

@ YOUR HUMBER

Spring is a time of new beginnings, the perfect moment to shine a spotlight on Humber River Hospital's outstanding care programs for mothers and babies, as well as paediatric care. Donors like you stand beside our skilled and compassionate frontline healthcare workers, providing the equipment and technology they need to monitor mothers and babies for a happy and healthy outcome.

A Star is Born Program

Celebrate the birth of a beloved baby by adding their name to the star wall on our Maternal and Child floor. Your donation will support Humber River Hospital and the physicians and staff who provide exceptional care every day. Let your little star shine — it's a wonderful way for family members to share their joy while helping future stars receive great healthcare.

Humber OBGYN physician **Dr. Kate Pizzuto** recently gave birth to her first child — and made sure to include Baby Olivia in the A Star is Born program:

*"To me, it was really important to deliver my baby at Humber because I know the exceptional quality of care that our department provides. For three years in a row, Humber's had the lowest neonatal harm index, which means it's one of the **safest places to have a baby in the province**. We had a great birth experience, and I wanted to recognize all of the exceptional care that we received. Now every time I pass by the beautiful Star Is Born wall, I am reminded of my daughter and how my journey to motherhood began."*

To learn more about A Star is Born, or to honour the special star in your life, please visit hrhfoundation.ca/star



Welcoming Eric

The due date of Cameron and Danielle's new baby came and went... and kept on going. After a week and a half, Danielle's care team induced her. But as her labour progressed, Danielle's temperature climbed and the baby's heartbeat increased. With Danielle's blessing, her healthcare team quickly determined a C-section was the safest option for delivery.



When Baby Eric arrived, he was cared for in the Neonatal Intensive Care Unit (NICU) for a day to monitor his breathing. There, all the vital equipment helping to monitor Eric and keep him warm and comfortable was purchased thanks to generous donors like you. The combination of the necessary equipment and skilled compassionate staff made all the difference for their family during a stressful time.

Cameron recalls, "In our NICU pod, it was all babies and their dads. We were all new parents, and the NICU nurses took the time to teach us how to care for our newborns." By the next day, Eric was reunited with his mother in her room, and the family went home shortly thereafter.

Danielle and Cameron were excited to honour Eric's arrival through the Star is Born program, joining the generous community of donors who had helped their family. "The nurses and doctors were fantastic," Cameron emphasizes, "we were both very excited about giving back to Humber!"

Your **IMPACT** IN ACTION

Robotic Surgery Expansion: As we finish the first year of our campaign to expand our innovative Robotic Surgery Program, your support is already making a difference! Thanks to you, the Robotics Program now includes the new da Vinci Xi, two ROSA robots, and Intellijoint HIP—which are all leading to better outcomes for our patients! Your gift has brought our ambitious vision to life, but continued support will be critical in keeping Humber's best-in-class program going for years to come.

Expanding Capacity: When a sudden increase in severe illness due to respiratory viruses caused a surge in paediatric patients, Humber River was able to respond by expanding capacity to 150%. This would not have been possible without donors like you! Equipment for additional rooms was funded entirely by generous donor contributions.

Innovative Treatment: In December, Humber River Hospital became the first hospital in Ontario to use Acesa ProVu® – an innovative, new way to treat uterine fibroids using heat instead of invasive surgery — all thanks to generous contributions from our community. “Many of our patients cannot afford to take six to eight weeks off work,” says Dr. André LaRoche, Chief of Obstetrics and Gynaecology. “This helps them get back to their lives and their families quickly. It is one more way that Humber is delivering innovative, safe and compassionate healthcare.”



Our Gifts of Gratitude program allows grateful patients to make contributions to our Hospital in honour of a nurse, doctor, staff member or volunteer who went above and beyond in their care.

gifts of gratitude

Donations made personal

“When Dr. Howard Berger of Humber River Hospital’s Maternal Fetal Medicine Clinic told me I had placenta accreta, a condition in which the placenta grows deeply into the wall of the uterus, I was of course concerned. It can lead to complications during delivery, so I was worried that I wouldn’t be able to deliver at Humber with my OBGYN Dr. Lynn Sterling, who I trusted so much. It was a relief to hear that my Humber healthcare team would be able to care for me during the complex and high-risk delivery.

