

@ YOUR HUMBER

Robotic Surgery Expansion Update

Our \$10 million campaign to support Robotic Surgery Expansion is now in its second year, and our supporters are changing lives.

Dr. Quoc Huynh, Division Head of General Surgery, is excited about the campaign and what it means for the future of surgery at Humber. He says:

"Humber River Health has long embraced technology and innovation that improves surgical outcomes for our patients. Years ago, Dr. John Hagan drove laparoscopy – and now we have some of the most skilled surgeons in the country in minimally invasive surgery! Smaller incisions mean less pain and trauma for our patients, and shorter stays in-hospital. Now with Robotic Surgery, we're moving the needle even further."

Much of the campaign funds will go towards paying for a da Vinci Xi system, already in place, which replaces an earlier model, da Vinci Si. That system contributed to great patient outcomes, but the Xi model does much more.

"The Xi offers better visualization, better precision, and will reduce operating times. Positioning the da Vinci used to take up to 45 minutes; the Xi only takes 10 minutes. The da Vinci Xi is also perfect for the surgeries needed to treat colorectal cancers, which are performed in a narrow, awkward space surrounded by bone (the pelvis)!"

Some of the surgeries Dr. Huynh can now perform with Xi would have taken longer with the Si model, or would have to have been performed using more traditional, 'open' surgical techniques. Xi takes less time than open surgeries, which means that more can be performed, and presents less risk and a shorter recovery time for a patient.

Expanding Humber's robotic surgery offerings is already demonstrating improved outcomes — and the campaign continues! Your support is critical in keeping this live-saving program running.



Celebrating the 1000th ROSA Case with Claude

Through donor generosity, Humber River Health now has two exceptional **ROSA Knee Systems** – which are revolutionizing orthopaedic surgery. Six surgeons are now trained on ROSA are able to do minimally-invasive, robotically-assisted knee surgery. The result is better outcomes for patients and greater efficiency. It has even helped us work through some surgical backlogs from the pandemic.



Recently, patient **Claude** was the 1000th ROSA case. An enthusiastic outdoorsman, Claude could no longer be active due to pain and swelling. ROSA enhanced the considerable skills of Humber surgeon **Dr. Sebastian Rodriguez-Elizalde** and his team. Only hours later, Claude was able to walk pain-free.

Delighted, Claude was able to make plans once again to enjoy fishing and hunting on his property. "Everyone communicated very well and explained everything to me thoroughly," Claude says. "It was 100% a good experience! I am very happy to have made this decision."



Your **IMPACT** IN ACTION

More Humber River Health patients are being helped through donor funding of equipment and programming:

Our cancer patients frequently rely on IV delivery of medications, and undergo regular blood tests. However, their illness and treatments weaken their vascular systems, making the process more difficult. A new piece of technology is helping nurses to find a vein – and avoid damaging their veins further. The AccuVein AV 500 helps illuminate the veins under a patient's skin. This means nurses can access a vein on the first attempt, and the technology is designed to be accurate for all skin and body types. Teams are now successfully using the AccuVein in the Cancer Care Clinic and on 13 West, our inpatient unit for cancer patients.



Humber Frontline Education Fund

We know there is a health human resources crisis in our city, province and world-wide. We have outstanding frontline staff, and investing in their professional development is vital to maintain excellent care and retain staff dedicated to their career growth. Donor contributions established this fund which provides grants of up to \$1,000 to frontline staff to upgrade their skills and enhance current programs at the Hospital. Staff are enthusiastic about this opportunity to strengthen their knowledge and skills.

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

gifts of gratitude

Donations made personal

"Although I've never met the team that cared for my granddaughter Aura, I make this donation to thank them for their collective devotion to their profession. Aura received the best of care in the NICU and is now a thriving chunky little thing, adored by big sister Brea and the rest of our family. I couldn't be more grateful and more determined to pay it forward."

– Connie, a grateful grandmother



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

Expanding our Child and Adolescent Mental Health Urgent Care Clinic

With the help of donor support, we were able to establish our Child and Adolescent Mental Health Urgent Care Clinic, which has been providing vital care to young patients for four years. Last year, the number of patients who received care in the clinic increased by 100 to 780 visits. This includes children as young as seven through adolescence, and their families. A second full-time social worker has been added to the team to manage the increased volume. With the help of donors like you, Humber is committed to providing this critical and life-saving care, especially since many young people have struggled in the aftermath of the pandemic.

"I had never felt so low in my life. I had just turned 18 and I didn't even know if I would make it to 20. I'm so grateful to everyone at Humber—and to the people in the community who support the Hospital with donations," says Joanne. "Because of you, I was able to get the help I needed." – Joanne

Year-End Giving

What's so special about year-end giving? Not only does it benefit the physicians, patients and staff of Humber River Health, but it can benefit you, too! That's because you will get a tax credit worth a significant portion of your gift that you can use soon - early next year when you prepare your 2023 tax return. The exact amount depends on your individual tax rate. Here's how it works:

- If you give \$100, you will receive a tax receipt for \$100. Include this tax receipt when you prepare your taxes.
- If your tax rate is 40%, then ($\$100 \times 40\%$) you will save \$40 on your taxes (also referred to as a credit on your taxes or a tax credit). That means if you owe money to the government, you will pay \$40 less. If you are getting money back, you'll get \$40 extra.

