

JGH NEWS

JEWISH GENERAL HOSPITAL

VOLUME 45, NO. 3

JGH.CA

FALL 2009

Excellence in every era



Celebrating 75 years of quality healthcare

**Fantastic finish-line fervour:
the Weekend to End Breast Cancer
and the Ride to Conquer Cancer**



Jewish General Hospital
75 years of care for all.

A witness to history recalls the realization of a dream

The grand opening of the Jewish General Hospital is a milestone that most people today can appreciate only through archival photographs or yellowing documents. But for me, it's a vivid memory.

On October 8, 1934, at the age of 14, I was among the thousands who lined Côte Ste-Catherine Rd. to witness the launch of what would become one of Quebec's leading healthcare institutions. Little did I realize this was also where, nearly half a century later, I would serve as President.

The inauguration of a hospital, especially in the dark years of the Depression, was an event of great significance. That's why so many dignitaries were expected, including the Governor General of Canada, Lord Bessborough. The organizers decided the Governor General ought to have a guard of honour, but no Jewish soldiers were available. So my friends and I—a Boy Scout troop from Congregation Shaar Hashomayim—were recruited instead.

On a regular day, in this neighbourhood that was mostly farmland, I could ride my bike along Côte Ste-Catherine and if I saw three cars, it was a lot. But on that brilliantly sunny Oct. 8, it seemed as if the whole city had turned out. You could feel pride in the air, because a magnificent building had been erected by the Jewish community. Since many of the spectators were unemployed due to the Depression, they flocked to this event to have their spirits lifted by the good news and the renowned speakers.

So there we were, in our blue Scout jackets, short pants and flat hats. We marched in just before the Governor General arrived, and then the ceremony began. Over the next



Bernard J. Finestone

two hours, it was clear that everyone, even youngsters like us, understood what the Jewish General Hospital meant. What a grand occasion! Finally, the ribbon was cut and the Governor General went inside for a tour.

After that, life took me in many directions—to the Canadian Armed Forces in World War II, a career in insurance, and an opportunity to become involved in various organizations, including positions as President of the

Montreal Board of Trade and the Quebec Chairman of Canadian Jewish Congress.

But the Jewish General Hospital held a special place in my heart. In the mid-1950s, I was approached by Peter Bronfman, son of the hospital's founding President, Allan Bronfman. He told me the JGH had grown so large that Samuel Cohen, the Executive Director, was no longer able to handle all of the purchasing by himself. So I became a member of the new Purchasing Committee and many more committees after that, all leading up to my term as President from 1980 to 1982.

In the nearly three decades since then, the Jewish General Hospital has grown larger and more sophisticated than I or anyone could have imagined on that sunny day 75 years ago. But the spectators of 1934 and the people of today would have agreed on one thing: A dream has been realized and the people of Montreal and Quebec are all the more fortunate for it.

HCol Bernard J. Finestone, CD, CdeG, (Ret'd)
Past President, Jewish General Hospital



Jewish General Hospital

JGH NEWS

Fall 2009

Published by:

SIR MORTIMER B. DAVIS -
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To subscribe, please see page 38

Publications Mail Agreement
#40062499

Return undeliverable mail with Canadian
addresses to:

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**A McGill University
Teaching Hospital**

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Shana Tova 5770

Best wishes for a healthy and happy New Year



Bernard Stotland, FCA

Warm welcome to a multi-faceted JGH President

Of the many exemplary qualities that an individual needs in serving as President of the Jewish General Hospital, being born at the JGH doesn't necessarily rank among the top traits. But since we're commemorating the hospital's 75th anniversary, it's appropriate that our new President, Bernard Stotland, FCA, can state with pride that he was a JGH baby—born in 1936, just two years after the hospital opened its doors.

Not only that, but from 1945 to 1958, he lived next door to JGH Executive Director Samuel Cohen in the Côte-Sainte-Catherine home that has since been transformed into the JGH Hope & Cope Wellness Centre.

The real reason I look forward to working closely with Bernie is his proven skill as a community leader, a dedicated fundraiser and a perceptive professional chartered accountant and businessman. Most important of all is his determination to ensure that JGH patients of all backgrounds—whether they come to us from around the corner or from the regions of Quebec—consistently receive care of the highest quality.

What also impresses me about Bernie is his breadth of experience. He's a founding partner of the WSBG chartered accounting firm, where he continues to consult on a regular basis. He sits on the board of Opéra de Montréal and is active in fundraising and management. As well, he is on the board of the Canadian Vocal Arts Institute, affiliated with the University of Montreal. B'nai B'rith and the State of Israel Bonds organization have benefited from his involvement, and he has raised funds for several Montreal synagogues. This past June, he and his wife, Merle, were honoured for their efforts on behalf of the Israel Cancer Research Fund. Not only do these activities demonstrate an eagerness to be of service, they have given Bernie essential experience and a broad perspective that are certain to enhance his leadership during his term.

Bernie's involvement in the Jewish General Hospital dates back nearly 10 years. Aware of the hospital's newly launched \$200 million campaign, he volunteered as a fundraiser. That led to steady advances—first as Treasurer, Vice-President and President of the Foundation, then as Vice-President of the hospital, and now President.

Along the way, he also took the time to co-chair several editions of one of the most important JGH fundraising events, the annual Silver Star-Mercedes Benz Golf Classic. And last year, when I launched my first key initiative as Executive Director—to make the JGH the cleanest and safest hospital in Quebec—it was Bernie who ensured its success by stepping forward to chair the hospital's new Cleanliness Committee. That meant familiarizing himself with the hospital's inner workings over six months, with in-depth tours of the laundry, sterilization areas, heating plant, security, maintenance and much more.

Ask Bernie why he gives so much of his time, and you'll get a crisp, no-frills answer: "I go where the need is; I'm just drawn to it. I like to get things done." As for his affinity for the JGH, he says, "I take great satisfaction



Hartley Stern, M.D.
Executive Director

in seeing patients making a good recovery, especially in one of Quebec's premier healthcare institutions."

This dynamic attitude, combined with Bernie's personal and professional skills, will be invaluable as we work with the Board and JGH staff on ambitious plans to transform the hospital's Emergency Department, operating rooms, and Intensive Care and Critical Care facilities. I'm also heartened that Bernie plans to draw on his knowledge of information technology to help upgrade the hospital's IT systems. And, of course, he maintains a keen interest in fundraising and the JGH Foundation.

All this and a JGH baby, too. You just can't ask for better in a President.

Hartley Stern, M.D.
Executive Director



Presidential highlights

Stepping down as President, Samuel Minzberg saw many major projects come to fruition during his 2007-2009 term, with significant improvements in patient treatment and care. Among the most noteworthy achievements:

- Construction and opening of the expanded Division of Radiation Oncology
- Renovation and re-opening of the main entrance
- Implementation of the Da Vinci Surgical System to provide robotic assistance during minimally invasive surgery
- Opening of a specialized Stroke Unit—a sort of Intensive Care Unit for stroke patients
- Search and selection of a new Executive Director, with a seamless transition from Henri Elbaz to Dr. Hartley Stern
- Strengthening of partnerships with other institutions, including the LaSalle Hospital where some JGH patients undergo straightforward surgery to free up JGH operating rooms for more complex cases
- Significant expansion of walk-in healthcare services at the Goldman Herzl Family Practice Centre
- Introduction of digital X-ray technology in the Radiology Department
- Relocation of the Department of Obstetrics and Gynecology to modern, renovated facilities in Pavilion H
- Launch of a new JGH logo and branding
- Maintaining strong hospital support for the Weekend to End Breast Cancer in 2007, 2008 and 2009
- Development of the inaugural Ride to Conquer Cancer in 2009

JGH web site puts on a brand new face



Just in time for the hospital's 75th anniversary, the JGH website (jgh.ca) has had a makeover—and the changes are more than cosmetic. True, the design and graphics are richer, warmer and more vibrant. But there's lots more to enjoy, with improvements and additions being made all the time.

Here's what to look for right now on the new JGH web site:

- Simpler, more logical navigation that helps you get where you need to go more quickly and easily
- The ability to increase or decrease the size of the on-screen text to make reading more comfortable
- Tools that more easily allow you to share a JGH web page with a friend, or send the JGH webmaster your comments and suggestions about individual web pages

Here's what's on the way:

- A secure tool that enables you to request a hospital appointment by completing an online form
- The ability to register and pay online for certain hospital-related events and products (flowers from The Auxiliary's Flower Shop)
- Content in a wider variety of formats, including PowerPoint presentations, video clips, podcasts, Flash animation and other rich media
- Pages formatted for mobile platforms, such as the BlackBerry
- Discussion forums and blogs
- A tool to make the web site's colours lighter or more intense, depending on your preference



From the Premier

The reopening of the doors is certainly the ideal occasion to recall the history of the Jewish General Hospital, from its founding to the present. As Premier and as a citizen, I also see this as an opportunity to testify to our recognition of this invaluable heritage, which has been left to the people of Montreal and of Quebec by the members of the Jewish community.

A heritage, the mission of which has been to provide care to everyone who needed it regardless of their origin, has continued to evolve over the years. Today, we find at this same location, which is proudly integrated in Montreal's landscape, a general and specialized care hospital, a teaching and research facility and a top-notch centre devoted to public health, where cutting-edge knowledge and human compassion go hand in hand.

I tip my hat to all those who have contributed and who continue to contribute to the advancement of the Jewish General Hospital. May this 75th anniversary be a sign of the enduring future of this important healthcare institution, which is both a symbol providing inspiration for our pluralistic society and an example of openness to the world.

Jean Charest

Québec 



From the Mayor of Montreal

At a time when Montreal ranks higher than ever as a major player in North America's healthcare sector, I am very pleased to extend my best wishes for success to Montreal's Jewish General Hospital on its 75th anniversary.

Healthcare and the life sciences are key components in the major competitiveness of our city. We are, accordingly, paying special attention to the development of one of Montréal's best known institutions in Canada for clinical research, teaching and medical care.

I would like to pay tribute to the generations of dedicated individuals who have played a role in this Montréal success story. I would also like to thank all those who contribute through their daily commitment to the development of excellence at this hospital and to continued leadership in its fields of specialization as we move forward into the 21st century.

In following through on this mission, they can count on the unrelenting support and participation of our Administration, on behalf of all Montrealers.

A handwritten signature in blue ink that reads "Gerald Tremblay". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Gérald Tremblay

Montréal 



HOUSE OF COMMONS
CHAMBRE DES COMMUNES

*From the
Member of Parliament for Mount Royal*

For 75 years now, the Jewish General Hospital has been providing care for all. A mainstay of superior medical treatment for generations of patients from all backgrounds—coming from all over the island of Montreal, from the Province of Quebec, and from beyond—the Jewish General Hospital is a pillar of our community.

Drawing on its expertise and experience as one of the province's largest and busiest acute care hospitals, the JGH is committed to improving the level of care for all Quebecers through close collaboration with the government and its health-care network.

I thank and extend my sincere congratulations to all those—the health professionals, the staff and the volunteers—who have contributed to make the Montreal Jewish General Hospital a first-rate place of care and caring to those in pain and in need.

Warm regards,

Irwin Cotler, P.C., O.C., M.P.



HOUSE OF COMMONS
CHAMBRE DES COMMUNES

*From the
Member of Parliament for Outremont*

On the 8th of October 1934, the founders of the Jewish General, with the help of many generous donors, realized a project for the collective good of Montrealers. Today the Jewish General Hospital distinguishes itself by offering the very highest level of treatment and care to patients from diverse religious and cultural backgrounds.

I offer my congratulations and best wishes to the Hospital, staff and volunteers for 75 years of excellence.

Thomas Mulcair



*From the
Member of Parliament for Westmount – Ville-Marie*

I would like to offer my warmest congratulations to the Jewish General Hospital on its 75th anniversary—75 years of loyal service to the community.

Thank you for your dedication in offering quality services and ensuring the well-being of Montrealers.

Marc Garneau

*From the
President of the Government Caucus and the
Member of the National Assembly for D'Arcy-McGee*

From modest but ambitious beginnings, the Jewish General Hospital has become a leader in research, rising to take its place among the best teaching institutions; its administration is cited as a model of efficiency, with care and services offered to Quebec's people, who come from as far as Alma and Trois-Rivières. Jewish patients now represent only one-quarter of the clientele.

The Jewish General Hospital represents what is finest in the tradition of the Jewish people. It says in *The Ethics of the Fathers* that three things support the world: Torah, labour (which includes both work and worship) and benevolence, or good deeds. And it is precisely this age-old Jewish concern for the well-being of the community that inspired the founders of the Jewish General Hospital to build the hospital in the first place.

And so here in Montreal 75 years ago, a still fledgling Jewish community did what it always did—that is, to take care of one another—and laid the foundation for the magnificent institution whose 75th anniversary we are celebrating today.

In the same *Ethics of the Fathers* it is also said: "It is not incumbent upon you to complete the work, but neither are you free to evade it." The founders of the Jewish General Hospital started the ball rolling, and ever since, the Jewish community has taken up where the previous generation has left off. *Mi dor l'dor*—from one generation to the next.

As we think of those who have walked through the doors of this magnificent hospital, and of those who have yet to do so, we can be proud and thankful for this long tradition of labour, dedication and generosity perpetuated by the Jewish community of Quebec, which has made the hospital a vibrant and indispensable component of our society.

My heartfelt congratulations—*Kol hakavod*. May the Jewish General hospital continue to go from strength to strength.

Lawrence S. Bergman

Québec 

Congratulations on y

*From the
Parti Québécois spokesperson
for Health, and the Member
of the National Assembly for
Marie-Victorin*

It is with great joy that today I pay tribute to the 75th anniversary of the Jewish General Hospital, 75 years during which this establishment has been caring for all Québécois of all origins. From the small community hospital that it was at its opening in 1934, the Jewish General Hospital has become, with the passing of decades, one of the pillars of Montreal's healthcare network, caring for tens of thousands of patients each year, with over 67,000 annual visits to its Emergency Department.

The hospital owes this success to its supporters, as well as its entire staff. Nor should we forget those who have made a contribution at all points in its history. They are all motivated by the same concern for excellence and humanity. It is thanks to them that the JGH has become the referral centre that we know and recognize today.

In providing cutting-edge, avant-garde care while maintaining a human dimension to medical science, the Jewish General Hospital is proof of how much is possible. I congratulate the hospital on being remaining sensitive to human dignity in all circumstances.

The history of the Jewish General Hospital obviously does not end today; it still has much to offer to Quebec's society. In spite of the pitfalls and difficulties of our healthcare system, there is still great enthusiasm among the people who provide care, and this offers hope for a brighter future.

I offer my most sincere congratulations and my great appreciation for the work performed by those at the Jewish General Hospital who help Quebec feel a little better every day.

