

@Humber

The Schulich Family Medicine Teaching Unit: Nurturing the Next Generation of Family Medicine



For far too long, our community has struggled with a shortage of family physicians, leaving many without access to the comprehensive primary care they need. But thanks to the generosity of our donors, we have taken a significant leap forward in changing this reality with the establishment of the Schulich Family Medicine Teaching Unit (Schulich FMTU).

This momentous achievement has been made possible through a generous \$5 million donation from The Schulich Foundation, whose

steadfast commitment to philanthropy has paved the way for us to revolutionize healthcare at Humber River Health. We also extend our heartfelt gratitude to The Slight Family Foundation for their invaluable initial commitment of \$1 million. The official ribbon-cutting ceremony took place on September 20th and was attended by esteemed guests who voiced their unwavering support.

The Schulich FMTU is a training centre for Medical Residents in partnership with University of Toronto, providing specialized training for first and

second-year medical Residents pursuing careers as Family Physicians. It's inception is designed to address the critical shortage of primary care providers in Northwest Toronto by offering immediate healthcare access to our community, all while nurturing the next generation of family medicine professionals.

The Schulich FMTU has already seen 685 patients (as of September 5, 2023), and we expect it will care for an estimated 3,600 new patients by 2026. This endeavour not only promotes academic excellence but also empowers Residents to establish their own family practices within our community, ensuring more families have ongoing access to high-quality care.

The Schulich Family Medicine Teaching Unit at Humber River Health is poised to make a lasting impact on the healthcare landscape of Northwest Toronto. This marks the beginning of a journey toward improved healthcare, brighter futures, and a healthier, happier community.



The Schulich FMTU is an official teaching site of UofT's program for Family Medicine Residents. This year we welcomed our first group: Drs. Bilal Negash, Yoonsik Park, Clara Sawires, and Shamini Vijaya-Kumar.



Ontario researchers examined primary care gaps throughout the province, discovering that the areas with the highest needs provided the lowest levels of accessible care (one of which is Northwest Toronto).



There is a lack of access to comprehensive interdisciplinary primary care in our community, with only 12.2% of the local population enrolled to a Family Health Team (vs. 23.3% provincial average).

Meet the Residents

Schulich FMTU

"I'm grateful for the opportunity to be a part of building this space. It is so valuable to the Residents, future staff, and future patients. We can be a cornerstone for other clinics, and I hope that we can be a model for similar teaching units in Northwest Toronto."

- Dr. Bilal Negash, Lead Resident of the Schulich FMTU



Resident Spotlight: Dr. Bilal Negash

Lead Resident of the Schulich FMTU, Dr. Bilal Negash, has a unique connection to Humber River Health. Having been born at Humber's Church Site and raised within the community, Dr. Negash has witnessed first hand the lack of primary care in Northwest Toronto. He hopes to one day open his own Family Medicine practice to serve the neighbourhood he grew up in.

Dr. Negash and his family have been giving back to this community for over two decades. His parents have

worked for Humber River Health for over twenty years, and Dr. Negash volunteered at Humber for six years during medical school and continues to do so as a Resident, mentoring future medical professionals as part of the Volunteer Association.

Dr. Negash is confident that the inaugural group of Residents will leave a lasting impact on the growth of this program for years to come.



An Interview with Resident Dr. Shamini Vijaya-Kumar

What is your role as a Resident in Family Medicine at Humber?

At the Schulich Family Medicine Teaching Unit, we provide patients with primary care. The Schulich FMTU has been accepting patients from the area to address the large gap in patient care needs, as a number of our patients didn't have a family doctor, lost their family doctor, or are new to the country.

How does it feel to be one of the first Residents?

It's very exciting to be one of the first Residents! The community has been very warm, welcoming, and supportive. The transition from medical student to Resident was very easy. I'm excited that we have the ability to shape the program, and contribute to the growth it will have in the upcoming years.

What sets Humber River Health apart as a learning environment?

I've had many positive experiences here as a medical student and now as a Resident. The preceptors are very dedicated to teaching and getting the learners involved. We also have many unique and important learning experiences at Humber with immigrant and refugee health, and working with a multicultural population. Overall, it's been a very supportive community.

Highlights: Robotic Surgery Expansion

As we kick-off the second year of our three year \$10 million campaign to expand our innovative Robotic Surgery Program, support from our donors is already making a difference. Together we have already raised over \$5.9 million! The Robotics Program now includes the new da Vinci Xi, two ROSA robots, and Intellijoint HIP—but we're not done fundraising yet!

