



THE ULTIMATE SUITS YOU



THANKFUL FOR TIME:

LASER MIRACLES
CLOSE TO HOME

Dr. Ryan Fitzpatrick on laser urology surgery

GIFTS FROM THE HEART:
60 YEARS OF
VOLUNTEERS

FIND IT EARLY:
BREAST CANCER
DETECTION

IN

TOUCH

FALL
2022

CONTENTS

FEATURE STORIES **3**

Laser tech close to home: Carmine's story
60 years of volunteerism at
Mackenzie Health

COMMUNITY EVENTS **8**

Generosity in action

HOSPITAL NEWS **9**

Glow up for Mackenzie Richmond Hill
Hospital

Find it early: breast cancer detection

EVENTS **11**

Ride and Strides are back in person



A MESSAGE FROM MORIS PILLA CHAIR, MACKENZIE HEALTH FOUNDATION BOARD OF DIRECTORS

Some might call it epic, but it really was the Ultimate.

Our community reached the \$250-million milestone of our Ultimate campaign this summer, with a transformational \$30-million commitment from HBNG Holborn Group. It was a breakthrough many years in the making, fuelled by the most generous donors in Canada, the country's fastest-growing region.

This was the largest campaign ever undertaken by a community hospital in Canada. Thanks to you, health care in western York Region is being forever transformed.

When this achievement was announced at the Vaughan Mayor's Gala by the Honourable Maurizio Bevilacqua, Mayor of Vaughan and Chair of the Ultimate campaign, we celebrated with our community of support. The next morning, we were back at work again, because there is much more to do.

Your generosity to the Ultimate campaign built and equipped a spectacular new hospital and helped enhance patient care at Mackenzie Richmond Hill Hospital. Now, we are asking our community and donors to continue their support, so we can attract the very best talent, advance excellence in our programs, and secure the latest equipment and technology.

Our fundraising goals will continue to focus on providing the best possible outcomes for every patient who comes through our doors. And we continue to thank you, as always, for making it possible.

A handwritten signature in black ink, appearing to read 'Moris Pilla'.

Pictured on the cover: Dr. Ryan Fitzpatrick

INTOUCH

InTouch is published by Mackenzie Health Foundation in support of the ultimate in health care at Mackenzie Health.

To learn more about the Foundation's fundraising priorities, call 905-883-2032 or visit MackenzieHealthFoundation.ca



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Carmine got a new lease on life thanks to new laser technology and the skilled surgeons at Mackenzie Health

DONOR GIFTS CREATE SURGICAL MIRACLES:

CARMINE'S STORY

Carmine didn't hear much after these two words: kidney and cancer. His mind closed up and he felt lightheaded.

As he struggled to understand, Dr. Michael Kogon, Division Head of Urology at Mackenzie Health, confirmed Carmine's kidney would need to be removed. Carmine's life turned on a dime.

He hadn't felt right for a while, he says, but he was working and still playing golf. Initial investigations with his family physician didn't turn up any obvious issues. However, within a few months, a frightening gush of blood in the bathroom put Carmine under the care of urology at Mackenzie Health, and cancer was confirmed.

Cancer was the last thing Carmine wanted or expected to hear, but the team was already booking a date for surgery. He would be losing one of his kidneys, and it was coming out right away.

"They said lots of people live with one kidney, it's not the end of the world," remembers Carmine.

However, once his cancerous kidney was removed, his doctors feared cancer would spread to the other kidney, putting it at risk. If that kidney succumbed, Carmine would have to begin dialysis, putting an end to golf, travel, and perhaps even work. His fate would be tied to a dialysis machine or a kidney transplant. With his cancer history, it's possible he would not be a candidate for kidney transplant at all.

Continued on page 4



Continued from page 3

“With the laser we can manage his cancer on an ongoing basis, and this was not possible even five years ago.”

