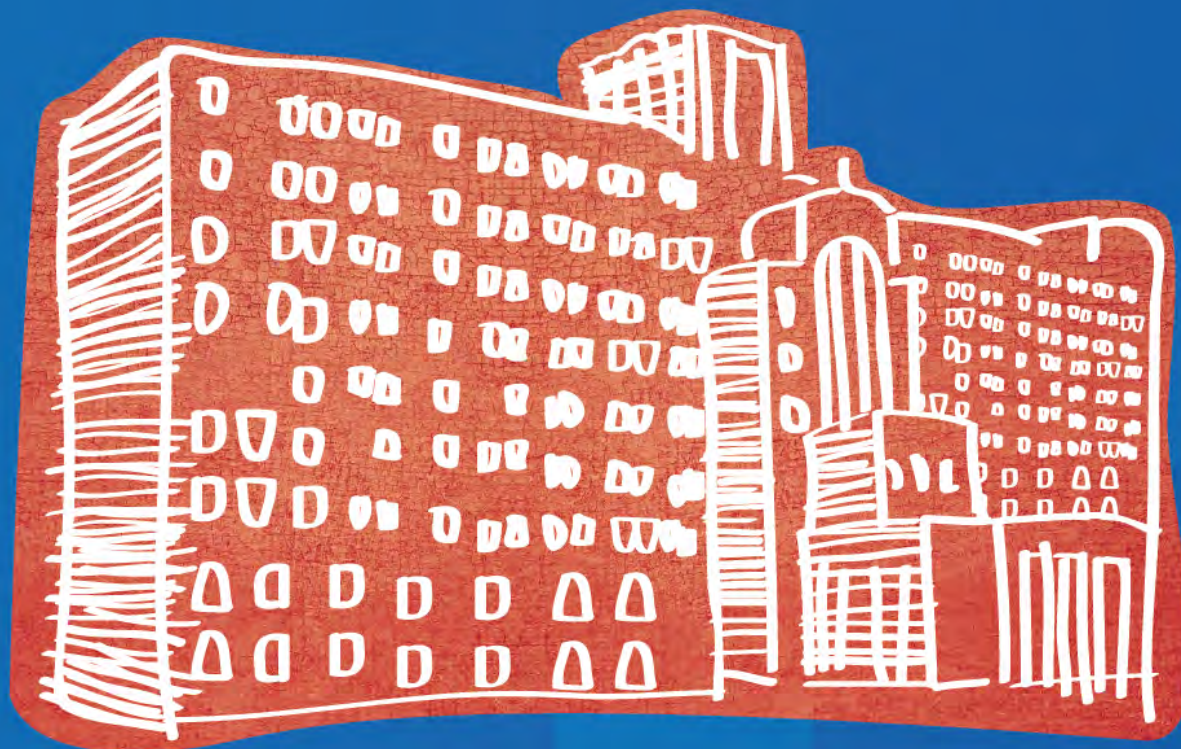


*Bienvenue | Welcome*



*Pour célébrer | Celebrating*

**2020-2021**





**FIÈREMENT  
ST. MARY.**  
Votre don fait une différence

**PROUDLY  
ST. MARY'S.**  
Your donation makes a difference



FONDATION DE  
L'HÔPITAL  
ST. MARY



LA SOCIÉTÉ DE ST. MARY 2020  
THE ST. MARY'S SOCIETY

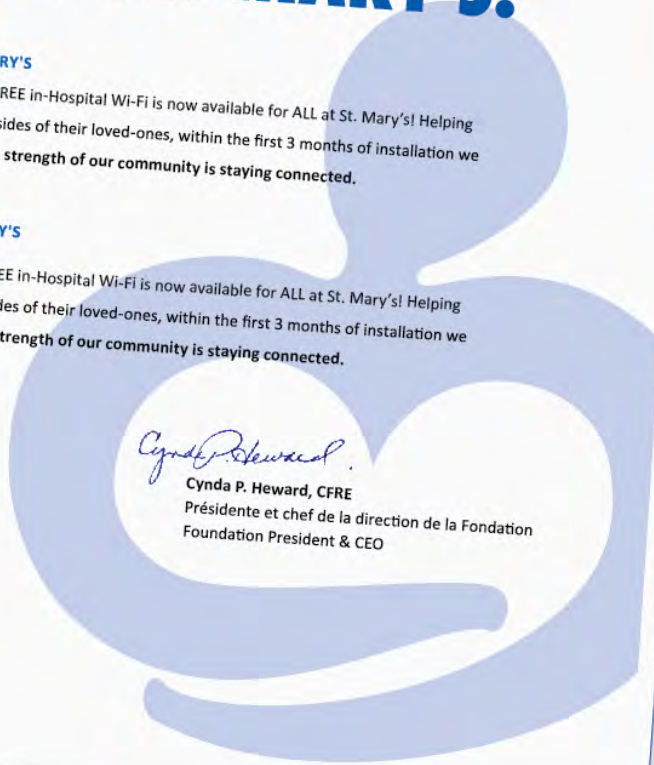
**FIÈREMENT ST. MARY.  
PROUDLY ST. MARY'S.**

