

Connections

FEBRUARY 10, 2014

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Health Tips

A healthy body starts with a healthy heart

LAUREN PELLEY

Jr. Communication Associate

February is a time for love, for celebrating Valentine's Day, and for reflecting on matters of the heart... the actual organ, that is.

It's Heart Month in Canada, so we decided to chat with Dr. Anjali Anselm and Dr. Maria De Villa, two of our cardiologists, to get some tips on how you can keep your heart healthy.

"Nothing works if your heart's not pumping blood," says Dr. Anselm.

Don't smoke

"The most important thing in general for heart health is no smoking," says Dr. Anselm. Consider this before you light up: smoking leads to blockages, angina, and heart attacks. Your entire



vascular system is at risk, notes Dr. Anselm, with smokers facing an increased risk of stroke, aneurysms and lung diseases.

Stay active

Dr. Anselm recommends that people of any age should have regular physical aerobic activity. She suggests being

active 5 times a week for a minimum of half an hour each time – but that doesn't mean you need to feel like you're training for the Olympics.

Dr. De Villa agrees, noting you don't have to necessarily invest in a gym membership.

"A walk is perfectly fine," says Dr. Anselm. "But a brisk walk, where you're breathing deeply."

"For those who have desk jobs, get up every hour and walk around your desk or around the office for a minute or two," adds Dr. De Villa.

Eat healthy

A healthy heart requires a healthy diet, including lots of fruits and vegetables, fish and lean meat.

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You're invited!

2014 Service Award Tea

Date: February 28th, 2014
Time: 1:30 P.M. to 3:00 P.M.
Location: Education Centre

On Friday, February 28th, 2014 the Health Centre will be honouring approximately 275 staff members who reached milestone levels of service in the past year. To see the full list of this year's Service Award recipients, turn to **Page 4** of this issue.

A tea and formal presentation of service pins and gifts will be held from 1:30pm to 3:00pm in the Education Centre. Come out and help us honour your co-workers!

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Dr. Anjali Anselm
Cardiologist

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“Avoid the sugars and anything processed,” says Dr. Anselm.

“The more stuff comes in packaging, the worse it is for you.”

She recommends aiming for the perimeter of the grocery store when you’re shopping.

That’s where you’ll find healthy, fresh fruits, vegetables, raw meat and fish. If it comes in a box – steer clear.

Curbing hunger pangs at work can be tricky though, and often results in reaching for something from a vending machine.

Dr. De Villa says it’s a good idea to make your snack regimen healthier by bringing along a zip lock bag with sliced carrots, a small amount of almonds, or low fat yogurt to snack on between breakfast and lunch.

“When you eat more often, you stimulate your metabolism more,” she notes.

Squash your stress

Researchers aren’t quite sure how stress impacts heart disease – but it may affect factors that could increase your risk, such as high blood pressure

and cholesterol levels, overeating, or smoking.

Dr. De Villa recommends meditating or staying quiet for five minutes a day to help yourself “de-stress.”

“Don’t worry about things that are beyond your control,” she adds. “It leads to more stress.”

See your doctor

It’s also important to see your family doctor at least once a year for a routine physical and blood work, says Dr. Anselm.

You want to make sure you’re not suffering from diabetes, high cholesterol, or any other conditions that could impact the health of your heart.

“Your other organs can also suffer if your heart’s not working properly,” Dr. Anselm notes.



Dr. Maria De Villa
Cardiologist



InnovationEx 2014



As a member of the new Joint Centres for Transformative Healthcare Innovation, St. Joe’s proudly participated in the first InnovationEx event last month to showcase how we’re thinking outside the box and finding new ways to improve patient care, our environmental footprint, and community health.

Head to our YouTube channel to watch our video recap of the expo, which was presented by the Joint Centres, a partnership between six large Ontario community hospitals geared towards sharing innovations focused on improving quality and value in healthcare. You can also hear from the St. Joe’s staff involved in creating these exciting innovations.

 [/StJoesHealthCentre](#)

HealthLinks

South Toronto Health Link Update

Welcoming a new Project Director for the South Toronto Health Link

RICK EDWARDS

Director, Patient, Family and Community Engagement

This past month, we welcomed Fiona McDougall as the new Project Director for the South Toronto Health Link.

She will be leading the process for the business planning phase and will continue to collaborate with our local partners and the Toronto Central LHIN as plans move ahead.

