



## RESPONDING TO THE UNIQUE NEEDS OF THE INSTITUTIONS THAT MAKE UP WEST-CENTRAL MONTREAL HEALTH

I am extremely proud to be heading up a team of professional, dedicated and skilled employees throughout the Division of Technical Services at West-Central Montreal Health. Their goal in coming to work each day is to ensure the safety and security of staff, patients, clients, residents and visitors, and to participate in maintaining and improving the work environment for all staff.

The Division of Technical Services is comprised of many different areas, such as maintenance, the boiler room, laundry, telecommunications, housekeeping, planning, construction and renovation projects. It is one of the largest divisions in our health network, and all of these services are crucial to the smooth functioning of our many bustling institutions. I also have a dedicated and extremely busy team working on the new Pavilion K project that is opening on January 24, 2016.

When West-Central Montreal Health came into existence on April 1, 2015, there were, all at once, nine establishments, some with multiple locations, which would require that proper operating environments and existing infrastructures be maintained and even improved upon. The first challenge, after proudly accepting my appointment as Director of Technical Services, was to establish the state of our new infrastructure and then to develop the proper team to ensure it was sustainable. I am pleased to say that we are well on our way to putting together an organizational structure with the right people in place to ensure that our sites will be able to continue to provide the services and support that they are known for.

We look forward to continuing and expanding on the work already done at each location in areas such as facilities management, environmental services, and renovation projects. Each facility is unique and has its own needs – which is one of the challenges that we face.

As our new network continues to take shape, some departments are asking their staff to change their location of work. Technical Services has been asked to coordinate these moves for such divisions as Finance and Human Resources, and we are committed to doing this in an organized and efficient manner while reducing stress as much as possible.

Our long term goal, in collaboration with our partners and the Ministry, is to ensure the integrity of the infrastructures of our institutions is maintained.

**GEORGES BENDAÏD**  
DIRECTOR OF TECHNICAL SERVICES

### *West-Central Montreal Health prepares for arrival of Syrian refugees*

Due to the massive influx of Syrian refugees, West-Central Montreal Health is now receiving support from other Integrated Health and Social Services centres and university networks across the province to conduct medical and psychosocial assessments of these newly arrived individuals. West-Central Montreal Health remains the only centre of expertise involved in this initiative. The Federal Government recently announced its action plan, the first phase of which is to welcome 10,000 Syrian refugees to Canada by December 31. This re-assessment of the situation allows West-Central Montreal Health to confidently affirm its ability to safely and professionally coordinate this exceptional situation.

CATHERINE BOOTH  
HOSPITAL

CLSC DE BENNY FARM

CLSC DE  
CÔTE-DES-NEIGES

CLSC MÉTRO

CLSC DE  
PARC-EXTENSION

CLSC RENÉ-CASSIN

CONSTANCE-  
LETHBRIDGE  
REHABILITATION  
CENTRECÔTE-DES-NEIGES  
BIRTHING CENTREDONALD BERMAN  
MAIMONIDES  
GERIATRIC CENTREFATHER-DOWD  
RESIDENTIAL CENTREHENRI-BRADET  
RESIDENTIAL CENTRE

INFO-SOCIAL

JEWISH ELDERCARE  
CENTREJEWISH GENERAL  
HOSPITALMAB-MACKAY  
REHABILITATION  
CENTREMIRIAM HOME AND  
SERVICESMOUNT SINAI HOSPITAL  
CENTREOUTREMONT POINT OF  
SERVICE

RICHARDSON HOSPITAL

ST-ANDREW  
RESIDENTIAL CENTREST-MARGARET  
RESIDENTIAL CENTRESERVICES RÉGIONAUX  
INFO-SANTÉCentre intégré  
universitaire de santé  
et de services sociaux  
du Centre-Ouest-  
de-l'Île-de-Montréal

# CLINICAL TRIALS BASED ON PIONEERING RESEARCH BY DR. LAWRENCE ROSENBERG BEGINS

In what he calls the “culmination of my life’s work,” the Jewish General Hospital and McGill University Health Centre have begun a clinical trial on a novel therapy to treat type 1 diabetes based on pioneering research by Dr. Lawrence Rosenberg.

