

INSIDE HUMBER

Humber is your hospital, these are your stories.

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International Day of Women in Science

The International Day of Women in Science on February 11 promotes equal access to the participation of women in science, technology, engineering, and mathematics (STEM). At Humber River Health, we are proud to work with countless knowledgeable, hardworking women in STEM careers who help ensure that patients and their families receive safe, innovative, and exceptional care.

[Watch Here](#)



Two in five Canadians expected to receive a cancer diagnosis during their lifetime

February 4 marked World Cancer Day and while medicine continues to advance, barriers in accessing treatment are still ever present. Melanie Ng of CityNews spoke with one of our oncologists, Dr. Roochi Arora, on the importance of early detection.

[Watch Here](#)



Patient-Centered Innovation: The Research Behind a Hospital's Meditation Tool

Our Research Institute has a research program to develop a digital meditation tool for cancer patients, underscoring the organization's commitment to improving the well-being of patients through evidence-based innovation. Read more in this issue of Health System News.

[Read More](#)



Lean, green, and digital: One hospital's approach to sustainability

Humber remains dedicated to reducing healthcare's environmental impact while maintaining excellence in patient care. Through waste reduction, infrastructure efficiency, and green clinical practices, Humber continues to lead the way in environmentally responsible healthcare. Read more in this issue of Hospital News.

[Read More](#)



Interview with Marco Jefferson

Meet our Security Shift Supervisor Marco Jefferson. Marco fosters an environment of safety, support and empathy. Through proactive and compassionate communication, he ensures that patients and staff feel secure and respected. Read more in this interview.

[Read More](#)



Interview with Dr. Syed Najaf Nadeem

"Our goal is simple: to bring the highest standard of cardiac care closer to home for the communities we serve," says Dr. Syed Najaf Nadeem, Chief of Cardiology at Humber. Humber River Health's Cardiology Department is one of the busiest in Ontario, serving over 17,000 patients annually.

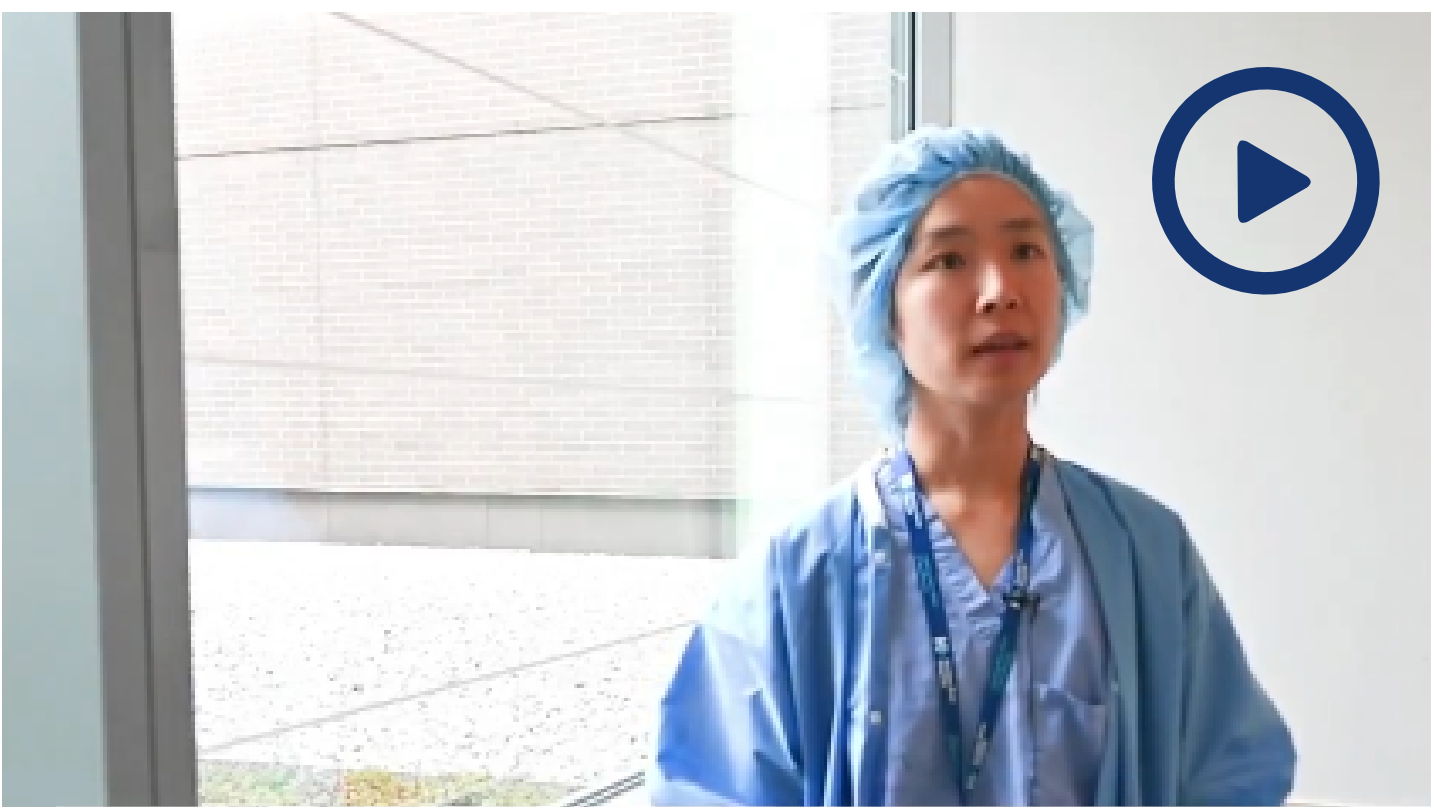
[Read More](#)



