

# Friends' News

Issue #7

September 2016

## Alzheimer's speaking event a great success!

The Friends of the MUHC wasted no time getting back to work following the summer hiatus, hosting a public lecture on September 7th, **Alzheimer's Disease: The Impact on Individuals and Families: *How to take care of yourself while caring for your loved ones.*** Featuring keynote speaker, Claire Webster, Certified Alzheimer Care Consultant and founder of Caregiver Crosswalk, the event was by all accounts a resounding success!

Held at the MUHC Research Institute Auditorium, the evening drew in 64 registrants, who came away with a greater understanding of the real stresses and concerns associated with caring for Alzheimer's patients, and helpful strategies to navigate through it. Claire's lecture was followed up with panelists, Dr. Jose A. Morais, Chief of the Division of Geriatric Medicine, and Guylaine Bachand, nurse clinician, at the Geriatric Memory Assessment Clinic, both at the MUHC, who led the Q&A part of the lecture. Participants appreciated Claire's sharing of her very personal account of her challenges as a caregiver, and her willingness to share further at the reception that followed.

Many thanks to Claire for partnering with The Friends of the MUHC and helping to raise over \$1,500. These funds will be disbursed to MUHC departments that support patients with dementia and their families. As well, we thank Ian Popple, Valerie Harvey, and Victoria Di Genova of the Public Affairs and Strategic Planning department, who collaborated with The Friends to help organize and promote the event. Thanks also goes out to Dr. Morais and Guylaine Banchand for adding their medical expertise. Finally, we thank Dahlal Mohr-Elzeki of the MUHC's Patient Resource Centre, The Alzheimer Society, and Alzheimer Group Incorporated, who provided take-away information to registrants at the end of the lecture.

For more information about Alzheimer's Disease, please visit:

[www.carecrosswalk.com](http://www.carecrosswalk.com)

[www.agiteam.org](http://www.agiteam.org)

[www.alzheimer.ca/en/montreal](http://www.alzheimer.ca/en/montreal)

[Dahlal.Mohr-Elzeki@muhc.mchill.ca](mailto:Dahlal.Mohr-Elzeki@muhc.mchill.ca)



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# The Friends carry on the RVH Auxiliary's Helping Heart Pillow Project

At the request of the Royal Victoria Hospital Auxiliary, The Friends of the MUHC have enthusiastically taken on the Helping Heart Pillow Project, initiated by Barbara Brock in 2001. Barbara had observed that patients who had just had cardiac surgery were using bunched-up towels against their chests to help them in their recovery and decided to create something more functional and friendlier. She found a manufacturer and began creating and distributing red heart-shaped pillows to cardiac patients in the hospital. The pillows were an enormous help to the patients, who upon leaving the Hospital considered the pillows, "their badge of courage." In 2005, when Bill Clinton had open-heart surgery, Barbara sent him a pillow and received a thank you note, thanking her for her thoughtfulness and generosity.



Today, the pillows continue to be used in cardiac surgery departments and programs at the MUHC and frequently bring in thank you notes and donations to The Friends. Since taking on this project in the Spring, the Friends of the MUHC has received over \$750 in donations from appreciative patients. The Friends are thrilled to be carrying on this important auxiliary tradition and look forward to building it further to benefit more patients at the MUHC.

*If you would like to be on the committee to help with the Helping Heart Pillow Project, please contact Julie Hooton, at [jhooton@sympatico.ca](mailto:jhooton@sympatico.ca).*

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## Students of the Toonie Challenge choose to purchase Neonatal Cribette

As the 4th Annual Friends of the MUHC Toonie Challenge wraps up and the Toonie committee starts working on the next event, we are proud to announce that the Toonie Challenge boosted its final total to \$7,930, with the final funds coming in last month from West Island College. Way to go!

The results of the students' vote on what to purchase with the funds were also tallied. The students proudly chose a much needed neonatal cribette for the Montreal Children's Hospital.

Thanks once again to Nicole Small and Andrea Howick and the Toonie Committee for all of their hard work, as well as The Montreal Children's Hospital Foundation who helped to identify purchase needs at the Montreal Children's Hospital, as well as sending Caramel to the Toonie Event last April.

Keep your eyes out for information about the launch of the 5th Annual Toonie Event, coming on November 4th at Roslyn School.



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# Friends purchases at the MUHC...

## *Where have The Friends spent money so far?*

Since obtaining charitable status almost a year ago, The Friends have been busy at work raising funds for the MUHC. But more importantly, where has that money been spent at the MUHC? To date, The Friends have either purchased or made the commitment to purchase the following:

\$1,800 to the Adult Patient Resource Centre...a bookcase and pamphlet display

\$17,760 to the Montreal Chest Institute...folding chairs for patient visitors; 7 televisions for patients (including installation and programming); 1 small stove and range hood; 20 portable mirrors

\$2,000 to the Montreal Children's Hospital...Lire/Imagine/Read Literacy Program

\$5,500 to the Montreal Children's Hospital...Neonatal Cribette

**Total: \$27,060**

Definitely money well spent. Way to go Friends!

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**Save The Date!**

The week of November 7

**We're throwing a Friendship Ball!**

This is not another dinner dance.  
This is not a silent auction.  
This is not a fashion show.  
This doesn't require a tuxedo, new dress,  
false eyelashes, fancy hairdo or new shoes.  
This is whatever you'd like it to be!  
All we ask is that you invite some friends...  
and have a ball!

*Stay tuned for more information coming soon to your inbox.*

[www.thefriendsofthemuhc.org](http://www.thefriendsofthemuhc.org)

Les Amis du CUSM  Friends of the MUHC

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# It's easy to stay in touch with Friends!

The Friends are moving forward at a fast pace! And now there are all kinds of ways to stay in touch and find out what's going on...



[www.thefriendsofthemuhc.org](http://www.thefriendsofthemuhc.org)



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Search in Facebook under  
Friends of the MUHC and ask to  
become a friend!

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## Have a fabulous event idea?

Until we had our charitable status, we had to postpone our brainstorming. But now we want to hear from you! If you have a great fundraising event idea that you might like to run via The Friends, please share it with us at [info@thefriendsofthemuhc.org](mailto:info@thefriendsofthemuhc.org). The Board of Directors will then review the proposal and consider its feasibility with The Friends' mission and our current lineup of programs.



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Submissions are encouraged at [info@thefriendsofthemuhc.org](mailto:info@thefriendsofthemuhc.org)

*Les amis DU CUSM*



*Friends OF THE MUHC*