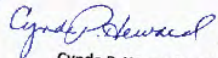
**WI-FI CONNECTION AT ST. MARY'S**

We are proud to announce that FREE in-Hospital Wi-Fi is now available for ALL at St. Mary's! Helping family members to the bedsides of their loved-ones, within the first 3 months of installation we have over 87,000 connections. The strength of our community is staying connected.

**WI-FI CONNECTION AT ST. MARY'S**

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Cynda P. Heward, CFRE  
Présidente et chef de la direction de la Fondation  
Foundation President & CEO

fference.  
standing.

et soutenir notre système de santé.  
temps ou jamais.  
I, d'une grande humanité.  
avec un grand cœur.  
rie & Jean Chagnon



emand for everything at St. Mary's...  
ort than we ever have before.  
Barry White

onomique  
e autre.  
es sortes d'autres maladies  
travail en ce sens.  
per



## 26<sup>th</sup> St. Mary's Masters Golf Tournament

**\$150,553**





# 27<sup>th</sup> St. Mary's Masters Golf Tournament

**\$359,900**





**26<sup>th</sup> Girls for the Cure**  
**\$101,835**

Since the first steps taken in 1994...



Over 46,500 students have walked in unison  
Over 412 million steps taken  
Over 7.8 times around the world  
Over \$3 million raised