Interview: Dr. Jack Barkin, Urologist

Dr. Jack Barkin’s career has been distinguished by a steadfast commitment to innovation and excellence in urology. In this interview, Dr. Barkin discusses what has kept him passionate about urology over the years and shares memorable milestones in his career.

[Read More](#)



Dr. Jessica Jiang
Anaesthesiologist

Doc Talks - Dr. Jessica Jiang

Have you ever wondered what the day-to-day looks like for an anesthesiologist at Humber? Anesthesiologist Dr. Jessica Jiang, who has been at Humber for the past seven years, explains this and more in this edition of Doc Talks.

[Watch Here](#)

Black History Month

February 1 marked the beginning of Black History Month, a time to celebrate the rich history, achievements, and resilience of people of African, Caribbean, and Black descent. It is an opportunity to learn from the stories, honour the legacies, and recognize the profound impact Black Canadians have had on our shared culture and identity.

This year, the Government of Canada’s theme for Black History Month was: **Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations**. To support this theme, we highlighted Black trailblazers in healthcare and beyond, whose contributions have paved the way for future generations, in addition to our own staff, physicians and volunteers who empower our community at Humber River Health:



Joan Myers-Harrison

Meet Joan Myers-Harrison, the Resource Nurse in our Cancer Care Clinic, who is lighting new ways in healthcare by working on quality improvement (QI) initiatives that help to improve wait times and workflow processes to ensure positive patient experiences and outcomes.

Watch Here



Samuel Aikulola

Meet Samuel, a Registered Nurse in our Emergency Department who is lighting new ways in healthcare by using our values of compassion, professionalism and respect to provide the best care possible for our patients and community.

Read More



Martha Afowerk

Meet Martha Afowerk, one of our Talent Acquisition Specialists, who contributes to Humber’s vision of lighting new ways in healthcare by connecting top talent and building strong teams that drive excellence.

Read More



Ruth Duah

Meet Ruth, the Clinical Manager of our Dialysis Program. Ruth contributes to Humber's vision of lighting new ways in healthcare by implementing innovative strategies throughout the dialysis program and engaging her team in the technology available to them.

[Watch Here](#)

Ingrid Wilson

Meet Ingrid Wilson, the Vice Chair of the Quality Assurance Committee on our Board of Directors and serves on the Finance and Audit Committee. Ingrid advocates for health equity, ensuring diverse communities receive culturally sensitive and equitable care.

[Read More](#)

Kofi Achampong

Meet Kofi Achampong, a member of the Humber River Health Foundation's Board of Directors. Through his experience as a Board Member, Kofi has learned that, in healthcare, there are many leaders at all levels – all of whom are critical to ensuring the hospital's seamless and efficient functioning.