Support from our generous donors has brought our ambitious vision to life, but reaching our goal will be critical in keeping Humber's best-in-class program going for years to come.

da Vinci Xi: Operating on an Entirely New Level

Thanks to the generous support of our donors, the new da Vinci Xi is now being used by our talented surgeons at Humber River Health. As the most versatile surgical robot on the market, this next generation da Vinci has given our surgeons the ability to expand our offerings to include treatment for prostate cancer, kidney cancer, complex rectal cancers, ventral hernia repair, and hysterectomy. It has better range of motion, magnified 3DHD visualization, and greater precision meaning minimal scarring, reduced risks, shorter time in hospital, and quicker return to normal life for our patients. But we're not done yet—reaching our full \$7 million goal for the Xi will be critical to keep this life-saving program at Humber.



The ROSA® Knee System: Greater Precision for Double the Patients

Our donors have brought the second ROSA® to Humber, making us the first hospital in Canada to have two of these robots, and allowing us to double our capacity for robotic knee surgeries. The next generation in surgical planning and execution, ROSA® robotically guides surgeons during total knee replacements, allowing for greater accuracy in positioning. The ROSA® knee implant also comes in both standard and narrow sizes to match various patient ethnicities, genders, and statures, and the robot even adapts to surgeon workflow, providing surgeons with data-driven intelligence during the surgery. Thanks to the donors who have made this possible, our surgeons have performed over 1,000 ROSA® cases!

Intellijoint HIP

Another first-in-Canada, Humber River Health introduced the Intellijoint HIP in 2022, thanks to funds raised by our donors. This state-of-the-art navigation system enhances the accuracy of incisions and implant placement during hip replacement procedures. Intellijoint HIP is now being used in over 85% of our hip replacement surgeries at Humber, creating efficiencies and improving patient outcomes as we ramp up our program. Humber was the first public hospital in Canada to adopt Intellijoint HIP. Thank you to everyone who has contributed to keeping this program running!



Fundraising Spotlight: Area of Greatest Need

While designated funds are essential to advancing important organizational projects (like our Robotic Surgery Campaign highlighted on the previous page), donating to Area of Greatest Need, an unrestricted fund, allows us to carry out important work untied to specific projects.

It gives us the flexibility to make immediate impact when and where it's needed most, and supports all areas of Humber River Health. These donations allow us to react to urgent issues quickly in response to the changing needs of healthcare.

Humber River Health's Wilson Site was made possible by Area of Greatest Need Donations

Unrestricted funds help Humber River Health pay for things like infrastructure, equipment, program expansion, emergency expenses, and professional development. Here are some of the amazing things your Area of Greatest Needs donations have helped fund in recent years:

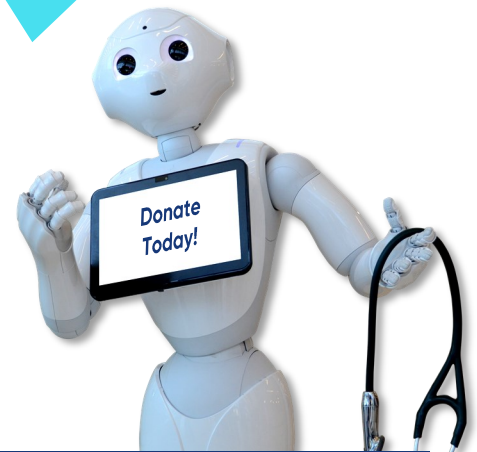
The Arctic Sun Thermal Cooling System

A non-invasive cooling device in our ICU that can quickly lower body temperature when it's needed to reduce damage to vital organs. This has made a huge impact on patients in trauma, like cardiac arrest and those with COVID-19 related illness, where timing is critical to preserve brain and body function!

Paediatric Resuscitation with the Neonatal Baton

Equipment that helps intubate paediatric patients in our Apotex Emergency Department that are struggling with their breathing due to respiratory viruses and other issues. The Baton works with a system called GlideScope AVL, which provides a clear view of the airway and enhanced maneuverability, for fast intubations where every second counts.

Did you know that donating to our **Area of Greatest Need** fund is one of the most impactful ways to give?



"In the end, we are supporters of the Hospital and its ability to help families in our community promptly and efficiently, which is so important in healthcare services today."

– Philip and Sherry Evershed, Area of Greatest Need Donors



Thank You

The following donors are helping us light new ways in healthcare by recently committing more than \$100,000 in support of Humber River Health.

