



**MONTRÉAL
SACRÉ-CŒUR
HOSPITAL
FOUNDATION**

LIAISON

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HUNDREDS OF GOOD WORDS FOR OUR DOCTORS AND OTHER MEMBERS OF STAFF

Our campaign *I LOVE, I LOVE my Hospital, I LOVE my Foundation, I LOVE my doctor, I LOVE my nurse*, has been a resounding success. We received numerous letters during the spring and summer thanking either a member of our caregiver team, the personnel of a department or a particular doctor.

The purpose of the campaign is to give you the opportunity to express your gratitude to our Sacré-Cœur personnel. We want this dose of appreciation and recognition to act as a remedy for their demanding hours and sometimes difficult working conditions.

So a big thank you to everyone who answered our call. And if you haven't already done so, I encourage you to **send us your kind words which we will post on the main wall** in the Hospital entrance. Above all, continue to thank us with your donations. Because of your generosity, we will be able to make healthcare even better and work life a little easier for Sacré-Cœur's 4,000 employees and 400 physicians.

Have a wonderful fall season!

Pénélope McQuade

Volunteer Spokesperson for the Foundation

WRITE YOUR LETTER



fondation.hsc@ssss.gouv.qc.ca



FondationHopitalSacreCoeur



TESTIMONY

The life of artist-painter Michel LeBlanc is quite exceptional. A close brush with death is already quite uncommon, but being able to walk without crutches after having his legs crushed in a serious road accident is no less than miraculous! When they say that

Sacré-Cœur performs miracles, they aren't exaggerating! And Michel is adamant: had he not been transferred to the Hôpital du Sacré-Cœur-de-Montréal on the day of his tragic accident on August 6, 2008, he would no longer have his legs.

Learn more about his story at fondationhscm.org

MICHEL LEBLANC'S WORDS OF PRAISE

"Thank you Dr. Benoit. You saved my life. You saved my legs. They were rebuilt rather than being amputated. Thank you for your humanity. I will be eternally grateful."



THE CENTRE FOR ADVANCED STUDIES IN SLEEP MEDICINE AT A GLANCE

The Centre for Advanced Studies in Sleep Medicine, associated with the Université de Montréal, was created in 1977 thanks to the initiative of Dr. Jacques Montplaisir, a leading expert in the field. Moreover, the Hôpital du Sacré-Cœur-de-Montréal is where the first clinic specialized in sleep medicine was established.

SOME ANNUAL STATISTICS

More than
850
nocturnal
polysomnographic
recordings



Over
400
daytime
polysomnographic
recordings



14 countries participating in studies led by Sacré-Cœur researchers into the genetics and pathology of narcolepsy, diagnosis of restless leg syndrome and the treatment of insomnia.



Nearly
2,200
outpatient visits

Did you know that the
Foundation has contributed

\$2,058,700

in funding for the Centre
and the sleep-related
care it provides?



WHEN SLEEP IS A PASSION

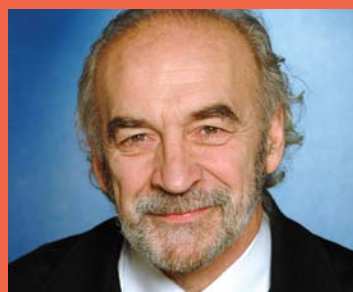
The general mission of the Centre for Advanced Studies in Sleep Medicine is to understand, diagnose, treat and prevent sleep-related problems, as well as to inform scientists, clinicians and the general public about advances in the field. We are fortunate at Sacré-Cœur to have nationally and internationally recognized researchers.

A certain number of these researchers, in view of the considerable interest in this subject, give interviews to scientific media and the general public. The Centre's director of research Dr. Julie Carrier, for example, did an interview on Radio-Canada at the start of the 2017. During the interview, she explained that regulation of glucose, and of the immune system and cardiovascular system, as well as learning ability and alertness, are just some of the essential functions that sleep helps maintain.

"There is no doubt in my mind that young adults, teens and young professionals often lack sleep", said Dr. Carrier, citing the most recent studies showing that young adults need between seven and nine hours of sleep, while teens need eight to ten hours. ■



Dr. Julie Carrier, director of research, Centre for Advanced Studies in Sleep Medicine founded the Canadian Sleep and Circadian Network (CSCN) in 2013 bringing together more than 60 researchers from 19 Canadian universities as well as numerous actors from the community, government and private sectors.



Dr. Jacques Montplaisir was made an Officer of the Ordre national du Québec in June 2017. This is the highest distinction awarded by the Québec government. It highlights the merit of this important clinical researcher who has made an exceptional contribution to the development of Québec through the quality and excellence of his work.

A NOVEL APPLICATION TO BETTER HELP THE ELDERLY

Among the many methods put in place to adapt hospital care and services for patients age 75 and older, **a new computerized tool is now being deployed in the Hôpital du Sacré-Cœur-de-Montréal (HSCM).**

The “Profil AINÉES” (elderly profile) computer application is being used as part of a pilot project underway since 2015 in the active geriatric and general surgery units of the HSCM. At the beginning of the year, an evaluation of the tool showed the relevance and feasibility of using it in other units of the Hospital.