[Read More](#)

Dacian

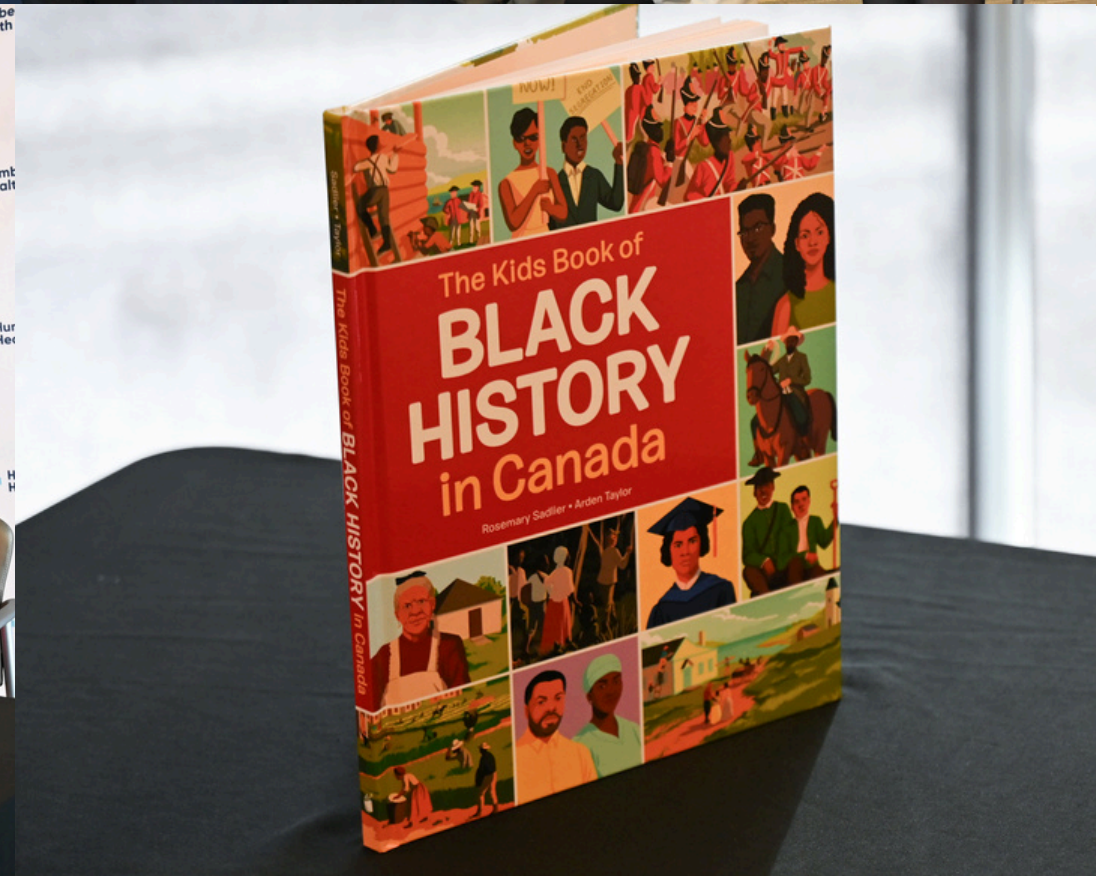
Meet Dacian, who has been a Volunteer at Humber for almost two years. Being on a team that prioritizes innovation, patient-centered care, and inclusivity has deepened Dacian's passion for public health. Learn more about Dacian and her commitment to excellence.

[Read More](#)

Black Legacy & Leadership: Celebrating Canadian History and Uplifting Fututre Genrations

On February 21, as part of our Black History Month celebrations, our staff, physicians, and volunteers were honoured to be joined by Black Canadian author, historian, advocate, and recipient of the Order of Ontario, Dr. Rosemary Sadlier. Dr. Sadlier delivered an inspiring keynote address, followed by a Q&A session and book signing of one of her seven publications, **The Kids Book of Black History in Canada**. We appreciate her sharing both her time and profound messages with us.

Attendees also enjoyed a delicious lunch provided by Honey Soul Foods. Thank you to all who arranged, attended and participated in the educational and meaningful event as we continue reflecting on the past and committing to a future of inclusivity and empowerment.



Digital Learning Day - February 13

Our Digital Learning Team (DLT) are committed to the facilitation of education and delivery of training of all professional practices; making the transition from one technology to the next a seamless and inviting experience. Thank you for all you do!



World Cancer Day - February 4

In honour of World Cancer Day, Registered Dietitian Vivian Kong from our Cancer Care Clinic reflects on this year's theme, **United by Unique**, and discusses how person-centred care, including individualized nutrition therapy, is key to supporting patients' unique cancer journeys.



Watch Here

Cardiovascular Professionals Week

February 9 - 15 was Cardiovascular Professionals Week. As one of Ontario's busiest Cardiology Departments, our cardiology professionals play a critical role at Humber, whether it be through diagnosing heart conditions, providing treatment, or supporting patients care journeys. Thank you for everything you do!



