

YOUR GENEROSITY IN ACTION

# Heart & Soul

Cover story:  
Your giving heart gives  
women good health  
and confidence

L-R WCH researcher Dr. Ananya Tina Banerjee and volunteer Maha Zawi



I N S I D E

Your hospital is  
*the hospital*

Up close and  
personal with  
Dr. Danielle Martin

# Your giving heart gives women good health and confidence

Three nights each week, 30 women gather in the prayer room at one of Toronto's oldest mosques. Although it's normally a space to worship, on these nights they can be found doing lunges, push-ups, planks and crunches – pausing only for the Salat al-Maghrib sunset prayer.

They are participants in a Women's College Hospital research project seeking to combat an increased risk of diabetes and heart disease among South Asian Muslim women. The project brings exercise to the heart of the women's community – their mosque.

**The impact on their lives has been profound. As one woman says, "I feel stronger, more confident, more motivated. And if I'm happy, I can keep my family happy, and everyone is happy and healthy."**

Overseen by Drs. Ananya Tina Banerjee and Jennifer Price, researchers with Women's College Hospital's Cardiac Rehabilitation Program, the classes are led by 24-year-old volunteer Maha Zawi, a young leader within the Muslim community and recent kinesiology graduate. Quickly gaining the trust of the women and the mosque's all-male board of directors, Maha helped the classes evolve into a sustainable program that will



continue indefinitely following the completion of the six-month research project.

"The mosque is a safe space for these women," she says. "Because they're able to exercise in a comfortable and familiar place, it's become a lifestyle for them now."

**Your generosity makes extraordinary new initiatives like the mosque-based exercise project possible. Thank you for changing the lives of women and their families by giving your heart to help theirs.**

**To learn more about the different ways you can continue to support Women's College Hospital, visit [www.wchf.ca](http://www.wchf.ca) or contact Fiona Bedlington at [fiona.bedlington@wchospital.ca](mailto:fiona.bedlington@wchospital.ca) or 416-323-6323 ext. 2319.**

## *Up close and personal with...* **Dr. Danielle Martin**

*A note from WCH Foundation president & CEO Katherine Hay*

Dr. Danielle Martin is a rock star at Women's College Hospital. A family physician, a member of the hospital's senior executive team, head of WCH's work at the Institute for Health System Solutions and Virtual Care and an assistant professor at the University of Toronto, Dr. Martin is a true medical leader. She is also a passionate public educator who appears regularly on CBC's *The National* and defended Canada's healthcare system in front of a U.S. Senate committee last year. Did I mention that she's also a mom who wears fabulous heels?

We sat down with Dr. Martin for a chat about life, work and healthcare innovation.

**Why did you choose to pursue your career at Women's College Hospital?**

It's an institution that embraces the values that I think are most important in healthcare – health equity, impacting healthcare systems and a commitment to the health of women and women as leaders in medicine. Those are all the things I care about, so it's really the perfect place for me.

# Your hospital is *the* hospital

Yolande Hirdaramani vividly remembers the first time she walked into Women's College Hospital. She had been in Canada for less than a year, having left her home country of Ceylon – now Sri Lanka – with her husband and four-year-old daughter. Pregnant with her second daughter, Yolande was referred to Women's College Hospital by her family doctor, the late Dr. Elizabeth Harrison.

“Elizabeth said to me, ‘I’m not just referring you to a hospital... I’m referring you to *the* hospital – the hospital of the future,’” Yolande recalls.

Her first experience at a Canadian hospital, Yolande says that she felt a sense of calm when she arrived at WCH for her first appointment.

**“New immigrants can feel so lost – everything is so strange in a new country,” she reflects. “But I felt so confident coming to Women’s College Hospital. The hospital means a lot to me because it connected me to Canada.”**

Wanting to give back to the hospital that helped her feel at home in her new country, eight years ago Yolande set up a regular monthly donation. Since then, her contributions – just like yours – have helped WCH

## **How will Women’s College Hospital change the future of healthcare?**

By continuing to design new ways of delivering healthcare in an outpatient setting that will be adopted beyond our four walls, benefitting all patients and significantly reducing costs to the system.

## **Tell us a bit about your life and interests.**

I have a five-and-a-half year old daughter, my partner Steven is a lawyer and I have three step kids in university. I love to cook and travel – we were just in Turkey this summer. And I can sometimes be seen arriving at work on my yellow Vespa.

**Dr. Martin will be moderating the women’s heart health panel at the fifth annual Women for Women’s fundraiser on October 28, 2015. Learn more at [www.womenforwomens.ca](http://www.womenforwomens.ca).**



Yolande Hirdaramani,  
monthly donor

provide a refuge of calm and healing for countless other women and their families from around the world.

