



LAKE SHORE LINK

SEPTEMBER 2018

A grateful patient

Rob Sexton credits the team at the Lakeshore General Hospital with saving his life

WOW! The word sums up Rob Sexton's view of the care he received at the Lakeshore General Hospital (LGH). He was blown away by the compassion and consideration of the doctors, health professionals and staff.

It all started in 2012 when Rob accepted a new job as an application (app) developer. Soon after accepting the job, his health turned sideways.

"I quickly realized the company needed a team of four to meet demand, but I was a team of one," says Rob. I tried to keep up, logging 70-80-hour work weeks, but, I was barely keeping my head above water."

Little did he realize that working exceptionally long hours, taking on an exceedingly heavy workload, and putting enormous pressure on himself to get the job done —made him ripe for a mental breakdown. After over three-and-a-half years at an unrelenting pace, his body rebelled. He suffered massive headaches, insomnia, chronic fatigue, nausea, and had vividly-violent nightmares.

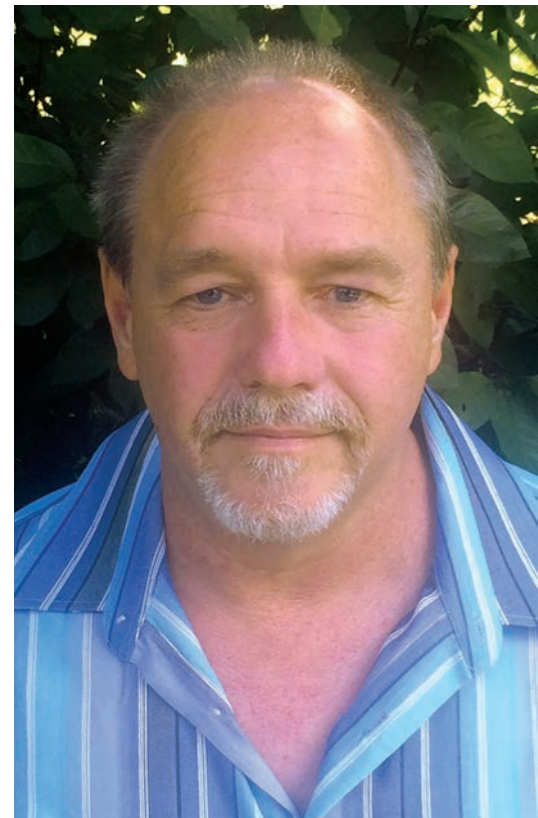
"I remember the day my mind finally snapped. It was a beautiful Saturday

afternoon. I was sitting outside; my wife was in the pool. I was working from home. It was a big, complicated project. I couldn't figure out all of the variables to make the app work. To my astonishment and my wife's, I started to cry. And I never cry," recalls the 57-year old.

Upon his wife's insistence he headed to the LGH Emergency Room. He was seen quickly and after explaining his symptoms, was put through a battery of tests including a 1.5-hour interview with a psychiatrist. The diagnosis, post-traumatic stress disorder (PTSD) and symptoms similar to bipolar disorder.

In addition to being treated for these disorders, Rob used various hospital services and has nothing but praise for the quality of care he received at the LGH. Everyone was friendly, smiling, asking how they could help make him more comfortable. The staff was mindful of his extreme anxiety and fear of needles. Rob says he is incredibly grateful for their compassion and consideration.

"They saved my life. The team at the Lakeshore General Hospital, literally saved my life," says Rob. "Dr. Fiore Lalla in Psychiatry, Gabrielle Hopf, in Psychology, Lynn Turgeon, a nurse



Rob Sexton is extremely thankful for the great care he received at the LGH.

manager... they are Godsend. I would not be here today without that amazing team."

Rob continues along the road to recovery, with the support of the health professionals at the LGH.

"I have nothing but great things to say about the team at the LGH. I offer each of the doctors, health care professionals and staff who took care of me my sincerest thanks. I am alive today because of them. I don't know what else to say except WOW!" •

OUR PARTNER FOR THE COMMUNITY



Desjardins

OUR PARTNER FOR HEALTH





Thank you to our amazingly generous volunteers

Generosity, compassion, support, loyalty and commitment are just a few of the words that best describe our volunteers. They are all ages, from all walks of life and represent the myriad of cultures that make up our wonderful community.



Throughout the year, our volunteers offered over **10,000 hours** of their time.



If you wish to get involved and join our team of volunteers, please contact Roxane at **514-630-2081**.



David Allen, putting patients at ease

Hospital greeter gives everyone a warm welcome

David Allen is quickly becoming very popular. He is the first person you meet when you walk through the doors of the Lakeshore General Hospital (LGH). Every Monday and Friday, he greets people and encourages them to disinfect their hands to help prevent the spread of infections. He also helps visitors figure out the parking machine and walks folks to admissions to get a hospital card.

David started his traineeship in May. "I'm loving my new job," he says, "because everyone who works here is friendly and they all say 'Hello David' as they walk by."

Carolyn Walker, Manager of Work Integration Services for the program which supports those with intellectual disabilities and autism spectrum disorders says, "Many people are stressed and frazzled when they arrive for an appointment. David gives everyone a warm welcome, which helps them relax. He is also a terrific worker and a shining example of the contribution people with intellectual challenges or autism spectrum disorders can make to society."

During the summer, David volunteers for the Lakeshore General Hospital Foundation selling Duck-Fest tickets. He is an outstanding fundraiser.