By analysing data according to various medical indicators, the application produces alerts or suggests clinical acts. For example, the application enables detecting a discrepancy between the usual and real autonomy of elderly patients. It also suggests actions for preventing or reducing the effects of functional decline. Nurses are also supported in the clinical decisions they must make and can act much more quickly. ■



The acronym AINÉES

(in French) is based on six areas of vulnerability in elderly patients

- A** – Autonomy and mobility
- I** – Skin integrity
- N** – Nutrition and hydration
- É** – Bowl function
- E** – Cognitive and behavioural health
- S** – Sleep

TOGETHER, WE CAN DO MORE

Louis A.Tanguay has been an active member of the Foundation Board for 29 years. On his own initiative, he has brought together golfers every year since 2013 at Golf Griffon des Sources for a unique experience. To date, the five editions of this event have succeeded in raising no less than \$180,000 for the Hospital. Thank you, Mr Tanguay, for your dynamism and dedication! ■



OUR 2017 LAUREATES



The Hôpital du Sacré-Cœur-de-Montréal, in addition to providing healthcare to the surrounding population, has a service area of over 1.8 million people who can benefit from its specialists in its areas of expertise.

The university mission of the Hospital inspires the Sacré-Cœur team to always do better and stay abreast of the latest advancements. The Foundation congratulates the 2017 laureates of the Gala des Émilie, our stars of the evening, for their dedication and extraordinary talent that they use to serve the public good. ■



Dr. Raoul Daoust
Emergency physician and associate clinical professor in emergency medicine, Université de Montréal. Honour awarded by the *Direction de l'enseignement du CIUSSS du Nord-de-l'Île-de-Montréal*



Andrée Gagnon
Nurse, external examination unit, pneumology department. Honour bestowed by the *Direction générale du CIUSSS du Nord-de-l'Île-de-Montréal*



Dr. Guy Lalonde
Cardiologist and professor, department of medicine, Université de Montréal. Honour awarded by the *Conseil des médecins, dentistes et pharmaciens*



Dr. Catherine Lemièrre
Pulmonologist, researcher, director of clinical research and professor, department of medicine, Université de Montréal. Honour bestowed by the *Direction de la recherche*



The Émilie trophies, awarded to each of the extraordinary individuals honoured during our annual gala, immortalize the name of Émilie Gamelin, the founder of the Sisters of Providence who established the Hôpital du Sacré-Cœur-de-Montréal and its Foundation. She was a woman with a big heart, hardworking and full of compassion, just like our Émilie laureates!



TOGETHER, WE CAN DO MORE

MORE THAN \$245,000 RAISED THANKS TO DÉFI SACRÉ-CŒUR!

Together, we can increase our lead, together we can do more! That's what 80 staff members and doctors proved when they took part in the Défi Sacré-Cœur last September 16th.

In addition to training for more than 4 months to paddle 40 kilometres on the Rivière des Prairies, the participants held a variety of activities to raise the funds generated by their participation.

More than 200 parents, members of their families and friends came out to honour them in Beauséjour Park on September 16th as part of the celebrations surrounding their exploit. And they received a warm greeting from Pénélope McQuade, our Foundation spokesperson. ■

SAVE THE DATE

GIVING TUESDAY - JOIN THE WAVE!

Every year *Giving Tuesday* kicks off the Christmas season and is a great time to donate. This day of generosity is the perfect opportunity to once again support the cause of your choice with a donation or your time.

On **Tuesday, November 28th**, the Foundation will ask you to join the wave of generosity. Check our website regularly for more details. ■

GIVINGTUESDAY™

OUR CALENDAR OF EVENTS

GALA DES ÉMILIE

Thursday, October 26, 2017
Hôtel Sheraton Laval

LOTÉRIE CÉLÉBREZ LA VIE

(CELEBRATE LIFE LOTTERY)

Les merveilles du sud de l'Espagne
(the marvels of southern Spain)
Draw on Thursday, October 26, 2017

CHARITY PREVIEW OF THE MONTREAL INTERNATIONAL AUTO SHOW

January 18, 2018
Palais des congrès de Montréal

OUR PLANNED GIVING PROGRAM



A GIFT WITH BENEFITS!

An interesting study by the firm *Épisode* in 2017 found that four out of 10 Canadians intend to leave a gift in their will to a foundation or other charity. In Québec, this figure is only two out of ten. The decision to bequest a gift to charity is less rooted in Québec than in the rest of Canada. So how do we explain this phenomenon? It seems that, on the one hand, in Québec, the general public is less aware of this kind of donation and, on the other hand, we are more hesitant to leave a gift to charity for fear of depriving our children of their heritage.

However, with a gift of \$5,000, \$10,000 or \$20,000, once the donation tax savings have been calculated (close to 50% of the value of the donation), the gift will have little impact on the amount each child of the same family will receive. But for an organization like our Foundation, the cumulative impact of this kind of planned giving can be in the hundreds of thousands or even millions of dollars. What about you? Have you ever thought of leaving a gift to charity in your will? ■

A WORD OF CAUTION

Before choosing one or other form of donation, you should always check with your financial advisor to evaluate all the tax implications for your particular situation.

Marie-Claude Tellier, Lawyer

Director, Major donations and planned giving
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For full information about the different types of planned giving, go to fondationhscm.org

Your generosity helps fund major projects that improve patients' health.

Thank you for your support.

YOU CAN DONATE:



ONLINE



IN PERSON



BY CHEQUE



BY TELEPHONE

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