had such support and great care. I was always so comfortable leaving him knowing the nurses and doctors were watching over him so closely."

For Lindsay, the support of the donors who made the care she and Bodhi received is truly inspiring.

"I want to thank the amazing donors who have reached into their pockets to donate to the hospital, specifically the Maternal Child Unit and the NICU. If it wasn't for that support, I don't know where we'd be."



Running in honour of **Dr. Stella Psarakis**

Dr. Jane McDonald has many memories of her friend and former colleague Dr. Stella Psarakis, who she describes as "an incredibly caring and unique individual."

Dr. Psarakis was the first woman surgeon at JBH and the first female gynecologist in the department when she joined the staff in 1993. Until her passing last year, she served as the Chief of Obstetrics and Gynecology.

To honour her friend, Dr. McDonald put together a committee and organized the first annual Stroller Run for Stella in September 2018. The event raised funds towards the redevelopment of the Labour and Delivery Unit, with the ultimate goal to rename the

unit in honour of Dr. Psarakis in recognition of her commitment to the babies and families of Burlington.

The Stroller Run for Stella has pledged to raise \$100,000 towards the redevelopment, with over \$40,000 raised in the first two years of the event.

"As a dear friend and colleague of mine, I am touched at the support this event has received," said Jane. "This outpouring of support is truly heartwarming and my hope is that this event becomes a standing tradition for the residents of Burlington."



Community Events

2019 New Balance Chilly Half Marathon, Frigid 10K & CIBC Private Wealth Frosty 5K
 A Lyrical Body Fundraiser
 Access Storage
 An Evening Honouring Stella
 Angel Project Fundraiser
 Anxious About Anxiety
 b&b Taps and Grill Holiday Open House
 Barque Smokehouse Fundraiser
 Boon Burger Meal Deal Fundraiser
 Boys of Summer Fundraiser
 Bragg Family Yard Sale
 Burlington Central High School Haunted House Fundraiser
 Burlington Centre Gift Wrap Program
 Burlington Curling Club Golf Tournament
 Burlington Minor Football Association Stamp Out Cancer
 Burlington Osteopaths Fundraiser

Burlington Power Centre Block Party
 Chip In For Charity
 Corsa Motocicleta Fundraiser
 Daughters of Penelope Fundraiser
 Dinner for the J at Skyway Diner
 Fall Holiday Ball
 Fern Hill School Fundraiser
 Funding Innovation Easel Program
 Jacksons Landing Bar & Grill Fundraiser
 JBH Golf Skins Classic
 Join the J Lemonade Stand
 Join the J Snack Station
 Ken Bradwell Soccer Tournament
 Ken Nakashima Hawaiian Shirt Fundraiser
 Liebherr-Canada Ltd. Golf Tournament
 Make Golf Easy Golf Tournament
 On a Bun Fundraiser
 Open Mic Night

Paint the Town Student Art Auction
 Park Avenue Manor Sweet Summer Celebration
 Patersons Karate Works Burgers for Breakfast
 Petrunas I Zanon Realty Team Fundraiser
 RBC Halton South Beach Volleyball Tournament
 Santé: Party in the Vineyard
 Shoppers Drug Mart Grow Women's Health Campaign
 St Stephen United Church Women's Group Mother's Day High Tea
 Stroller Run for Stella
 The Aldershot Players
 The Birdhouse Foundation
 The Works Gourmet Burger Bistro Fundraiser
 Wellbeings Locking Medication Box Fundraiser





A Brandreth Family Legacy

For Beverley Carbin, Joseph Brant Hospital will always hold a special place in her heart. She served as the ward clerk in the emergency department for almost two decades, and it was at JBH where she met her husband, Dr. Robert Carbin who she married in 1998.

“We’d known each other since 1976, and married in 1998,” recalls Beverley, who is still grateful to the physicians who covered the Emergency Department so their friends and colleagues could attend their wedding.

“We’re the number one city in Canada and no one has a hospital as beautiful.”



As a lifelong Burlington resident, she recognizes the importance of supporting our community hospital.

“We’re the number one city in Canada,” she says. “And no one has a hospital as beautiful.”

Beverley has included JBH in her estate plans as a gift from her and her children.

“Down the road, we’ll all need the hospital, and I’m proud that the Brandreth family will continue to support our community hospital.”



2019/2020 Board of Directors

(L-R) Anissa Hilborn, President, Joseph Brant Hospital Foundation; Maria Maffia; Lloyd Bryant; Randy Smallbone, Treasurer; Barbara Seldon Leggatt; Susan Busby; Anthony Martinello; Dr. Frank Fornasier; Jennifer Lucier; Katie Murray; Anna Iacobelli, Chair; Eric Vandewall, President and CEO, Joseph Brant Hospital; Leon Denbok, Vice-Chair; Eileen Bidulka.

Absent: Ian Clark, Beth Parojcic, Lori Stephenson.



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