Trainings, Orientation and Mentorship

Wishing a warm and proud welcome to our nursing staff! At Humber, we are equipping our nursing teams with RNAO's evidence-based Best Practice Guidelines to ensure consistent, high-quality patient care. Together, we will reduce variation and achieve improved and positive outcomes!



Recreational Therapy Month

Our Recreation Therapists (RecTs) use recreation, leisure, and play as tools to engage patients in meaningful therapeutic activities. Through such activities, patients experience improved levels of independence and optimized quality of life. Thank you for your pivotal work!



Psychology Month - Dr. Laura Leong

This Psychology Month, we met with Clinical Psychologist Dr. Laura Leong from our Mental Health and Addictions Program, who dives into what to know about the significant connection between our mental and physical health.



Watch Here

Resident Doctor Appreciation Week (February 10 – 14)

Every year across Canada, the second week of February marks the beginning of Resident Doctor Appreciation Week. At Humber River Health, we welcome hundreds of resident doctors each year to undergo clinical training with our multidisciplinary teams.

In their pursuit of clinical excellence as medical learners, residents become an integral part of the Humber healthcare team. Working tirelessly under the supervision of our experienced physician preceptors, residents often serve as first-line responders. You have likely met or worked with a resident on inpatient wards, the ORs, outpatient clinics and the Schulich Family Medicine Teaching Unit (FMTU). We are especially proud to have eleven family medicine residents currently based in our FMTU, providing essential primary care services year-round to patients in North West Toronto.

On February 11, we celebrated our outstanding residents to show our appreciation and to recognize their significant contributions to our various departments and programs.



Valentine's Day Candygram Initiative - February 14 ❤️

This Valentine's Day, the Surgical Day Care and Pre-op Social Committee launched a heartwarming Candygram Initiative, bringing a touch of sweetness and appreciation to our workplace. Colleagues had the opportunity to nominate their peers, recognizing their hard work, kindness, and team spirit. Each nominee received a thoughtfully delivered Candygram, spreading positivity, gratitude, and a little extra joy throughout the day.

This initiative was more than just a sweet treat—it was a team-building effort that reinforced our culture of appreciation, connection, and camaraderie. By fostering a spirit of recognition and gratitude, the Candygram Initiative helped strengthen workplace relationships and brighten our daily interactions.

A big thank you to everyone who participated and to the Social Committee for organizing this fun and meaningful initiative. Let's continue to celebrate and uplift each other, one kind gesture at a time!



HRH Excellence Recognition Awards

In 2024, Humber River Health launched the HRH Excellence Recognition Awards. Inspired by feedback from our 2022 Engagement Survey, this annual peer-to-peer recognition program was developed to expand our appreciation efforts and celebrate the exceptional contributions of individuals and teams within our organization. In 2024, the inaugural year, we received an overwhelming 162 nominations, reflecting the enthusiasm and commitment of our community.

The HRH Excellence Recognition Awards are back and accepting nominations. Any HRH staff or physician can nominate a colleague or a team for the HRH Excellence Recognition Awards by completing a nomination form. There are six award categories:

- Living Our Values
- Leadership Excellence
- Quality Care Excellence
- Service Excellence
- Equity, Diversity and Inclusion Excellence
- Innovation Excellence



To learn more about the HRH Excellence Recognition Awards or to nominate a colleague or a team, please click below.

[Click Here](#)

Client, Caregiver and Community Advisor - NWT OHT

Would you like an opportunity to shape the future of health and social care services in North West Toronto (NWT)?

The North West Toronto Ontario Health Team (NWT OHT) is welcoming Clients, Caregivers, and Community members who want to share their voices and make a difference. There are many ways to engage and provide your insights; through surveys, focus groups and participation in working groups. Your role will be crucial in ensuring that the perspectives of clients, caregivers and community members are integrated into the work of the NWT OHT, a partnership of 39 health and social care providers in North West Toronto. Your perspectives are integral to helping shape a more effective healthcare system. Join us in making a meaningful impact on the health and wellbeing of our community.

If this sounds like something you'd like to be part of, please complete our onboarding form by clicking on the button below.

[Click Here](#)

International Day of Women and Girls in Science Conference

On February 7, in collaboration with other TAHSN hospitals, we attended the “Moving the Needle: Women & Women's Health at the Forefront of Science 2025” event at the MaRS Discovery District to celebrate International Day of Women and Girls in Science.

Our Research Chair in Community Connection, Dr. Nadine Akbar, and members of our Research Institute, Dr. Yasmin Lalani and Dr. Krutika Joshi, participated in the “Living Library” where attendees asked questions and learned about career journeys of junior and senior scientists! We were thrilled to be part of the event’s committee along with talented individuals from other TAHSN hospitals to assemble such an inspiring event to celebrate women in STEM!



