

@ YOUR HUMBER**UPDATE: Your Support In Action On The COVID-19 Frontline**

“It was March 24 when I first got sick. March 26 I was intubated and in the Intensive Care Unit (ICU) at Humber. I remember hearing the murmured voices of doctors and nurses. And I remember slowly waking up. The doctor said, ‘you’re going into recovery today, don’t try to talk just yet, but we’re so glad to see you open your eyes’. The next thing I remember was the doctor coming back holding my cell phone. He said: ‘say hi’. ‘Hi’, I croaked. ‘Louder’, he said, ‘HI’, I said again, less shaky. He said, ‘one more time, nice and loud’. I forced out a strong, ‘HI!’. He smiled, handed me my phone and said, you’ll need that voice today. Your family and loved ones want to talk to you. I asked him what day it was, thinking it was still March 26th or 27th. He said, ‘check the date’. I looked at my phone. June 7th. I gasped. I was treated with such love and care at Humber, and I’m so grateful to all the doctors, nurses and everyone who supports the Hospital. My healing has been frustratingly slow sometimes. I still have nerve pain in my hands and it took me almost a year to be able to go for a good walk. But I’m a bit better every day.” – **Mario**, first patient at Humber River Hospital with COVID-19.



“I was the nurse who admitted Mario, our first COVID-19 patient, into the ICU. In the back of my head I was praying for myself and my patient, but I wasn’t scared. I trust our Hospital and I trust our colleagues. I worked at Humber during the SARS outbreak in Toronto and back then we didn’t have negative pressure rooms, we didn’t know as much about effective protocols. Even from the start of the COVID-19 pandemic, we knew we were safe.



My family was far more scared than I was. I remember one of my kids saying, ‘I thought about you all day mom, I’m so happy you’re home’. And I remember thinking, ‘I love you, but I didn’t think about you all day. When I’m at work, I have a job to do.’” – **Mamta**, Registered Nurse, Intensive Care Unit.

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Continued from page 1...

You—our compassionate and caring donors—have provided consistency and confidence to our frontline heroes since the beginning of the COVID-19 pandemic. **Your kindness and generosity have been felt every single day here in our Hospital**, right from the very first days of providing Personal Protective Equipment (PPE) to Humber's frontline. Since then, your support was instrumental in setting up our mobile vaccination clinic and COVax Clinics. And, Ruben, who you will hear from in our Humber Meadows feature in this newsletter, led the team that developed a community of practice for 18 of the city's long-term care homes to learn from and support each other and navigate the pandemic together.

Humber Meadows Long-Term Care Home: *Your Support Is Lighting New Ways In Healthcare For Seniors*

Have you heard about Humber Meadows? Humber Meadows Long-Term Care is being designed as a 320-bed home located at our Finch Campus. This six-floor home features two interior courtyards, ensuring that all resident rooms have windows and abundant natural light. The first floor has a great hall, a beauty salon, private dining room for resident events, dedicated spiritual space, and a six-chair hemodialysis unit.



Five resident floors are divided into Resident Home Areas (RHAs) for 32 residents, each with their own dining room, lounge and activity room, and a dedicated break room for staff in the area. This design also allows each RHA to operate independently if necessary to prevent the spread of any infectious diseases.

Humber Meadows aspires to be a home-like environment for every resident while also promising high-quality care. Residents will have access to daily nursing care as well as physiotherapy, occupational therapy, and speech-language pathology services, as needed. And, of course, Humber Meadows will also offer a variety of recreational, social and spiritual activities to make use of our beautiful indoor and outdoor spaces.



“Why did we choose the name ‘Humber Meadows’? Because a meadow is an open habitat. Meadows attract wildlife and support flora and fauna that could not thrive in other habitats. The design metaphor of a meadow ties this long-term care facility to the ideas of nurturing growth, providing shelter and creating a supporting community for all, which are also important aspects of building a home. We are inspired to create a home where people belong. Where our residents feel comfortable, safe and happy. And where our staff are excited to come to work and help our older neighbours.
– **Ruben**, Director



You will hear more about Humber Meadows as our design and build continues.

And if you have any questions about this invigorating and important project, you can always contact me at 416-242-1000 ext. 81516 or cmagisano@hrh.ca. Thank you!

– **Caterina**



1 New Year, 3 New Ways For **YOU** To Make An Impact!

Every single gift we receive at Humber River Hospital Foundation is precious and appreciated. Thank you for your amazing support! Here are 3 of our giving programs you might like to know more about.



Aspen Grove Legacy Society

“I know the money will be used well, just as it is today. I believe that all of us have a responsibility to support our Hospital today and into the future. It feels really good to know that the Hospital will continue to be there for my loved ones and for other people like me, forever.”
– **David**, after making the decision to leave Humber in his Will

Gifts of Heart Monthly Giving Program

“When I was a patient at Humber, what stood out to me was the kindness. If I needed a blanket, they were there. By donating to Humber I feel like I’m doing something for my community, and something that will benefit my family and friends when they need it.” – **Mara**, donor for more than 10 years



Gifts of Gratitude

“Finding out that someone made a donation in my name felt heartwarming. COVID has required us to approach our work with even more mindfulness, not just around infection control, but especially around the heightened emotions our patients are experiencing. It’s fast-paced but it’s all about connection. Knowing I touched someone is beautiful and this makes everything a little more bright.” – **Erika**, Emergency Department Registered Nurse

You can learn about these giving programs—and more—by contacting me anytime. I love talking to our donors!
– **Saneh Singh**,
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