

**@ YOUR HUMBER**

## Your Intensive Look at Intensive Care!

*An Update on Your Generosity at Work Here at Humber.*

Together with the kindness and compassion of donors like you, Humber continues to respond every day to the ongoing challenges of the COVID-19 pandemic. Today, we're bringing you updates and stories from our Intensive Care Unit (ICU) and Neonatal Intensive Care Unit (NICU). In our ICU and NICU, your crucial support helps our patients breathe and recover—from the tiniest newborn babies to seniors who come through our Apotex Emergency Department.



**Meet Zenaida!** She's a Nurse in our Neonatal Intensive Care Unit (NICU):

"Our biggest challenge in the NICU during COVID has been the restrictions on the number of family members who can visit. It's heartbreaking to see families trying to bond

when both parents can't visit their newborn baby at the same time. But it's so heartwarming and rewarding when you see the family going home together.

Another challenge is our need for new ventilators to help our tiniest newborn babies. When a baby is born at 30 weeks, they need a specialized ventilator that will be gentle on their airways. A gentler approach is safer for their little lungs. As we say in the NICU, gentler is better!"

**Meet Mamta!** She's a Registered Nurse in our Intensive Care Unit (ICU):



"I am the nurse who admitted our first COVID patient to the ICU. In the back of my head, I was

praying for myself and for my patient, but I was not scared. I've been a nurse at Humber for 20 years and I know my unit inside and out. We work as one team, and that's our strength. It's been overwhelming and

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exhausting, physically and emotionally, but we always work together.

Right now, we very much need a new piece of equipment called a Glidescope, and it does just what you think it does—it helps us glide the breathing tube into our patients when we are intubating them. It's got a little video function, so you can not only be more precise, and get the tube in right the first time, but you're also able to stand a bit away from the patient, so you're reducing your exposure to infection. Equipment like this really helps us do our jobs effectively while staying safe.

Every single day, I see how donors from our community provide essential help. With your donations, we save lives. Thank you for giving. Thank you for giving with a good heart—that's what really matters.”

**You can give today and double your impact! Humber donors Johnny and Carmela will match your gift. You can use the enclosed reply form, or you can make a safe and secure online donation at [www.hrhfoundation.ca/give](http://www.hrhfoundation.ca/give). Thank you!**

## More Humber Voices!

### Meet Sandra Sualim, Foundation President & CEO



**Question:** What programs of care are you passionate about?

**Answer:** “The Maternal and Child Program is very close to my heart. After the loss of my first child, each of my three pregnancies to follow were high risk. I know

first-hand the immeasurable importance of excellent maternal care. For many of us, maternal medicine is one of our first and most critical experiences with healthcare.

Having a healthy experience and delivery enables our children, our future, to have healthy lives. Our Maternal and Child Program also features incredible community partnerships, including with hospitals like SickKids that are a testament to our healthcare teams and leading-edge facility. I enjoy collaboration, and so working together excites me as I love to see organizations come together to solve major challenges.”

**Question:** What inspires you?

**Answer:** “I find inspiration in the stories of the people around me. Not only my mentors, friends, colleagues, and loved ones, but people I meet in my travels, on the subway, in the hospital hallways – life is an inspiration for me.”

**What inspires you? On the enclosed reply form we have provided a space you can use to share what inspires you with Sandra and our staff. We love hearing from you!**

## Meet Irene & Bob, *Champions of Health Donors*

“We’ve been married for 67 years and we’ve both received excellent care at Humber, as have members of our family. I’ve been volunteering at Humber since 1975, I started at the coffee shop at the Church site. Today I knit items for the gift shop. My husband volunteers too! I loved greeting people and families and helping direct them to where they need to go. I also loved getting to know the doctors and nurses. Bob and I are proud to support Humber because it’s our Hospital. It’s important for all of us to do what we can to help and support each other, and donate to the Hospital when we can.” –Irene

