



## WHAT'S UP?

News from The Auxiliary of the Montreal General Hospital  
December 2013



### MESSAGE FROM YOUR PRESIDENT

We are very proud of our renovated Coffee Shop and Take-Out Counter. If you haven't seen it, come on over! However, we are short of volunteers to fill the shifts. If you, or any of your friends, can possibly work one, please call Maggie at 514-934-1934 ext. 43667.

The Book Nook is an overwhelming success. Many thanks to the hard working volunteers and Auxiliary members who keep it running.

The Annual General Meeting will be held on Thursday, May 22, 2014 in Livingston Hall with Mr. Normand Rinfret as our guest speaker. Please make a special effort to join us.

May I take this opportunity to wish everyone a happy Holiday Season. You are a great group and it is a pleasure to work with you.

*Susan Curry*

### NEW BISTRO OF HOSPITALITY CORNER



The new Hospitality Corner BISTRO was officially opened at the Montreal General Hospital on Thursday, October 31<sup>st</sup> 2013. Ann Lynch, Administrative Associate Director of Clinical Operations MUHC, did the honours. Ms Lynch was accompanied by members of The Auxiliary of the MGH, including Robert Gaudreau, Treasurer of the Hospitality Corner.

The Auxiliary Board of Directors, including Susan Curry, President of The Auxiliary, Bernie Buckley, Chairman of Hospitality Corner, and Mr. Yves Coderre, the Food & Beverage & Catering Service Manager, gathered in the Bistro for another photo following their Board meeting November 21, 2013.



The Hospitality Corner BISTRO is the newly renovated Snack Bar, near the Lobby of the Cedar Avenue entrance on the 6<sup>th</sup> floor of the Montreal General Hospital. Major changes include the upscale décor in both the Take-Out area and the Dining Room, the larger seating capacity, and, importantly, the capability of hosting, and catering, small and medium size groups for meetings, presentations, and award ceremonies.

The BISTRO's fare has been expanded to include more quick-service offerings such as Panini and Kosher sandwiches, sushi, as well as additional soups and salads, and frozen prepared meals for Take-Out. The same offerings are available in the Bistro Dining Room.

The facility, as part of the MGH Auxiliary, allocates all profit to patient care within the MGH as well as to local caregivers such as NOVA Montreal, NOVA West Island, Forward House and Accompagnement Bénévole de l'Ouest. In addition to these donations all tips are accumulated and are given, annually, to the MUHC Research Institute.

The Auxiliary wants to take this opportunity to thank the support of the dedicated volunteers who are instrumental in making the BISTRO a successful operation. Hospitality Corner Volunteers work in the BISTRO's Take-Out and Dining Room areas, as well as in our Gift Shop. Our customers appreciate the attentive service and the sympathetic ear that our volunteers provide. The Auxiliary also thanks its many hard-working employees in the two kitchens, the two Cafés, the Gift Shop, and our Catering operation.

### SAVE THE DATE: Card Party Luncheon, May 7, 2014

Seven tables have already been reserved so do not hesitate planning a day with your friends playing bridge, other card games or mahjong.  
Call The Auxiliary office at 514-934-1934 ext 43009

## WESTMOUNT BRANCH

Santa Bags will go out again this year! The usual "Westmount bag ladies" will pack all 360 goody bags and deliver them to the MGH for delivery to patients on Christmas morning with their breakfast. One of last year's recipients has contacted me and asked to contribute because she was so moved by our gesture. Wow! It does make us happy to hear we do make a difference. So - Lois, Marigold, Edna, Margaret, Mary, Mai and Penny, we have work to do.

*Diana Smith*



## 18th FLOOR SOLARIUM RENOVATIONS

The Auxiliary and The Foundation of the MGH are pleased to provide funding to renovate two patient sitting rooms on the 18th floor. This is a very busy surgical floor engaging in General Surgery and Ear, Nose & Throat Surgery.

At present the solariums are worn-out and quite uninviting for patients and families. The primary objective of the proposed renovations is to create an environment which is more appealing and inviting.

The Auxiliary would like to thank Oliver Cachero, Nurse Manager 18th Floor, and Julie Wettreich, Administration Surgical Mission, for their devotion to this project.

## MOMENT OF REMEMBRANCE

A Moment of Remembrance was held at 11am on November 11th at the newly refurbished Memorial Book Display MGH as a tribute to the 105 MGH Graduate Nurses who served in the war of 1914-1918 and to the 239 MGH Graduate Nurses who served in the various theatres of war between 1939-1945.

A special tribute was dedicated to Clara A. Partington, a graduate of the MGH School of Nursing in 1939. Clara served overseas during the Second World War and then continued her Nursing career in Montreal.

We were honoured to have attending, Mr. Michael Ellwood, a World War Two Veteran of the Royal Canadian Navy. He was a recipient of dignified care at the Montreal General. Sadly, he has since died.

It is important that we remember our nurses and doctors who served. Their compassion, expertise and their soothing words to those who were injured and dying must always be remembered.

*Yvonne Mass*

## THE RESEARCH INSTITUTE OF THE MUHC

Awards to bright young doctors and associates of the MUHC were presented at a gala dinner on October 23, 2013 at the Sofitel Hotel. The subjects of their research varied enormously and it was a very proud tribute to each recipient. The hosts were the Research Institute, the MGH Foundation, the RVH Foundation, and the MCH Foundation. Our Auxiliary was well represented and Mary Guay, as Treasurer, presented our awards to:

**Dr. Franco Carli**, who's objective is to use a variety of pre-operative interventions to improve the patients post-operative functional capacity.

**Dr. Lisbet Haglund** who's research objective is to develop early treatment modalities to facilitate healing in intervertebral disc disease.

**Helen McCall Hutchison Awards in Geriatric Medicine** are also Auxiliary Awards. Mrs. Hutchison, a co-founder and the first president of our Auxiliary set up an endowment to provide these bursaries. 2013 awards were presented to:

**Ms. Sabrina Figueiredo**, a PhD student in the School of Physical & Occupational Therapy and McGill where she is involved in optimizing mobility outcome for the elderly.

**Ms. Kathryn Wright**, a McGill PhD student addressing the issue of frailty in the elderly, its causes and potential remedies.

## POP - Peri Operative Programme Péri-Opératoire

Dr. Franco Carli had a dream, which is now becoming a reality, of giving cancer and non-cancer patients a pre-operative program before they have major surgery, in the hopes of accelerating their postoperative recovery. Surgery is a major shock to the body, causing inflammation, fatigue, psychological stress and pain, thus delaying the return to daily functional activities. A prehabilitation program has a set of tools that enables patients to tolerate the stress of surgery better and leave with a better quality of life.

Thanks to the generous support of The Auxiliary MGH over the past two years in sponsoring Peri Operative Program (POP), Dr. Carli has been able to conduct two research projects. One on the effects of a nutrition supplementation program for patients suffering colorectal diseases, and another on the effects of an exercise/nutrition/relaxation program on frail, elderly patients. Being able to explore all areas of the use of a rehabilitation program for patients will help POP develop a program that will be given to all patients facing major surgery, enabling the benefits of a faster recovery.

## THE BOOK NOOK

The Book Nook has celebrated two years since opening. It has proved to be very successful! Patients, staff and visitors regularly visit to check out new donations of novels, mysteries, history, biographies, self-help, cookbooks, spirituality, business and many more.

Many thanks to the committed volunteers who contribute their time in this thriving fund-raising activity.

The shop is open Monday to Friday from 10am to 3pm.

*Helen Keyes*