Despite the grim finding, Carmine’s fortunes were about to turn around. Mackenzie Health, Carmine’s community hospital, not only boasts an ambitious and accomplished team of clinicians in urology and surgery, but it also has an advanced and powerful surgical tool rarely found in Canadian hospitals, let alone community hospitals — thulium laser technology.

Thulium laser is an advanced and flexible surgical tool used in urology. It dramatically reduces risk of bleeding and infection, and it can be used endoscopically, making it much less invasive than open surgery, without the associated risks.

The removal of his kidney was just the beginning for Carmine. As he transitioned into managing his cancer and protecting his remaining kidney, he became a “regular.” He sees his care team every 16 weeks or so for surveillance and scoping, and each visit usually requires a procedure when something is found.



Dr. Michael Kogon and Dr. Ryan Fitzpatrick

It's not lost on him that this highly-specialized care requires other patients to travel far from home, incurring additional costs, more time off work, and additional stress at an already stressful time.

“The reason Carmine is not on dialysis today, without a working kidney, is this technology,” says Dr. Ryan Fitzpatrick, one of Carmine’s treating physicians. “With the laser we can manage his cancer on an ongoing basis, and this was not possible even five years ago.”

Carmine’s care is a team project at Mackenzie Health, applying the best thinking from surgery and urology with leading-edge technologies used in new ways. This combination is creating an exciting area of excellence for laser surgery in

**“They saved my life,
and they saved
my quality of life, too.”**

urology, making Mackenzie Health a place where top clinicians want to practice.

“Our division is growing with young doctors who are highly-trained and have a great deal of fellowship experience. This ambition, and access to this technology, makes Mackenzie Health a sought-after place to work. There isn’t another team of clinical talent in the country as well trained or well-equipped as this team, and we know donors have made that possible,” notes Dr. Fitzpatrick.

Reflecting on his treatment, Carmine thanks the donors of the Ultimate campaign for his ongoing surgical miracle. Earlier this year, a \$10-million gift to the surgical unit at Cortellucci Vaughan Hospital from community builder Mitchell Goldhar saw the unit renamed in his honour.

The Mitchell Goldhar Surgery Unit features seven operating suites, two radiology rooms and one procedure room. Surgical teams have the latest smart technology at their fingertips and the patient’s digital images — including X-rays and scope video recordings — can be called up and read in an instant. Videoconferencing makes it possible for surgeons to consult with experts around the world in real time without leaving the patient’s side.

“Having these doctors and this technology right in my community, I’m very lucky,” says Carmine, “They saved my life, and they saved my quality of life, too.” ■



MACKENZIE HEALTH VOLUNTEERS CELEBRATE 60 YEARS AND \$5 MILLION RAISED

For 60 years, volunteers have made the experience of visiting Mackenzie Health more comforting

The bright purple vests worn by Mackenzie Health volunteers are unmissable if you've spent any time at Cortellucci Vaughan Hospital or Mackenzie Richmond Hill Hospital. On a very difficult day, in a place you might not want to be, it's easy to get confused or agitated. In that environment, purple stands out. That's the point.

"We are the first line of contact at the hospitals. When someone is anxious, or in pain, or lost, we want them to see us and notice us," says Gwen Johnstone, president of the Mackenzie Health Volunteer Association. "We offer support and information, of course. But it's the comfort that patients and families remember. It's a vulnerable time. Many of us have been there."

The volunteer community supporting Mackenzie Health existed two years before a hospital was ever built. In 1961, a group of civic-minded women in Richmond Hill decided the fast-growing community

needed a hospital. They organized themselves originally as the York Central Hospital Auxiliary, with the very same mission guiding the work of the volunteer association today — service and fundraising.

Today, the 500 or so individuals who volunteer their time and talents to Mackenzie Health are as diverse as York Region itself. Among the service and recognition pins volunteers wear on their vests, many wear a badge indicating which languages they speak in addition to English. At last count, there were 11 languages featured. The ability for patients and their families to speak and ask questions in their own first language is a gift at a stressful time. It's an invaluable service, helping alleviate confusion and anxiety.