Bernard Drainville

Québec 

*From the
Mayor of the Borough
of Côte-des-Neiges –
Notre-Dame-de-Grâce*

On behalf of the citizens of our Borough, Côte-des-Neiges – Notre-dame-de-Grâce, I want to take this opportunity to thank all of the personnel and directors, past and present, of the Jewish General Hospital. Without this great institution, our Borough and our city would not be the same.

Less than 25 years after the Côte-des-Neiges area merged with the city of Montreal, the Jewish community began fundraising that led to the construction of this hospital in 1934. It rose in bucolic surroundings and became, with time and urbanization, one of the great medical institutions of Montreal and of Quebec, open to all, regardless of their origin.

Today it is one of the foremost centres of excellence in the medical field, not only here in Montreal, but throughout Quebec and, indeed, the world. Its expertise in caregiving, administrative organization and quality of research are a beacon for all to follow.

The citizens of our Borough are the first to benefit from this expertise. I thank the founders of the hospital for having chosen to build here in Côte-des-Neiges. I thank the Jewish community for assuring its viability and future. And finally, I thank all those who, on a daily basis, make it work and continue to uphold its high standards.

The citizens and city councillors of our Borough want to be among the first to wish a bright future to this great medical institution. Happy 75th anniversary!

Michael Applebaum

 Côte-des-Neiges
Notre-Dame-de-Grâce
Montréal 

our 75th anniversary

From the

Director of the Borough of Côte-des-Neiges – Notre-Dame-de-Grâce

Our Borough is rich in symbols, from St. Joseph's Oratory (as if a kind, wise man were constantly watching over our area) to the HEC—the School for Advanced Business—with its imposing audacity, grandeur and splendour. Our Borough is also rich in history. From the small rural village of the 1930s to the coming of great healthcare institutions and of knowledge, our Borough has evolved. It is rich in colour and culture. In no other place can the residents take as much pride in being the basis for such harmonious coexistence among the various ethnicities of the world.

The Jewish General Hospital symbolizes all of these treasures. And this is why the pride of having it as a neighbour is shared by the entire population of the Borough. It is a symbol of the avant-garde made real, the expression of a tradition of excellence and the incarnation of our evolution. It is a place of converging lives and cultures. World-renowned for the quality of its researchers and for its medical innovations, it serves as a familiar example on the local scene, especially for the humanity of its personnel and the quality of its care.

The Jewish General Hospital has taken root here, close to home. For 75 years, it has grown and reflected its distinction on Montreal, but it is held closest to the hearts of those who live nearby. We will always respect this contribution to our community—something we will continue to confirm by upholding the hospital's development and progress, because we are all proud neighbours and proud partners.

It is on the basis of such institutions that we will build the future "Road of Knowledge", a path where the great research and teaching institutions of this borough are to be found. The Jewish General Hospital, one of the jewels of Côte-des-Neiges – Notre-Dame-de-Grâce, promises to be a driving force, as it takes justifiable pride in being one of the leaders of the medical community.

Stéphane Plante



From the

President and CEO of the Montreal Regional Health and Social Services Agency

Since its founding 75 years ago, the Jewish General Hospital has remained one of the most respected healthcare establishments in Montreal, the province and beyond. This reputation is due to its commitment to excellence in the care given to patients of all origins, and the desire to do more for them. Also worth mentioning are the quality of its teaching and the medical research that it conducts. All of these factors make the Jewish General Hospital a major player in our healthcare system.

I am very happy to take this opportunity to send my best wishes to all of the management, the doctors, nurses and staff, as well as the Foundation staff

and volunteers. You have perpetuated the humanitarian values of the founders of Montreal's Jewish General Hospital. I am convinced that you will stay this course in the future. And so each year, thanks to you, thousands upon thousands will have a better quality of life. Happy anniversary!

David Levine

**Agence de la santé
et des services sociaux
de Montréal**

Québec 

75th anniversary retrospective

A panorama of JGH milestones

For the most part, the story of the Jewish General Hospital is not a tale of historical facts and figures. Rather, it's the story of improving health and well-being, one patient at a time.

But every so often, dates do acquire significance, especially during milestones like this year's 75th anniversary. In these moments, we can't help but take a panoramic view of JGH history — partly to get a sense of how far the hospital has come, and partly to gauge its success in living up to the hopes, dreams and vision of its founders.

Hence, this timeline, which summarizes a handful of landmarks—from the hospital's founding, through its early years of struggle, to its middle years of maturity and growth, and finally, the modern era, characterized by the dynamic expansion and increased sophistication of services for patients.

Although this timeline has a beginning and middle, it really has no end, despite the entry for 2009. That's because the Jewish General Hospital never really sees its task as being finished. Just around the corner, there's always some revolutionary medical procedure or technological marvel or pioneering research project that promises to make patients' lives better. The goal is to put these innovations to practical use as soon as possible—perhaps tomorrow or next month or next year... But this is a timeline that is yet to come.



Opening of the Herzl Dispensary (a JGH predecessor), which provides health care to Jewish immigrants. In 1974, this independent clinic merges with the JGH to become the Herzl Family Practice Centre.



On Sept. 22, more than 3,000 members of the Jewish community gather at the Mount Royal Hotel to launch the \$1 million campaign to build the JGH.

Inauguration of the 23-bed Hebrew Maternity Hospital (another JGH forerunner), which provides obstetrical services to Jewish immigrants.

1912

1916

1929

On Aug. 3, 1931, Canada's Governor General, Lord Bessborough, breaks ground to start construction of the JGH.



"In breaking the earth on which this great hospital is to be erected, I express my sincere hope that, with God's blessing, it may long fulfill the errand of mercy for which it is destined."

— Lord Bessborough,
Governor General, at the
JGH groundbreaking,
Aug. 3, 1931



On Oct. 8, 1934, the Jewish General Hospital opens with a grand ceremony attended by the Governor General, Lord Bessborough, and Montreal Mayor Camillien Houde. Hospital founders pledge to provide treatment and care to patients of all backgrounds. The first patient is admitted on Oct. 15.



"Today, an ornament to its city, a notable addition to that city's social services, the Jewish General Hospital stands fully equipped and fully staffed. It is more than that, too. It is a monument to the spirit of charity toward your fellow men which has always been the characteristic of Jewry throughout the world. I hope that this may be the beginning of a long and fruitful chapter in the history of that never-ending struggle which men of all races and all creeds are called upon to wage against sickness and suffering throughout the world."

— Lord Bessborough, Governor General
on opening day, Oct. 8, 1934

"If there is one lesson, more than any other, which we have to learn from the Jewish community in Montreal, it is that of solidarity and community effort... Montreal is facing problems of great moment. The calls on us are endless. The destitute have never stood more in need of help. For your initiative in financing and erecting this magnificent hospital, all of Montreal should be grateful to you."

— Mayor Camillien Houde
on opening day,
Oct. 8, 1934



Fundraising
campaign hits
its stride.

1930

1931

1934



Founding of The Women's Auxiliary (now known as The Auxiliary), which provides volunteer services and raises funds for much-needed medical equipment.



So many volunteers regularly come forward to offer help that the JGH establishes a Department of Volunteer Services to manage them all.

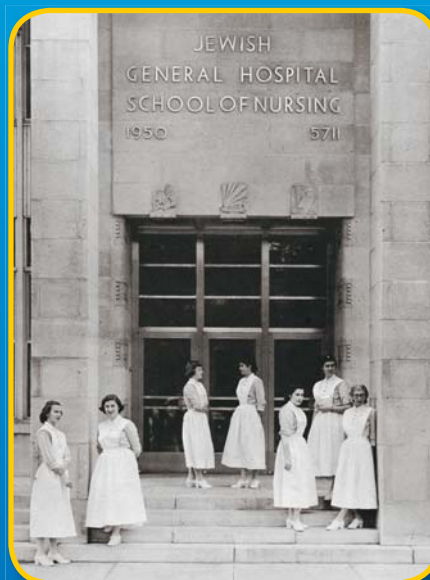
After World War II, the arrival of numerous Jewish refugees (including many from concentration camps) prompts The Women's Auxiliary to establish a special service to provide newcomers with translators, counselling, emotional support and financial aid.

The first research laboratory is established.

Opening of the JGH School of Nursing, with residences, lecture hall, laboratories and classrooms located in the newly constructed wing now known as Pavilion A.

The JGH's intern-resident training program is accorded official recognition from the College of Physicians and Surgeons of Quebec and the Royal College of Physicians and Surgeons of Canada.

McGill University includes the JGH among the five Montreal hospitals where McGill graduates may obtain the required year of internship.



1936 1937

1939

1946

1951

1955

1957

Opening of the Lady Davis Institute for Medical Research and the Institute for Community and Family Psychiatry. The Foundation is also established as the hospital's fundraising arm.



After 21 years, the JGH School of Nursing closes, as all hospital-based nursing schools are brought under centralized, provincial jurisdiction.



On the prompting of The Auxiliary—and, initially, largely at The Auxiliary's expense—the JGH becomes the first hospital in Canada to appoint a patient relations representative (ombudsman).

The Story of a Healthier Community

HERZL HEALTH CENTRE
5780 Decelles Ave., Montreal 251, Que.
Tel. 342-1550



Herzl Health Centre is dedicated to maintaining the health of the entire family. It offers preventive medical care and diagnostic service through its adult, pediatric and dental clinics without distinction of race or religion.

At Herzl Health Centre the patient is served by a health team consisting of internists, pediatricians, dentists, nurses, public health nurses, X-ray and laboratory technicians, social workers and clinical psychologists. They help to maintain the health of the family by assisting the patient plan a program of regular health care which includes adult and child care, nutrition and dental hygiene.

Herzl Health Centre is a teaching centre for doctors and nurses because of its unique team approach to preventive community health care.

Herzl Health Centre is a constituent member of the Allied Jewish Community Services and receives financial support from the Combined Jewish Appeal and Federated Appeal of Greater Montreal.

The independent Herzl Health Clinic (formerly the Herzl Dispensary) merges with the JGH to become the Herzl Family Practice Centre.



The Jewish General Hospital is designated a McGill University teaching hospital.



Hope & Cope is established to support and counsel cancer patients and their families.

1969

1972

1973

1974

1979 1981



“While originating as a Jewish institution, as a living example of Jewish tradition, the Jewish General Hospital is not simply Jewish. It is general. Its generality has rippled through our community... This hospital has had a deep impact on Quebec and Canadian society in this respect: to encourage initiative that is rooted in our cultural and religious heritages, to be inspired by them, and then to put their work at the service of our entire society.”

— David Johnston,
Principal and
Vice-Chancellor of
McGill University,
at the JGH Annual
General Meeting on
the hospital’s 50th
anniversary,
Oct. 15, 1984

**The Lady Davis
Institute for
Medical Research
opens Canada’s
first HIV/AIDS
Bio-containment
Laboratory
to test tissue
samples and
conduct research
into the newly
recognized
and rapidly
spreading
disease of AIDS.**

1984

**The McGill Centre for
Translational Research
in Cancer, the first
centre of its kind in
Canada, is established
at the JGH to reduce
the time between
acquiring knowledge
through laboratory
research and the
application of that
knowledge to treating
patients.**



The JGH acquires six acres of neighbouring land and buildings from Les Soeurs de Sainte-Croix, an order of nuns. Within months, a hemodialysis unit opens on this property in the newly designated Pavilion H, which is extensively used for patient services in the coming years.

“At the institutional level, in the sector of health, the Jewish General Hospital, in addition to its completely justified reputation of excellence, is today the flagship in bringing Jewish and non-Jewish Quebecers closer together... The hospital is undoubtedly the most conclusive example of the contribution of the Jewish community to the well-being of the whole community. As a new century begins, this institution represents the values of receptivity, sharing and solidarity which animate the Jewish community.”

— Quebec Premier
Bernard Landry at the
Gelber Conference Centre,
May 14, 2001

1996

2001



On Aug. 27 and 28, the first annual Weekend to End Breast Cancer becomes the largest single fundraising event in Quebec’s history, as 3,011 people raise \$9.4 million for breast cancer research, treatment and prevention at the soon-to-be-opened JGH Segal Cancer Centre.

2005

Opening of the Segal Cancer Centre, which quickly becomes one of Quebec's leading centres for research and a comprehensive array of services for the prevention, diagnosis and treatment of cancer.

To mark its 75th anniversary, the Jewish General Hospital re-opens its main entrance and lobby, which have been extensively renovated in tandem with a major expansion of the Division of Radiation Oncology. The JGH also unveils its new logo, a stylized Tree of Life representing vitality, stability, hope and optimism.



"Yours is an extremely important—in fact, essential—institution for the quality of life of Montrealers and in the development and influence of our city. It is an institution which, during recent decades, has never stopped innovating or opening new avenues in medical research or in dealing with the treatment of patients... You are showing all Montrealers that you really care, and that you are willing to do everything that is humanly and financially possible to assist people in need... I would like to express this single wish: that your exemplary gesture creates the desire in others to follow in your path."

*— Montreal Mayor
Gérald Tremblay,
inauguration of the
Segal Cancer Centre,
Aug. 28, 2006*



The JGH begins using the most advanced version of the da Vinci Surgical System, which gives doctors robotic assistance in performing certain ultra-delicate or extremely difficult procedures in minimally invasive surgery.



2006



2008



2009

Spend enough time at the Jewish General Hospital and chances are you'll hear someone refer to its staff as "the JGH family". Think that's just a figurative phrase? Well, think again, because more often than you might imagine, it's the literal truth. Get to know members of staff and you'll find parents, children and other relatives working under the same roof to improve patients' lives. They might be physicians or kitchen staff, volunteers or nurses, possibly even someone whose family ties to the JGH date back to the early years of the 20th century.

Why focus on families during the hospital's 75th anniversary? Because the JGH is known and respected throughout Montreal and across Quebec for its decades-old tradition of attending to the needs of the individual patient. This legacy of compassion and professional expertise has attracted not only patients seeking superior treatment, but members of staff whose urge to build a stronger society runs in the family. Not only does the JGH offer "Care for all", it provides care by all—from one generation to the next.

Legacy of JGH founder lives on

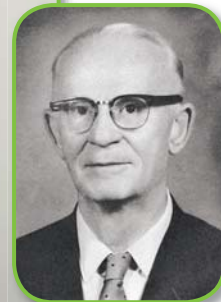
Nearly a century after the Herzl Dispensary became the first facility to provide medical services to Montreal's Jewish community, the granddaughter of one of its founders is upholding the family legacy by serving as a Nurse Clinician in the Dispensary's modern counterpart, the JGH Herzl Family Practice Centre.

Much has changed about Herzl since it was launched as a Dispensary in 1912. Today, like the rest of the Jewish General Hospital, it welcomes patients of all backgrounds from across Montreal and throughout Quebec. What has *not* changed, 97 years later, is a desire by staff to do whatever is necessary to ensure the health and well-being of its patients, says Karen Tafler, a Charge Nurse at Herzl and granddaughter of founder Dr. Samuel Ortenberg. "We had a great love for each other," she says. "My grandfather would be thrilled to know I'm here."