Next time you drop by the hospital, don't forget to give David a shout-out. ●



David Allen, greeter at the LGH

Elsie Watson, a kind, generous soul

Her charitable legacy benefits West Island residents

The Lakeshore General Hospital Foundation (LGHF) is honouring the memory of Mrs. Elsie Vincelli Watson. Last April, just days before passing away at age 91, she made a significant donation to the LGHF. Her legacy will improve health care for thousands of West Island residents each year.

Born in the 1920s, a time of dramatic social and political change

Elsie Vincelli was born on July 5, 1926, during the turbulent roaring twenties. It was an exciting era marked by the emergence of automobiles, cinemas, radios and airplanes. It was the time of bootleggers, flappers, the Charleston, and jazz!



Elsie Vincelli Watson's generous donation will have a major impact on geriatric and emergency care at the Lakeshore General Hospital.

In those days, families were much larger than today. Elsie was one of eight children. As is the case in most large families, the daily gatherings around the warm, crowded dinner table fostered a spirit of cooperation and compromise. When she was only 20, Elsie's mother passed away and as the youngest daughter, she assumed responsibility for her two younger brothers. She showered them with love and affection, raising them as if they were her own.

In 1954, at age 28, she married Mr. Murray Watson, nephew of jeweller Henry Birks. For over 30 years, Elsie worked as a receptionist at Continental Insurance. She became known for her fashion sense and timeless, elegant style. Throughout her life, Elsie collected what she fondly referred to as her 'treasures' which filled the home she shared with her husband, who passed away in 1990. An avid reader, she enjoyed spending a quiet afternoon with a book. Once retired, Elsie fell in love with cruising. Her favourite vacation getaway allowed her to travel the world. She was also known to enjoy a few hours here and there at the casino.

Elsie supports her community

As her health declined, a stay at the Lakeshore General Hospital inspired her to contribute to the well-being of the West Island community. Indeed, a few days before passing away, she donated close to \$1-million to the Lakeshore General Hospital Foundation. She expressed a desire to contribute to the enhancement of care provided in the Geriatric Department and the new Emergency. Her generous donation will help modernize and expand geriatric services ensuring our community's seniors continue to receive exceptional care. It will also help purchase equipment for the hospital's new ER including life-saving resuscitation units.

Linda Turcotte, Elsie's sister-in-law, kindly shared her story with us and spoke of her warm smile and big heart. Elsie's generous gift will benefit thousands of West Island residents. ●

SPECIAL THANKS



Patients talk about the incredible care they have received

Hats off to the Amazing Health Care Professionals at the Lakeshore General Hospital

“My husband was transported to the Lakeshore General Hospital where a team in the Emergency Room helped him immediately. Very shortly after that, we were informed he needed to have surgery as soon as possible because of a perforated ulcer that had left his entire gastrointestinal area at high-risk. The surgery took place that evening, and for the next five days the care he received was exemplary. The entire staff earned my respect and gratitude. The compassion and care shown to both of us cannot possibly be expressed in words.”

–Lesley, a resident of Beaconsfield

“A few years ago, I was told I had stage IV cancer with minimal chance of making it past the year. Thanks to Dr. Horace Laryea and the Oncology team at the Lakeshore General Hospital, I am in remission and was able to renew my lease on life. They gave me a chance to raise my children who are now young adults. I will never forget what the LGH has done for me and my family.”

–Erika, a resident of Pierrefonds

Words of Gratitude for the Lakeshore Guardian Angels

West Islanders are taking the time to express their appreciation for the quality of the care they receive at the Lakeshore General Hospital. They are writing to express their gratitude and to donate in honour of a “Lakeshore Guardian Angel”.



Say thank you by donating to the Lakeshore Guardian Angels program

This Lakeshore General Hospital Foundation program recognizes the hospital's exceptional doctors, nurses, allied health professionals and staff who provide extraordinary, compassionate care to the patients they serve.

If a physician, nurse, orderly or other staff member provided you or your loved one with compassionate care, we invite you to say ‘thank you’ by donating in their honour.

Go to: fondationlakeshore.ca/donate/lakeshore-guardian-angels

OUR 2017-2018 GUARDIAN ANGELS

Mr. Ammar Al-Rez — Operating Room Nurse

Dr. Naomi Hasegawa — Ophthalmologist

LGH — Emergency Department Team

Dr. Tomas Kaufman — Emergency Physician

Dr. Richard Knight — Orthopedic Surgeon

Dr. Vladimir Kurgansky — Urologist

Dr. Albert Moghrabi — Hematologist-Oncologist

Dr. Mladen Palaic — Cardiologist

Dr. Gerry Polyhronopoulos — General Surgeon

Ms. Shereen Saunders — Cataract Clinic Nurse

OUR ANNUAL PARTNERS

Thank you to our Annual Partners who have joined forces with the Lakeshore General Hospital Foundation to enhance the services offered by the hospital.

PARTNER FOR THE COMMUNITY

Desjardins

PARTNER FOR HEALTH

Montreal Gazette

PARTNERS FOR WELLNESS

Cités Nouvelles

Groupe Spinelli

Sélection Retraite

PARTNERS FOR CARE

AMJ Campbell

Aqua Spa Lyne Giroux

Ask Mama MOE

Bayshore HealthCare

Catsys IT & Media

Château Dollard

Check6 Media

Cocotte Films Inc.

Duke & Devine's

Groupe Yves Légaré Inc.

Jewel 106.7

Legal Logik

Montreal Airport Marriott In-Terminal Hotel

North East Mortgages

Pharmaprix, Lakeshore/MedEquip

Quorum Lakeshore Inc.

Radimed

Sherri Newman, Re/Max Royal (Jordan)

Team Laudi, Investor's Group (Dorval)

Ubisoft World

West Island Mommies