Health Links is an innovative approach that brings together health care providers in a community to better and more quickly coordinate care for high-needs patients.

The Health Links vision challenges us all to work together in unprecedented ways

They are part of the Ministry of Health and Long-Term Care's plan to deliver a health care system that is more responsive to patients' needs and more heavily focused on keeping Ontarians healthy.

Locally, Health Links are intended to provide the coordinated care everyone recognizes as essential to service patients, especially those with complex needs.

When the hospital, the family doctor,

the long-term care home, community organizations and others work as a team, patients receive better care.

Health care providers within each Health Link are designing an integrated and coordinated care plan for each patient and working together with patients and their families to ensure they receive the care they need.

The Toronto Central LHIN is supporting the implementation of nine Health Links in the city, using a phased approach over a 24 month period.

As the lead organization for the South Toronto Health Link, St. Joseph's Health Centre has been working in collaboration with community partners for the past nine months in the process to develop the Health Link – engagement, readiness assessment, and now business planning.

When completed by the end of March, the South Toronto Health Link's business plan will outline the ways in which health care and service providers across South Toronto will collaborate to better meet the needs of individuals with mental health and addictions issues with complex needs.

St. Joseph's has a good reputation in the South Toronto community for engaging other providers and focusing activities on achieving results.



ABOVE: Fiona McDougall, Project Director for the South Toronto Health Link.

The Health Links vision challenges us all to work together in unprecedented ways, but the work to date in South Toronto is promising in terms of the demonstrated collaboration, generosity, and commitment to patient-centred, innovative solutions for our Mental Health and Addictions population.

For more information on the South Toronto Health Link, please contact **Fiona McDougall** by email at mcdouf@stjoe.on.ca or **Rick Edwards** at edwarr@stjoe.on.ca.