The contribution of Karen's grandfather (her mother's father) is acknowledged in a brass plaque on the wall of her office. It reads: "In memory of Dr. Samuel Ortenberg, 1887-1976. A devoted physician and founder of the Herzl Dispensary and the Jewish



In her office at the Herzl Family Practice Centre, nurse Karen Tafler proudly displays a plaque honouring her grandfather, Dr. Samuel Ortenberg, one of the Centre's founders. Inset: Dr. Samuel Ortenberg.



Dr. Samuel Ortenberg (circled) attends the opening of the Herzl Dispensary in 1912.

General Hospital." These achievements are reflected in artifacts in the JGH archive, including a photo showing Dr. Ortenberg on the front steps of the Herzl Dispensary at its 1912 opening. In a shot of the 1931 ground-

breaking of the JGH, Dr. Ortenberg is in an inner circle of dignitaries while the Governor General of Canada, Lord Bessborough, turns the sod.

Born in Suczawa, Austria, Samuel came to Canada with his family at the age of 2 and was raised on a farm near Quebec City. After moving to Montreal, he earned his M.D. from McGill University in 1908. By that point, says Karen, he had become a political activist determined to provide medical care for the rapidly growing number of Jewish immigrants. This led him to help open the Herzl Dispensary, where he saw patients on a volunteer basis and served as secretary of its medical board until 1929. In addition, in 1923, he was instrumental in founding the Montreal Clinical Society, which promoted the continuing education of the city's Jewish physicians.

As the need grew for a larger, full-service facility, Dr. Ortenberg became involved in the 1929 capital campaign, sometimes going door to door to raise funds to build what was to become the Jewish General Hospital. After the JGH opened, he was among the leaders in the Department of Internal Medicine. (The Herzl Dispensary remained an independent clinic until it merged with the JGH Department of Family Medicine in the mid-1970s.)

Son follows his “quiet mentor” to the JGH



Dr. Michael Kapusta (left) and Dr. Morton Kapusta

The year was 1997 and Dr. Michael Kapusta had a major decision to make: Now that his specialty training in ophthalmology was done, where did he feel his career would have its greatest impact? For professional reasons, the Jewish General Hospital seemed like the clear leader. But other thoughts kept running through his head. “I asked myself, ‘Is this where that I’d feel truly comfortable?’” recalls Dr. Kapusta, who is now JGH Chief of Ophthalmology. “Almost instantly the answer came to me: ‘Yes, this is where I belong. I have such a natural connection to this place that it really feels like home.’”

“I’m not surprised,” says his father, Dr. Morton Kapusta, who has been a JGH rheumatologist for more than 40 years. “The word ‘home’ keeps coming up a lot around here, doesn’t it?”

Continued ... please turn to page 21.

Close personally, close professionally

Coincidentally, Karen’s great-aunt (her father’s aunt), Amy Mendels Shaer, served as the JGH’s founding Director of Nursing from 1934 to 1950.

Karen’s own career is also steeped in JGH history, starting with a stint in the 1960s as a “candy-striper”, a nickname for young, female volunteers of that era. In the late ‘60s, she entered the JGH School of Nursing, which had been housed since 1951 in what is now Pavilion A. “I lived and slept right here in the hospital in the nurses’ residence,” she recalls. “That’s why the hospital still feels like home.” In 1972, she was among those in the final graduating class before the school was shut down. Like all of Quebec’s hospital-based nursing schools, the JGH school was closed to make way for the centralized education of the province’s nurses.

“My grandfather always went the extra mile for people,” Karen says, “and that same sense of commitment and responsibility is important to everyone in our family. In that sense, he was a major influence on me. Today I feel that Herzl and the hospital are maintaining that same sense of dedication to its patients. That’s why I’m so proud to be part of an institution that my grandfather helped build and cared so deeply about.”

While it’s not uncommon for a parent and child to work under the same roof at the JGH, nurses Milacer (Mila) Gestupa and her daughter, Vanessa, are true rarities: Not only have they wound up in the same profession in the same hospital, they both tend to patients in the same area, the post-surgical unit. Luckily, says Vanessa, her mother has full confidence in her skills and doesn’t hover over her. Even so, she adds, it’s comforting to know she can sometimes seek advice from someone who’s much more than a professional mentor.

Mila and Vanessa are actually second- and third-generation nurses, the first being Mila’s mother. As a 5-year-old in the Philippines, Mila accompanied her mom on home visits where babies were delivered. “All my life I’ve been exposed to nursing,” says Mila, who has been with the JGH for nearly 30 years, including the last 20 on the post-surgical unit. After the family immigrated to Canada, the young Vanessa often visited her mother in the very JGH unit where she, too, would one day work. “I even volunteered here when I was 15,” says Vanessa. “I know the floor well.”

Through her mother’s guidance, Vanessa became familiar with nursing skills. “Anytime she was learning a new procedure, such as taking blood, I would show her,” says Mila.



Vanessa Gestupa (left) and Mila Gestupa check on a patient in the post-surgical unit.

Having graduated from John Abbott College as a Registered Nurse, Vanessa is pursuing a full-time Bachelor’s degree in Nursing at McGill University, while working at the JGH part-time. “I know I’m still young, but there’s so much I’ve been exposed to,” she says. Her proud mother agrees, and then some: “She’s a good nurse, she’s caring, she goes out of her way and she gets a lot of praise from patients. It makes me feel ... Oh, wow! It makes me feel good.”

Daughter retraces her mother's footsteps



Lindsay Schwartz (left) and Iris Gourdji

Several years ago, as her nursing career was getting under way, Lindsay Schwartz would frequently work the evening shift in the JGH surgery unit on 5 Northwest, where a certain photograph in a particular corridor would often catch her eye: It was a portrait of her mother, Iris Gourdji, who had once been Interim Head Nurse on the same unit. For Ms. Schwartz, that picture was indeed worth 1,000 words—specifically, words of reassurance and support.

That special connection continues today, even though mother and daughter are active in different parts of the hospital. Ms. Gourdji, at the JGH for about 25 years, is a Nurse Specialist in Clinical Information and a Clinical Administrator in Gynecologic Oncology. Meanwhile, Ms. Schwartz has been a Nurse Clinician in the Oncology clinic of the Segal Cancer Centre since 2008. "In Surgery, Lindsay met all of the staff that I knew," says Ms. Gourdji, "and in the clinic, we know many of the same nurses and members of the interdisciplinary teams. I've always felt I had a second family here at the JGH, and now Lindsay is a part of my home *and* my work family."

Thus, when Ms. Gourdji praises her daughter's professional abilities, it's more than just a nurse complimenting a colleague. "She's

caring and attentive," she says, "and it gives me great pleasure to watch her grow and learn to love her work." An inherited sense of vocation, says Ms. Schwartz, is rooted in seeing her mother "happy with her career choice."

Even student life has provided opportunities for mutual support. After 18 years at the bedside, Ms. Gourdji went back to school and earned her Master's degree in Nursing from McGill in 2004; Ms. Schwartz is currently pursuing a full-time Master's at McGill and working one day a week at the Segal Cancer Centre. Not only is Ms. Schwartz being taught by some of the professors whom her mother admired in her student days, she was once assigned to read an academic article written by her mother. Earlier this year, both nurses had articles published in academic journals—Ms. Gourdji on palliative care and Ms. Schwartz on oncology.

Ms. Schwartz says her colleagues often remark on their similarities "and they tell me, 'Your smile, your laugh, they remind me of your mom's.' You could say I'm her mini-me. Yet, her guidance was never pushed. I have my own sense of identity and I've always been encouraged to develop my own goals and interests."

For the Pernas, a JGH job is all relative

For Enrico Perna and many of his relatives, working at the Jewish General Hospital has been, quite literally, a family affair. For more than 50 years, there's been an unbroken string of Pernas at the JGH. In their roles in Enviro Services (formerly known as Housekeeping), they've made sure the hospital's wheels turn smoothly. In the kitchen, the laundry and with an orderly in their ranks, they've kept patients comfortable, well fed and well cared for.

No one expected a tradition to evolve, says Mr. Perna, a Group Leader in Enviro Services. When members of his family immigrated in the 1950s from the southern Italian town of Pettoranello del Molise (about 120 kilometres from Naples), they were simply looking for steady employment. When they discovered how a warm and inviting a place the hospital was, one Perna after another gravitated to the JGH.

When a special event needs to run without a hitch, Mr. Perna helps make sure the food arrives on time, the supply of chairs is adequate and the decorations are in place. As he prepares, he enjoys chatting with staff, volunteers and visitors from all walks of life—anyone from a surgeon to a member of The Auxiliary to the JGH President.

As an example of what has drawn so many of his relatives to the JGH, Mr. Perna cites the abundance of good wishes he received after the serious but successful surgery he underwent at the hospital six years ago. During recovery, he received visits from at least 200 people, including members of the administration, co-workers and a wide range of other employees. "This place is like my home," he says with a smile. "I'm happy here—it's as simple as that."

For over half a century, the Pernas have been coming to the JGH in wave after wave. Here's their relationship to Enrico Perna:

- At the JGH from 1958 to 1995: **Beniamino** (Enrico's cousin), cook
- 1959-82: **Giuseppe** (uncle), elevator operator and doorman
- 1965-85: **Teodoro** (father), laundry worker
- 1965-85: **Andonio** (cousin), cook
- 1965-2001: **Sebastiano** (brother), chief cook
- 1972-present: **Michele** (cousin), kitchen worker
- 1985-present: **Enrico**, Enviro Services
- 1987-present: **Teodoro** (nephew), orderly



One hospital, one family, seventeen births

It's a complete set: Parents, children, son-in-law, daughters-in-law, grandchildren—all 17 members of the extended Wiltzer family were born at the Jewish General Hospital, from 68-year-old Edward Wiltzer to 6-year-old Harry Wiltzer.

"Why go anywhere else when this hospital has been a healthcare leader for decades?" says businessman Edward Wiltzer, Campaign Co-Chair of the JGH Foundation. "It was natural for me to be born here in 1941, because this was the hospital that served the Jewish community. But even then, the JGH opened its doors to everyone—and that's especially true today, with the hospital providing care for patients from across Montreal and Quebec."

The JGH has been the hospital of birth not only for Mr. Wiltzer and his wife, Heleena, but for Allan and Anna Sue Wiltzer and their children, Erin, Noah and Hallie; Michael and Lori Ann Fellner and their children, Brittany, Matt and Sam; and Mark and Jacqueline Wiltzer and their children, Maxwell, Joseph and Harry.

Mr. Wiltzer admits it's unusual for so many members of a single family to have been born in the same place, "but when you know you've got the best, you keep coming back. There's real trust here and a feeling that the hospital wants to keep doing even more for its patients. It's this sense of continuity, from one generation to the next, that gives the JGH its special character."



They're all JGH "babies"—rear, from left: Allan Wiltzer, Anna Sue Wiltzer, Erin Wiltzer, Edward Wiltzer, Heleena Wiltzer, Lori Ann Fellner, Michael Fellner, Jacqueline Wiltzer, Harry Wiltzer and Mark Wiltzer. Front, from left: Sam Fellner, Brittany Fellner, Maxwell Wiltzer, Hallie Wiltzer, Noah Wiltzer, Joseph Wiltzer and Matt Fellner.

Son follows his "quiet mentor" to the JGH

Continued from page 19



Enrico Perna spreads a tablecloth to prepare for an event in the Samuel S. Cohen Auditorium.

It's certainly the right word to describe the role that the Jewish General Hospital has played in the Kapusta family. Consider the fact that Dr. Morton was born in the JGH in November 1934, just one month after the hospital opened. Not only are the JGH and Dr. Morton both celebrating their 75th birthdays this year, but Dr. Morton prides himself on being the first JGH baby to become a JGH physician.

Then there's the fact that both doctors met their wives-to-be at the JGH. Dr. Morton's was a social worker, while Dr. Michael's was a medical student on the way to becoming a pediatrician. And when Dr. Michael's fourth child is born in November, the baby will come into the world at the JGH, as did his previous three children.

"You might even say I was raised here," says Dr. Michael. "At the age of 4, I used to come in on weekends with my father on Internal Medicine rounds. I also remember sitting in the doctors' lounge on the main floor. That's what I sometimes did instead of sports at an arena."

Dr. Morton notes that he never pressured any of his four children to become doctors, and as it turned out, Michael was the only one to follow in his footsteps. (His daughters went into law, social work and speech pathology.) But once Michael settled on medicine and developed an interest in ophthalmology, "I told him the JGH was an excellent place to practice, with a very congenial atmosphere. If he worked hard, this was the place for him to achieve what he wanted."

It is for this reason that Dr. Michael speaks of his father as "my quiet mentor—someone who impressed me with his work ethic, his desire to provide care to others and his contentment with his profession." The only regret is that father and son have such busy schedules that they rarely get together in the hospital. "I'm just like everyone else," says Dr. Morton with a laugh. "I have to make an appointment if I want to see him."

Following a natural path to “a hospital that cares”



Dr. André Lisbona (left) and Dr. Allan Lisbona

“To me, the Jewish General Hospital is such a great place,” says Dr. André Lisbona. “And there’s a comfort level you don’t usually find elsewhere,” adds his son, Dr. Allan Lisbona. Before long, their accolades are zipping back and forth like tennis balls. “When you work with a JGH team, you feel you’re all pulling in the same direction.” “There’s a sense of pride about how the hospital keeps growing.” “You do more, because you feel something special is happening here.”

For Dr. André, these impressions of the JGH span a lifetime, from his entry as a staff radiologist in 1969 to his terms as the Department of Radiology’s Acting Chief (1993 to 1996) and Chief (1996 to 2006). By contrast, Dr. Allan’s professional exposure to the JGH has been much shorter, having joined the Department of Dentistry in 2006 as Director of Oral and Maxillofacial Surgery. “I told my father I was considering other options and we talked it over, because I wanted to be sure,” he says. “But deep down, I knew this is where I belonged.”

“There was never any attempt on my part to push Allan into medicine,” says Dr. André, but the hospital naturally became part of his life. The father and his young son would come to the JGH on weekends when Dr. André was on call, and Allan would familiarize himself with the Radiology stock room or study in the hospital’s library. Another welcoming aspect of the JGH was the fact that Dr. Max Cohen, Dr. André’s father-in-law, served as the hospital’s Chief of Anesthesia.

“The Jewish General Hospital that I remember from 40 years ago was a small, warm, community hospital,” says Dr. André. “Since then, we’ve experienced incredible growth, but the JGH has not lost its original attraction. It kept its focus on treating patients with compassion and it has maintained its human touch. I’m not surprised that Allan decided to come here, just like many others doctors, researchers, nurses and other healthcare professionals. They and their patients know the JGH is a hospital that cares.”