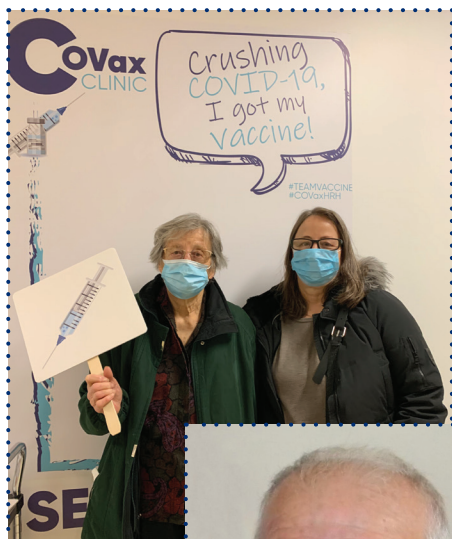
As a result, you can look at your gift of \$100 as really only costing you \$60! And yet the Hospital received \$100 for its highest priority needs.

Again, the exact amount of your savings depends on your tax rate, which is related to your income.

Contributions over \$20 given at any time of year will receive a tax receipt — but many people like the fact that they will be able to use the benefit soon. It's also a time of year some have called the giving season, a wonderful time to give back to our community.



The Benefits of Monthly Giving



Mara



Mara's Father Antonio

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

I was in Intensive Care for one day, and another eight on a regular floor. My cardiologist was great, and every nurse had a wealth of knowledge. What stood out to me was the kindness. If I needed a blanket, they were there. If my friends came to visit me, they were so welcoming. I've been a dedicated monthly donor ever since.

My father also received excellent compassionate care here. When he passed away, I increased my monthly amount in recognition of the compassionate and respectful care he received, especially from Dr. Charles Radzinski, and his Oncologist, Dr. Martina Puchy.

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."

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



One year after Hip Replacement, Martin Climbs Mt. Kilimanjaro

Martin recalls visiting Kenya with his wife and seeing Mt. Kilimanjaro rising majestically in the distance.

“I had always dreamed of climbing it,” he says. “I told myself that I was going to do it one day if given the opportunity.”

But Martin was already in his seventies, and his right hip was beginning to deteriorate. It was a familiar sensation, that “bone-on-bone feeling”. A few years earlier, he had the same feeling in his other hip, which had led to increasing pain and finally hip replacement surgery.

Happily, Martin’s experience at Humber River Health with Dr. Heller had been “a huge success,” he says. So he approached the second surgery with optimism. And indeed, when it was time for that second hip replacement, he was pleased to find, “just like the first time, my recovery was excellent.” At his follow-up appointment with Dr. Heller, Martin mentioned his hope to climb Africa’s highest mountain. Instead of forbidding it, Martin recalls, “Dr. Heller said, ‘Great, send me a picture!’”

With his surgeon’s blessing, Martin next approached his sons about the idea of climbing Mt. Kilimanjaro

together. They were also enthusiastic, and Martin started preparing in earnest for his long-held dream. He planned and built up his strength and stamina. “I would walk for hours through Toronto parks,” Martin explains. “Whenever I saw stairs, I would go up and down a few times. And I was going to the gym several times a week.” He was pleasantly surprised at how good he felt: “I kept waiting for my hips to start hurting but they were fine.”

Less than a year after his second hip replacement, Martin and his sons arrived in Tanzania at the base of Mt. Kilimanjaro. Martin was 75, older than anyone they encountered on the mountain. Over the next six days, he and his two sons steadily climbed — and still no hip pain. For the final climb, they rose in the dark and carefully ascended. “I’ll never forget the feeling of getting to the top at sunrise. We were so happy.”

Martin is grateful for the memorable family experience. “This was one of my greatest accomplishments, and without Dr. Heller it wouldn’t have been possible. It’s his accomplishment too.”

Successes like these are shared by Humber River Health Foundation supporters like you! Our talented surgeons, physicians, dedicated nurses and staff rely on the technology, training and special programming that only donor support can provide. Thank you!



With monthly giving, our donors are helping Humber River Health patients today. The Aspen Grove Society is a way for donors to keep supporting Humber in the future. Through planned giving, leaving gifts of cash or stocks in a Will, donors ensure a legacy of excellent care for their neighbours and loved ones.

Why is this group called Aspen Grove Society? Because a grove of aspen trees, although made up of different trunks and branches, shares the same root system. Planned giving ensures new growth will continue to enrich our community.

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