

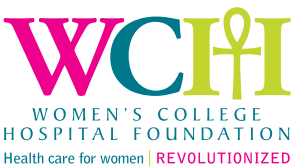
YOUR GENEROSITY IN ACTION

Heart & Soul

Cover story:
You built the
Hospital of the Future



The new home of Women's College Hospital



INSIDE

Delivering
diabetes care
that changes lives

Up close and
personal with
Dr. Meb Rashid

You built the **Hospital of the Future**

Your generosity has made history by bringing the future to life! Over 130 years after Women's College Hospital first opened in a small house on Sumach Street, the institution's new world-class, state-of-the-art home at 76 Grenville Street is now complete. We couldn't have done it without you – thank you!

As a valued member of our 22,000-strong donor community, your contributions and steadfast belief in WCH helped raise an extraordinary \$77 million toward the new home of Women's College Hospital.

With the new hospital now fully open, your continued

support is more important than ever. Your gifts will help bring the building to life by advancing the incredible work taking place inside: global leadership in women's health research, excellence in patient care and innovative new solutions to improve the health system as a whole.

On behalf of the entire Women's College Hospital community, thank you for your enduring support and continued generosity.

To learn more about the new home of Women's College Hospital and to donate today to support the exciting work taking place inside, visit www.wchf.ca.

HIGHLIGHTS OF YOUR NEW WOMEN'S COLLEGE HOSPITAL

- 1. Peter Gilgan Atrium:** Bright, open spaces create a warm, welcoming and comforting healthcare environment for women and their families.
- 2. Operating rooms:** WCH's 10 state-of-the-art operating rooms are among the most advanced in North America. Fittingly, they're home to innovative, minimally invasive approaches to complex surgeries that let patients go home in time to sleep in their own beds.
- 3. Clinical spaces:** Physicians, staff, scientists and medical students all work together in collaborative clinical spaces to provide a convenient "one-stop shop" model of care for patients.
- 4. Acute Ambulatory Care Unit (AACU):** An innovative solution to alleviate the burden on emergency rooms and inpatient hospitals, the AACU provides urgent care management for patients living with chronic health conditions.
- 5. Burton Hall Conference Centre and C.L. Burton Auditorium:** As a teaching and research hospital fully affiliated with the University of Toronto, the Burton Hall Conference Centre is a site of education and collaboration for current and future medical leaders.



Your **generous heart** in action: **saving women's lives**

Just before the 2015 holidays, we asked you to consider making a special donation to help Women's College Hospital purchase vital medical equipment – such as a telemetry machine that helps nurses take accurate readings of women's hearts as they exercise in the Cardiac Rehabilitation Clinic.

Your generosity helped raise \$130,000 to support urgently-needed equipment that will help WCH continue to change and save lives.

**From the bottom of our hearts, thank you so much!
We're so grateful for you.**



Your heartfelt messages of encouragement to WCH Cardiac Rehab patients

Giving monthly to honour great care

As a long-time patient of Women's College Hospital, Vartouhi Jazmaji calls WCH "an environment where people really care."

That was never more apparent than on her 60th birthday, when she was rushed to WCH and diagnosed with uterine cancer. That day, she took great comfort in knowing that her WCH care team was there for her. Today, Vartouhi is cancer-free.

In 1992, Vartouhi set up a regular monthly contribution that allows her to "make a big difference over time."

She is happy that her donations helped build the new home of WCH, but she knows that it's the people inside that count – and the reason why she has been a donor for 24 years and counting.

"The people make Women's College Hospital what it is," she says. "A big house doesn't make a home – it's the people that matter."

Read Vartouhi's full story and become a monthly donor today by visiting www.wchf.ca.



Vartouhi Jazmaji,
monthly donor

Delivering diabetes care that changes lives

Diane Birch was just 24 years old in 1972 when she was diagnosed with Type 1 diabetes and told she only had 20 more years to live – at most.

But that was before she was referred to Dr. Anne Kenshole at Women's College Hospital. A now-retired endocrinologist and leader in diabetic care, Dr. Kenshole gave Diane her future back.

"WCH was doing work in diabetes care that wasn't happening anywhere else," Diane says. "Under Dr. Kenshole's care, I was one of the first people in the country to use a glucometer. She put me on an insulin regimen in 1978 that I still use today." Today, Diane is 68 years old and feels great.