Main entrance re-opens with

The lights dimmed, the video monitors glowed, a jubilation unfolded in a 75th-anniversary performance of video. In a massive tent erected steps from the hospital’s newly re-opened main entrance on Côte-Sainte-Catherine Rd., approximately 500 guests gathered to celebrate the re-opening of the JGH doors.

“We have gathered tonight to do much more than merely give patients another way to enter the hospital,” President Samuel Minzberg told a glittering audience of philanthropists, hospital leaders, senior healthcare and administrative staff, and political dignitaries from all levels of government. “In opening these doors, we are rededicating ourselves to being open to new directions, new partnerships and new forms of collaboration. In renovating the main entrance, and in everything we hope to achieve, a single question predominates: ‘What can we do for our patients that will make their health care more effective, more efficient, more reliable, more secure and more comforting?’”

The multimedia spectacle was a kaleidoscope of performances and presentations, encompassing testimonials from patients and volunteers, a video containing archival JGH photos, uplifting music from a choir and soloists led by composer-conductor Stephen Glass, an interlude of Jewish cantorial music, and words of encouragement from political leaders.

Montreal Mayor Gérald Tremblay praised the JGH for the core values it displays “when you receive patients and provide care in a spirit of compassion, openness and inclusiveness, and also when you convey such fundamental principles as respect for life and human dignity.”

This emphasis on the patient as a person has enabled the JGH to flourish, said Quebec MNA Lawrence Bergman. “Since its modest but ambitious beginning, the Jewish General Hospital has become a leader in research; it has taken its place among the great teaching institutions; its administration is held up as a model of efficiency; and it offers healthcare services to Quebecers from as far away as Alma and Trois-Rivières.”

Acknowledging the politicians who attended the gala, Executive Director Dr. Hartley Stern said the presence of “these friends from all levels of government is a forceful reminder of how important we are to the citizens of Quebec, and what kind of contribution we make to the City of Montreal and the rest of Canada.” Addressing the benefactors in the audience, he added,

“You are not just building facilities; you are rebuilding lives. You are not just supporting programs; you are supporting individuals during their weakest and most vulnerable moments.”

A multimedia ceremony

A vibrant chord filled the air—and for hours of the Jewish General Hospital, music, song and spoken tribute. The redesigned and renovated main entrance opened on June 18. 100 people gathered on June 18



The main entrance, newly redesigned and renovated.

With the snip of a ribbon, the main entrance is officially reopened by (from left) President Samuel Minzberg, Foundation Chair Richard Dubrovsky, Campaign Co-Chairs Morton Brownstein and Edward Wiltzer, Quebec MNA Lawrence Bergman, Executive Director Dr. Hartley Stern, Montreal Mayor Gérald Tremblay, Incoming President Bernard Stotland, Foundation President and CEO Myer Bick, JGH supporter Milly Lande, Building Committee Chair Stephen Kaplan, and 75th Anniversary Committee Chair Gail Karp.



In a tent near the main entrance, the audience watches the ribbon-cutting ceremony on video monitors.

Inside the tent, composer-conductor Stephen Glass (right) leads soloist Patrick Olafson and a choir in a tribute to the JGH.



On July 29, all members of staff were invited to celebrate the inauguration of the main entrance at a special event in the new corridor connecting the lobby to Pavilion G. In addition to refreshments served throughout the day, employees were invited to watch a special commemorative video about the JGH in the Block Amphitheatre. (For more on the video, please see page 24.)

Despite the overcast skies in the high windows lining the corridor, Dr. Stern said he felt as if “the sun is shining today inside this building. The theme of light was integrated into the design of the main entrance by our incredibly dedicated construction team. It illuminates and elevates the spiritual needs of our patients, in keeping with the legacy, standards and values that the hospital has upheld for 75 years, of providing care for all.”

Dr. Hartley Stern addresses staff and volunteers in the new, glass-lined corridor connecting the main entrance to Pavilion G.

Video brings JGH panorama to vivid life

To mark the 75th anniversary of the Jewish General Hospital, the essence of the JGH has been captured on a commemorative, eight-minute video production. Its peek at the history and development of the JGH juxtaposes numerous archival photographs with modern scenes shot throughout the hospital. The video production—filmed and edited by Eclipse Productions and produced by the JGH Department of Public Affairs and Communications—also includes interviews with staff, volunteers and patients, whose comments are excerpted here. To watch the video, visit jgh.ca/75th.

“Whether it’s a physician or a nurse or a surgeon, everyone here treats you like a person. That’s the real difference, above all. You’re treated like a human being and not like a number.”

— Pierre-Paul Caestagne
Former patient



“A lot of committed Emergency Department staff have put a great deal of time and effort into building up our department over the past 25 years. As a result, they have acquired expertise in administration, research and Emergency management. At the Ministry level and at the Agence level, everyone has recognized our Emergency Department as being one of the best—or even the best—in Quebec.”

— Dr. Alan Azuelos
Staff physician, Emergency Department



“What attracted me to this hospital was the concept that the nurse can be very autonomous within her practice. Here the nursing profession is really valued by everybody—patients, families, colleagues, physicians—and there’s room for improvement and advancement. We also have mentors who make sure that nurses can follow their dreams. We retain a lot of our nurses because of the autonomy we give them and because we value the profession.”

— Fabienne Germeil
Head Nurse, Stroke Unit



“This is the best place for me to pursue my research, because it exceeds expectations. Here I can do what I’ve always wanted to do, which is to follow my dreams, and they are being fulfilled. I finished medicine in 1964 and worked in Prague until 1979, and I’ve been here ever since. It’s the longest I’ve ever worked anywhere, because I feel this is my home.”

— Dr. Prem Ponka
Researcher, JGH Lady Davis Institute
for Medical Research



"The Jewish General Hospital enabled me to realize my dreams and fulfill my passions, in order to enhance my nursing skills. I've experienced a great deal of professional development and received mentoring from members of staff who believed in my potential."

— Isabelle Caron
Nursing Director, Medicine,
Psychiatry and Geriatrics



"My doctor at the Segal Cancer Centre was exceptional. I call her 'my hero' because she saved my life. She took the time to answer all of my questions and make sure I was comfortable before going ahead with any treatment or procedure. That meant a lot to me. My doctor really healed me in all ways, not just physically."

— Jacqui Gold
Former patient



"At the Jewish General Hospital, it's not just a question of medicine; it's a question of being able to interact with people. That's because we're not dealing with medical problems; we're dealing with people with medical problems. And that makes a big difference in terms of care, because this is a hospital that cares."

— Marc Renaud
Ophthalmic Technician
Department of Ophthalmology



"This hospital is, for all intents and purposes, one big family even though it's more diverse than ever. In the Emergency Department where I'm a volunteer, it's very rewarding to see, for example, an Arab doctor, a Hindu doctor and an Orthodox Jewish doctor all working together. It's a very moving and very gratifying thing to see."

— Jacques Theoret
Volunteer, former patient,
former JGH employee



Order of Canada winner heads JGH research institute

When Dr. Roderick McInnes takes up his duties in October as the head of the JGH Lady Davis Institute for Medical Research (LDI), the hospital will not only be getting a new Director of Research, but a newly appointed Member of the Order of Canada, honoured for contributions as a human geneticist and a leader in eye development and inherited eye disease.

“I’m tremendously excited to be coming to the Jewish General Hospital,” Dr. McInnes says. “I keep hearing from every source that it’s the best possible place to be a patient, and the LDI has some excellent investigators. Every time I turn around, somebody is publishing another paper or getting another award. I see this as a great opportunity to lead a first-class institute with so many fine investigators. The Order of Canada is also extremely satisfying—one of the most rewarding things that has ever happened to me professionally.”

Dr. McInnes has gained international recognition for his research in developmental and stem cell biology, especially as it applies to vision. Along with his research team, he has revolutionized principles around retinal degeneration that have had major implications in the treatment of human blindness around the world.

In acknowledgement of his achievements, Dr. McInnes was named to the Order of Ontario in 2008. He is also the President-elect of the American Society of Human Genetics, and Scientific Director of the Institute of Genetics at the Canadian Institutes of Health Research.



Dr. Roderick McInnes

Dr. McInnes comes to the JGH from Toronto, where he held the Anne and Max Tanenbaum Chair in Molecular Medicine at the Hospital for Sick Children. In addition, he was Professor of Pediatrics and of Molecular and Medical Genetics at the University of Toronto. Previously, Dr. McInnes had worked at Massachusetts General Hospital, Boston Children’s Hospital and the Montreal Children’s Hospital. He is a Fellow of the Royal Society of Canada and the Canadian Academy of Health Sciences.

Dr. McInnes says he is looking forward to returning to Montreal and to working closely with McGill, where he worked toward his Ph.D and received part of his pediatric training. In addition to his administrative duties, he also plans to devote a portion of his time to his own research.

Commenting on his Order of Canada, Dr. McInnes says he was “overwhelmed by the unexpected e-mails and letters from colleagues who thought it was a good idea. I’m proud of the people I’ve trained and the research I’ve headed, and I’ve had the opportunity to work with some incredible leaders in Toronto and at the Canadian Institutes of Health Research.”

Hassle-free Alzheimer

JGH scientists devise way to

A remarkably simple test—the first of its kind—may detect the presence of Alzheimer’s Disease through analysis of a tiny blood sample.



Dr. Hyman M. Schipper

This breakthrough test, developed by researchers at the JGH Lady Davis Institute for Medical Research (LDI) and McGill University, uses the patient’s blood (which can be drawn by a family doctor) to diagnose Alzheimer’s Disease even in its earliest stages.

The test can distinguish Alzheimer’s from other neurological diseases or from normal aging. It may also identify patients who have mild cognitive impairment (a frequent precursor of Alzheimer’s) and are at greatest risk of developing the disease. Current diagnosis of the disease is based on the patient’s medical history and on neurological exams, which may often be inconclusive in early stages of the illness. Some patients now also undergo invasive tests involving the extraction of their cerebral spinal fluid.

The findings were presented by Dr. Hyman M. Schipper, Director of the Centre for Neurotranslational Research at the LDI and a staff neurologist at the

r's test on the horizon detect disease early

JGH, and co-investigator Dr. David Burns of McGill's Department of Chemistry in the June issue of the *Journal of Alzheimer's Disease*.

Alzheimer's and other neurodegenerative disorders can be detected or traced through distinctive "biomarkers" or signatures. These markers appear in various bodily fluids, such as the blood or cerebral spinal fluid, whose composition has been changed by a chemical process called oxidative stress, also known as free-radical damage. These signatures in the blood can also reveal the presence of a neurological disease very early after its onset, or possibly even in its pre-clinical stages.

To "read" these biomarkers, Dr. Schipper and his colleagues use near-infrared biospectroscopy, a widely available form of technology in which light reveals what a specific substance is made of. "NIR biospectroscopy tells us whether there's been an abnormal change caused by disease," explains Dr. Schipper. "The machine interprets the particular wavelengths produced by blood that has undergone free-radical damage consistent with Alzheimer's Disease. These wavelengths were not seen in the blood of unaffected people or of patients with Parkinson's Disease, another neurological disorder."

Although chemical markers of Alzheimer's also exist in cerebral spinal fluid, "there's one problem: it requires this fluid to be drawn from the patient," Dr. Schipper says. "We don't often do it in our memory clinic, because putting a needle into the spine is more invasive than drawing a bit of blood from an arm vein. If shown to be effective in large-

scale studies, our test should prove to be much more accessible, inexpensive and user-friendly for the mass screening of memory loss in our aging population."

This sort of minimally invasive test has long eluded scientists, says Dr. Schipper. "The challenge is getting it Alzheimer's testing down to the level of a simple blood draw that can be conducted in every lab and clinic, and even in doctors' offices."

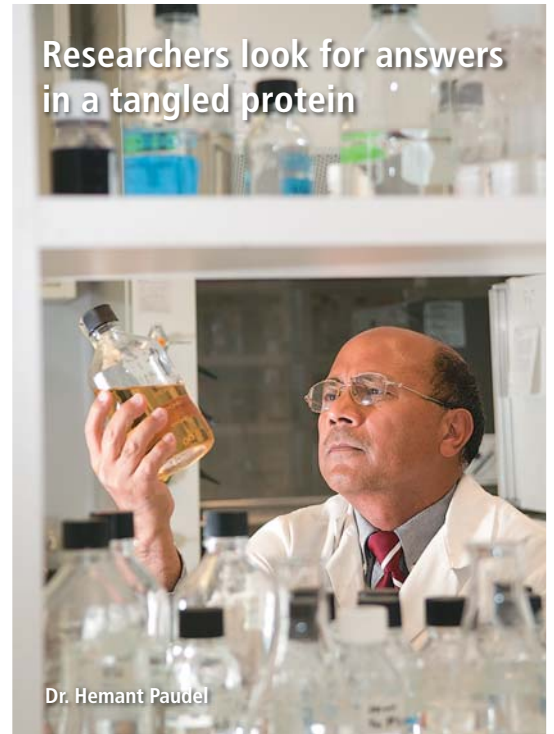
Let there be (near-infrared) light: Genesis Award for imaging technology

The company that developed the simple, new test for the early detection of Alzheimer's Disease has received an award from a leading Quebec biotechnology and life sciences industry association. Molecular Biometrics Inc., whose founding scientist and Medical Director is Dr. Hyman M. Schipper, is a McGill University spin-off company that specializes in accurate, minimally invasive diagnostic technologies for neurodegenerative diseases and assisted reproduction. The company used near-infrared biospectroscopy to develop a minimally invasive test for Alzheimer's.

In May, Molecular Biometrics received the 2009 Genesis Technology Transfer Award from BIOQuebec in recognition for its outstanding achievements and the key role it has played in the growth of Quebec's life sciences industry. To learn more, please visit molecularbiometrics.com.

Untangling Alzheimer's Disease

Researchers look for answers in a tangled protein



Dr. Hemant Paudel

A breakthrough in biochemical research at the JGH Lady Davis Institute for Medical Research (LDI) may hold the key to a clearer understanding of the cause of Alzheimer's Disease and, with it, a better chance for earlier diagnosis and treatment.

This advance "gives us, for the first time, a clear direction in dealing with the disease," says Dr. Hemant Paudel, Project Director in the Bloomfield Centre for Research in Aging at the LDI. Details of the discovery were described in the May issue of the *Journal of Biological Chemistry* by Dr. Paudel (who is also Assistant Professor of Neurology and Neurosurgery at McGill University), Ph.D student Dong Han and postdoctoral fellows Hamid Qureshi and Yifan Lu.

In a healthy brain, cognition takes place when certain cells (neurons) transmit information electrochemically to one another. In order for this transmission to occur, the neurons must be flexible and stable—properties they acquire from four or five phosphates (specialized chemicals) attached to the protein within the neuron. In Alzheimer's patients, a particular protein in the brain is overloaded with

Continued ... please turn the page.

There's been a hijacking!