Appointment of Vice President, Human Resources & Employment Legal Counsel

We are pleased to announce that **Maria-Cristina Cavicchia** has accepted the permanent role of Vice President, Human Resources & Employment Legal Counsel, effective immediately.

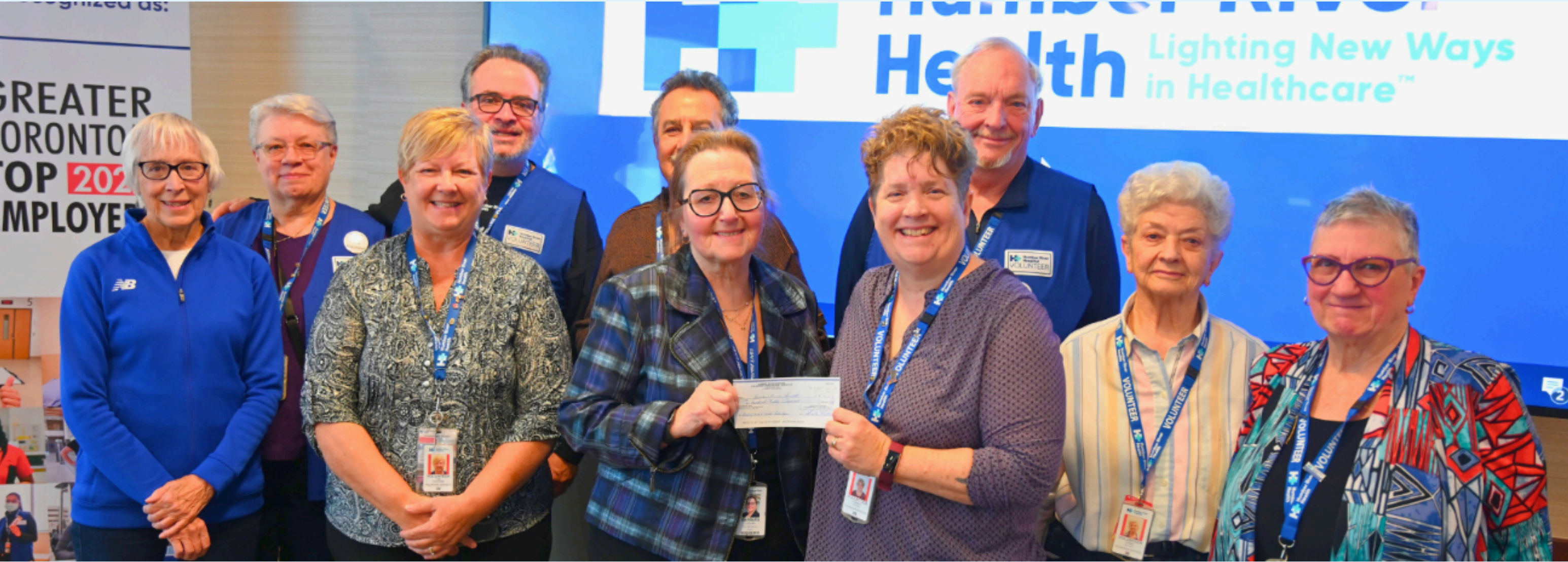
Her expertise in the healthcare sector is notable, having represented several of Ontario’s largest hospitals and long-term care homes in her former practice, including Humber. During her recent 10-month secondment with our organization, she led us in grievance arbitrations and provided guidance on significant labour and employment matters at every leadership level.

Throughout her career, Maria-Cristina has demonstrated a deep commitment to equitable workplace policies, strong employee relations, and advancing organizational excellence. Her passion for fostering inclusive, supportive work environments will be valuable as we continue to strengthen our Humber River Health community. Having served in an interim role since September 2024, we are delighted that Maria-Cristina has accepted this permanent appointment. Please join us in welcoming her to her new role.

Volunteer Association Donation

On February 18, our Volunteer Association presented the Hospital with a cheque for \$150,000 as their first installment toward their 2024 to 2025 pledge of \$400,000 for capital equipment. These funds will go toward the acquisition of the Parata® ATP® 2 Pouch Packager, a flexible and secure medication packaging system that will enhance efficiency and patient safety in our pharmacy operations.

This incredible contribution is a direct result of the dedication and hard work of our volunteers. We are grateful for our volunteers for their work and fundraising efforts, which have helped us work toward our mission of delivering innovative, safe, and equitable healthcare in our community.



