



# LAKESHORE LINK

SPRING 2008 : VOLUME ONE : NUMBER TWO



## A word from the Executive Director

Our annual campaign, launched in October 2007 was a tremendous success. My heartfelt appreciation goes out to each and every member of the community who answered our appeal.

The role of the Lakeshore General Hospital (LGH) Foundation is to raise funds to enable the Lakeshore General Hospital to provide quality patient care to the 400,000 residents of the West Island and surrounding communities. We take this responsibility very seriously.

The funds received for the 2007 annual campaign will go towards modernizing the hospital's emergency department - an area that is widely recognized in the community as being critical to the overall improvement of health care on the West Island.

The LGH Emergency Room (ER) is a very busy place. You might be surprised to learn that last year it received more patients than the ER's at either of the Royal Victoria Hospital and the Montreal General Hospital. Given that it is the only major hospital between downtown and the Ontario border, with two major highways running through its territory, the LGH ER is often called upon to stabilize accident victims. In addition, the LGH ER has to deal with the fact that there are not enough chronic care beds in the West Island. Too many beds are occupied by chronic care patients in the hospital, leaving too few beds for transfer of the ER patients, often resulting in overcrowding.

The LGH Foundation's contribution to the ER Project includes system improvements like a new triage system and better communication with the laboratory that will allow for more efficient processing of the patients. In addition, the annual campaign funds will be used to purchase a bladder scan ultrasound, a machine to measure eye pressure, and badly needed paediatric equipment for the ER.

Our community deserves the best health care possible. With your continued help we will build on our past achievements and overcome any challenges that lie ahead.

We look forward to your continued support and generosity, as we reach out to the community to encourage new members to join us.

**Silvana Orrino**  
Executive Director

## Cardiac Wellness Program

One of the big challenges faced by patients after they have had a heart attack or other cardiovascular event is how to adopt an exercise program that will help prevent further heart problems. They are often reluctant, fearful or just unfamiliar with the type of exercises they can do safely.

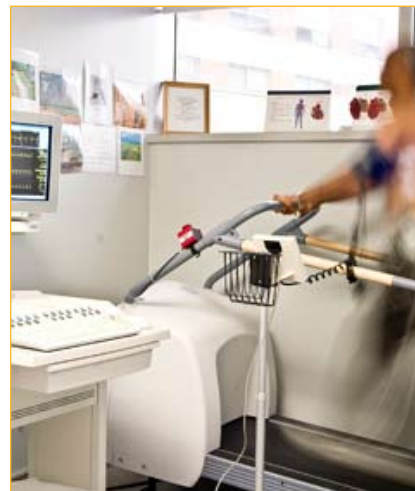
It has been shown, however, that adopting a suitable exercise regimen during the rehabilitation period can greatly improve patients' future health. A study demonstrating this that was published in the November/December 2004 Journal of Cardiopulmonary Rehabilitation provided the basis of what became the Lakeshore General Hospital's Cardiac Wellness Pilot Program which officially began on January 17, 2007.

Funded by a donation to the LGH Foundation from an anonymous private family foundation, the Cardiac Wellness program was the brainchild of Lakeshore General Hospital social worker, Agnès Cartier. Ms. Cartier took on the onerous task of building a new program from the ground up. She wanted to remove the obstacle of travelling downtown from the patients in order to increase their chances of a healthy success. Her tireless efforts and appeals for support were heard by several groups, the LGH Foundation included. With the support of Pfizer Canada and the LGH Auxiliary for equipment, the LGH Foundation for funding and with the guidance of the cardiology team at the Lakeshore General Hospital, Ms. Cartier's vision took off.

With her team of three exercise physiologists, a dozen volunteers, and a Concordia University student of Exercise Science, Ms. Cartier began enrolling patients in the program. Prior to commencing the program, there was a significant amount of time and effort put into planning and development to ensure that a safe and effective rehab program would be offered. Patient education on the use of

heart rate monitors and pulse taking, emergency protocols, class outlines, exercise routines and signed medical consent forms were some of the factors that had to be considered.

The program consists of 26 weekly supervised exercise classes that last 90 minutes. In addition, patients are required to participate 3-4 times weekly in non-supervised exercise



sessions which are logged and reviewed by the exercise physiologists. Upon completion of the 26 weeks, patients continue to participate in 1 supervised session per month for an additional 3 months. This allows for a total of 29 supervised sessions over a 38 week period. This program format differs from the traditional 12 week cardiac rehabilitation model and is considered to be more cost effective and more beneficial in terms of outcome for the cardiac patient.

A number of patients wrote to the LGH Foundation to express their gratitude for Ms. Cartier's efforts and the support they received. In fact, a group of Cardiac Wellness "graduates" have joined together to begin the Friends of Cardiac Wellness Fund, in hopes that the pilot program can continue for many years to come and help others in the West Island community that have suffered from a heart attack. The program has received funding for a second year from the original donor.

