

MOVE YOUR MIND.
BEND YOUR BODY.
LOTS OF IDEAS FOR
BOTH IN THIS ISSUE.

mind body

a focus issue of

local

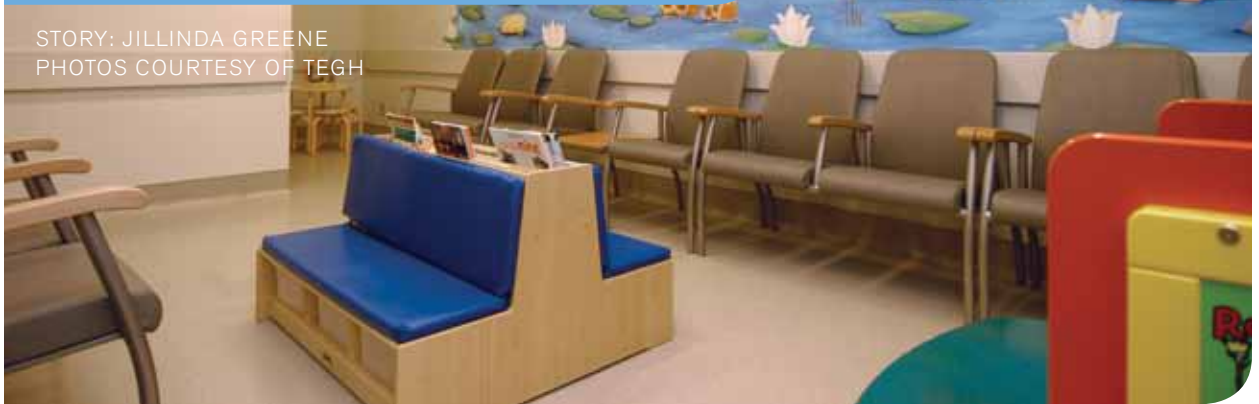
MIND BODY. FEBRUARY 2013.



LAUGHTER is the BEST MEDICINE

STORY: JILLINDA GREENE
PHOTOS COURTESY OF TEGH

CHILDREN'S ER WAITING ROOM



TORONTO EAST GENERAL HOSPITAL USES THIS POSITIVE SLOGAN FOR FUNDRAISING AND PUTS IT INTO PRACTICE IN DAY-TO-DAY INTERACTIONS AROUND THE HOSPITAL.



DR. GEORDIE FALLIS

Teresa Vasilopoulos, President of the Toronto East General Hospital Foundation says, "The use of humour eases tension and connects across cultures." Doctor Geordie Fallis, Toronto East General's Chief of Family and Community Medicine, is a big believer in the

use of humour. He is considered the hospital's own "Patch Adams" and recently wrote a book entitled *From Testicles to Timbuktu*. A collection of his experiences and journal entries from medical school to the present, his book is a funny, warm

and expressive chronicle of his treatment of patients and a testament to the strengths of individuals and families.

The Toronto East General was founded in 1929. TEGH is renowned for expertise in urology and respiratory and is a national leader in thoracic surgery. The hospital has won awards for innovation and consistently strives for progress in multiple medical directions.

Providing the best possible care for children is one of TEGH's priorities. In 2010, the hospital opened a separate Pædiatric Emergency area that is closely affiliated with The Hospital for Sick Children. This is a cheerful treatment area solely for children. It features a colourful waiting area including lots of toys and a television and private treatment rooms. All the staff are specifically trained in Pædiatric care. In January 2012, the hospital opened its doors to a



new Pædiatric Child and Teen Clinic where services such as Ear, Nose and Throat, and a Cardiac Clinic have been consolidated. The welcoming reception area leads to five bright examination rooms, a procedure room and breast-feeding clinic room all for parents and young patients. Children with scheduled surgical procedures are given pre-operative tours to familiarize parents and patients with the hospital and reduce the stress of their stay.

East General is one of five regional sites for child and adolescent mental health services. Kids suffering from conditions such as depression and bipolar disorder are treated with the thought of eventually integrating them back into the school system. "Building Bridges" is a specialized academic day program with a treatment and an educational focus. It gives teens an opportunity to earn high-school credits in a supportive environment while also participating in their mental health treatment.

For over eighty years Toronto East General has grown and added to the fabric of our community. The hospital has volunteer programs for high school students that involve



them in many aspects of the day-to-day functions of the hospital. An ESL program with a medical focus invites anyone whose first language is not English to enroll and, upon successful completion, enables them to become adult volunteers or pursue a career at an entry-level Health services position.

Many people have a relationship with the hospital that goes back as many as three generations. Dr. Geordie Fallis, mentioned earlier in the article, began his tenure at



PROVIDING THE BEST POSSIBLE CARE FOR CHILDREN IS ONE OF TEGH'S PRIORITIES.

TEGH as an orderly in the late 60's. East General was founded in the 20's by MP Joseph Harris; his daughter, Helen Wilson, is still involved. She helped inspire the "Buy a Brick" campaign in its early beginnings for the hospital's 70th anniversary. The Steele family has a long-standing relationship with the hospital, dating back to Gray Steele's services as Chair of the Board of Governors. Now, his grandson, Andrew Steele, serves on the Board and along with fellow Board member, Greg MacKenzie, has started "Friends of TEGH" – a volunteer-led initiative of young families raising money for emergency pædiatric services. Jim Arnette served on the board for seven years, two as chairman, and his son Will Arnette, the popular comedian, was Master of Ceremonies for the 2012 TEGH Fundraising Gala featuring Jerry Seinfeld. Foundation Campaign Executive team member David Collenette is the son of a



former Registered Nurse, one more example of the many threads interwoven over time.

When I was growing up in the 60's and 70's our next door neighbour, Eric Willcocks, was the CEO of East General. I have many pleasant memories of the hospital: helping Eric's wife Nancy in the gift shop stock room when I was a little girl, graduating to sales at the cash register as I got older, and finally volunteering time as a Candy Stripper. Over the years many members of my family, including me, have benefited from the excellent care provided by the knowledgeable, welcoming staff and environment of East General.

Toronto East General sits on land that was farmland in the early 1900's. At the turn of the century the influx of British immigrants created a population explosion with the population more than doubling from 65,000 in 1913 to 131,000 in the early 1920's. Original farmlands east of the Don River were redeveloped into residential subdivisions to house the growing community. A hospital was much needed and became a reality when Mr. William McKay donated 1.5 acres of his farmland to the cause. Five additional acres owned by Mr. McKay were purchased, and through the Estate of William Hill, a descendant of the Ashbridge family, a \$100,000 trust was bequeathed to the city for the purpose of building an east-end hospital.

In 1929 the doors of the Toronto East General Hospital opened. Through time, the hospital has seen the creation of a training school for nurses in 1930 and amalgamation with the Toronto Orthopedic Hospital.

FOR OVER EIGHTY YEARS TORONTO EAST GENERAL HAS GROWN AND ADDED TO THE FABRIC OF OUR COMMUNITY

TEGH helped fight the Polio epidemic of 1937 and treated over five thousand of our wounded military soldiers during the completion of Sunnybrook Hospital. Over the years, through all the changes in medicine and advances in technology, The Toronto East General Hospital has remained a teaching hospital that serves its community. Today the state-of-the-art-facilities and national recognition for the quality of care attest to dedication at TEGH, summed up in their motto "Above all, we care".

Laughter is indeed the best medicine. Through a history of watchful and attentive care, The Toronto East General Hospital has garnered our trust and appreciation while adding to and enhancing our community.