# 27<sup>th</sup> Girls for the Cure / October 5th, 2021 \$130,000






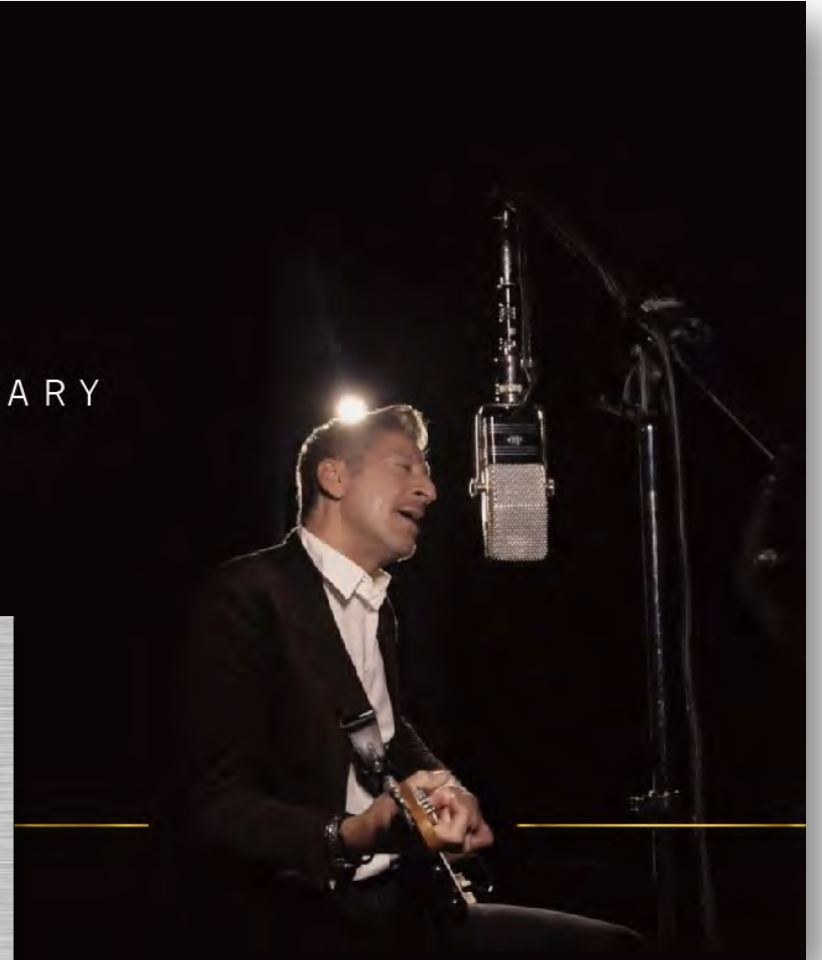
# 83rd St. Mary's Ball

## \$1,156,600

WELCOME TO THE  
83<sup>rd</sup> ST. MARY'S BALL

BIENVENUE AU  
83<sup>e</sup> BAL DE ST. MARY

<b>83</b>	ST. MARY'S BALL YEARS STRONG	2020	11	06
	BAL DE ST. MARY ANS D'HISTOIRE	Y/A	M/M	D/J
PAYABLE À   TO <i>St. Mary's Hospital Center</i> <i>Le Centre hospitalier de St. Mary</i>		\$ <b>1,156,600</b>		
<i>One million one hundred fifty six thousand six hundred</i>		/ 100 DOLLARS		
 FONDATION DE L'HÔPITAL ST. MARY   ST. MARY'S HOSPITAL FOUNDATION		<i>Heartfelt thanks</i> <i>Merci de tout coeur</i>		
<i>La communauté montréalaise / The Montreal Community</i>				



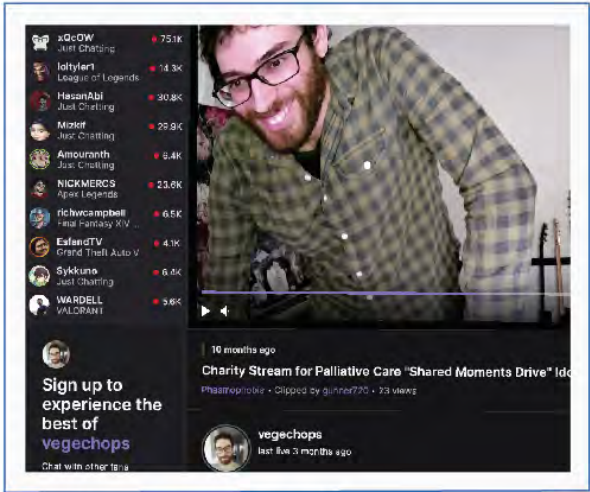
# Community supporting Community



Gayle Hutchison Golf tournament  
\$11,439



Friends of St. Mary's  
\$1,610



Vegechops Twitch Fundraiser  
\$1,509



Glow for the Cure  
\$3,875




Hurley's St. Patrick's Day Concert  
\$11,250



Whack-A-Ball Fundraiser  
\$2,000






**St-Marys-Public**  
WI-FI

WI-FI  
**DELIVERED**

*... in the St. Nick of time!*

ACCESS FREE IN-HOSPITAL WI-FI TODAY  
Brought to you by the St. Mary's Hospital Foundation Community

**St-Marys-Public**

 FONDATION DE L'HÔPITAL ST. MARY | ST. MARY'S HOSPITAL FOUNDATION

Technical Support  
1 (800) 642 3958



**St-Marys-Public**  
WI-FI

WI-FI  
**LIVRÉ**

*... juste à temps pour les Fêtes!*

ACCÈS GRATUIT AU WI-FI DE L'HÔPITAL DÈS AUJOURD'HUI  
Offert par la communauté de la Fondation de l'Hôpital St. Mary

**St-Marys-Public**

 FONDATION DE L'HÔPITAL ST. MARY | ST. MARY'S HOSPITAL FOUNDATION

Soutien technique  
1 (800) 642 3958

La force de notre collectivité, c'est de rester uni.  
The strength of our community is staying connected.



# 1924 Newsletter



## CARDIOLOGY speaks from the heart!



Click Here for Healthy Heart  
videos from St. Mary's



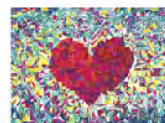
### Habs at the Heart of St. Mary's

NHL legends share messages of gratitude for St. Mary's staff in the fight against COVID-19. They know what it means to work as a team, go the distance and never give up...



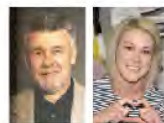
### Wi-Fi for the Benefit of All

Free Wi-Fi is the gift that keeps on giving. We are so happy to share that all donations made through the sign-in portal for our newly installed public Wi-Fi.