**Testimonials from program graduates:**

*"The class gave me the strength, both physically and mentally, to get back on my feet again. I feel empowered with hope and knowledge because of this program."* – Marla

*"I am very grateful."* – Georges

*"With the help of this program I am able to walk about 3 ½ to 4 hours per day."* – Barbara

*"Thank you to all who have made this endeavour possible."* – Harvey

To make a donation to support this program, please contact the LGH Foundation at 514-630-2081 or donate online at [www.lakeshorefoundation.ca](http://www.lakeshorefoundation.ca) and specify the Friends of Cardiac Wellness Fund.

**THE COMMUNITY CORNER**



**Career Day hosted by the Lakeshore General Hospital Foundation**

The LGH Foundation hosted Career Day on February 11th and 12th. Over 140 high school students from 11 schools attended one of the four two-hour sessions and experienced first hand the different careers and opportunities in the medical field. The students

were given a guided tour of the hospital and a meeting with medical professionals.

The students of today are the nurses, doctors and medical professionals of the future. We hope that our Career Day was a small step in the right direction to encourage the bright young minds in our local schools to consider health care as a possible career path.

Our thanks to the WI HSSC human resources team for their enthusiasm and support of our efforts.



**Students of St. Thomas High School share the spirit of giving**

A group of Grade 7 students from St. Thomas High School donated a portion of their Activity Day in November to make holiday ornaments for the patients at the LGH. The colourful array of snowmen, candy canes, bells and stockings were adorned with stars,

tinsel and glitter. The most memorable of all were the handwritten greetings and the kind words of hope.

We displayed the ornaments on our Community Wall in the main corridor of the hospital. Many thanks to the Grade 7 students for their creativity and to the Grade 11 students who organized and supervised the festive session.



**The Greek Orthodox community reaches out to the Lakeshore General Hospital Foundation**

The Montreal and vicinity chapters of the Metropolis Philoptochos Board of Canada were very pleased to extend their community support to the LGH Foundation. The president of the Greek Orthodox Metropolis

of Toronto was on hand to present a cheque for \$5,000 to the LGH Foundation along with members of the Greek community, including Mr. George Sinnoyannis, an LGH Foundation board member.



**The Lakeshore Light Opera sings their way to sharing**

For over 50 years, the Lakeshore Light Opera (LLO) has been singing their way into the heart of the West Island community. While their audiences enjoy the beautiful music they create, the members of the LLO are proud to donate their proceeds to the LGH Foundation. Since 1975, the LLO has contributed over \$106,000 to

*The 2007 donation from the LLO was used to purchase a stretcher for the emergency room*

the LGH Foundation. On behalf of the patients, their families and the community at-large, thank you for your continued support of the LGH Foundation, and for your commitment to quality – both in health care and in the performing arts.



### Lakeshore Louis gets his feathers wet at community events

Top left: Everyone is Irish on St. Patrick's Day! Lakeshore Louis joined the party on the Lakeshore Kiwanis Club float for the March 16th parade.

Top right: Lakeshore Louis was on site at the Dorval Winter Carnival in February. He wanted to say hello to West Islanders after the long winter. The Lakeshore des Sources Dodge Duck Race will be held on June 14th at the lock in Ste-Anne-de Bellevue.



### Desjardins Caisse populaire Dorval-Pointe-Claire Makes a Difference – One Member at a Time

The whole philosophy behind becoming a member of the Desjardins Caisse populaire Dorval-Pointe-Claire is community. The cooperative banking style of this financial institution is geared towards giving back to the individual members and to the community at large. For each member that joins Desjardins Caisse populaire Dorval-Pointe-Claire they help the community grow by donating \$5 towards a local charitable organization. The LGH Foundation is on their list of worthy organizations, and we thank them.

## EVENTS

Planning for our 2008 events is underway at the LGH Foundation office.

### Lakeshore des Sources Dodge Duck Race

The duck race is proud to be supported by a new major sponsor – des Sources Dodge – who has joined forces with us to host the 2008 Lakeshore des Sources Dodge Duck Race. This year there are 30 fabulous prizes to be won by 30 lucky ducks! There are prizes to travel with, to improve your home, to connect you to the world, to beautify you and to fill you up. For complete information on sponsors, prizes and buying a ticket please visit [www.lakeshorefoundation.ca](http://www.lakeshorefoundation.ca). Call the Duck Line today to get your duckies in the race at 514-694-4444! The race will take place on June 14th at the Lock in Ste-Anne-de-Bellevue

### Golf Tournament

Our 11th Annual Golf Tournament is once again being held at the lovely Beaconsfield Golf Course on May 26th. The Honorary Chairperson for this year's golf tournament is Andrew Carter, a favourite radio personality for many Montrealers. For more information on donating a prize for the exciting silent auction, please visit [www.lakeshorefoundation.ca](http://www.lakeshorefoundation.ca) or call Ginette Davalos at 514-630-2081. Please note that once again our tournament is sold out.

### Gala



The 8th Annual LGHF Gala is being held on November 1, 2008 at the stunning Pavillon sur-le-Lac at Château Vaudreuil. This year's gala is a Bal Masque. Please mark the date on your calendar. For more details, please visit our Web site at [www.lakeshorefoundation.ca](http://www.lakeshorefoundation.ca).