The treatment is a combination of INGAP peptide, which stimulates the regrowth of insulin secreting cells, and the drug ustekinumab, which should protect the new cells from immune attacks. It was research conducted by Dr. Rosenberg and his collaborator that revealed the function of INGAP.

Type 1 diabetes develops when the body’s immune system destroys insulin-producing islet cells in the pancreas. Insulin is the key hormone responsible for controlling blood sugar levels and all people with type 1 diabetes require injections of insulin to survive. No specific treatment is currently available for type 1 diabetes, which affects more than 1.5 million people in North America.

“My colleagues and I have invested our careers in demonstrating the potential for, and means of, restoring normal insulin production in people with diabetes,” said Dr. Rosenberg. “Though our study is small, we know that the return of significant insulin secretion in just one person with this combination could represent a major outcome.”

Subscribe to **Simplexity**, a blog by Dr. Lawrence Rosenberg

## Illuminating the days of December with the glow of Chanukah candles

As we head into December, and the days continue to get shorter, it seems an opportune time to usher in Chanukah, the Festival of Lights. This eight-day celebration – beginning at sundown on December 6 – commemorates the rededication of the Second Temple in Jerusalem in the 2nd century BCE. It is customary to light candles for each of the eight nights of the holiday and to place them by a window so that all passersby can share in the radiance of the holiday.

Beyond its historical relevance, Chanukah ultimately brings with it a universal message. In a season that is typically cold and dark, Chanukah provides light, lifts us up and reignites our hope. A story of miracles, Chanukah also serves as a reminder that we can stand strong in the face of adversity, whether in our personal lives, on a professional level, as we face the current challenges of coming together as one institution, or on a more global level.

Regardless of your religious affiliation and whether or not you celebrate Chanukah, we wish you light, hope and peace.



**LAWRENCE ROSENBERG, M.D., PH.D.**  
PRESIDENT AND CEO

**FRANCINE DUPUIS**  
ASSOCIATE EXECUTIVE DIRECTOR



## FIRE SAFETY IN THE WORKPLACE

Fire can break out anywhere, even in your workplace. You can keep yourself and your colleagues safe by remembering a few important tips.

- Avoid overloading circuits with multiple connections on one electrical circuit (i.e. coffee makers, kettles, microwaves, toasters, blenders, etc.) unless you are using a multi-plug adapter or powerbar that has an automatic surge protector. Power fluctuations can overload the circuit and, if not protected, can cause a fire.

Even if appliances are plugged in to different outlets, they may be on the same circuit and connected to a single breaker. If breakers are being tripped due to use of multiple appliances at the same time, this is a red flag that your breaker is not strong enough to handle

the electrical surge and the appliances should therefore not be used at the same time.

- As a general rule, space heaters should be avoided. They can pose a danger if plugged in and left on when you are not in your office, thereby increasing the likelihood of fire. If you are experiencing problems with the heating in your office, please speak to maintenance before resorting to a space heater.
- As we enter into the holiday season, remember to ensure that any decorations that you use are fire retardant. If you plan on putting up a real Christmas tree, make sure that you keep it watered.

Stay safe, everyone!

**THOMAS PROKOS**, CHIEF OF SECURITY

# WHO WE ARE

In each edition of 360°, we will be introducing you to the sites in our network.

## St-Andrew Residential Centre

In 1956, members of Montreal's Presbyterian community recognized the need for a retirement residence for church members and formed St. Andrew's Presbyterian Homes Inc., a non-profit corporation.

In 1957, the Beattie family donated the Cavendish Boulevard site on which the residence was built and, thanks to the fund raising efforts of the Presbyterian community, the residence opened its doors in February 1961. It quickly became evident that a nursing facility was needed and, once again, the Presbyterian community rallied together to raise funds for a nursing centre on the same property. When the nursing facility opened 10 years later, the two buildings combined were able to accommodate 70 people.