Carl Anderson & Shirley Fairfield

Carpenters Union Local 27

Concrete Forming Association of Ontario

Tim & Kristi Duncanson

Philip & Sherry Evershed

Feldberg Family

Anthony & Enza Fusco

Estate of Dorothy Gunn

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Donald & Lorraine Loeb

Malfar Mechanical Inc.

Daniel & Rose Mantella

Irma & Vincenzo Pulla Charitable Foundation

Michael Scuzillo

The Schulich Foundation

The Slight Family Foundation

The Sorensen Family

Warren & Maureen Spitz

Estate of Harold Stankaitis

Westmount Army & Navy Club

Signature Events



Thank you to our Presenting Sponsor:



Illuminate: A Diwali Celebration

Thank you to everyone who made our first **Illuminate: A Diwali Celebration** on November 2, 2023 a tremendous success! Featuring headliner **RDB featuring Manj, DJ Prodigy**, and legendary emcees **Pooja Handa** and **Gurdeep Ahluwalia** from The Pooja and Gurdeep Show on 98.1 CHFI, our inaugural event was filled with entertainment that lit up the stage. Guests also enjoyed an amazing Bhangra dance performance by the School of Indian Folk Arts & Tradition, exquisite henna, and so much more.

We are thrilled to announce that **\$800,000** was raised to support our Areas of Greatest Need at Humber River Health, including our esteemed Department of Medicine.

It's not too late to donate! Visit hrhdiwali.ca to join us in our unwavering commitment to continue lighting the way towards a brighter, healthier future for all!

The AWESOME Invitational Golf Tournament: Celebrating 40 Years

This year's **40th annual AWESOME Invitational Golf Tournament** took place on September 11th with 172 golfers at the iconic, Oakdale Golf & Country Club. With the help of our (awesome!) sponsors and guests, we are so excited to share that **over \$510,000 was raised (a new record!)** in support of the Areas of Greatest Need at Humber River Health, including the expansion of our Intensive Care Unit.

40 years ago, this Tournament began with a group of friends, one of them being the late Dr. William Gordon Francis, aka "Dr. Awesome". That year, \$25,000 was raised for Humber River Hospital, and every year the tournament continues to grow.

Thank you to everyone who made our big 4-0 a success and for helping to ensure this year's event was our biggest and most successful one yet!



Thank you to our Presenting Sponsor: **PACE LAW**



Allan Ramkissoon, Chandra Narayan, and Their Children Are Leaving a \$1 Million Legacy



“Now that we’ve learned about opportunities to give like this one, we’re looking for even more ways we can help.”

Allan Ramkissoon was only seventeen when he began his career in the airline industry as a baggage handler. He went on to study avionics, and over the years gained experience in many areas of the airport, including pushing and towing planes, de-icing before flights, developing flight load plans, and security – all of which he learned first-hand. Along the way, Allan married his wife Chandra and together they had four kids, Aneal, Omisha, Govinda, and Sanjay.

In 2010, Allan started a business providing airport security services for contract workers and other personnel. Chandra and all four of their children would go on to work for the family business in various hands-on roles. Together, their family accomplished many major projects, taking pride in their shared values of hard work,

communication, reliability, and giving back.

This year, Allan and Chandra committed to leaving their legacy at Humber River Health, by naming Humber River Health Foundation as the beneficiary of their life insurance, a natural extension of their family values.

“I have always wanted to give back in a big way, but I didn’t know where to start,” says Chandra. “Now that we’ve learned about opportunities to give like this one, we’re looking for even more ways we can help.”

“Leaving our gift through life insurance made sense from a financial perspective,” says Allan. “We know that one day we will pass on, and this way we can help as many people as we can.”

Women in Kindness (WINK)

On March 8th, the generous women of WINK gathered for our most recent WINK Den to hear pitches from new programs at Humber River Health. After a difficult deliberation, WINK members voted for **Hospice@Home**, donating a **collective gift of \$65,000** to this project.

Hospice@Home will provide palliative care to patients with an interdisciplinary team, consisting of registered nurses, personal support workers, social workers, spiritual care, and other therapists, going beyond what is provided through home care services.

We’d like to thank the members of WINK for their generous support over the years!