AIDS virus
commandeers
"vehicles" on cell's
internal "highway"

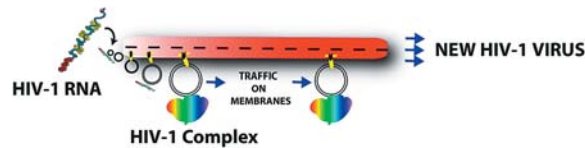


Dr. Andrew J. Mouland

The virus that causes AIDS speeds up the infection of the entire human body by infecting a few healthy cells and then "hijacking" the transport system inside these cells, scientists at the JGH Lady Davis Institute for Medical Research (LDI) have found. Armed with this latest information, scientists hope to follow up by finding a way to prevent this "hijacking" and keep the virus from spreading.

The discovery was documented in the May issue of the *Journal of Biological Chemistry* by Dr. Andrew J. Mouland, Associate Professor of Medicine at McGill University and head of the HIV-1 RNA Trafficking Laboratory at the LDI, with collaboration by colleagues at the Universities of Manitoba and British Columbia.

According to Dr. Mouland, in order for the virus (known as HIV-1) to become infectious, its genetic blueprint (the viral RNA genome) must make a very long trip. It travels from the cell's nucleus, located deep within the cell, to a point near the edge of the cell (the plasma membrane). This is where new virus particles are made, and this is where HIV-1 hopes to introduce its viral RNA genome into the new virus particles.



To become infectious, the HIV-1 virus (left) must arrange to transport its genetic blueprint (the viral RNA genome) from the centre of a cell to the edge. To do so, the virus "hijacks" certain mobile elements of the cell and take a "free ride" on the cell's virtual highway (centre at top).

However, HIV-1 can't make this long trip on its own. So it solves the problem by commandeering certain elements of the cell (known as membrane vesicles and "motor proteins") to transport its own viral RNA genome to the target destination. The objective is to make new virus particles that are fully infectious.

"There is a miniature highway inside the human cell, and on this highway, the membrane vesicles are the traffic," says Dr. Mouland. "In an infected cell, when the viral RNA genome leaves the nucleus, it essentially jumps on board for the ride. With impressive speed and efficiency, it orders the membrane vesicles to take it where it needs to go—to the plasma membrane. Now the goal is to figure out how to block this process."

Untangling Alzheimer's Disease

Continued from page 27.

phosphates and this causes "tangles" that impair the protein. Until now, researchers have tried to get a handle on Alzheimer's by examining the activity of these numerous phosphates.

What Dr. Paudel and his team determined was that information in the brain is impeded when a phosphate attaches itself to one specific amino acid, a building block of protein in the neuron. By narrowing their focus, the researchers hope they have found the disease's prime target. Thus, physicians may eventually no longer need to rely exclusively on cognitive/memory tests, which are of limited effectiveness

in diagnosing Alzheimer's in its earliest stages. Rather, doctors might also use a more reliable biochemical test.

"Now that we know what we're looking for, we could examine a patient's brain with a new technology such as neuro-imaging," Dr. Paudel says. "By detecting phosphorylation in the protein, we could start monitoring the patient more closely and far sooner than when using traditional diagnostic tools. With early detection also comes earlier intervention in treatment. Potentially, we could develop medication to block the phosphate's placement on the protein and ultimately halt the progress of the disease."

Research yields genetic surprise

Research by scientists at the JGH Lady Davis Institute for Medical Research (LDI) calls into question a basic assumption of human genetics: that when it comes to DNA, every cell in the body is essentially identical to every other cell. This discovery, conducted in collaboration with colleagues at the JGH and McGill University, may undercut the rationale behind numerous large-scale genetics studies over the past 15 years; these studies were supposed to isolate the causes of scores of human diseases.

Except in the case of cancer, samples of diseased tissue are difficult or even impossible to take from living patients. Thus, the vast majority of genetic samples in large-scale studies consist of blood. However, if it turns out that blood and tissue cells do not match genetically, these ambitious and expensive genome-wide association studies may prove to have been flawed from the outset.

The results sprang from work by Dr. Morris Schweitzer, an LDI Clinical Investigator and staff physician in the JGH Division of Endocrinology; Dr. Bruce Gottlieb, an LDI Project Director; and Dr. Lorraine Chalifour, an LDI Staff Investigator. Their results appear in the July issue of the journal *Human Mutation*.

The discovery arose during an investigation into the underlying genetic causes of abdominal aortic aneurysms, one of the rare vascular diseases where tissue samples are removed as part of patient therapy. The researchers focused on BAK, a gene that controls cell death. To their surprise, they found major differences between BAK genes in blood cells and tissue cells from the same individuals, with the suspected disease “trigger” present only in the tissue. Furthermore, the same differences were later evident in samples from healthy individuals.

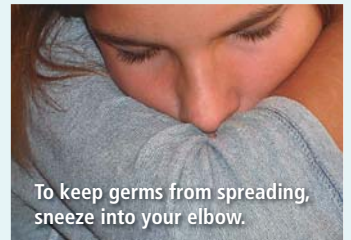
“Traditionally when we have looked for genetic risk factors for, say, heart disease, we have assumed that the blood will tell us what’s happening in the tissue,” says Dr. Gottlieb, a geneticist with the JGH-based McGill Centre for Translational Research in Cancer. “It now seems this is simply not the case. From a genetic perspective, therapeutic implications aside, the observation that not all cells are the same is extremely important. That’s the bottom line.”

“This will probably have repercussions for vascular disease in general,” adds Dr. Schweitzer. “We have not yet looked at coronary or cerebral arteries, but I would suspect that this mutation may be present across the board.”

Flu season’s coming!

A few simple precautions can raise your odds of avoiding the flu this fall and winter.

The Quebec Ministry of Health and Social Services recommends that when you cough or sneeze, you cover your mouth and nose with a tissue. Then put the tissue in the trash and wash your hands. If you don’t have a tissue, you should cough or sneeze into your elbow or turn your face toward your shoulder. This will prevent you from contaminating your hands and the area around you.



To keep germs from spreading, sneeze into your elbow.

To keep from acquiring or spreading an infection, there’s nothing better than handwashing. In a pinch, you can rub some alcohol-based, anti-bacterial lotion into your hands—the kind you’ll find in dispensers throughout the JGH—but soap and warm water are best. The hospital’s Infection Prevention and Control team recommends that you wash your hands before and after meals, and after sneezing, coughing or using the washroom. Just follow these steps:



- Wet hands thoroughly.
- Lather well for at least 10 seconds. Pay special attention to fingertips and between fingers and thumbs.
- Rinse well.
- Dry hands thoroughly. In the hospital, use a paper towel, which you also use to turn off the taps of non-automatic faucets.
- If using a waterless hand hygiene product, rub hands until dry. However, if hands are dirty, use soap and water.

Bigger and better

If you’ve walked or driven along Côte-Sainte-Catherine just west of Légaré, you’ve probably noticed construction next to the Institute of Community and Family Psychiatry. That’s the Jewish General Hospital’s latest project—a new building to house the services of Child Psychiatry. To learn more about this project, as well as expansion and renovation elsewhere in the JGH, please visit jgh.ca/building.

High profile for JGH at safety symposium

Initiatives by the Jewish General Hospital to upgrade the quality of its care will be prominently showcased at a national symposium on healthcare this fall, following a decision by conference organizers to accept 12 of the JGH's 15 proposals for poster presentations on safety.

The posters will be displayed in October in Montreal at the Canadian Healthcare Safety Symposium, the largest annual meeting of its kind in Canada, with delegates representing 200 organizations across the country. In total, 100 posters will be displayed, making the Jewish General Hospital the most high-profile presenter at the symposium.

The content of the posters reflects a concerted push since 2008 by all members of JGH staff to significantly upgrade the quality of patient care. In their ongoing efforts, staff regularly analyze a wide range of hospital activities, and then pinpoint and modify practices that could potentially contribute to lapses in safety.

JGH posters at the Canadian Healthcare Safety Symposium will cover achievements in such areas as the use of digitized pumps to prevent errors in intravenous medication; the development and implementation of a program to prevent falls; hospital-wide initiatives to ensure the accurate identification of patients; and a pamphlet that tells patients and their families what steps the hospital will take to disclose information if an accident occurs.

Members of JGH staff will be on hand to answer delegates' questions and discuss hospital projects related to safety and quality of care. The hospital's presence will also be emphasized in banners and other materials that identify the JGH as a Silver Sponsor of the symposium.

In related news, it was recently announced that the Jewish General Hospital has been chosen as the Quebec focal point for the activities of Safer Healthcare Now, a national campaign coordinated and funded by the Canadian Patient Safety Institute (through Health Canada). The campaign aims to improve the safety of patient care through learning, by sharing information and by implementing interventions that are known to reduce avoidable adverse events. In becoming one of just four focal points in the Canadian campaign—one for each of the Western, Ontario, Quebec and Atlantic regions—the JGH is continuing to play an active role in bringing improvements to the Quebec healthcare network.

New coordinator for JGH Quality Program

The Jewish General Hospital's Quality Program has a new Coordinator. Markirit Armutlu, who joined the Jewish General Hospital in late spring, says her goal is to work closely with the hospital's leaders and healthcare teams to ensure that "patients get safe passage through the JGH and the best services and care possible. The idea is not just to respond when certain situations arise, but to play an active role in improving quality. I want to make the JGH a leader in safety and in the quality of its care."

Ms. Armutlu is a key player in the JGH Quality and Risk Management Committee, which includes representatives from the public and from departments throughout the hospital. Reflecting the emphasis that JGH places on safety and quality, the Committee is co-chaired by Dr. Joseph Portnoy, Director of Professional Services, and Lynne McVey, Director of Nursing. Ms. Armutlu also becomes the leader of the JGH-based Quebec section of Safer Healthcare Now, a national campaign coordinated and funded by the Canadian Patient Safety Institute. The campaign aims to improve the safety of patient care through education, sharing information and implementing practices that are known to reduce avoidable adverse events.

During the past several years, Ms. Armutlu has collaborated with the



Markirit Armutlu

Quebec Association of Healthcare and Social Service Institutions in the development of a Risk Management manual for Quebec Hospitals. She worked with the Ministry of Health and Social Services to develop a new training course for members of hospitals' risk management committees, and she is a provincial trainer for Human Factors in Patient Safety. Ms. Armutlu comes to the JGH from St. Mary's Hospital, where she had been Quality and Risk Management Coordinator since 2000. Previously at St. Mary's, she spent six years as a Quality Improvement Coordinator for the Geriatric Program, 11 years as Chief of Occupational Therapy and five years as an Occupational Therapist.

Belle's View

At the JGH, every doctor, nurse and healthcare professional has a fascinating story to tell—and Belle Ziniuk is an avid listener. As an author and volunteer, Belle loves meeting and writing about the people who make the hospital great. Be sure to check out her blog at jgh.ca/belle.

New filtration technique spells relief for cardiac patients with fluid build-up

“My stomach was protruding like a pregnant woman’s,” recalls patient Carlton R. White, chuckling at this improbable diagnosis for a retired gentleman. But the real culprit behind his swollen belly was no laughing matter. Like certain cardiac patients, Mr. White experienced a major back-up or congestion of fluid in his body, a potentially serious condition that, in some cases, does not respond to traditional forms of therapy. The solution: ultrafiltration, a technique not previously practiced in Canada, and now under assessment at the Jewish General Hospital.



Patient Carlton R. White receives an ultrafiltration treatment from (from left) Krystine St-Laurent, Research Coordinator in Cardiology; Althea McBean, Clinical Nurse Specialist in Medicine; Dr. Richard Sheppard; and Monique Van Ockenburg, Nurse Clinician in the Heart Function Clinic.

Mr. White’s condition, known as acute decompensated heart failure, occurs when a weakened heart is unable to maintain adequate blood circulation. As a result, water from the blood leads to a fluid overload in the body’s soft tissues and organs. Over time, the added pressure on these organs may impair their function, thereby posing a serious health risk. Traditionally, the condition has been treated with diuretics or by restricting the intake of fluids and sodium. However, in some patients, the excess fluids are not sufficiently reduced. Even more troubling is the fact that diuretic medication may be associated with adverse effects on the kidneys.

Ultrafiltration appears to solve this problem through a technique similar in concept to hemodialysis, explains Dr. Richard Sheppard, a JGH Cardiologist and heart failure specialist. As the patient lies in bed for several consecutive days, a machine removes blood at a slow, measured rate, and then extracts a controlled amount of plasma water (also known as isotonic fluid) from the blood. Unlike the age-old practice of phlebotomy, in which some of the blood is removed altogether to reduce fluid build-up, the ultrafiltration machine pumps the patient’s blood—“filtered” of its isotonic fluid—back into the body.

“They hooked me up and my stom-

ach went right down after the treatment,” says Mr. White. “A lot of strain was also taken off my heart. That helps me keep up my daily routine of jogging.” Mr. White was recruited by the JGH’s Cardiology team for a study by Duke University of North Carolina to test the effectiveness of ultrafiltration in patients with acute decompensated heart failure. The JGH is participating in the Canadian arm of the study by performing clinical trials along with the Montreal Heart Institute.

Dr. Sheppard notes that ultrafiltration is a relatively benign procedure for patients with functioning kidneys, since its slow, steady pace allows the body to maintain relatively stable blood pressure. By contrast, unwelcome fluctuations in blood pressure can be caused by hemodialysis and, to a lesser extent, by diuretics.

“The number of patients undergoing ultrafiltration is limited, because they have to be monitored in a cardiac care unit during clinical trials,” Dr. Sheppard says. “Eventually, though, we hope to offer this therapy on a routine basis, possibly in the patient’s home or in an out-patient clinic. Studies have demonstrated that it has significant benefits over standard care practices, including fewer Emergency visits and shorter hospital stays for rehospitalized patients.”

A graphic design for the Jewish General Hospital. It features a stylized tree logo with colorful leaves (yellow, orange, red, blue, green) above the text "Jewish General Hospital" and "Care for all." Below this is a green curved banner with the text "Proud neighbours since 1934". At the bottom, it says "Côte-des-Neiges Notre-Dame-de-Grâce Montréal" with a red clover-like logo.



Ride to Conquer Cancer

CYCLING CHALLENGE GETS NEW EVENT ROLLING

The first-ever Ride to Conquer Cancer made its triumphant debut on July 11 and 12, as 1,450 cyclists from across the province raised an incredible \$5.7 million, completing a demanding but fulfilling two-day, 270-kilometre journey from Montreal to Quebec City.

Organized by the Jewish General Hospital Foundation, this was an event for all Quebecers, reflecting widespread support for and by the JGH in extending care to patients across Montreal and Quebec. Organizers estimate that francophones accounted for about 61 per cent of the participants, with the event also attracting riders—from their teens to their 70s—from Ontario and other provinces. Proceeds will support cancer research, treatment and prevention at the JGH Segal Cancer Centre, as well as the Quebec University Hospital Centre, the Trois-Rivières Regional Hospital Centre and the Gatineau Health and Social Services Centre.

