



Markham Stouffville Hospital's GROUNDBREAKING BREAKTHROUGH!

So much has happened at Markham Stouffville Hospital in the last six months – and it's all good news.

On December 16, 2010, the Hospital celebrated a breakthrough - the official groundbreaking on its expansion project. "I am delighted to share in this tremendous milestone with Markham Stouffville Hospital," said Deb Matthews, Minister of Health and Long-Term Care. "The expansion of this hospital is an essential part of this government's commitment to renew hospitals and ensure Ontarians have access to the care they need, close to home."

Within days of the official groundbreaking, construction was evident around the site. "The expansion is good news for our staff, our patients and our community," says Janet Beed, President and CEO, Markham Stouffville Hospital. "This is your hospital and we are proud to be part of your lives and your family. We are excited to be growing so that we can serve you and your family now and in the future."

So much will be happening in the next six months including:

- Expanded Emergency Department – tripling the current size. Construction is scheduled to start in July 2011.
- Construction on Inpatient Mental Health is slated to begin in November 2011.

EXPANSION HIGHLIGHTS

- Improved and expanded health and wellness Ambulatory Care Clinics
- New Operating Rooms
- Expanded state-of-the-art Diagnostic Imaging Centre
- Enhanced Maternal Child Program
- Innovative Child & Adolescent Mental Health Services
- One-stop-care Cancer Program

"Rest assured that our levels of service to our community will remain unchanged throughout construction," says Janet Beed. "We appreciate your support during the expansion and we can't wait to serve you in our newly built and renovated space."

Visit www.msh.on.ca for more information.



April 2011 – Concrete pour for the new building



April 2011 – Forming second floor of the new building



April 2011 – Looking eastward on the Hospital's construction progress

The expansion will allow the hospital to meet the needs of our growing population. It will enhance access to essential health-care services through the construction of a new four-storey building that will double the size of the existing facility. When the building is complete, we shall then begin renovations to our existing site. Virtually every area in the hospital will have increased in size and in number of beds.

You may have already noticed the completion of the Health Services Building, the new parking lots and internal streets. You will definitely have noticed the fencing and hoarding, machinery and construction workers. The new building is scheduled for completion in early 2013. At that time renovations will begin in the existing hospital and are expected to be complete in 2014.



Suzette Strong, Chief Executive Officer,
Markham Stouffville Hospital Foundation

Message from Our Chief Executive Officer

It is quite simple ~ Markham Stouffville Hospital must expand to meet the needs of our community, which is growing by 7,000 families each year. In the last edition of messenger, I mentioned that our fundraising efforts were focused on this expansion. The Foundation's \$50 million capital campaign is the largest fundraising project in all of York Region and we are raising funds to make our new hospital a reality.

I am pleased to report that the official groundbreaking ceremony for the expansion took place in December. You can see the building beginning to take shape and with it our vision of a state-of-the-art healthcare facility that our families need and deserve.

Our cover story highlights just how busy we've been since groundbreaking and we would not have been able to get this far without you. Your personal donations and our community's participation and support of our special events, such as our annual gala and Legacy 5K this past April, are essential.

These are the monies used to furnish the new and renovated facilities and purchase the medical equipment necessary to provide excellent care, close to home. The government does not fund everything. In fact they fund only 90% of the bricks and mortar, and if you need an MRI they pay zero. If we need more beds, which we do in the expanded hospital, the community has to raise the funds themselves.

Thank you for being an important part of this vision. You are not only making a difference to our families and the patients who rely on Markham Stouffville Hospital today, your generosity will benefit these families tomorrow and for generations to come.

My heartfelt thanks,

BIG THANKS TO OUR LE CIRQUE BALL SPONSORS FOR THEIR TREMENDOUS SUPPORT!

Le Cirque Ball was the most successful Gala to date, raising an amazing \$550,000. A very special thank you to the following:

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THE CLIMB TO CONQUER

Overcome the Stigma of Child and Adolescent Mental Illness

We may not move mountains... But together, we will climb them!



Mr. Ron Hulse



Dr. Christyne Peters, Ob/Gyn



Bryce Wylde, H.D.

From July 10 to 21, 2011, a dedicated group of 18 Markham Stouffville Hospital (MSH) physicians, staff and community members will set out to climb Mount Kilimanjaro, the summit of Africa. Together they are climbing to conquer the stigma of child and adolescent mental health by raising funds and awareness for York Region's leading mental health facility: MSH's expanded Child & Adolescent Mental Health Services.

