



LAKESHORE LINK

MAY 2018

D.D.O. Resident was Trapped by Depression Until she found help at the Lakeshore General Hospital

Amanda Ficocelli is the mother of Marcus, an amazing little boy, and is married to Jason, the love of her life. Several months after giving birth, Amanda developed postpartum depression, a mood disorder. She generously accepted to share her story to break the stigma and raise awareness about mental illness.

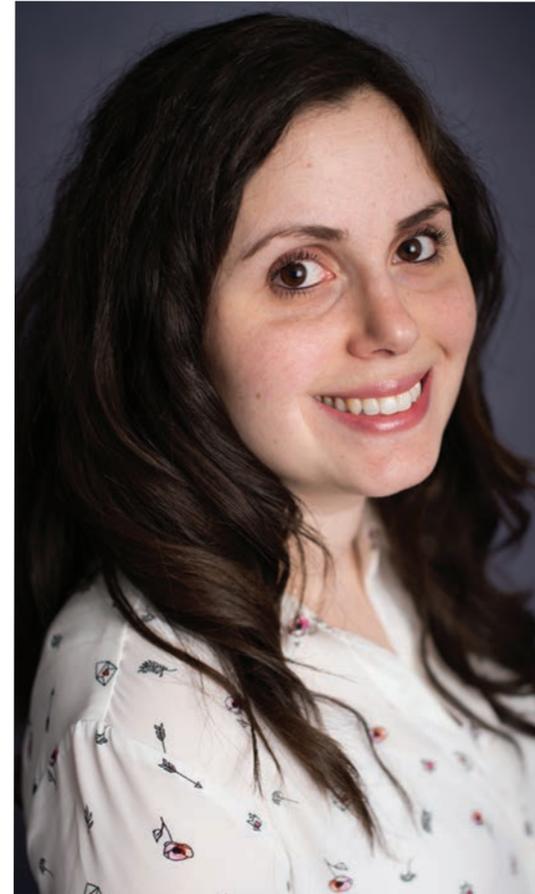
"No one tells you what to expect after you give birth. You just assume life goes back to normal, but you have to heal, and some people take longer to heal than others. I started feeling very "off" approximately six months after giving birth. I was going into slumps that I couldn't pull myself out of. I was always tired; I never wanted to go out; I cried constantly; I was irritable; I would snap over just about anything. All of this was very uncharacteristic of me.

It got so bad, I decided to call my obstetrician Dr. Jeannine Simon. She saw me the same day and I broke down in tears in her office. After my appointment, my husband went home with our young son and I went straight to the Lakeshore General Hospital. I saw Dr. Fiore Lalla, psychiatrist, and after a long and difficult day, he confirmed the diagnosis I had feared...postpartum depression.

Postpartum depression affected who I was at the core. I was always a very fun, happy, outgoing person. Why couldn't I be happy and overjoyed like other moms? Why was I so sad? After all, isn't having a baby the greatest blessing you could ask for?

I learned everything I was thinking and feeling was not only very normal, but very common among new parents — both moms and dads (an estimated 10-15% of new moms and 5% of new dads develop postpartum depression). The mood disorder made me think there was something wrong with me, that I was unfit to parent and I didn't deserve the life I was living because I felt so sad. But the hospital supported me with this struggle and helped me return to my old self again.

Today, I am feeling better than ever. I've actually come out of my shell even more. Depression is just like any other illness, it can affect anyone. To those still suffering I want you to know: you are worthy, you are good enough and you are exactly what your family needs. Don't hide your emotions, don't pretend to be ok when you're not. Get help. The road to recovery is not smooth, there are a lot of ups and downs, but you will get there.



Amanda Ficocelli

Luckily, Dr. Simon, Dr. Lalla, and my therapist Sabina Agostino helped me through the rough times. I was also blessed to have had the amazing support of my husband and family. I thought I was lost, but luckily I found my way back to myself, for this I will be forever grateful."

Since sharing her story, Amanda gave birth at the Lakeshore General Hospital to a lovely baby girl named Sofia Isabel. The entire family is doing well. •





Bâton Rouge Gastronomy Event

An Unprecedented Success



From left to right: Dr. Fiore Lalla, Co-Chair, LGHF; Peter Gianopoulos, Co-Owner, Bâton Rouge D.D.O.; Heather Holmes, Managing Director, LGHF; David Cescon, Co-Chair, LGHF; Jimmy Sotiropoulos, Co-Owner, Bâton Rouge D.D.O.; John Frintzilas, Co-Owner, Bâton Rouge D.D.O.

For the past eight years, the Lakeshore General Hospital Foundation (LGHF) has hosted the *Bâton Rouge Gastronomy Event* at the popular Dollard-des-Ormeaux restaurant. This signature event brings together many members of the West Island community for an evening of fun and celebration, as well as an opportunity for the generous guests to make a donation in support of the Lakeshore General Hospital.

members of the Foundation, but we raise funds for a great cause," said Mr. Frintzilas.

"We are particularly grateful to the owners of Bâton Rouge D.D.O. who have shown great generosity by offering us their hospitality, service, food and beverages. This very popular West Island fundraiser sold-out a week in advance. It has become the talk of the town. The DJ kept the guests swinging and swaying on the dance floor throughout the evening. Everyone had a great time and pledged to return again next year. I am truly humbled by the philanthropy of our community. Events like this one bring us closer together and allow us to share our true gratitude," said Heather Holmes, Managing Director of the LGHF.

More than 260 people enjoyed a wild and fabulous gourmet evening at the restaurant including a cocktail, a succulent four-course meal, an open bar, a silent auction and many surprises.

Since its inauguration, the *Bâton Rouge Gastronomy Event* has raised over \$500,000 for the LGHF. We warmly thank the owners and the entire team at Bâton Rouge D.D.O.