Like many volunteers, this part of the hospital volunteer experience — being a source of comfort and strength for someone in their time of need — has made the biggest impact on Gwen.

Continued on page 7

Continued from page 6



Volunteers help bring awareness of Mackenzie Health programs and services into our community

While you expect to find volunteers in hospital reception and helping to discharge patients, there are volunteers working, unseen and diligently, to support many functions of the hospitals, including the Neonatal Intensive Care Unit (NICU), Medical Imaging, Long-Term Care and Emergency. They sit on committees and boards, helping connect the hospital to the community and vice versa. Gwen, a retired teacher, started as a volunteer for Mackenzie Health right back in the classroom, in a local outreach program designed to reach grade one students, helping alleviate doctor and hospital anxiety.

“I am in awe of many of our volunteers,” says Gwen. “The skills and experience they bring with their passion, it couldn’t be bought at any price.”

This year, Mackenzie Health Volunteer Association celebrates its 60th anniversary. In the early days, women sold baby clothes and crafts to raise funds, but that focus on handiworks expanded and added

up over time. In the first 50 years, Mackenzie Health volunteers raised \$4.6 million. These funds paid for major renovations to the Intensive Care Unit (ICU), new surgical suites, and neonatal ICU units.

While COVID has challenged the in-person events so important to fundraising, volunteers have gotten creative. In addition to raising \$250,000 for new baby monitors, the association recently presented \$500,000 to the Foundation to support a group counselling room within the Mental Health Day Hospital and Aftercare Medication Clinic, and an activity within the Mental Health unit.

“We see and support people on some of their worst days, and we see how patients and their families struggle mentally and emotionally,” says Gwen, of the donation to support mental health services. Dedicated to supporting the community’s needs and raising awareness of various services and programming, there is no doubt Mackenzie Health volunteers lead with dedication, positivity and thoughtfulness at the forefront to enhance the patient and visitor experience.■



GENEROSITY IN ACTION

From siblings to striding seniors, the whole region supports Mackenzie Health. Pictured below are some community members in action:

Strides for Seniors⁴ raised close to \$150,000 in its first year. Siblings, Romeo and Valentina³, raised \$10,000 by asking for birthday donations. Vaughan in Motion⁶ pledged \$1 million for new medical and surgery units.

Our community of support also includes: firefighters⁵, school students², artists⁷ and participating McDonald's locations¹.

Thank you to all our generous donors for believing in our mission to provide the ultimate in health care! ■



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A FRESH LOOK FOR MACKENZIE RICHMOND HILL HOSPITAL

Work is underway to bring a fresh look and better functioning for units at Mackenzie Richmond Hill Hospital

The work of building and equipping our second hospital, Cortellucci Vaughan Hospital, is exciting. It's visible. A new building going up symbolizes growth and progress, and it's something an entire community celebrates, for good reason.

However, the work and cost of keeping both of our hospitals welcoming and in good condition is neverending, and right now, Mackenzie Richmond Hill Hospital is having its turn.

Over the summer, a refresh project started at Mackenzie Richmond Hill Hospital. The project will include painting, repairs and replacement of floors, ceilings, millwork, plumbing and mechanical fixtures in areas of the hospital that have been in

constant use for many years. This work is made possible as certain programs move to new spaces in Cortellucci Vaughan Hospital, making the spaces finally available and accessible for updates.

Work in A-wing, where our palliative and complex continuing care patients receive care, is now underway, including replacement of floors, ceiling tiles, doors and furniture, adding new sinks and countertops in inpatient washrooms, upgrading handrails and installing new nursing stations. The atrium will be closed as the space gets refreshed as well.