"It is the adventure of a lifetime to provide a lifetime of opportunities for our youth," says Bryce Wylde, H.D. who is climbing with his brother-in-law Dr. Michael Rouhi. "When you blend altruism with a good cause, it's a recipe for success. For me, it's also personal. Some of my relatives have suffered from mental health and addictions issues. My goal is to raise awareness of the importance of early diagnosis and treatment for mental health issues in our communities. These children and their families need our support and understanding - not stigma and stereotypes."

As our community continues to grow, so does the need for adolescent psychiatry. "Due to genetics or life situations, an increasing number of our children struggle with mental health issues including depression, suicide, eating disorders and alcohol and drug abuse," says Dr. Christyne Peters, Ob/Gyn at MSH who is climbing with her husband Mark. "As an obstetrician I have the privilege of nurturing babies in utero and ensuring they have the safest delivery possible. If and when our youth have their own mountains to climb, Markham Stouffville Hospital wants to

have top-notch resources readily available for them in our community so that our children and our children's children can lead the healthy, happy lives they deserve."

MSH's new Child & Adolescent Mental Health Services will be an inviting, non-judgmental, welcoming and supportive place for children and adolescents with expanded space, more beds, reduced waiting times, improved access and new treatment facilities. A highlight will be the innovative Paediatric Day Hospital for youth in crisis, allowing patients to continue their schooling during short-stay treatment periods. Ultimately, Markham Stouffville Hospital wants to ensure that our children continue to receive the counseling and care they need close to home.

Ron Hulse and his wife Karen Chadwick were looking for a meaningful adventure. "I see this once in a lifetime experience as a way of demonstrating that anything is possible," says Ron. "Our family knows first-hand that mental health issues can come without warning and turn everyone's lives inside out. We're climbing to help positively change children's lives forever and support families suffering from the stigma of mental health. For us, the journey is our reward."

To learn more about our Child & Adolescent Mental Health Services and to meet our climbers and read their stories, visit www.climbtoconquer.mshf.on.ca. The expedition will be led by Ben Webster and Canadian Adventure Productions who will chronicle the journey as a documentary film.

Raising \$500,000 for Mental Health

Did you know that:

- One in five Ontario youth struggles with mental health issues.
- Suicide is the second leading cause of death among 10-24 year olds.
- For half of Canadians affected by depression, symptoms start before age 20.
- The average age for onset of anxiety disorders among Canadians is 12.
- MSH's 25 bed Mental Health in-patient unit runs at 90% occupancy.
- MSH's Child & Adolescent Mental Health Services helps 4,000 children each year.
- The stigma surrounding mental illness keeps many people from seeking help.

THANK YOU!

Because of you, Markham Stouffville Hospital has purchased hundreds of pieces of leading-edge equipment this past year to ensure the delivery of safe, high quality care.

Our patients rely on you, along with the other members of our Markham Stouffville Hospital Family of Supporters to outfit our hospital with the best equipment possible.

As you will read in the note below from Eileen Rees, a donor and grateful patient, your support truly does have a huge impact on the lives of real people from birth to end of life.

Here are some examples of equipment you have invested in this past year

- Endoscope \$80, 453
- Stress Test System \$44, 778
- Defibrillator.....\$22,615
- Forceps \$4, 770
- IV Poles & Drainage Bags \$2, 085
- Diagnostic Set\$1,780
- Paediatric Paddles \$312 each

Note From Eileen Rees

The very reason I support Markham Stouffville Hospital is based on my story. Whether it's yourself, your kids, your family and friends – you go there when you are in trouble and hope they can fix you – only the details of the stories are different. They are all important and potentially life-altering for those involved.

We moved to Markham in 1985 and over the next 25 years Markham Stouffville Hospital became our Hospital. Set amongst what were then open fields, it seemed so much more accessible and a lot friendlier than the big Toronto hospitals. We could relate to it personally, feel a sense of ownership. It's like an old friend that we tend to take for granted, secure in the knowledge that it will always be there for us when we need it. And need it I did over the years. Here are a few examples:

- Weekend visit to the Emergency Department with stomach pain. Early diagnosis and timely treatment caught my appendix just before it blew. Dr. Pendergast's experience and intuition told him it couldn't wait. Pathology proved him right - after the Laparoscopic surgery, I was up and about and wearing a bikini in a week.
- Yet another fall from my horse, this time sans helmet, took me back to the Emergency Department. X-rays were taken and the consensus was bumps and bruises and some swelling but the doctor felt uneasy and called in someone senior (from his dinner table I believe). I remember appreciating that he held my hand as he explained why further scans were needed. I had visions of being paralyzed. Fortunately it turns out C3 had been banged up but would heal itself in time with rest and care. Had they not gone the extra mile I would probably have ridden the next day, aggravated the injury and had a very different outcome.
- This is now part of our family lore. Coming back from a New Year's Dinner some years ago my elderly mother slipped and fell on our icy driveway. She had a large lump on her head so off we go to the Emergency Department once again. At Triage, my Mother responded to the birth date question incorrectly. We were alarmed as we thought the head injury had confused her. Turns out she had knocked a few years off to make herself more employable when she first came to Canada. She was successfully treated and sang the praises of Markham Stouffville Hospital to everyone in the Oakville Seniors Residence. She left us recently after 89 good years.
- A fall on a cold January day resulted in yet another visit to Emergency. I had hurt my wrist and was retrieved dazed from a snow bank by some kind neighbours, still clutching my Tim Horton's Hot Chocolate firmly in my good hand. While my husband was at Triage I collapsed and the system shifted into high gear. I was whisked off to have another CT scan for concussion and later had my broken left wrist set. Many people had fractures that day, the place was seething and on my subsequent visits I was amazed at the number of people that Dr. McMahon and his team cared for on an ongoing basis. My outpatient rehab at the hospital was also a very positive experience and resulted in my regaining almost full mobility of my injured wrist. Considering I am a "lefty", a decided bonus. An unexpected by-product of the CT scan was learning I had an undiagnosed chronic sinus condition for which I subsequently sought treatment.

And the list goes on...

Writing this I realize what an important part the hospital has played and will continue to play in my life and that of my family, friends and neighbours. From birth to end of life, the medical milestones of our lives are marked here. We gather to seek treatment, visit, offer support and sadly, sometimes to say goodbye.

Markham Stouffville Hospital is pivotal to the life of our community.

WE'RE
GROWING
TOGETHER.

WITH THE INTRODUCTION OF OUR NEW BABY WALL

The Markham Stouffville Hospital Foundation is excited to launch our new Baby Wall, designed to represent the magical milestones of childbirth.

Our theme of building blocks was chosen to mirror the building of our Hospital as it expands to support the growing families in our expanding community. Like every baby, each name on the wall is very special and represents a donation made in honour of the birth of a loved one. Whether you're a parent, grandparent, friend or relative, you can donate to commemorate this magical moment.

Markham Stouffville Hospital is proud to be part of these precious moments in our patients' lives.

For more information on how you can take part and honour the special babies and births in your life, please see the enclosed coupon or contact the Foundation.

Call 905.472.7373 ext. 6341
Email mshfoundation@msh.on.ca



Where there's a will - There's a way!

- Family conflict may occur over distribution of household effects such as china, artwork etc. Without a will the Public Trustee will sell all your possessions at auction and distribute the cash according to the Provincial statute.
- An estate that is settled without a will is usually subject to additional income taxes. Taxes can often be reduced with a little wise estate planning.
- Gifts to charitable organizations (such as The Markham Stouffville Hospital Foundation) are only possible if you have a will. The government schedule makes no provision for charitable bequests, no matter how faithful you have been in your support while living. Through prudent estate planning, you can make a significant bequest and reduce taxes owing by your estate.

For more information about leaving a bequest or the tax benefits, call Jan Black at 905.472.7394 or email jblack@msh.on.ca.

We all have a tendency to procrastinate about things that intimidate us...and never is this more evident than in the preparation of a will. Recent statistics show that only 48% of Canadians over 18 have prepared a will. (And, unfortunately, many of those who do have a will haven't taken the time to update it in years.)

What Happens If We Die Without a Will?

- Your estate will be distributed to your immediate family and other relatives in accordance with a schedule defined by provincial statute. If you have no living relatives, the provincial government becomes the sole beneficiary!

messenger

messenger is a Markham Stouffville Hospital Foundation publication intended to inform our donors of the difference their generosity makes.

The Markham Stouffville Hospital Foundation is a not-for-profit organization that provides financial support to the hospital as it fulfills its mission of providing compassionate, patient-centered care.

Office Location:

Markham Stouffville Hospital Foundation
379 Church St., Suite 303, Markham, ON L6B 0T1

Mailing Address:

Markham Stouffville Hospital Foundation
381 Church St., Markham, ON L3P 7P3
T: 905.472.7059 F: 905.472.7018

www.msh.on.ca

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For information on how to make a donation or to provide feedback, please call 905.472.7373 ext. 6341 or email messenger@msh.on.ca.



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We are also currently featured on [DailyWeb TV](#).

To learn more about some of our programs please check out the following links:

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<http://dailywebtv.com/york/video/22565>

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<http://dailywebtv.com/york/video/22423>

Give us your input and share your stories with us about why you support your local Hospital.

We look forward to hearing from you!