### A Moment with Doctor Stu

It turns out that some like "heartfelt" and "feeling it in your gut" come from sensations in the human body, sensations arising from emotions, which can...



### A Way of Saying Thank You

Meet grateful patient Ron Vince II, who made a very generous donation that helped pay for the recent Wi-Fi installation at our Hospital. Ron started coming to...



### A Heartfelt Thank You from APDP

This year, many of us are exhausted, frustrated, perhaps depressed. It has been months of hard work with a long list of personal sacrifices. The days of carefree...



### Congratulations Contest Winners!

Find out who the lucky winners of the St. Mary's Valentine's Day Settle Draw and the Holiday Guessing Game are!



## JOE BEEF



Click here to participate!



### Looking Out for Your Eyes This Summer\*

Protecting your eyes is very important, especially during the sunniest weeks of the year. St. Mary's Ophthalmologist, Dr. Barbara Téboul has been taking...



### Touring the New Sim Centre!

Emergency Physician, Dr. Adrian Flores, takes us on a mini tour of St. Mary's new Simulation Centre. Located behind the auditorium stage, the space has been...



### A Moment with Doctor Stu

Let's stop to recognize the value of fathers, and father figures too. We remember those who came before us, give our love to those around us, and dream...



### The Next Generation Pays It Forward

We want you to meet some inspiring young students whose experiences at St. Mary's have made them want to pay it forward and make a difference...



### Happy Father's Day from APDP

There are moments in every father's life when can only be described as bittersweet. You watch your small child grow and feel a mixture of pride but also of sadness...



### Congratulations Contest Winners!

Find out who the lucky winners of the St. Mary's & Hurley's Pub "Party Pack" Irish Stew 'n' Brew contest are!



## CONCOURS! CONTEST!



### Fellas, Get Your Prostate Checked!

This Prostate Cancer Awareness Month, St. Mary's Urologist, Dr. Keith Matthews, wants to remind you gentlemen that a prostate examination is a simple...



### Touring our new Psychiatry Renos!

Join St. Mary's 3rd floor inpatient Psychiatry staff as they give us an exclusive tour of the newly renovated clinical and multi-purpose room. This bright new space...



### A Moment with Doctor Stu

Doctor Stu takes a moment to share Sam's story, and how this nice young man ended up baking hundreds of home-made cookies for St. Mary's staff...



### State-of-the-Art Equipment Puts Us Out Front!

Dr. Karen Matzuk shares exciting news from our Hepatology Department. We are proud to have a new state-of-the-art liver scanner - The Fibroscan 630 Expert...



### St. Mary's is "Just like a Family"

You may remember Doreen Warren who worked at St. Mary's for 45 years! Although Doreen retired in 1973, she has been keeping close to our Hospital by participating in St. Mary's...



### Congratulations Contest Winner!

Who was the lucky winner of the Summer Contest: who took home the \$125 gift bag of delicious Joe Beef seasonings, just in time for the summer BBQ season?



## Social Media

**St. Mary's Doctor & Astronaut  
Dr. David Saint-Jacques**



**Chris Nilan**  
**Habs at the Heart of St. Mary's**



**Geoff Molson**  
Habs at the Heart of St. Mary's



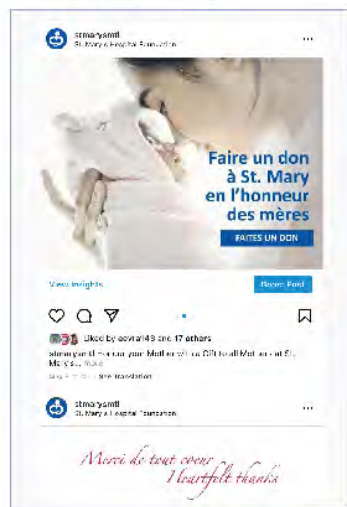
**Yvan Cournoyer**  
**Habs at the Heart of St. Mary's**



**"Standing together in support of each other".**



### Mother's Day campaign



### Father's Day campaign



**Laurent Duvernay-Tardif**  
Surgical rotation at St. Mary's



### International Self-Care Day



### Not all heroes wear capes





# Your Surgery Journey at St. Mary's Hospital

## A Patient's guide

**FIÈREMENT ST. MARY.  
PROUDLY ST. MARY'S.**

YOUR SURGERY JOURNEY AT  
ST. MARY'S HOSPITAL  
*Patients guide*

YOUR SURGERY JOURNEY AT  
ST. MARY'S HOSPITAL  
*Patients guide*



 FONDATION DE  
L'HÔPITAL  
ST. MARY | ST. MARY'S  
HOSPITAL  
FOUNDATION

 **APDP**  
Association des médecins de la région de Montréal  
The Association of Physicians of the Greater Montreal Area