To Yolande, and to you, we give our deepest thanks for your generosity. It’s only with the support of our donor family that Women’s College Hospital is more than just a hospital – it’s *the* hospital.

**To learn more about becoming a monthly donor or to set up your monthly donation today, please visit [www.wchf.ca](http://www.wchf.ca) or contact Fiona Bedlington at [fiona.bedlington@wchospital.ca](mailto:fiona.bedlington@wchospital.ca) or 416-323-6323 ext. 2319.**



L-R Dr. Danielle Martin, vice president, medical affairs & health system solutions, WCH and Kathy Hay, president & CEO, WCH Foundation

**Follow Dr. Martin and Kathy Hay on Twitter!  
[@docdanielle](https://twitter.com/docdanielle) and [@KathyHay](https://twitter.com/KathyHay)**

Start  
each day  
with a  
grateful  
heart



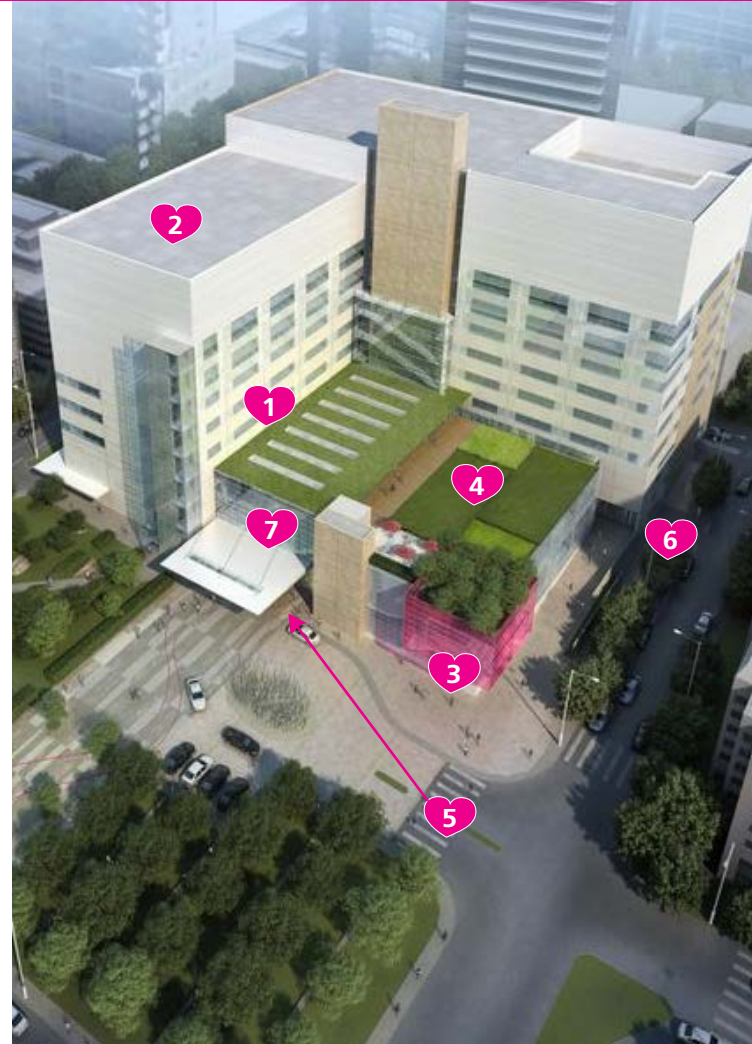
Because of **your generosity**, you are  
changing and saving lives at WCH.  
We're grateful for you.  
Save this message as a reminder  
of our appreciation for you!

# You helped build the Hospital of the Future. Now let us show you inside!

**Thank you! Your generous heart helped to build a warm and inviting new home for women and families who need Women's College Hospital.**

Designed with input from 1,000 women, the hospital's redevelopment is now complete. Here's a brief overview of some of the changes you can expect to see the next time you visit.

- 1** Fourth floor: new location of Women's College Hospital Foundation
- 2** Hospital combines research, teaching, clinics and surgery under one roof
- 3** Iconic pink cube symbolizes WCH's commitment to the health of women
- 4** A beautiful green roof (visible from all patient waiting areas)
- 5** New main entrance from Emily Stowe Way
- 6** Paid parking garage via Grenville Street
- 7** Food, refreshments and retail shops (main atrium)



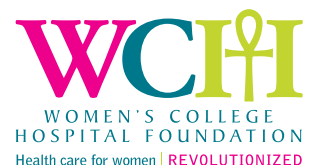
## We love hearing from you!