“It was very intense, but very rewarding,” said 39-year-old rider Sonya Fortin of Saint-Constant, who raised \$11,810. “The wind and rain were sometimes difficult, and the hills were hard on my knees, but it was something I had to do. My father died of cancer last year, and so did my sister-in-law last April. I’ve also lost an uncle and aunt to cancer. When I woke up the morning after the ride, I felt I had grown because of the experience.”

Although good weather prevailed during the Saturday morning departure from Montreal’s Olympic Stadium, rain began during the afternoon and kept up all day. Nevertheless, spirits were bolstered by volunteers who ensured the cyclists had whatever they needed to continue safely. Participants camped at the half-way point in Trois-Rivières, where they enjoyed hot meals and entertainment. On Sunday, in perfect cycling weather, the first riders crossed the finish line in Quebec City around 11:00 a.m., while the others arrived to a jubilant reception over the next several hours.

Among the riders were Executive Director Dr. Hartley Stern and his wife, Dorothy, as well as JGH President Bernard Stotland and JGH Foundation President and CEO Myer Bick. Various members of hospital staff rode the course, including Dr. Marc Tischkowitz, Dr. Igal Amir, Dr. Martin Gyger, Dr. Michael Hier, Dr. Jamie



Participants in the Ride to Conquer Cancer cycle energetically through the countryside on their way to Quebec City.

Jubilant cyclists cross the finish line in Quebec City after a two-day, 270-kilometre ride from Montreal.



Photos: Ryan Blau/PBL Photography

Rappaport, Dr. Jason Agulnik and Dr. Victor Cohen. The ranks also included Jennifer Heil and Alexandre Bilodeau, athletes in the 2010 Vancouver Olympics; former Olympic cyclist Yvan Waddell; and world-level cyclists Dominique Perras and Mathieu Toulouse. Helping to kick off the event were Stephen and Claudine Bronfman, and François and Isabelle de Gaspé Beaubien.

“This Ride was something everyone can be proud of,” Mr. Bick said. “We’re delighted to be part of an event whose benefits will be felt by patients throughout Quebec. By coming together from various regions across the province, we can accomplish so much more as we work to conquer cancer.”

For information about the 2010 Ride to Conquer Cancer or to register for the event, visit www.conquercancer.ca or call 1-866-996-8356.

www.conquercancer.ca 1-866-996-8356

Weekend to End Breast Cancer

MAKING EVERY STEP COUNT ON THE ROAD TO A CURE

Marking its landmark fifth year as one of Quebec's premier fundraising events, the Weekend to End Breast Cancer made every step count on Aug. 22 and 23, as 2,195 tired but exhilarated participants filled the streets of Montreal to raise an impressive \$5.7 million. Combined with funds from the Weekend walks of 2005 through 2008, this year's sum brings the grand total to more than \$36 million.

Proceeds will help support research, prevention, diagnosis and treatment of breast cancer at the Jewish General Hospital's Segal Cancer Centre. However, this year for the first time, the funds will also be used in the battle against all women's cancers. As always, the participants hailed from all parts of Quebec and Montreal. According to organizers, francophones accounted for roughly 54 per cent of walkers, reflecting widespread support for the care that the JGH extends to patients across the province and throughout the city.

"It was such an extraordinary experience," said walker Chantal Pelletier of Laval. "People cheered us on and gave us water, lemonade and popsicles. It was energy for our spirits and energy for our bodies." Not only was this Ms. Pelletier's third year walking in Montreal, but the second of three Weekend to End Breast Cancer walks she is making this year—the first in Ottawa last June and the last in Toronto in September. "I feel really fortunate that cancer has not touched me or anyone among my relatives or friends. But the cause is so important that it's something I just have to do."

Once again this year, walkers along the 60-kilometre route had their morale boosted by well-wishers with signs, balloons, snacks and drinks. Of special note was the JGH's brightly decorated cheering station, where participants cooled off, refilled water bottles, and enjoyed a snack.

By late Saturday afternoon, in hot, sunny weather, the participants arrived at Queen of Angels Academy in Dorval where a hot supper was served. After enjoying an entertaining program at the site, they retired to their assigned tents. Then, rising early on Sunday morning, they headed back to the Uniprix Stadium under mostly sunny skies. There, in a closing ceremony brimming with tears of joy, they donned Victory shirts—walkers in blue, crew in white and survivors in pink.



As the Segal Cancer Centre towers behind them, spirited walkers indulge in a display of team unity during the Weekend to End Breast Cancer.



The weather was ideal for a walk through downtown Montreal in the Weekend to End Breast Cancer.

The end of the weekend wasn't the end of the journey: Many walkers headed over to the registration desk and signed up for next year's event, the newly renamed Weekend to End Women's Cancers, scheduled for August. For information or to register, visit www.endcancer.ca or call 514-393-WALK (9255).

www.endcancer.ca 514-393-WALK (9255)

NEWSMAKERS

CONGRATULATIONS!



Lynne McVey receives her diploma from **Dr. Greg Shea**, Academic Director of the Johnson and Johnson Wharton Fellows Program in Management for Nurse Executives.

Lynne McVey, JGH Director of Nursing, was among a select group of international nursing executives who graduated in July from an intensive, three-week management education program at The Wharton School of the University of Pennsylvania in Philadelphia. Ms. McVey was one of 38 senior nursing executives from the United States, Australia, Italy and Canada in the Johnson & Johnson – Wharton Fellows Program in Management for Nurse Executives. Participants were taught critical business and management skills to enhance their leadership abilities in the constantly evolving healthcare field.

Dr. Bernard Lapointe, JGH Chief of Palliative Care, has been named to the Eric M. Flanders Chair in Palliative Medicine in McGill University's Department of Oncology. According to Dr. Gerald Batist, JGH Chief of Oncology, "this major McGill



Dr. Bernard Lapointe

leadership position acknowledges Bernard's visionary approach to patient care, research and teaching, which have been recognized nationally and internationally. It also shows appreciation for his tremendous leadership skills." The appointment was praised by Dr.

Hartley Stern, JGH Executive Director, as being "truly representative of the core values that we at the JGH represent." Dr. Marc Afilalo, Chief of the JGH Emergency Department, said he and his colleagues have always found Dr. Lapointe to be "a source of inspiration and a model of compassion."

Dr. Ernesto Schiffrin,

JGH Physician-in-Chief, has been named President of the Regional Board of Chiefs of Departments of Specialized Medicine for the Island of Montreal. The appointment was made by the Montreal Regional Health and Social Services Agency.



Dr. Ernesto Schiffrin

In recognition of his promising breast cancer research at the JGH Lady Davis Institute for Medical Research, **Dr. Volker Blank** has been awarded an IDEA Grant by the Canadian Breast Cancer Research Alliance (CBCRA). By analyzing how a change in the levels of a certain protein influences the growth of breast cancer cells, Dr. Blank hopes to begin to understand why aggressive forms of the disease resist conventional therapy. The IDEA Grants program provides financial support to innovative concepts that could potentially open up significant new areas of research. The CBCRA, consisting of representatives from the public, private and non-profit sectors, is the primary granting agency for breast cancer research in Canada.

Dr. Sharon Bond,

Director of the JGH Couple and Family Therapy Program, has received the Award of Merit of the Interprofessional Council of Quebec. The award acknowledges Dr. Bond's significant contribution to the Professional Order of Social Workers of Quebec, as well as her career in teaching, research and



Dr. Sharon Bond

clinical practice. In particular, Dr. Bond was recognized for developing a proposal for a new Master's program in Couple and Family Therapy through the McGill University School of Social Work, in partnership with the JGH Department of Psychiatry.

Dr. Hyman Schipper, a JGH staff neurologist, has accepted an invitation from the Canadian Institutes of Health Research to chair the grants committee that deals with biological and clinical aspects of aging. A letter to Dr. Schipper from the Institutes says he was "recommended for this appointment by your peers in recognition of your leadership skills and demonstrated excellence in science."

Dr. Wilson Miller,

Director of the Clinical Research Unit at the JGH Lady Davis Institute for Medical Research (LDI), has become a member of a special study section of the Center for Scientific Review in the United States.



Dr. Wilson Miller

The Center evaluates most of the research grant applications that are sent to the National Institutes of Health in the U.S. Dr. Miller will participate in the Center's Basic Mechanisms of Cancer Therapeutics Study Section, based in Bethesda, Maryland. In a letter to the LDI, Dr. Toni Scarpa, Director of the Center, says members are chosen based on scientific experience and expertise, as well as "mature judgment, objectivity and the ability to work effectively in a group, qualities we believe Dr. Miller will bring to this important task."

Sabine Cohen has been appointed Chief of Information Management and will help ensure the integrity and integration of information in new information technology projects. Since joining the JGH in 2000, Ms.



Sabine Cohen

Cohen has distinguished herself as an Internet coordinator and portal architect, and was awarded the E-health Award of Excellence in Health Information in 2003. As an IT project manager, she has been involved in a wide range of projects in such areas as oncology, telehealth and datawarehousing.

The Quebec Fund for Medical Research has announced it will grant 2009-2010 Research Scholarship Awards to the following investigators at the JGH Lady Davis Institute for Medical Research: **Dr. Chantal Autexier, Dr. David Dunkley, Dr. Céline Gélinas, Dr. Christina Greenaway, Dr. Susan Kahn, Dr. Carmen Loiselle, Dr. Thierry Muanza, Dr. Kostas Pantopoulos, Dr. Brent Richards** and **Dr. Andrew Ryder**.

Four appointments have been announced at the JGH Lady Davis Institute for Medical Research (LDI): **Dr. Wilson Miller** becomes Associate Director for Clinical Research; **Dr. Chantal Autexier** is Associate Director for Faculty Development and Training; **Dr. Stéphane Richard** has been named Associate Director for Research Space (and continues as LDI Interim Director until Oct. 1); and **Gustavo Wendichansky** has been appointed Chief Financial Officer of the LDI.

WELCOME!

Dr. Te Vuong has been appointed Chief of Radiation Oncology at the JGH Segal Cancer Centre. In welcoming Dr. Vuong, Dr. Gerald Batist, Chief of Oncology, said she “brings important elements to the position that are entirely in sync with the Segal Cancer Centre’s mission and approach.



Dr. Te Vuong

“She is an international star in her field of research, which has directly benefited many thousands of patients. She is also a kind, generous and strong leader and mentor, who appreciates her colleagues and every member of the team. Our common focus is on excellence, innovation and compassion-

ate care; Dr. Vuong has all of these qualities.”

Dr. Vuong, a practicing radiation oncologist and certified medical oncologist, has various research interests, including the development of new technologies to treat gastrointestinal tumors. At McGill University, she is an Associate Professor who also serves as Co-Director of Radiation Oncology and as Director of the McGill Rectal Radiation Research Program. In addition, she is a clinician-scientist at the Canadian Institutes of Health Research.

At the National Cancer Institute of Canada, Dr. Vuong is Co-Chair in Colorectal Studies and has received numerous grants to develop new radiation technologies and quality-of-life studies. Over the past four years, she has also developed international and North American research networks for rectal cancer. In her new JGH position, Dr. Vuong succeeds Acting Director Dr. Boris Bahoric, whose contribution to the Division has been warmly acknowledged by Dr. Batist.



Dr. Koren Mann

Dr. Koren Mann, an expert in environmental toxicology, has joined the JGH Lady Davis Institute for Medical Research as a Project Director and will be based at the JGH Segal Cancer Centre. She is also a newly appointed Assistant Professor in McGill University’s Department of Oncology. Dr. Mann has worked with the U.S. Environmental Protection Agency on cancer “hot-spots” in areas of the American West that have high arsenic levels in the groundwater. In addition, she is involved translational research in cancer therapeutics.

As a social worker, **Dr. Isabelle Dumont** comes to the Jewish General Hospital with clinical expertise and research experience in counselling families where cancer is present. Dr. Dumont, who has worked at Memorial Sloan-Kettering Cancer Center in New York, will be based at the JGH Segal Cancer Centre, with a cross-appointment to the new Psychosocial Oncology Program at McGill University. This will enhance the newly developing relationship between the JGH Department of Oncology and the McGill School of Social Work.

Dr. Huy Le has become a member of the Department of Radiology, where he will practice musculoskeletal and general radiology. Dr. Le finished his undergraduate studies at McGill University in 2003 and completed the Diagnostic Radiology Residency Training Program at McGill in 2008.

IN THE SPOTLIGHT

Dr. Alan Spatz, Chief of the JGH Department of Pathology, was among the featured speakers in Paris in July at the first open interactive symposium on personalized cancer care. Dr. Spatz, a Professor of Pathology and Oncology at McGill University, joined global experts to discuss future challenges in the individualized treatment of cancer patients, based on their genetic makeup and other factors. The JGH Segal Cancer Centre is an academic initiator of the international network on personalized medicine, along with a dozen other institutions including the MD Anderson Cancer Center in Houston, l’Institut Gustave-Roussy near Paris, the Fox Chase Cancer Center in Philadelphia, the Karolinska Institutet near Stockholm, and the Shanghai Cancer Center.



Dr. Alan Spatz

NEWSMAKERS

Minister of Health takes tour of JGH

Yves Bolduc, Minister of Health and Social Services, toured the Jewish General Hospital in May, paying particular attention to the Emergency Department, the operating rooms and the Critical Care areas. He was responding to an invitation by the JGH to explore ways in which the hospital can be of greater service to the Quebec healthcare network in improving waiting times for emergency care and surgery, and in working with the Ministry to promote best practices in healthcare throughout Quebec.



Patient Martine Tourigny chats with Yves Bolduc (centre), accompanied by Dr. David Langleben (left), JGH Chief of Cardiology; and Lawrence Bergman, Member of the National Assembly for D'Arcy-McGee.



Yves Bolduc (left) meets with (from right) Dr. Marc Afilalo, Chief of the Emergency Department; Patricia Faille, Registered Nurse in Emergency; Dr. Hartley Stern, Executive Director; and Dr. Stephen Rosenthal, Director of Information Services and a staff physician in Emergency.

JGH Jazz marks double anniversary

CELEBRATING
75
YEARS



Music—jazzy, rocking, mellow, bluesy and, above all, life-affirming—filled the picnic area near the Côte-des-Neiges entrance in late June and early July, as JGH Jazz returned for its 10th landmark season. Organizer and JGH Music Therapist Bryan Highbloom (left) saluted the hospital on its 75th anniversary by building the festival's programming around the theme of *Care Songs*, echoing the JGH mission of "Care for all". In another nod to the anniversary, Mr. Highbloom prepared and hosted a special video program in the Block Amphitheatre, consisting of numerous photos from the JGH archives, accompanied by an original musical score.