 **McGill**

ST. MARY'S HOSPITAL | 3830 avenue LaSalle, Montréal (Québec) H3T 1M5 ☎ (514) 345 3511

**BON RETABLISSEMENT !  
*Happy recovery!***



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# E-Thank you Campaign

Dear Mr. Clinanamith,

It is with deepest gratitude that I am writing to you today, to personally thank you for your valuable support of St. Mary's Hospital Center, and to share the many ways you have helped make an incredible impact on our patients, families and our Hospital.

Right now, as we are all driving to get to the finish line and put the last months behind us, it's important to stop and ask, how did we get here? Come this far only because of the cooperation, resilience, commitment and work from everyone in our St. Mary's community. You are the strength and support that carries us, and together, we will continue to go the distance this through.

As September is back to school month, my Foundation team appropriated this "Cyndie's Report Card", where I am extremely happy to show you how donations have been invested, and the wonderful initiatives that your kindness has helped bring to life during the past year.

- Under Dr. Ron Dimentberg, St. Mary's Orthopaedic department a leading-edge Robotics Program which is showing improved knee replacement surgeries and improving outcomes as well as the largest joint replacement center at McGill, and among the Quebec.
- The purchase of the latest Fibroscan liver scanner which is our new Hepatology services puts St. Mary's Hepatologist, Dr. Matouk, at the leading edge of standards for diagnosis and for our patients with liver disease.
- Ongoing support for vital research by Dr. Marise Larouche, for the diagnosis and treatment of debilitating pelvic floor dysfunction affects almost one quarter of adult women.
- Funding Dr. Sylvie Lambert for the implementation and evaluation of state-of-the-art process for cancer patients and their caregivers screens symptoms using the Opal mobile application, improving understanding of low patients and caregivers cope and adjust.
- Awarding annual bursaries for our valuable nurses, honouring a commitment for providing enhanced skills and training.
- Provide vital funds to support our Cardiology team which has been greater demands in the fight against heart disease and strokes empowering nurse practitioners to set plans in motion for our new Care Unit (CCU) for specialized monitoring and care for our patients.
- Establishment of a Geriatric multidisciplinary team in St. Mary's comprised of Geriatric doctors, nurses and physiotherapists to assess mobility and transfer ability and follow up on 15 patients.
- A complete renovation of the 3rd floor Psychiatry in-patient multi-purpose and dining room and the renovation of the nurse's station, improving our Mental Health facilities for all.
- The creation of a new state-of-the-art Simulation Centre where our Emergency teams are replicating scenarios that our medical staff could face in real life: not only improving response times but also communication, understanding of roles and development of leadership skills. To see what goes on behind the scenes [click here](#) for a tour by St. Mary's Emergency physician Dr. Adrian Flores.
- A complete renovation of the outdoor picnic patio, in dedication to St. Mary's Nurses, which is now providing a shady rest area for all our staff.
- The renovation of our Emergency department nurse's lounge where they can now rest in a more serene environment - a reprieve during these long months of intense frontline care and fatigue.

We hope you share in the pride of knowing that you play a vital role in all of this, and can actually see how you have made a very real difference. Your ongoing support remains the force that continues to guide us and provides us with vision for tomorrow.

While we need to stay nimble in adapting to new normalcies, our constant is St. Mary's commitment to you.

Thank you.

With my very best wishes,

Cyndie P. Heward  
President & CEO  
St. Mary's Hospital Foundation

**"Greatly appreciate knowing  
what's been accomplished.  
So thank YOU!"**

**-Elizabeth C.**

**"Thank you for the update,  
and a huge thank you  
to all of our Nurses and Doctors  
on the front line.  
Be safe. »**

**-Vince G.**

**"I appreciate your update.  
There certainly has been a lot  
going on at St Mary's.**

**The medical field has done an  
amazing job under tremendous  
pressure since Covid-19  
hit us in March."**

**-Robin M.**

**wifi. I'm glad it's been installed, it will  
make a big difference to patients.  
Keep up the good work."**

**-Linda S.**

**"Your very lovely email  
brought tears to my eyes.  
It's very touching.  
I feel for all of you during this time,  
and wish you my best  
to continue moving forward.  
May God bless all of you (us)."**