On behalf of our entire hospital community, thank you for supporting Mackenzie Health to enable this important and necessary work. ■

ENHANCING MENTAL HEALTH PROGRAMMING

Making use of the vacated mental health space at Mackenzie Richmond Hill Hospital is in the works. Mackenzie Health has partnered with Ontario Shores to propose enhanced inpatient and outpatient mental health programming for children, adolescent and geriatric populations in our area. The proposal is currently with the Ministry of Health for consideration.

EARLY DETECTION TO POSITIVE OUTCOME

THE ULTIMATE CARE FROM INITIAL REFERRAL TO TREATMENT



Felicia, Mackenzie Health patient

When it comes to breast cancer, a timely referral from a family physician means early detection and can mean better outcomes. Felicia Prokopetz was 56 when her new family physician, Dr. Small, flagged her for her first mammogram.

Given her age, it was time to make a referral.

A mammogram (breast x-ray) is the best screening test to detect signs of early breast cancer, whether you're experiencing symptoms or not. Felicia had no common symptoms but her mammogram revealed a lump.

Mackenzie Health's Breast Health Centre uses ultrasound, mammography and surgery to treat a wide range of breast conditions. Felicia underwent a Radioactive Seed Localization (RSL) procedure. This approach uses a seed containing a tiny amount of radiation, which guides a surgeon to find and take out a mass. RSL is less invasive than some other traditional options. It's also easier to schedule, meaning surgeons can help more patients per day.

"I would never have detected it on my own," says Felicia. "If it wasn't for Dr. Small sending the referral to Mackenzie Health, my cancer could have been worse."

Today Felicia continues to be seen by Dr. Francis Patafio in Mackenzie Health's Medical Oncology unit. Felicia will continue to take medication, once a day for the next five years as part of her ongoing treatment.

Mackenzie Health's Breast Health Centre provides timely, thorough care for patients with an abnormal breast test result. The goal is to provide the ultimate in care for patients from initial referral to assessment, diagnosis and treatment.

"To this day I am grateful that my new family doctor referred me to Mackenzie Health for my mammogram. Even though my test result was abnormal, and more tests were needed to confirm a diagnosis, Dr. Small reassured me that I would receive the best possible care," says Felicia. ■



Early screening leads to early detection and better outcomes for breast cancer patients

"I would never have detected it on my own," says Felicia. "If it wasn't for Dr. Small sending the referral to Mackenzie Health, my cancer could have been worse."

SUNSHINE AND SMILES

WELCOME BACK



At the starting line, Strides for Mackenzie Health

After two years of virtual events due to pandemic restrictions, the Mackenzie Health community really wanted to get together again, and it showed. If you rode or strode with us this year, thank you for rejoining us for these important events in the Mackenzie Health Foundation calendar. We were so happy to see you, and you were so happy to see each other!



Fun for all ages, Strides for Mackenzie Health

In May, the Foundation hosted our **17th annual Strides for Mackenzie Health** fundraising event at Canada's Wonderland, presented by the newly-opened Lexus of Vaughan. Over 100 volunteers supported 960 participants as they walked, strode, strutted and sauntered. Participants made up for lost time, reaching 115 per cent of the fundraising goal. As a result, \$164,000 was raised for highest-priority needs at Cortellucci Vaughan Hospital and Mackenzie Richmond Hill Hospital.

In June, more than 180 riders geared up in support of **the 8th annual Ride for Mackenzie Health**, presented by CIBC. Riders socialized and refreshed themselves with fellow riders at rest stops, which many participants seemed to enjoy as much (if not more) than the ride itself. The event raised more than \$260,000 from 25 teams for highest-priority needs at both hospitals.



Back in the saddle, Ride for Mackenzie Health

In addition to the funds raised, the revival of these events is an important milestone for the Foundation as well. We were overjoyed to welcome you back and see your smiles in person. Thank you, and we look forward to seeing you again in 2023. ■

MACKENZIE HEALTH TAKES
CENTRE STAGE



THE ULTIMATE GALA

SATURDAY, NOVEMBER 5, 2022 | UNIVERSAL EVENTSPACE



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