Service Awards

2014 Service Award recipients at St. Joe's

Erwin Abcede	Kim Curtis	Yu Hua	Flordeliza Mendoza	Svitlana Ryha
Rodrigo Agarpao	Giancarla Curto-Correia	Maria Hugo	Felicia Mete	Carmen Saldarraga
Colleen Aikin	Margarida Custodio	Lick San Hung	Fernando Millan	Julie Anne Salvador
Evrin Akbayir	Zorica Cvetkovic-Nasser	Jocelyn Ibanez	Sonia Mistry	Wayne Samarco
Sahida Akter	Monica Da Silva	Dennis Iles	Selina Mitchell	Kugan Sangarapillai
Raghyd Al-Masri	Michael Dato	Ewa Jach	Kwan Chi Mok	Christopher Santos
Mercedita Alonsagay	Leopoldo Dela Vega	Ruth Jagroop	Maria Moulavka	Jose Pina Santos
Nahir Anashara	Gina Desousa	Patrycja Jaros	Norma J Munro	Sarmila Satgunarajah
Visitacion Andal	Amalia Devera	Laura Jewers	Narissa Muyalde	Ewelina Sawicka
Colette Anderson	Kulwinder Dhillon	Bing Ji	Maria Nabus	Monique Scammell
Noel Andres	Heidi Dias	Lancelot Jones	Nahid Najimi	Mide Seyi-Ajayi
Melanie Angeles	Lise Dimarco	Laurie Jones	Mercedita Naoe	Majid Sharafi Ghamsari
Monica Asare	Fernanda Diogo	Geeta Juta	Bimal Narayan	Eileen Mary Sheeran
Badria Ayoub	Edward Diplock	Richard Kagerbauer	Amor Navidad	Filomena Sibbio
Theresa Baayen	Tenzin Dolma	Janina Kania-Elwood	Karen Nichols	Tazeen Siddiqui
Shaun Bacchus	Krista Dolman	Cara Kato	Elka Nikolova-	Jean Sikora
Francisca Baduel	Victoria Downing	Kaarin Kauber	Grozdanova	Julie Simeon
Earle Baker	Eric Dubbeld	Janina Kawa	Pauline Nizich	Bozena Siwik
Susanne Barbosa	Susan Dubiel	Abubaker Kawesi	Irena Nowacka	Nina Smith
Tanvir Beatty	Aldo Dum Dumaya	Kevin Kennedy	Sophia Ntourlias	Alice Smolen
Getachew Bekele	Maria Josephine	Kamla Khera	Gayle Nystrom	Fern So
Lolita Bellosillo	Dum Dumaya	Edith Kizito	Joseph Obrantovic	Beata Solanko
Carmelo Beltran	Ime Ebong	Joanne Konopka	Paula O'Brien	Vesna Stefanoska
Jaroslawa Benko	Allison Einarson	John Konopka	Alejandrina Obusan	Mark Sto. Domingo
Fatima Benyi	Martin Engineer	Teresa Kowalski	Bernarda Ocampo	Heather Straw
Asuncion Bernardino	Stefania Engineer	Trudi Lake	Jeffrey O'Hara-Prempeh	Liang Geng Sun
Rica Best	Melissa Estrella	Ivy Lam	Francine Oliveira	Maria-Corazon Supsup
Seeta Bhagwandat	Ashot Ettibaryan	Conrad Lamila	Stephen Omoregie	Allan Tam
Ricky Blake	Charlita Eusebio	Olivia Larabee	Lauren O'Neil	Paulette Taylor
Althea Bleary	Ma-Ruby Fernandez	Kim Lasachuk	Lillian Pacheco	Elzbieta Tchorzewska
Mary Anne Bonus	George Festas	Kelly Lauzon	Lyndsay Page	Michele Thomson
Arlene Borres	Alemnesh Filate	Annette Levy	Jocelyn Paguirigan Keay	Khalidoun Timsah
Marilyn Bourne	Marc Anjeliou Flores	Bo Li	Jacqueline Pancott	Rosalie Trinidad
Marjorie Bridger	Tula Flores	David Li	Kirstin Patriquin	Sabeta Valtas
Bozena Brynczka	Dean Furey	Hongshun Li	Robert Pearce	Nesa Vijayaratham
Delva Elizabeth Burton	Josephine Gadzala	Glenn Light	James Pedroza	Irina Vinogradova
Linda Butrimas	Joel Gayle	Maria Magdalena Linao	Kumar Persaud	Ursula Wagner
Nellie Cadaweng	Tanya Genys	Jose Luis Lopez Vargas	Linda Peterson	Linda Marie Walkey
Leonila Capati	Rebecca Geroux	Zenaida Lorzano	Margaret Mary Petrik	Michelle Webster
Caroline Castilloux	Mary Gikundi	Ashleigh Madriaga	Snezana Petrusevska	Lorna A Whittaker
Roy Cercado	Roxanne Greer Gilbert	Darryl Mahoney	Danuta Pietraszkiewicz	Kenneth Wilson
Boris Cetkovic	Rey Gimenez	Ravjit Majhel	Alana Pippo	Audrey Wilson
Christina Chan	Patricia Lynn Glover	Stedmond Manners	Anthony Plati	Helen Winter
Corrine Chan	Frank Godec	Gary Manzanilla	Krystina Ponte	Irene Winter
Rathika Chandrabalan	Rose Marie Goulart-	Maria Ana Marinda	Sathiadhas Prakash	A. Rodelyn Wisco
Rita Cheung	Pacheco	Hazel Markwell	Jeff Quach	Ming Xu
Teresa Cichy	Janelle Greenidge	Madeleine Marn	Kinny Quan-Velasoski	Bernice Yee
Anne Conroy	Jennifer Gruber	Robin Marshall	Sabrina Quattrociocchi	Sandra Yu
Angela Cordeiro	Ewa Guziuk-Czajkowski	Peter Martin	Godfrey Redhead	Svetlana Zabobonina
Susan Cortel	Sarah Guzman	Nerissa Mata	Lisa Reese	Naila Zafar
Andrea Cosman	Lisa Hales	Grant Andrew	Thomas Roach	Zorayda Zapanta
Krista Couture	Marthan Harriott	Mawhinney	Alexander Rocco	Yohannes Zawde
Darren J Crockett	Michael Heffer	Mary McBean	Daniela Rosati	Charlene Zechner
Ann Christina	May Helberg	Lesley Mckie	Allan Rowe	Li Zhang
Crookshank	Virginia Himaya	Maureen Mcleod	Stacey Roy	Xin (Cindy) Zhong
Victoria Crowder-Bansen	Veronica Hissem	Bina Mehta	Rebecca Rozell	

Please note: For a more detailed list regarding this year's recipients, please read the latest issue of *Everyone Update*.