**-Carol L.**

**« Merci pour cette lettre encourageante ! Je suis tellement fière de St. Mary's !  
J'ai reçu les meilleurs soins possibles lors de mon cancer du colon en 2006 et autres  
soins nécessaires pour différentes raisons par la suite. Je dois vous dire  
que le professionnalisme et la gentillesse de votre personnel m'ont aidée à  
passer au travers de cette épreuve et autres problèmes de santé !**

**Si pour une raison ou une autre, je devais être hospitalisée, c'est à  
St. Mary's que je désire être amenée ! Encore une fois,  
BRAVO à toute l'équipe de St. Mary's et bonne continuation en santé ! »**

**-Huguette T.**



## SIM Room





## Renovations



ER staff lounge



3rd floor psychiatry in-patient dining room



Staff terrace

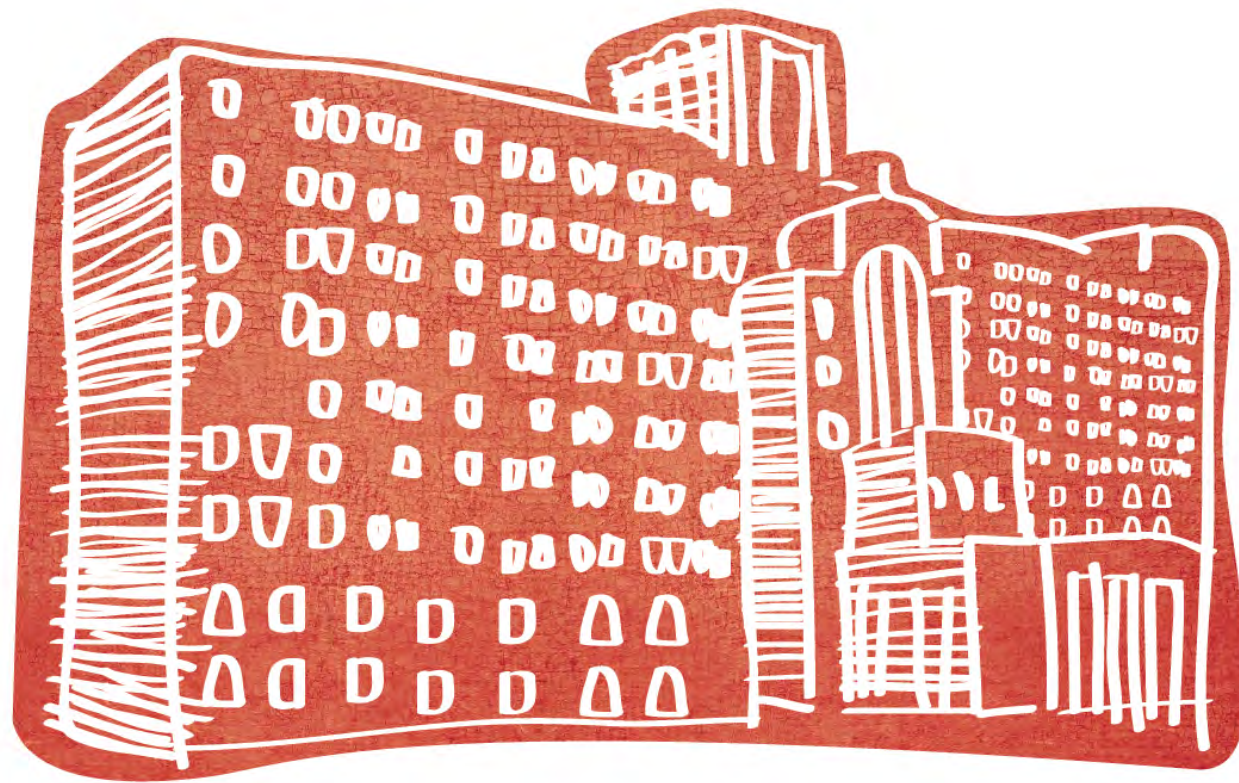


**TO HEAL WITH HAND AND HEART**

In dedication to all the valued healthcare workers at St. Mary's Hospital in honour of our Nurses who set historical standards of excellence in patient care. St. Mary's nationally renowned School of Nursing pioneered this noble profession from 1925 to 1972, teaching "whole person care" which remains a touchstone of our Hospital today.







*Merci de tout coeur*  
*Heartfelt thanks*