

@ YOUR HUMBER

Navigating your health care future

*Your Support Funds
Unique Program
That Puts Patients
First!*

Humber River Hospital—because of the kind and generous support of neighbours and donors like you—is able to fund a unique position in our Cancer Care Program called a Nurse Navigator. Monica, our Nurse Navigator, is an experienced front-line nurse who guides breast cancer patients through their treatment journey, providing guidance, support and resources to patients like Shaniza.

Shaniza was diagnosed with stage 3 breast cancer. She underwent complex and intense treatment that involved chemotherapy, multiple surgeries at



Humber, and radiation at a partner hospital.

Here's how Shaniza describes the importance of Monica's role: *"When you have any discomfort, illness, or issue, you call this lady and if she doesn't answer, she will call you back within an hour. She would give me advice, talk to the doctors and either get a response for me or get me an appointment. She's there to help you. She helps you with your own worries and concerns, and she helps you move through what can be a really confusing and complicated time. Cancer care is almost like a whole new language—there are*

all these different departments, processes, sequencing of care, treatment options—and Monica is there to explain it all to you, in simple, human language and to answer all your questions. I can't say enough about how much she—and this program—helped me. I'm so grateful to Monica, and to all the donors out there who give to the Hospital."

And here's what Monica shares: *"I hear from patients all the time that they love the program and the help and support we offer. I'm here to help every breast cancer patient with their unique journey. Breast*

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cancer is the most common cancer among women: 1 in 8 women are diagnosed with breast cancer, and it can be overwhelming and cause a lot of anxiety. And there are many different pathways and regimens. So the Nurse Navigator role is a way for me to use my experience as a frontline nurse, collaborate with colleagues across Humber and in our partner hospitals, connect patients to community resources, and help every woman on her own journey.”

Your support of Humber makes our Nurse Navigator program possible. Thank you! And with your continued caring and compassionate gifts, combined with the gifts



of other neighbours and donors like you, we hope to expand this role to other areas of cancer care, like prostate or lung cancer.

Gifts of Gratitude: New Program Allows You To Give In Honour Of Our Terrific Staff!

**gifts of
gratitude**
Donations made personal



Humber's new Gifts of Gratitude program is a way for you to recognize a nurse, doctor, caregiver or department for providing care to you and your loved ones. When you give, you are invited to write a special message which we will share with who you are honouring—and they will also receive a beautiful pin!

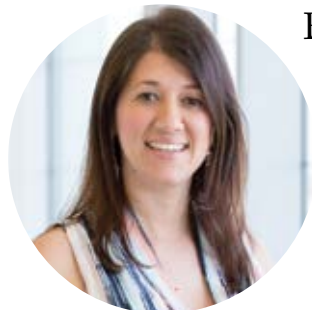
Here's what Mary, a patient in our Cancer Care Program, had to say about giving a Gift of Gratitude: *"I knew it was a perfect way for me to recognize*

the staff for their consistently excellent care. I knew that my gifts would make my nurses, doctors, and care team feel good, and I know that my gifts, combined with other people like me, will help buy life-saving equipment, invest in technology to make bedside care even better, and more. It also feels good to give. It makes me feel proud to help, in my own way."

To honour your caregiver, please call 416.242.1000 ext. 81500 or giftsofgratitude.ca.

Champions of Health!

Welcome To All Our New Leadership Donors!



Earlier this year, we launched a special giving program to recognize our Champions of Health—donors who give \$500 or more to our Hospital. Many of our friends and neighbours have stepped up and joined as Champions to provide vital support to purchase equipment, expand our programs and invest in our world-class Hospital.

Right now, we are working on plans for our Doc Talk event series. As a Champions of Health donor, you will be invited to attend this event and be given the opportunity to meet our talented medical staff, and learn firsthand about the impact of your incredible support. Champions also receive invitations to other behind-the-scenes tours of Humber, exclusive stories, updates and reports, and more. If you are interested in learning more about our Champions of Health Program, you can contact **Daniela Campoli**, at 416.242.1000, ext. 81529 or dcampoli@hrh.ca.

Meet Alan

Loyal Volunteer and Donor Is Your New Board Chair!



The Foundation is proud to welcome Alan Spergel.

Alan has been an inspiring and hard-working volunteer board member, and will now bring his energy, optimism and leadership skills to the role of Chair.

Here at the Foundation, we've also known Alan for years as a helpful and generous donor. Alan gives back in many ways!

In lieu of holiday gifts, Alan's company sends cards to all their clients along with a message letting people know a donation has been made to our Hospital in their name.

Here's what Alan says about why he supports Humber:

"Humber River Hospital is a leader in using technology to help patients. It's a superior facility that's comfortable for our loved ones, and the physicians and staff want families to be involved and informed.

The Hospital is designed like that. To empower you and your loved ones.

Humber has such a bright future. The superior facilities will continue to attract leaders in the medical field, and we have the incredible technology and infrastructure to grow in ways we can only dream of today."

Loyal Hearts: *Proud to honour our cherished donors!*

In June, we hosted a wonderful event to honour and celebrate donors who have reached or surpassed milestone years of consecutive giving to our Hospital: 10, 15 and 20+ years. Our Loyal Hearts program is a way for us to recognize these amazing donors! We are so grateful to have you by our side as we continue to bring the best patient-centred care to our patients and families.



Humber in Your Neighbourhood Here are some recent and upcoming events and activities. Thank you to all the donors, participants and volunteers who make our amazing events possible!



Thank you to the team from Woodbridge for participating in the 2nd annual HSBC Sneaker Day! HSBC

hosted this event to honour Humber nurses and all their hard work and dedication in providing the very best in patient care. Special thanks to Nancy Balsamo for her leadership.



In honour of their 75th anniversary—WOW!—Parkdale Novelty hosted a fundraising party with food, entertainment

and other fun activities, including a visit from Pepper the Robot! They also had a personal fundraising page and all proceeds went to support Humber's Paediatrics Department. Thank you to Donna Kotzer-Jacobs and Robert Kotzer and the entire team at Parkdale Novelty for their support.



This fall, Shopper's Drug Mart will once again host their Growing Women's Health events, demonstrating that they are proud champions of putting women's health

first. Twenty-one locations will participate, supporting our Maternal and Child program. Shoppers Drug Mart is a member of our Loyal Hearts program, which you can read more about in this issue! Thank you to Jay Khetia and all the pharmacists and retail staff for their generous support!

If you want to host your own fundraising event or would like to learn more about how to support Humber, we would love to hear from you. Please contact Saneh at 416-242-1000 ext. 81517 or sansingh@hrh.ca.