Join the fun, keep an eye open for the 9th edition next March. •



From Left to right: John Belvedere, Mayor of Pointe-Claire; Christine Legault, TC Media; Edgar Rouleau, Mayor of Dorval; Michel Gibson, Mayor of Kirkland

And the 2018 Humanitarian
Award goes to...

Sélection Retraite



From left to right: Stéphane Maisonneuve, Senior Vice President, Operations Québec, Sélection Retraite; Jackie Cyr, Vice President, Health and Center of Excellence, Sélection Retraite; Lucie Laperrière, General Manager, Sélection West Island; Heather Holmes, Managing Director, LGHF; Dr. Fiore Lalla, Co-Chair, LGHF; David Cescon, Co-Chair, LGHF

Each year the Lakeshore General Hospital Foundation presents the *Humanitarian Award* to an individual, organization or company, in recognition of their contribution and true passion for improving health care for the West Island community. This year, Sélection Retraite, of the Réseau Sélection group, earned this honour.

In addition to hosting our annual donor and volunteer recognition event, for which the retirement complex rolls out the red carpet, Sélection Retraite has generously donated close to \$100,000 to the LGHF since 2010, to improve patient care at the Lakeshore General Hospital.

Whether at the national level, through the association of their head office as an annual partner, or locally through their fundraising activities in support of the Foundation, Sélection Retraite is truly committed to the mission of the LGHF. We thank them from the bottom of our hearts for their great generosity and their unwavering commitment. Congratulations for this well-deserved award! ●

We're expanding... The Foundation Welcomes New Board Members

Over the past year, four new members have joined the Lakeshore General Hospital Foundation's Board of Directors. We are extremely pleased to introduce them to you and to benefit from their experience and expertise. We wish to take this opportunity to thank all members of our Board of Directors for their generosity, their passion and their invaluable contribution to our mission — to raise funds to enhance patient care at the Lakeshore General Hospital. We invite you to view the entire list of Board members on our website at Fondationlakeshore.ca.



ÉRIC DESBIENS

Chartered Financial Analyst (CFA) and Partner at Jarislowsky Fraser Limited, which he joined in 2000, Mr. Desbiens is fully dedicated to the management and client servicing of institutional and private wealth accounts. In 2007, he co-founded *Beyond the Bubble*, an annual fundraiser that helps students transition from the classroom to professional life.



DAVE JENNINGS

President and Chief Executive Officer of Check6 Media, Mr. Jennings brings his experience managing private and public companies, particularly in the aerospace industry. He also brings his strategic leadership abilities in all varieties of stakeholder relations, operations and financial management.



NADIA MALIK

Director with Bombardier Aerospace, overseeing a team of over 200 employees, Ms. Malik's responsibilities include quality assurance, certification, supplier compliance and in-service quality for the Challenger 350 and Challenger 650. She brings her experience with large project management as well as her strong influential abilities to the Foundation.



PATRICK VENA

Vice President and Partner at BFL CANADA, one of Canada's largest insurance brokerage firms, Mr. Vena also sits on the company's Executive Committee for Eastern Canada. His business studies at McGill University as well as his extensive experience in the commercial insurance industry will be valuable assets for the Foundation.

Are you interested in joining this dedicated and dynamic team? If our cause and the idea of helping us raise awareness and funds for the Foundation are of interest to you, please contact Heather Holmes, Managing Director of the LGHF at 514.630.2081.

NEWS & EVENTS



Foundation Events

Time for fun, networking and giving!

Annual Golf Tournament

Why not take advantage of a beautiful summer day to enjoy a golf game in a warm social atmosphere? Join us on Monday, June 4, on the enchanting course of the prestigious Elm Ridge Country Club. Play golf while savouring various treats on the two 18-hole championship courses.



Duck-Fest

Have you heard of Duck-Fest? Previously known as the Duck Race, the Foundation's ultimate family event will take place on Sunday, September 16, at the Holiday Inn Pointe-Claire starting at 10 a.m. The completely renewed formula will certainly please youth and seniors alike. Activities for the whole family are planned including the draw of the winning tickets for the seven wonderful prizes. Duck-Fest tickets will be on sale all summer long. Buy yours and get a chance to win the Caribbean cruise for two! A small gesture, but that goes a long way.



Annual Lakeshore Ball

Are you looking for a unique outing? Pamper yourself and meet us at the Montreal Airport Marriott In-Terminal Hotel on Saturday, November 17, for a thrilling evening where luxury, fine dining, open bar, good music and live entertainment are part of the mix. Let yourself be seduced by our *Travel around the world* theme, while contributing to a great cause.



Please visit our website (fondationlakeshore.ca) or follow us on Facebook (facebook.com/fondationlakeshore) for more information about all our events.

Introducing Diana Spencer

The Foundation's veteran volunteer

Volunteers are a crucial part of the Foundation's success. Whether helping in the office with administrative duties or giving us a hand during events, volunteers are an essential part of our team.



Diana Spencer

Diana Spencer worked in accounting before retiring in 1992. Lucky for us, Diana chose to volunteer at the LGHF and we quickly put her accounting skills to good use. We are so fortunate as she is our longest serving volunteer with 18 years of dedicated service. In addition to being an active volunteer, Diana also likes to travel, is an inveterate golfer, loves bowling and goes out regularly with friends.

Despite her flurry of activities, Diana is as quiet as a mouse when she comes to help out at the LGHF once a week. After her round of hellos to every member of the team, she gets to work processing cheques from our generous donors. During Duck-Fest season, she puts in extra hours to help reconcile ticket sales and count the donated change. Diana takes her job to heart. She is extremely conscientious and the Foundation is privileged to be able to count on her. Thank you Diana, we are extremely grateful that you are there for us. •

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