Pink Shirt Day - February 26

On Pink Shirt Day, we raise awareness for a major problem affecting our schools, workplaces, homes, and online landscapes: bullying. We wore pink to raise awareness and show support for anti-bullying initiatives, and to help encourage a more kind and inclusive world. Thank you to those who participated and wore pink on February 26!



First Implantable Cardioverter Defibrillator at Humber

On February 26, we successfully implanted our first Implantable Cardioverter Defibrillator (ICD), a small electronic device connected to the heart, to help track and control specific cardiac problems. Previously, patients needing an ICD would have to travel to neighbouring hospitals in the GTA. Having ICDs as part of Humber's Device Clinic, alongside pacemakers, increases safety and convenience for our patients, providing equitable access to life-saving devices closer to home.

Shirley, Humber's first patient to receive an ICD battery pack change, commuted to Toronto General Hospital for her ICD implant roughly 10 years ago. Now, she underwent her device pack change at Humber, 15 minutes from home, which her family described as extremely accessible.

A key component of our vision for the future is creating an on-site cardiac catheterization laboratory to support the health needs of people in North West Toronto. The opening of our ICD Clinic brings our Cardiology Program one step closer to achieving this vision.



Social Media Highlights

Humber River Health @HRHealth_ · Feb 14

This Valentine's Day, our patients are spreading their love for Humber River Health. From experiencing kindness to receiving compassionate care, their heartfelt words say it all. Wishing you a day filled with joy and appreciation. [#HappyValentinesDay!](#)



Humber River Health @HRHealth_

Today marks Zero Discrimination Day, recognizing the fundamental right of every person to live a life of dignity, free from discrimination. This year marks the 10th anniversary of Zero Discrimination Day, and the theme is "To protect everyone's health, protect everyone's rights."



Humber River Health @HRHealth_

We are at the Centennial College Health & Wellness Grad Career Fair today!

Stop by our booth to learn about exciting career opportunities and how you can join us in achieving our vision of lighting new ways in healthcare. [#JoinOurTeam](#) [#LightingNewWays](#)



Humber River Health @HRHealth_

Our Volunteer Services Team is pleased to welcome 25 high school co-op students from TDSB and TCDSB who started their placements today, where they will explore various careers in healthcare, while expanding their knowledge and skillsets to assist in their professional journeys.



Humber River Health @HRHealth_

We hosted a workshop for Resource Persons, Team Leaders, and Supervisors, fostering professional growth in a psychologically safe environment. Through simulation and evidence-based best practice guidelines, participants enhanced leadership skills to better support their staff.