“At 34 weeks, I was admitted to the Hospital to be monitored closely.

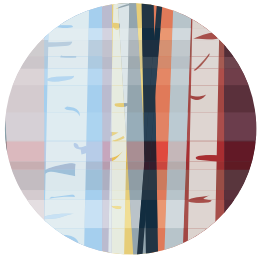
Dr. Sterling checked in on me often, and in addition to monitoring my physical condition, she would also ask how I was doing emotionally. I was confident that I was in the best hands, which made this much less scary. Five days later, I had a planned C-section and our baby Julian was born.

“Everything worked out and I have Dr. Sterling and the rest of the team at Humber River Hospital to thank for that. I’m so grateful to have had the best care and to have had it so close to home.”

– Amanda, grateful patient

To learn more about the Gifts of Gratitude program, or to make a donation in honour of your healthcare team, please visit giftsofgratitude.ca





**aspen
grove
society**

Six years ago, Michelle became the first person in the GTA to have both hips replaced at the same time during a trial of a **Hana Table** at Humber River Hospital. The anterior approach, made possible by the Hana Table, meant less bleeding, reduced trauma, and faster recovery for Michelle. *"Five hours after my surgery I was up and*

walking," Michelle remembers. *"After a few more weeks, I travelled to Europe and visited museums, participated in activities, and started to live life again."*

Michelle was determined to share that feeling with others. "I wanted to help purchase a Hana Table for Humber to use with future patients." She made a generous donation that went towards purchasing the equipment that had made her own surgery possible.

Last year, she also decided to leave a charitable gift for the Humber River Hospital Foundation in her Will, becoming a member of the Aspen Grove Society legacy giving program.

"Right now, I'm still looking after my family. But a legacy gift is a promise for the future," she says. *"It makes me feel*

proud that down the road my gift will help the people at Humber do what they do best: world-class healthcare right here in Canada."

To learn more about the Aspen Grove Society, please contact Caterina Magisano at 416-242-1000 ext. 81516 or cmagisano@hrh.ca



The Benefits of Monthly Giving



Are you a monthly donor? Thank you! Your ongoing contributions help provide welcome stability to Humber River Hospital Foundation.

Not a monthly donor yet? Please consider becoming one. You'll help us plan for the future, while reducing our administrative costs. Best of all, it's a convenient way to support your Hospital, one manageable gift at a time. And remember, you're still in control: it only takes one easy call to change the amount you give each month, or stop payments. Please consider joining our community of monthly donors.

To learn more, please contact Saneh Singh at 416.242.1000 ext. 81517 or see the coupon enclosed with this newsletter.



**Humber River
Hospital Foundation**

Lighting New Ways in Healthcare™



Better transitions with Heart @ Home

We love to see ALL our patients able to safely go home — from infants to seniors.

Our new HEART @ Home program helps elderly patients do just that. Building on the success of Humber's Elderly Assess and Restore Team (HEART), the program supports senior patients who no longer need acute Hospital care, but who need more care in the short term than they currently have at home. By providing a high level of support, also called 'wrap around care', for 16 weeks after they are discharged from the Hospital, these patients are able to transition from Humber to their home or another place of care (including long-term care).

In this partnership between Humber and three home and community care organizations, an integrated team of caregivers works together to provide the care the patient needs. The team includes nurses, personal support workers, a dietician, physiotherapist, occupational therapist, speech language pathologist, or social worker. Visiting daily at first, then as often

as the patient needs, the care team collaborates with the patient and family caregivers, along with the primary care provider.

The team also provides guidance to help patients self-manage chronic diseases and take medications effectively. There is a direct involvement of a community support service organization which can provide meals and transportation to medical appointments.

To date, more than 160 patients have benefitted from HEART @ Home, and data is being carefully followed to improve the program and expand it to even more patients. Key measurements for the program are patient outcomes and satisfaction, staff satisfaction, and avoidable visits to the hospital or emergency department — wrap around care is designed to substantially prevent avoidable hospital visits.

Innovative new programs like this mean improved outcomes for patients, and a better use of Hospital staff and resources so that we can help more patients. Developing and piloting promising new programs relies on the generous contributions of Foundation supporters like you. Thank you!