JGH Mini-Med School

Be more than a patient: Be a healthcare partner

When you consult a doctor, nurse or other healthcare professional, you may think you're just a patient, but you're really something more: a partner. As JGH experts explained in the latest session of the JGH Mini-Med School, 21st-century medicine is often more effective when individuals play an active role in their own health. This is especially important for anyone wanting to live a comfortable, happy life while coping with a chronic illness such as arthritis and diabetes.

"These conditions are a daily reality for about one-third of Canadians," said Judy Bianco, Head Nurse in Geriatrics and Nursing Coordinator for Chronic Illness and Aging. "Healthy lifestyle choices must be made over years or decades, and not just through emergency interventions and episodic care by a healthcare professional. The best way to live with a chronic condition is to be aware of how to take care of yourself."

Ms. Bianco's comments were echoed by her Mini-Med co-host, Dr. Ruby Friedman, Associate Director of the Division of Geriatric Medicine, who noted that "25 years ago, there were terrible prognoses for many of these conditions. Now, as patients gather knowledge about their disease and take charge of their health, they are indeed living well."

The remarks by Dr. Friedman and Ms. Bianco formed the basis of the seventh annual Mini-Med series, as JGH experts provided insights and advice in engaging, non-technical language. All of the lecturers agreed that no therapy, no matter how cutting-edge or customized, can reach achieve maximum effectiveness unless patients adopt a healthy diet, exercise and refrain from smoking. At the end of the spring series, members of the audience received graduation diplomas and the honorary title of "mock-tor".



JGH Mini-Med School "mocktors" proudly display their graduation certificates. Joining them are (front row, from left) Mini-Med organizer Glenn J. Nashen, Director of Public Affairs and Communications; and series co-hosts, nurse Judy Bianco and Dr. Ruby Friedman.

Other Mini-Med highlights:

- Dr. Marie Hudson (JGH rheumatologist and epidemiologist) said certain alternative and complementary therapies, such as acupuncture and massage therapy, might offer some relief from the pain and inflammation of arthritis. However, she recommended keeping bones strong and healthy with weight-bearing exercises and vitamin supplements such as calcium and vitamin D.

- Dr. Jeffrey Minuk (Attending Staff Neurologist) and Catherine Forbes (Clinical Nurse Specialist in Neurology and Coordinator of the Stroke Team), explained that age is not a factor in recovering from a stroke. Relatives and

friends can help patients improve their chances of autonomy by talking to them, keeping them mobile and maintaining a positive attitude in their presence.

- Dr. Eddy Lang (Attending Physician in the Emergency Department), Arlene Greenberg, (Chief Medical Librarian) and Francesca Frati (Patient Information Specialist) urged caution regarding health-related information on the Internet and in the news media. They recommended seeking balanced, unbiased, evidence-based information, and consulting multiple, authoritative sources.
- Dr. Richard Sheppard (Attending Physician in Cardiology), Monique van Ockenburg and Esther LaForest (Nurse Clinicians in the Heart Function Clinic) and Chantal Bellerose (Nutritionist) said heart conditions can be stabilized and symptoms controlled by choosing a lean, high-fibre, low-sodium diet and opting for homemade meals over processed foods.
- Dr. Tina Kader (Staff Physician in Endocrinology) warned that diabetes has reached epidemic proportions, with 2.4 million Canadians living with the condition, and diabetics accounting for nearly half of those admitted to the JGH. Type 2 diabetes is not a mild disease, she noted, since it can lead to stroke, heart disease, renal disease, blindness and other serious conditions.

Looking for a great holiday gift?

Treat someone to the gift of healthful information with the Jewish General Hospital's Mini-Med School series on DVD!

Just \$19 for each complete series of 5 or 6 lectures

For more information:
jgh.ca/en/OnDVD

The Mini-Med DVD is just what the doctor ordered! It's physician-prescribed to provide:

- Practical advice about health and disease, delivered by leading JGH clinicians and researchers
- Common-sense insights into bewildering and conflicting medical headlines and news stories
- User-friendly information about the way new medical challenges are being addressed through research and clinical practice at the JGH

Thank you to our sponsors

The Jewish General Hospital gratefully acknowledges the generous support of its sponsors for the JGH Mini-Med School.



Food, fun and festivities at Family Day for staff

Hot dogs, clowns, face painting, door prizes, cotton candy, free T-shirts, live music, and much more, were the Jewish General Hospital's way of saying a big "Thank you!" to staff on June 14 for their year-round dedication to patients. The JGH Family Fun Day, which also celebrated the hospital's 75th anniversary, entertained nearly 1,000 members of staff and their families over the course of a sunny Sunday in the Légaré staff parking lot.



Through the decades with the JGH



Phyllis Karper (left) and Linny Blauer

How fortunate we are to be Auxiliary Co-Presidents at this auspicious moment, the 75th Anniversary of the Jewish General Hospital. In 1936, just two years after the JGH opened, The Auxiliary appeared on the scene and was soon recognized as an integral adjunct to the hospital's administration.

Over the decades, we have provided seed money and volunteers for the Children's Nursery, surgical dressings, bottles and linens, as well as support for Hope & Cope, the Stroke Rehabilitation Program, Chronic Spinal Pain Support, and the Urgence Presence Program in the Emergency Department. Currently, The Auxiliary offers heart-shaped pillows to post-cardiac surgery patients, provides patient belongings bags, and operates many other worthwhile services for the hospital and the community.

By raising funds and offering a broad range of innovative programs and services, we help the JGH put the "care" in "healthcare"—always keeping our roots and *raison d'être* in mind. These accomplishments are possible, thanks to revenues generated by our Flower Shop, Atrium and Link coffee shops, on-site vendors, sales of collectibles and books, and most recently, a mobile food cart that visits the Segal Cancer Centre and various clinics.

May the Jewish General Hospital continue to go from strength to strength and be a source of pride to us all!

— Linny Blauer and Phyllis Karper
Co-Presidents, JGH Auxiliary

Take part in the hospital's 75th anniversary with JGH News!

This year, the Jewish General Hospital is celebrating its milestone 75th anniversary. You can catch the excitement in the pages of *JGH News*, which is mailed to you free of charge when you donate to the Jewish General Hospital Foundation.

As always, *JGH News* is also available throughout the hospital.

- If you have already donated to the JGH Foundation in the past two years, you're all set. You will receive *JGH News* automatically by mail.
- If you want to start getting *JGH News* by mail, just donate \$36 or more to the Jewish General Hospital Foundation by phoning 514-340-8251 or by visiting www.jghfoundation.org. This applies to all donations to the Foundation, except memorial funds.
- You will receive a tax receipt from the JGH Foundation for the full amount of your donation, plus *JGH News* as a token of our appreciation.
- For any changes to your subscription, please phone 514-340-8251.

Bigger and better in 2009!



AUXILIARY NEWS

À la carte at the cart



Volunteers Paula and Len Bennett can ease your hunger pangs.

When hunger strikes relief is close at hand in The Auxiliary's snack cart. A tasty selection of sandwiches, pastries, soft drinks, coffee and more is available as the cart visits waiting rooms, clinics and the Segal Cancer Centre Monday through Thursday from 10:30 a.m. to 1:30 p.m.

Breastfeeding support on Auxiliary's menu



The main course in The Auxiliary's Menus for the Mind series was a recent screening of the movie *Letters to Jenny*, with proceeds supporting the Goldfarb Breastfeeding Program at the Herzl Family Practice Centre. Among those attending were (from left) event Co-Chairs Beatrice Lewis and Kler Kordovi; Valerie Frunchak, Nursing Director, Maternal Child Health; and Auxiliary Co-Presidents Phyllis Karper and Linny Blauer.

Lifeline partnership thrives at JGH



Fran Yagod with Philips Lifeline representatives (from left) Stéphane Tremblay, François Legault and Stephen Hunter.

Fran Yagod, The Auxiliary's Lifeline Chair, has received a cheque for \$250,000 from Philips Lifeline, symbolizing the results of their highly rewarding, eight-year partnership. Philips Lifeline also presented The Auxiliary with an award acknowledging the recent sign-up of their 1,000th subscriber. The Philips Lifeline service is geared to individuals who live on their own, but might need to summon help quickly because of their advanced age or medical condition. When the service is booked through The Auxiliary and installed by a trained volunteer, a portion of the installation fee is donated by Philips Lifeline to The Auxiliary. Proceeds are used to buy medical equipment for Geriatrics. The service can be ordered at 514-344-2172.

Keeping the Golf Classic on the ball



Auxiliary volunteers are ready for fairways, food and fun.

Great weather means golf, and golf means The Auxiliary was out again in force at the 17th annual JGH Silver Star-Mercedes Benz Golf Classic, benefiting the Department of Orthopedics. Auxiliary volunteers at the Elm Ridge Country Club helped with registration and at refreshment stations. The Auxiliary also collaborated with the JGH Foundation in publishing a souvenir ad book. Volunteer Coordinators for the event were Linny Blauer, Barbara Feldman, Terry Minzberg and Rhona Rosenblatt.

COMING SOON

Don't miss these exciting events

Nov. 1-2 • Fall Fair

Samuel S. Cohen Auditorium (Pavilion A), 7:30 a.m. - 5:00 p.m.

A bargain-hunter's delight! Great, new merchandise, collectibles, vintage furs and more. Proceeds will help purchase medical equipment. Co-Chairs: Sarah Hutman and Susan Wainberg.

Dec. 2-3 • Holiday Gift Sale

Samuel S. Cohen Auditorium (Pavilion A) Here's your one-stop shopping destination for special holiday gifts that won't break your budget.

Books? Check! Running shoes? Check! Kitchen sink? Check!



Load up on education, but don't overload your backpack.

These days, especially in this back-to-school season, it seems people are lugging around just about anything and everything in their book bags. According to Sheila Maislin, JGH Chief of Occupational Therapy (Physical Medicine), many people don't realize how harmful this can be for their backs. Here what she suggests:

- **Size:** When properly adjusted, the actual pack panel of your backpack should fall between your shoulders and just above your tailbone. If the pack falls below your tailbone, your bag is too large for your body.
- **Straps:** Always make sure that your backpack has two straps that are at least two inches thick and, if possible, padded. This will help reduce strain on your back and reduce the possibility of back pain.
- **Weight:** "Your backpack should not weigh more than 10 to 15 percent of your body weight," says Ms. Maislin. Any heavier and you risk putting unnecessary pressure on your back and shoulder muscles.
- **Put down your bag:** A common mistake is not taking off your backpack when standing in line or waiting for the bus. If you have a chance, give your muscles a rest and put your bag on the floor beside you.

The heart of the matter

Treat your heart with the care it deserves and you'll be pumping away for a good, long time. But where can you get the information you need? You might want to start by visiting some of the websites recommended by the JGH Patient and Family Resource Centre. These sites contain reliable facts on preventing heart disease, as well as factors to consider for rehabilitation and recovery after receiving treatment.



- The **Heart and Stroke Foundation of Quebec** (www.heartand-stroke.qc.ca) has articles on risk factors and preventing heart disease and stroke, resuming regular activities after heart disease or stroke, and steps to take for rehabilitation. Also featured is a Healthy Eating section, complete with easy and delicious recipes.
- The Healthy Heart Kit, created by the **Public Health Agency of Canada** (www.phac-aspc.gc.ca/ccdpc-cpcmc/hhk-tcs), provides information on managing such risk factors as cholesterol, weight, physical inactivity, blood pressure, diabetes and smoking.
- Women will find **Women's Health Matters – Cardiovascular Health Centre** (www.womenshealthmatters.ca/centres/cardio) particularly useful. There's a nutrition and risk assessment quiz, articles on risk factors and preventing heart disease, and information about recovering from a heart attack or heart surgery.
- The **Cardiac Health Foundation of Canada** (cardiachealth.ca) focuses on cardiac rehabilitation, including information on nutrition, exercise and managing risk factors.
- In-depth articles about many types of heart problems can be found at **WebMD Heart Disease Health Center** (www.webmd.com). Included are tips for living with heart disease, plus videos on heart disease risk factors and other topics.
- At **Medline Plus**, the **Blood, Heart & Circulation** section (www.nlm.nih.gov/medlineplus/bloodheartandcirculation.html), discusses a wide range of conditions involving the heart and circulatory system. You'll also find the latest research news, as well as information on prevention, screening, rehabilitation and recovery.

For more tips on reliable health information, plus links to various topics, visit the Patient and Family Resource Centre at jgh.ca/PFRC.

The Foundation Report

Jewish General Hospital Foundation
www.jghfoundation.org



Jewish General Hospital
Foundation

Power to Heal campaign nears \$200 million goal!

In this milestone 75th anniversary year, the JGH has launched numerous initiatives and will have accomplished many of its ambitious goals, including the successful conclusion of its \$200 million Power to Heal campaign.

Some of the new and exciting accomplishments of the latter half of 2009 involve extensive and long-awaited renovations to the hospital's infrastructure. By the end of the year, renovations to the Divisions of Cardiology and Endocrinology will be finished, providing more functional facilities to accommodate the growing number of patients seen for cardiovascular, diabetic and thyroid conditions.

Thanks to contributions from generous donors, we are also pleased to announce the reopening of the newly renovated Larry & Cookie Rossy and Family Palliative Care Unit (please see p. 43) and the addition of a rapid arc linear accelerator in the newly expanded Division of Radiation Oncology. With the move of the Department of Obstetrics and Gynecology to Pavilion H last May, we are looking forward to the development of the Centre for Excellence in Women's Health (please see p. 44). And, of course, we are thrilled by the completion of the hospital's new main entrance and bright, modern lobby. If you haven't already seen it, drop by for a visit!

In late fall, renovations to 6 North-west—home to the Acute-Care Geriatrics Unit—will be completed, while the out-patient services of the Division of Geriatric Medicine and the Memory Clinic will be expanded and renovated. This represents a significant step toward improving the quality of care for one of the most vulnerable and rapidly growing segments of the JGH

patient population. 2010 will see the relocation of the Test Centre from its current cramped hallway space on the first floor of Cummings Pavilion E to a far more convenient location near the Légaré entrance. This will give patients much easier access to the Centre and will reduce traffic within the hospital. Last but not least, private funding from the Power to Heal campaign will allow the JGH to build the first Centre for Child Development and Mental Health.



Two views of the renovated Radiation Oncology Unit.

Looking to the future, we are heartened by the incredible strides that have been made to date. Thanks to your support and partnership, we will continue to advance quality health care for the people of Quebec and the JGH.

Morton Brownstein, C.M.
Campaign Co-Chair

Edward Wiltzer
Campaign Co-Chair

Gary Wechsler
Chair, JGH Foundation

Myer Bick
President & CEO, JGH Foundation

The gift that keeps on giving—to patients



Ethel and Morty Fruchter

The donation is completed and the equipment purchased, but the satisfaction lingers on. Several years have passed since three close couples—Ethel and Morty Fruchter, Wally and Aaron Fish, and Manya and the late David Stendel—joined forces to purchase a PET/CT scanner and a state-of-the-art, 64-slice CT machine for the JGH. Their dream was to improve the lives of patients by making the diagnosis of cancer and heart disease faster and more accurate. Today that dream comes true on a daily basis.