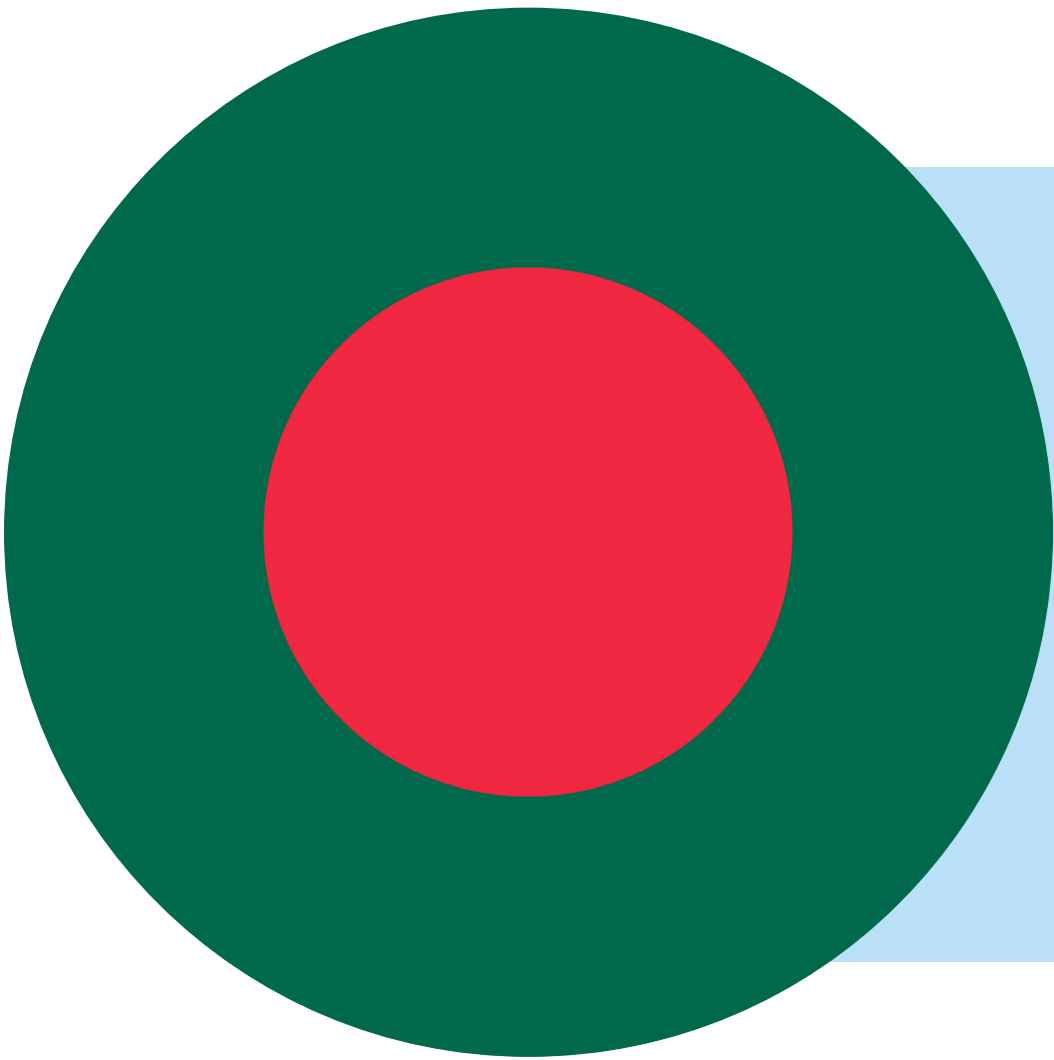
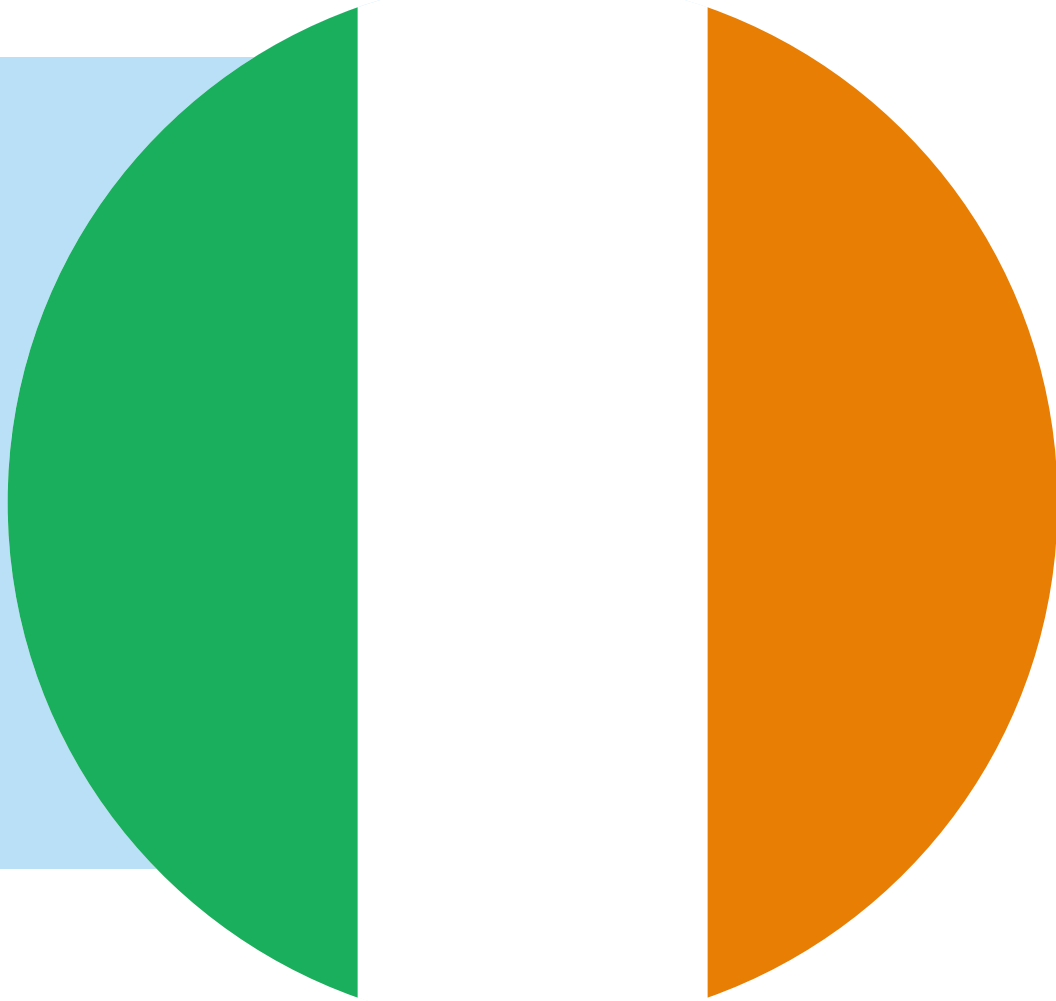
Humber River Health @HRHealth_