Thank you to our Presenting Sponsor:



Child & Adolescent Mental Health: Anara's Story

Anara was 17 when she landed in the Jack & Pat Kay Emergency Psychiatric Unit (EPU) for the second time in her life. She was struggling with severe social anxiety, mood swings, difficulty in her relationships with her friends and family, and stress. Years before, Anara had made a suicide attempt by overdose, and she found herself feeling once again overcome by her deteriorating mental health, though there were no safety concerns this time. Anara was referred to our Child & Adolescent Mental Health Urgent Care Clinic (UCC): a preventative program offering tailored outpatient care.

Her UCC team at Humber River Health provided psychoeducation to help Anara and her family understand and cope with her mental illness. They introduced distress tolerance techniques, helping improve her ability to manage emotional incidents in her life, and evaluated her medication options.

"Our clinic is helping to fill a gap that has always been present in the community, and despite huge system issues, we are helping to improve lives," says Dr. Jacqueline Holiff, a Psychiatrist who has been part of the UCC since its inception.

With the help of the UCC, which exists thanks to the generous support of Jack and Pat Kay, Anara was able to connect with counselling and gain a clearer picture of her mental health struggles. She has since been discharged and connected with community services, and still visits Dr. Holiff, to manage her medication. Anara has now finished high school and plans to attend university.



Please note: Names have been changed.

Expanding Youth Mental Health Services with The Slaight Family Foundation Donation



Thanks to a recent commitment of \$1.5 million from The Slaight Family Foundation, Humber River Health in partnership with Lumenus Mental Health, Developmental and Community

Services, will be able to provide extended mental health care to even more youth who come through our program.

This gift was part of an astounding combined \$26.5 million donation from The Slaight Family Foundation to 19 Canadian organizations with the goal of expanding local mental health services.

The Child & Adolescent Mental Health & Addictions Program at Humber River Health currently partners with Lumenus, a community-based agency providing support through a single part-time Child and Youth Worker, as youth transition from

inpatient or day care at Humber into community care services.

Previously, budgets have limited the partnership's capacity to only 45 out of 180 patients in need annually, but The Slaight Family Foundation's grant will support this crucial partnership for 3 years, providing extended transitional mental health care to all of our young patients in need who receive in-patient or day program care at Humber. Additionally, the grant will allow the program to double the follow-up time for each patient from 6 to 12 weeks, leading to an enhanced continuum of care and improved support during their critical transition period.

Take Root

Alternative Minimum Tax

Many of you, our generous donors, support Humber through donations, pledges and gifts of stock. Your generosity lights the way for continued innovation in our programs. But did you know there are a variety of benefits by giving another way? Leaving a legacy at Humber River Health can take root in a variety of different ways and this is the place where we will explore topics related to planned giving.

Welcome to Take Root, a column where we explore topics related to planned giving (or legacy giving), including leaving a gift in your Will, giving through RRSPs, RRIFs and more! In this edition, Mark Halpern, CEO of WEALTHinsurance.com, shares his expertise:

Q: I've heard that the Canadian government has announced plans to raise the Alternative Minimum Tax (AMT) next year. What will this mean for me as a donor?

A: Unfortunately, the proposed changes to the Alternative Minimum Tax would make it less advantageous from a tax perspective for individuals, trusts, and estates with taxable income of \$300k and higher to donate non-registered securities such as stocks, mutual funds, and exchange-traded funds.

Right now, if you're donating stocks, you do not pay any tax on the

appreciation and you get a full donation receipt that could be used to offset other sources of income. Under the proposed changes, taking effect January 1, 2024, high net worth donors would pay 30 percent tax on the capital gain and the donation tax credit would be cut in half.

I recommend speaking to your financial advisor about the following: If you've been thinking about donating in-kind non-registered public securities, consider making your gift in 2023. There is also an option to pre-fund a private foundation or Donor Advised Fund in 2023. And finally, if you're planning on selling a business or investment in

real estate, doing so in 2023 could help you avoid increased capital gains tax inclusion.

Please note that there is no AMT on death, so charitable tax planning in your Will is key. Donations can be used to mitigate up to 100% of estate taxes including the previous year. That means for every \$2 given to charity, you can save \$1 of tax and turn it into charity.

We have many ways using life insurance to make this a reality for pennies on the dollar or on a cash-flow neutral basis. It pays to invest a bit of time to see how this can be of benefit for you and your family.



Do you have a question you would like answered by our Planned Giving Advisory Committee? If you'd like to learn more about this type of giving, please contact Caterina Magisano at 416.242.1000 ext. 81516, cmagisano@hrh.ca.

This information does not replace advice from your professional financial advisor. Please contact them with questions about your specific financial plan.