In addition to her regular diabetes check-ups with Dr. Rosario Briones-Urbina, she has received care for all of her health needs at WCH over the years. "I would recommend this hospital to anyone," she says.

Has a WCH caregiver made a difference in your life? Say thanks by making a special donation in their honour!

Visit www.givewiththanks.ca or contact Fiona Bedlington at fiona.bedlington@wchospital.ca or 416-323-6323 ext. 2319.



Diane Birch,
grateful WCH
diabetes patient

REVOLUTIONIZING DIABETES CARE FOR WOMEN AND FOR ALL

Today, Women's College Hospital remains at the very forefront of global leadership in diabetes care. Here are a few key features of WCH's Centre for Integrated Diabetes Care, which is supported by your generosity!

- Developing innovative new models of care to ensure the health system can manage the rising number of Canadians living with diabetes.
- Multidisciplinary team of experts work within a "one-stop shop" environment to provide comprehensive, accessible care.
- Priority focus on women, youth and creating equitable access to care through community partnerships.

For more information about WCH's diabetes program, please visit www.womenscollegehospital.ca.

Up close and personal with... Dr. Meb Rashid

A note from WCH Foundation president & CEO Katherine Hay

In addition to being director of the Crossroads Clinic at WCH, Toronto's first hospital-based refugee health clinic, Dr. Meb Rashid is co-founder of Canadian Doctors for Refugee Care and the Christie Refugee Health Clinic, and serves on the steering committee of the Canadian Refugee Health Conference. He also wears the important hat of devoted husband and father.

I was thrilled to sit down with Dr. Rashid to learn more about his passion for serving refugees – or, in his words, the world's heroes.

How did you first get involved in refugee healthcare? Early in my career, I spent seven years working in Zimbabwe, Nicaragua and Tanzania, where I was born, before returning to Toronto. I became enthralled with the idea of working with refugee populations and started working in a community health centre with new immigrants and refugees. I approached WCH in 2010 about starting a Toronto refugee clinic and we were up and running by the end of 2011. With its tremendous in-house expertise and focus on women – who make up 70 per cent of the refugee population – I can't think of a better hospital than

WCH to house this clinic.

What are some of the most common health issues among this population? We see a lot of undiagnosed chronic diseases and a tremendous number of people with mental health issues due to extensive exposure to traumatic experiences.

What do you enjoy most about your job?

I think in many ways we serve the world's heroes. Generally, people arrive here with a tremendous sense of optimism and a desire to contribute, and it's a testimony to human resiliency following great trauma. It's a privilege to be able to participate in that process and watch people put their lives back together.

Follow Dr. Rashid and Kathy Hay on Twitter @MebRashid and @KathyHay



Dr. Meb Rashid (L), with grateful Crossroads Clinic patient

YOUR GENEROSITY IN ACTION: THE CROSSROADS CLINIC

- Toronto's first hospital-based refugee health clinic.
- Had over 2,600 visits in 2015 alone.
- Provides comprehensive healthcare to newly arrived refugees for their first two years; after two years, the clinic helps patients transition to community-based care with a family doctor near their home.
- Patients represent over 65 countries, with most common including North Korea, Afghanistan, Iraq, Iran, Eritrea and Nigeria.

To support the Crossroads Clinic, select "Crossroads Clinic" when making your gift online at www.wchf.ca or call 416-323-6323.

We love hearing from you!

If you have any feedback about this issue of Heart & Soul or on ways we can serve you better, please contact Marian Johnson at marian.johnson@wchospital.ca or 416-813-4741.

Donate today! Giving is this easy:

- Call the Foundation at 416-323-6323.
- Visit www.wchf.ca and click on **Ways to Give** or **Donate**.
- Visit us on the 4th floor of Women's College Hospital (76 Grenville Street, Toronto).

Stay engaged!

- Follow us on Twitter @wchf and Facebook at facebook.com/wchfdn.
- Sign up for regular e-news updates by emailing foundation@wchospital.ca.

Thank you for your support!

WCHF is fully accredited under Imagine Canada's Standards Program. The Standards Program awards accreditation to charities and nonprofits that demonstrate excellence in five areas of operations: board governance, financial accountability, fundraising, staff management, and volunteer involvement.



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WOMEN'S COLLEGE
HOSPITAL FOUNDATION
Health care for women | REVOLUTIONIZED