This year, Ramadan will be observed from March 1 - 30. For those celebrating, Ramadan Mubarak! May this month bring you peace, fulfillment, and spiritual renewal. To all SPVs working throughout this period, we appreciate your dedication to our patients, community and one another.



Irish Heritage Month

Irish Heritage Month provides an opportunity to celebrate the rich cultural heritage of Irish communities and their descendants. People who came to Canada from Ireland hold a special place in our country’s history. Today, there are an estimated 4.5 million English- and French-speaking Canadians that have Irish ancestry, representing almost 15 percent of our population. This month is a time for celebrating these admirable contributions in all fields including the arts, sciences, music, sports, politics and business.



Bangladeshi Heritage Month

March is Bangladeshi Heritage Month in Ontario, which honours the many significant contributions Bangladeshi Canadians have made throughout the province, and highlights their important role in strengthening the multi-cultural fabric that keeps Ontario’s communities strong. Every year on March 26, Bangladeshis around the world celebrate Independence Day in commemoration of their nation gaining independence in 1971.

Religious/Spiritual Days

MAR 1-30	Ramadan is the first day of the Holy Month of Ramadan in which Muslims fast from sunrise to sunset. Ramadan ends with the joyous celebration, called Eid al-Fitr which is March 30.
MAR 4	Shrove Tuesday is a Christian observance and marks the last day before Lent begins.
MAR 5	Ash Wednesday marks the beginning of Lent in the Christian calendar.
MAR 14	Chotrul Duschen is a Buddhist celebration of the first full moon of the new year, when people offer prayers and good works.
MAR 14	Purim – Jews commemorate the saving of the Persian Jews in the 4th Century BC, as described in the Book of Esther.
MAR 14	Holi – A Hindu spring festival, also known as the "festival of colours" or the "festival of love". Holi represents the arrival of spring and the triumph of good over evil.
MAR 14 - 16	Hola Mohalla is an annual festival started by the tenth Sikh Guru, Guru Gobind Singh, as a gathering of Sikhs for military exercises and mock battles on the day following the festival of Holi
MAR 17	St. Patrick's Day is a global celebration of Irish culture, the anniversary of the death of St. Patrick, the patron saint of Ireland, in the fifth century.

Iftar Dinner



**Humber River
Health Foundation**

Humber River Health will be hosting an **Iftar Dinner**—the evening meal with which Muslims end their daily fast during the month of Ramadan.

This invitation is open to anyone wanting to join.
There will be an ablution (washing) area, designated prayer area and our congregation that evening will be lead by Imam Imran Ally.

Tuesday March 18, 2025

6:00pm – 8:30pm

Doors open at 5:30pm

Paul B. Helliwell Auditorium (Level 3)
Humber River Health, Wilson Site

RSVP

**HEALTHCARE
LIVES**



**Humber River
Health Foundation**



Nominate A Nursing Hero!

H Hospital News™ **20th ANNUAL NATIONAL NURSING HERO AWARDS**

Celebrating Canada's
Nurses and Their
Contributions

Along with having their story published, the winner also will take home:

CASH PRIZES: 1st PRIZE \$1,500 2nd PRIZE \$1000 3rd PRIZE \$500

Have you been inspired, encouraged or empowered by an employee or a colleague?
Have you or your loved one been touched by the care and compassion of an outstanding nurse?
Do you know a nurse who has gone above and beyond the call of duty?

Hospital News will once again salute nursing heroes through our annual National Nursing Week (May 12th to 18th) contest. Nominations can be submitted by patients or patients family members, colleagues or managers.

Please submit by April 6 and make sure that your entry contains the following information:

- Full name of the nurse • Facility where he/she worked at a time
- Your contact information • Your nursing hero story

Please email submissions to editor@hospitalnews.com

H Hospital News™

If you do not receive confirmation within 24 hours of emailing your nomination, please follow up at editor@hospitalnews.com or by telephone 905.532.2600 x2234.