Come and see this lavish mask on display in the hospital lobby until the gala – created by Wanda Bray, gala committee member.

## UPCOMING EVENTS

**May 17th, 2008** – 5th Annual Montréal Media Celebrity Hockey Marathon at Excellent Ice in Kirkland, hosted by 94.7 Hits FM

**May 26th, 2008** – LGH Foundation 11th Annual Golf Tournament at Beaconsfield Golf Course

**May 31st, 2008** – Lakeshore Carnival – A pre-duck race party for the whole family to enjoy – being held in the Lakeshore General Hospital parking lot from 10am to 4pm.

**June 7th, 2008** – Duck Day Car Wash – A pre-duck race event to get everyone splashing – being held at Complexe Pointe-Claire from 8am to 4pm.

**June 14th, 2008\*** – 12th Annual Lakeshore des Sources Dodge Duck Race at the lock in Ste. Anne de Bellevue\* (new date, please mark your calendar)

**November 1st, 2008** – LGH Foundation 8th Annual Gala at Château Vaudreuil – Pavillon sur-le-Lac

For more information on our events, or to obtain a copy of our brochure "What You Need to Know about Organizing a Successful Event", please call the Foundation office at 514-630-2081.

## DONOR SPOTLIGHT

Our donors are our most precious gifts. Giving the gift of money is the end result of the true gift – a kind and generous heart.

At the Lakeshore General Hospital (LGH) Foundation, we have many wonderful donors with kind and generous hearts. To write about each and every one of them would be to create a book of good wishes and poignant stories. Each story is worth telling.

Mrs. Gertrude Troini is a long-time West Island resident who, along with her late husband Dr. Rudy Troini, has been a loyal supporter of the LGH Foundation for almost two decades. Her relationship with the hospital is a very personal one. In 1969, Dr. Troini joined the LGH radiology department where he worked as a radiologist for 27 years. Presumably to spend more time with her beloved husband, Mrs. Troini herself joined the radiology department at the LGH in 1989 where she worked until just after her husband left the hospital to pursue his profession at the West Island Radiology Clinic.

The Troini family was soon to come back to the hospital, but this time for medical treatment. In 1999, Dr. Troini was treated at the LGH for an acute serious illness from which he did not recover and he passed away several weeks after onset. His wife will always be appreciative of the wonderful doctors and staff who took such good care of him.

Dr. and Mrs. Troini were proud to be regular supporters of the LGH Foundation for so many years. It was their way of saying thank you to an institution that played such an important role in the family's life. Mrs. Troini is grateful to be able to continue to contribute to the support of the Lakeshore General Hospital Foundation.

On behalf of the patients, their families and the professionals who treat them – thank you Mrs. Troini for your kind and generous heart.

## THE MERCHANT CORNER

The LGH Foundation is happy to offer a sales kiosk in the hospital to local merchants and craftsmen. Their presence in the hospital is a welcomed one – for patients, their families and friends, and for the hospital staff.

For a set fee, the merchants set up their wares and spend the day watching the hospital world around them. For more information on booking the kiosk, please contact:

**Martha Allman** – *Community Relations Officer*

Tel: 514-630-2081

email: mallman@fondationlakeshore.ca.

Visit our website to see the merchant schedule.



## VOLUNTEER SPOTLIGHT

Volunteers are an important part of the team at the LGH Foundation. This is especially true when it comes to the volunteers for the Lakeshore des Sources Dodge Duck Race. From early April to the race day in mid-June, over 1,300 volunteer hours are clocked just for selling duck race tickets. Added to that are the volunteer hours spent on race day - over 50 people get involved from the early morning set up to the post-race clean up. Every year a group of burly volunteers from the Ste-Anne's rugby team helps with the set up, and last year a team from Roxboro Excavation helped us with the clean up. During the day many volunteers help with everything from last-minute ticket sales to strolling through the festival with Lakeshore Louis in tow!

One volunteer who is rarely seen is Mrs. Brenda Hay. Brenda is the bookkeeper for the duck race. Since the second year of the race in 1996, Brenda has been behind the scenes sorting out the ticket sales and making everything balance. Brenda spends countless hours during the months prior to the race sorting out the proceeds from the weekend ticket sales in the shopping centres and businesses of the West Island. On race day, Brenda is tucked away in a small room while the rest of the community is enjoying the street festival and feeling the excitement of the impending race. From this vantage point, Brenda coordinates the final sales and works with the auditors to ensure that the duck race meets the expectations of the Régie des Courses et des Jeux, the government body that oversees the race.

Brenda never complains. After a long career with Nortel (called Northern Electric when she started), Brenda retired in 1996 to become the caretaker (for the third time) to a terminally ill family member. After the death of her brother-in-law, Brenda decided to devote some time to the LGH Foundation. Her business skills came in very handy and her help was gratefully accepted by the staff at the Foundation. After her first duck race, Brenda had found her niche at the Foundation. The rest, as they say, is history.

Brenda Hay is a shining example of community spirit. On behalf of Lakeshore Louis and the rest of the Lakeshore des Sources Dodge Duck Race team – thank you.

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