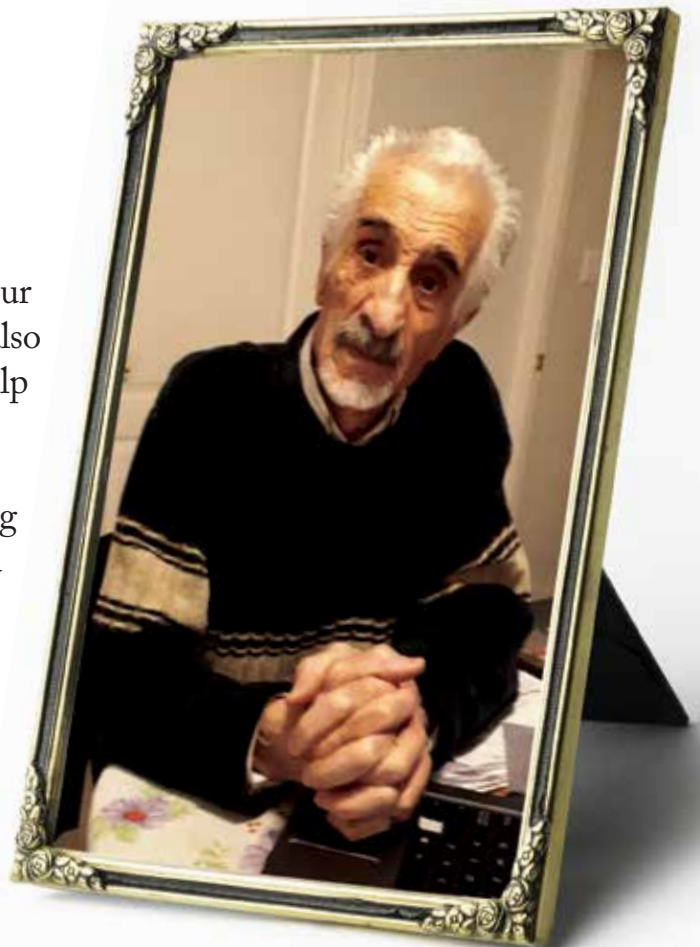


You can find out more about our *Champions of Health* leadership giving program by contacting Daniela at 416.998.4416 and [dcampoli@hrh.ca](mailto:dcampoli@hrh.ca).

## Meet Giovanni, *Aspen Grove Society Legacy Donor*

“I’m 92. 92-and-a-half, as a matter of fact. I am very proud to support my friends and neighbours who use our Hospital. It feels very good. I’m glad to know that I’ll also be able to help even after I’m gone. I always want to help the needy and sick in our community get better. I like hearing from different people at the Foundation about how they are using my donations. I know they are going to good use, and I feel that they always will. Thank you to everyone at Humber for caring for people in our community. May God bless everyone in the Hospital, every day.”

You can find out more about our *Aspen Grove Society* by contacting Caterina at 416-242-1000 ext. 81516 or [cmagisano@hrh.ca](mailto:cmagisano@hrh.ca).



# gifts of gratitude

Donations made personal

Our Gifts of Gratitude program allows donors like you to make contributions to our Hospital and honour a nurse, doctor, staff member or volunteer. Mamta, who you read about in the ICU article, recently received a Gift of Gratitude and here's what she said:



“I was in tears, to be honest. It is an honour to receive a Gift of Gratitude. One of my pins was from a family whose loved one passed away. I was heartbroken for their loss, and to know that they remembered me meant so much. I have been a nurse

for over thirty years and love everything about what I do. When my patients' families can't be there, especially during the pandemic, I care for them like I'd want my family cared for. Sometimes if I feel down, I'll look at my Gifts of Gratitude pins. They motivate me to keep going.”

**- Mamta, Registered Nurse, Intensive Care Unit**

## Humber is our Hospital, and our family Hospital

“We are so happy to match all donations to Humber right now. The stories that we see and hear, that happen at Humber, are only possible because of donors who step forward to give what we can.

Please, join us and give what you can to help Humber right now. We are very proud to match your donations and raise more funds for this excellent and world class Hospital, right in our neighbourhood!”

**- Johnny and Carmela, matching gift donors**