If you have any feedback about this issue of *Heart & Soul*, questions about donating or simply want to connect with a member of your Foundation staff team, please contact Marian Johnson at [marian.johnson@wchospital.ca](mailto:marian.johnson@wchospital.ca) or 416-813-4741.

**WE'VE MOVED!** The Foundation is now located on the fourth floor of Women's College Hospital.

76 Grenville Street | Toronto, ON M5S 1B2 | 416-323-6323 | [foundation@wchospital.ca](mailto:foundation@wchospital.ca)

We've also recently launched a new website to make it easier for you to learn about the different ways to support your hospital. Visit us at [www.wchf.ca](http://www.wchf.ca).



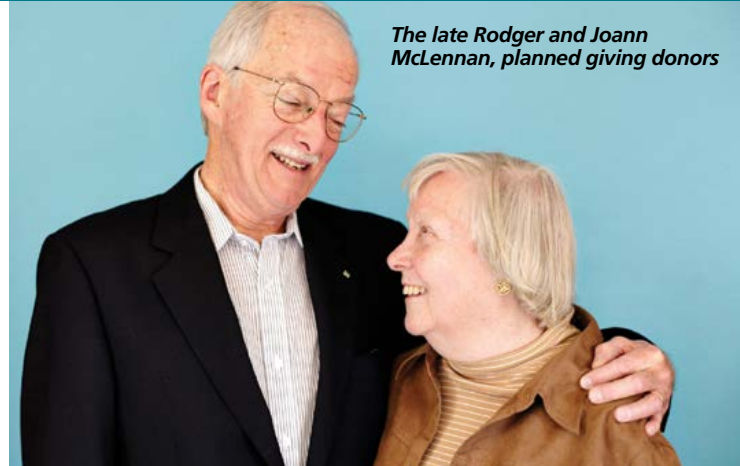
# Family supporting family: donor legacies are forever

Married for 43 years, patients of Women's College Hospital for 40 years and generous donors for 26 years, Rodger and Joann McLennan thought of WCH as part of their family.

It's a place they loved and loved to support. To make sure they could continue to help their beloved hospital long into the future, several years ago the McLennans decided to include a gift to WCH in their will.

**“We can't be here forever,” Rodger said of their decision at the time. “This will help the hospital when we're gone.”**

And it has. Sadly, Rodger and Joann passed away last year within several months of one another. As we continue to miss them, we feel privileged to know that their legacy and their spirit of generosity – of family supporting



*The late Rodger and Joann McLennan, planned giving donors*

family – will live on at Women's College Hospital. Thank you, Rodger and Joann.

**If you would like to learn more about including a gift to Women's College Hospital in your will, visit [www.wchf.ca](http://www.wchf.ca) or contact Pati Greenwood at [pati.greenwood@wchospital.ca](mailto:pati.greenwood@wchospital.ca) or 416-813-4737.**

## Meet your community connector: Tanya Rumble



*Tanya Rumble,  
manager, community partnerships & events,  
WCH Foundation*

**What she does:** Helps people in the community raise money for WCH through events or celebrations.

**Her fundraising tips:** Get creative! Rally your community to raise funds for WCH through bake sales, car rallies, walks or runs – the sky's the limit! You can also ask your family and friends to donate instead of buying gifts for celebrations like birthdays and weddings.

**Do you want to support Women's College Hospital through an event or special occasion? Find everything you need to get started by visiting [www.wchf.ca](http://www.wchf.ca). You can also contact Tanya directly at [tanya.rumble@wchospital.ca](mailto:tanya.rumble@wchospital.ca) or 416-813-4711.**

### Thank you for your support!

WCHF is fully accredited under Imagine Canada's Standards Program. The Standards Program awards accreditation to charities and nonprofits that demonstrate excellence in five areas of operations: board governance, financial accountability, fundraising, staff management, and volunteer involvement.



**Mixed Sources**  
Product group from well-managed forests, controlled sources and recycled wood or fiber  
[www.fsc.org](http://www.fsc.org) Cert no. SW-COC-002217  
© 1996 Forest Stewardship Council



76 Grenville Street  
Toronto, ON M5S 1B2  
Tel: 416-323-6323  
Fax: 416-813-4744  
[foundation@wchospital.ca](mailto:foundation@wchospital.ca)  
[www.wchf.ca](http://www.wchf.ca)

**WCH**  
WOMEN'S COLLEGE  
HOSPITAL FOUNDATION  
Health care for women | REVOLUTIONIZED