For the Fruchters, whose four children were born at the JGH, donating to the hospital over the years has been the most obvious way to do society the most good. For this reason, they recently supported an initiative in the JGH Department of Ophthalmology. They also note that the need for medical facilities and equipment persists, regardless of the state of the economy, and even when budgets are tight. “We’ve gotten excellent feedback from people who have had to use the PET/CT machine,” says Mrs. Fruchter. “We’ve also gotten wonderful, wonderful feedback from friends who have needed nuclear medicine. They thanked us so much and it made us feel good to know they were able to get the treatment they needed.”

Heartfelt appreciation



From left: Gerry Shapiro, Jean-Luc Lavergne, Joanne Côté, Allen F. Rubin and Myer Bick.

Thanks to the excellent work of the Division of Cardiac Surgery, the attentive care of specialized nurses and the motivation of Foundation Vice-Chair Allen F. Rubin, Gerry Shapiro was able to confidently direct his gratitude by recommending to Groupe ERA that it support Cardiology nursing.

Taking action to fight cancer



Members of the Israel Cancer Research Fund and Pink Lady donate the proceeds from their Women of Action event. The funds will be used to support cancer research and to purchase equipment.

Investment will pay healthcare dividends



From left: Dr. Jorge Sahr, Alain Thibault, Morton Brownstein, C.M. and Christina Clausen.

Ophthalmologist Dr. Jorge Sahr and Clinical Nurse Specialist Christina Clausen have been awarded fellowships by TD Bank Financial Group to advance their education at McGill University. These are the first such TD Grants in Medical Excellence that are being awarded to members of the JGH healthcare staff—two per year for eight years. The one-year grants are intended to enhance the quality of the clinical care that recipients will provide to patients. Dr. Sahr is pursuing a one-year retina fellowship, while Ms. Clausen is working toward a Ph.D and is exploring nurse-physician partnerships in the healthcare setting.

“Investing in healthcare facilities and research, and providing professional development opportunities are the keys to retaining and attracting the best medical talent,” Alain Thibault, Executive Vice-President, Insurance, of the TD Bank Financial Group, said at a ceremony in the hospital on May 28. “We should ensure that more of tomorrow’s leaders in healthcare and groundbreaking research will come from Canada.”

Sharing a wealth of blessings



**Karen
and
Murray
Dalfen**

When life blesses you, you enjoy those blessings and then pass them on. That's the philosophy behind the generosity that has prompted Karen and Murray Dalfen to share their good fortune with the Jewish General Hospital, particularly the Division of Endocrinology. "When you give to a good institution, there's a tremendous ripple effect," says Murray. "So we started with a small donation and have been steadily focusing on the hospital ever since."

Giving to institutions like the JGH is a way of sharing with the maximum number of people—or, as Murray puts it, "performing a multiple *mitzvah*" (Hebrew for "good deed"). At the same time, he says, the donation strengthens the JGH as a whole—in effect, helping good friends to do great things.

Renovations brighten life's final chapter



**From left:
Cookie and
Larry Rossy,
Stephanie
and Gene
Beauchamp,
and Danielle
and Neil Rossy.**

Thanks to a life-changing donation from Larry and Cookie Rossy and their family, renovations have transformed the newly named Larry & Cookie Rossy and Family Palliative Care Unit, providing patients and their families with true peace of mind.

Bright, new lights with patient-controlled dimmers now shine on both sides of patients' beds. Windows with gentle filters and shades let in the sun as needed. Pictures and mementos hang from bulletin boards. Cozy furniture, sleeper chairs, a bright family room and private laundry facilities help family members feel at home.

Initially, the Rossys knew only that they wanted to help, but they needed guidance to make the best use of their donation. So they turned to their good friend, Dr. April Shamy, a JGH hematologist/oncologist, and they met with Dr. Bernard Lapointe, Chief of the Marjorie and Gerald Bronfman Division of Palliative Care. Before long, the choice was clear. The JGH Foundation and Palliative Care staff extend their sincere gratitude to the Rossy family.

Cancer treated with life-saving speed



From left: Paul Gallant, Françoise Gallant and Morton Brownstein, C.M.

Being told you have cancer is hard news to take. But for Françoise and Paul Gallant, the burden was greatly eased by the swift and steady treatment that Paul received when tumours were discovered in his lungs and brain. In fact, treatment at the JGH began the very day of his diagnosis. Now, three years since the life-changing news was first delivered, Paul's three lung tumours have disappeared.

Under the supervision of Dr. Gerard Mohr, Chief of Neurosurgery, Paul received the latest research protocol treatment, which he is still following. For his lungs, he was under the care of the Department of Oncology's Dr. François Patenaud, who met with him at least every three weeks. When complications arose during his hospital stay, quality treatment was provided at life-saving speed.

For the Gallants, every day is a reminder of how fortunate they are to have had the attention of such a devoted staff during one of the most difficult times in their lives. Their generous donation to the Department of Oncology and to the other departments to whom Paul owes his life is the best way that he and Françoise can show their gratitude and ensure that others benefit from the same high level of care.

Replacing beds and shaping young minds



Courtney Sculnick congratulates Shyann Cape as she empties \$107 from her piggy bank into the Coins for Comfort collection box.

The Coins for Comfort program is distinguishing itself by achieving two goals at once: outfitting the JGH with safer and more comfortable hospital beds, while teaching children of all ages about the joys of giving and the rewards of fundraising. Coins for Comfort consists of a giant collection box which is located in the Côte-des-Neiges lobby and receives “piggy bank” donations from organized groups or passers-by.

Courtney Sculnick’s first initiative, a book sale at JPPS Elementary School, raised \$367. The funds were forwarded through Coins for Comfort to the Feeling Bedder campaign, which is chaired by Ron Friedman and is committed to replacing all JGH hospital beds with modern, new models over a three-year period. Not only is Coins for Comfort enabling budding philanthropists to pay homage to their parents and grandparents who have helped make the JGH what it is today, they are learning that when it comes to donating, every penny counts.

Now, that’s entertainment!



Linda and Jordan Samberg

Patients on 7 Northwest are passing their time more enjoyably with the help of DVDs and DVD players that Jordan Samberg donated to commemorate his bar mitzvah. The gifts were artfully arranged as centrepieces for his bar mitzvah luncheon and then proudly delivered to 7NW to help make the patients’ stay more pleasant.

Women unite to support women’s health

The JGH Centre for Excellence in Women’s Health got a high-profile boost on June 16 at an event featuring cosmetics businesswoman Lise Watier as guest of honour. The event, moderated by Quebec media personality Esther Bégin, brought together Francophone women—who make up more than half of the Centre’s patients—and familiarized this key group of Montrealers with the Centre’s long-term goals.

Conceived by Dr. Togas Tulandi, Chief of Obstetrics and Gynecology, the Centre took up residence in its new home in spring on the third floor of Pavilion H. Its main goal is to enable the Department of Obstetrics and Gynecology to provide a fully inter-disciplinary approach to treating diseases that affect women. Currently in the early stages of development, the Centre emphasizes quality of service and care, as well as research and education. With the support of donors, it will expand to provide an even more comprehensive program.

Planning for a healthier tomorrow

Using strategies that maximize the tax benefits associated with charitable giving, planned giving allows donors to make a significant gift to the Jewish General Hospital in a meaningful way. Whether you choose to make a gift in your will; donate securities; purchase a life insurance policy or strip bond; fund a charitable remainder trust; or bequeath your RRSP or RRIF—your planned gift to the JGH will contribute towards ensuring continued excellence in research, teaching and patient care. Why not consider creating your lasting legacy today.

For more information, please contact Myer Bick at 514-340-8222, extension 3252, or mbick@jgh.mcgill.ca.

Donating is now easier online

The website of the JGH Foundation has received a makeover to simplify online support for the JGH. At the same time, the new online donation process cuts administrative costs, thereby allowing more money to reach the hospital.

Visit www.jghfoundation.org today!

Thanks for your support!

Hike for Hospice Palliative Care

May 3 – Lachine Canal
Benefiting JGH Palliative Care
Raised over \$1,500

2nd Annual Squash Crohn's Tournament

May 9 – Club Sportif CDL
Benefiting inflammatory bowel disease at the JGH (over \$10,000) and the Crohn's and Colitis Foundation of Canada
Total raised: more than \$28,000

2nd Walk in the Park

May 31 – Centennial Park,
Dollard des Ormeaux
Benefiting JGH lymphoma/leukemia research
Raised over \$2,500

17th Annual JGH-Silver Star Mercedes-Benz Golf Classic



June 1 – Elm Ridge Country Club
Over 240 participants were treated to a day of golf and various gifts and prizes, followed by an evening cocktail featuring gourmet dishes by BICE Ristorante, Mikado and Elm Ridge. Special thanks to host Silver Star Mercedes-Benz for its ongoing support, and to major sponsors Scotia McLeod, Como Fred David and Bell Canada.
Raised nearly \$600,000 for the Department of Orthopedics

7th Annual Cecil's Ride

July 4 – Stowe, Vt.
Gloria April and her family kept the memory of Cecil April very much alive on the bicycle ride that took family, friends and supporters through the scenic mountains of Stowe.
Raised over \$70,000 for the JGH Colorectal Cancer Molecular Diagnostics Program

12th Annual JGH Tennis Classic – "Setsual Healing"



July 30 – Jarry Park and BICE Ristorante
Over 50 players and 250 guests showed their support at daytime activities that included a tennis tournament and clinics, brunch and massages. At an evening of "Setsual Healing", guests were pampered with cocktails, sumptuous buffets, auctions, prizes and great music by DJ YO-C. Generous support was provided by major sponsors TLT CO-VENT and Groupe S.M. Many thanks to Co-Chairs Pat Ifrah-Stein, Richard Stein and Charles R. Spector. Find out more at www.matchagainstprostatecancer.com.
Raised more than \$300,000 for prostate cancer research.

The 12,000 Kilometre Tour

Cyclist Ryan Stotland, 22, has set himself an astonishing challenge: to bike across South America on a four-month, seven-country, 12,000-kilometre tour.

His goal is to use the tour, which began on July 26, as a way of raising funds for the JGH Skin Cancer Centre and the David Suzuki Foundation. You can follow Ryan's adventure and make a donation at www.12000km.org.



Upcoming fundraising events

8th Annual HSBC Bank Canada Golf Tournament

September 30
Royal Montreal Golf Club
Benefiting the JGH Segal Cancer Centre and its Adolescent and Young Adult Oncology Program

ENOSI: Life in the shoes of a cancer patient

October 2 – Embassy Plaza
Benefiting JGH cancer research
More info: www.enosi09.com

Let's Get Going

October 21 – Golf Saint-Raphael
Corporate black tie event benefiting the JGH Oncology Unit
More info: 514-685-3234

Auxiliary Fall Fair

November 1-2
Samuel S. Cohen Auditorium (Pavilion A)
To purchase medical equipment for the JGH

3rd Angel Ball

November 5 – Marché Bonsecours
Honouring Susan Wener and Guardian Angel Natalie Ann Toussaint Angelopoulos
Benefiting the JGH Segal Cancer Centre

Let's Get Loud

November 6 – Buffet Amiens
Benefiting JGH ovarian cancer research
More info: m.a@sympatico.ca

Cure Scleroderma Foundation Gala

November 7 – Buffet Le Crystal
Benefiting JGH scleroderma research
More info: www.csrg-grcs.ca

It's a Girl Thing

November 8 – Club Soda
Benefiting JGH ovarian cancer research
More info: m.etzitian@jgh.mcgill.ca

2nd A Cabaret for the Cure

November 29 – Le Living Room
Benefiting JGH leukemia research
More info: acabaretforthecure.com

CELEBRATING
75
YEARS

Multimedia gala marks 75th anniversary



Reception following the gala 75th anniversary presentation.

Standing, from left: Bernice Brownstein, Shirley Goldfarb, Gail Karp and Marilyn Cobrin. Seated: Sheila Kussner, O.C., O.Q.



June 18, 2009, will be remembered as a key date in JGH history, as donors, Montreal dignitaries, hospital administrators and staff gathered to celebrate the hospital's 75th anniversary and the re-opening of the new, spectacularly modern main entrance. Organized by the JGH Foundation and chaired by Gail Karp, the event paid tribute to the many donors who, for generations, have provided unrelenting generosity to build an institution of stature and acclaim.

Guests gathered in a grand, white, chandeliered tent for an inspiring musical program expertly created, written and produced by Stephen Glass. Lorne Levitt, Total Events; Neil Oakshott, Eclipse Productions; Raphy Benbaron and Danielle Bitton, Le Ballroom; Tara Schwartz, emcee; and Roger Jay completed the incredible production team.

Archival photos and historic headlines flowed across flat-screen monitors, followed by life-affirming stories by volunteers and former patients. These testimonials were interspersed with rousing musical numbers by professional soloists and a choir, along with the children

of the Akiva School Choir and heartfelt speeches by Montreal Mayor Gerald Tremblay and Quebec MNA Lawrence Bergman, representing Premier Jean Charest. Midway through the proceedings, the audience in the tent watched live coverage of the ribbon-cutting ceremony, which was taking place at that moment outside the main entrance.

In their remarks, President Samuel Minzberg and Executive Director Dr. Hartley Stern said the reopening of the JGH doors is a metaphor for the rededication of all hospital supporters and staff to another 75 years of new partnerships, breakthrough treatments and continued excellence in life-saving care for people from all walks of life. After the gala, guests enjoyed a dessert reception in the modern, airy lobby.

A virtual gateway to the past

In addition to the opening of the hospital's new main entrance, the JGH's 75th anniversary was observed on Sept. 22 with the opening of another gateway, this one virtual. The website of the JGH Foundation (www.jghfoundation.org) launched a section that features the moving and personal history of the many lives touched by the JGH in its pledge to provide care for all. The site also includes a virtual repository for some of the most touching JGH stories provided over the last 75 years by patients, doctors, donors, volunteers and staff.

Not only can visitors "story-travel" through an interactive timeline of video, audio and written reminiscences, they are invited to share their own stories and/or make a donation of \$75. Thus, they can contribute to this ongoing tribute on behalf of a hospital that has meant and continues to mean so much to Montreal.

A monument to donor generosity



Given the excitement over the hospital's 75th anniversary celebrations, the Foundation believes there is no better time than now to offer its gratitude to its largest donors of the past 75 years. Coinciding with the re-opening of the new main entrance and lobby, the Foundation unveiled a fresh look for the Donor Recognition installation right outside the main entrance.

Echoing the design of the new lobby, the sophisticated glass and stone structure was greeted with warm applause and praise by the many long-time donors who attended the ceremony on June 18. Not simply a symbol of gratitude, the new installation represents the start of a new era in JGH history and the beginning of another 75 years of generous support.

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