St. Andrew's became a public institution in April 1982, by virtue of the Act respecting Health and Social Services and continued to operate as a single entity until 1992. At that time, with the implementation of Bill 120, St. Andrew's, St. Margaret's and Father-Dowd Homes were merged into one entity. In 2010 all three institutions merged with CSSS Cavendish.

Today, the St-Andrew Residential Centre continues to receive generous support from its foundation and provides its residents with a home-like living environment that is adapted to their needs.

## The CLSC de Côte-des-Neiges

The CLSC de Côte-des-Neiges was established in 1975. Its territory includes Côte-des-Neiges, what is considered to be one of Canada's most multiethnic neighborhoods, the Town of Mount Royal and the Outremont borough. The population of its territory is quite diverse both linguistically and in its socioeconomics, and has an elevated percentage of immigrants.

The CLSC de Côte-des-Neiges offers first line medical care to its population. General and medical services are offered through three family medicine groups and one family medicine unit. Pediatric services include youth, youth and family, youth in difficulty and intellectual disability. For adults, services are available in mental health and addiction, autonomy of seniors, home care, physical disability, health promotion and prevention, and community services.

Services offered by the *Maison de naissances Côte-des-Neiges* (birthing centre) and the *Maison Bleue Côte-des-Neiges* are available to families in the territory. The Regional Program for the Settlement and Integration of Asylum Seekers (PRAIDA) is located at the CLSC to welcome and evaluate the state of health of refugees arriving in Quebec.

The CLSC de Côte-des-Neiges has a long standing tradition of research and teaching activities. The Research and Training Centre of the CLSC was launched in 1992, and changed its name to SHERPA in 2013.

In 1998, the CLSC de Côte-des-Neiges was designated a *university-affiliated centre*, and along with the other sites of the former CSSS de la Montagne it was designated in 2015 as a University Institute with Regard to Cultural Communities. The CLSC de Côte-des-Neiges is also a teaching site for students and residents of the Faculties of Medicine of McGill University and *Université de Montréal*.

*First day dedicated to social and community research at West-Central Montreal Health*

## DISCOVERY AND APPLICATION DAY

**DECEMBER 16**

**9:00 a.m. to 4:00 p.m.**

Concordia University – Grey Nuns Building,  
1190 Guy Street

It is with great enthusiasm that Dr. Rod McInnes, Director of Research, and Spyridoula Xenocostas, Associate Director of Research, are preparing the first meeting of the various social research centres included in West-Central Montreal Health. This event will enable researchers, managers and contributors to meet and discuss their respective areas of expertise and identify possibilities for future collaboration.

### **A very full day**

This will be an opportunity for participants to familiarize themselves with the different university missions within our network. In total, we are expecting approximately 100 researchers, practitioner-researchers, managers and research staff from the Centre for Research and Expertise in Social Gerontology (CREGÉS), the SHERPA Research Centre of the *Institut universitaire au regard des communautés culturelles*, the Centre for Interdisciplinary Research in Rehabilitation of Greater Montreal (CRIR), the psychosocial research focus of the Lady Davis Institute, the Donald Berman Maimonides Centre for Research in Aging and the Research Institute of Mount Sinai Hospital.

### **AM | Social and community research: innovations and impacts**

A brief presentation of our research centre programming; several positive impacts of social research on our clients; an example of the integration of participants and managers in research projects.

### **PM | Building a community: getting to know one another to better build together**

Through networking activities participants can exchange ideas and explore various research areas such as accessibility, adequacy and equity of services offered to the immigrant or vulnerable population; ethical issues in connection with social participation of vulnerable populations in clinical decision-making processes and in research and ethical issues in a long-term care context.



## Annual educational forum for patients with rheumatoid arthritis

On September 24, for the fifth consecutive year, an evening conference for people with a diagnosis of rheumatoid arthritis and their families was held. This conference, whose aim is to promote awareness and education, was initiated by Dr. Ines Colmegna, rheumatologist, at the Royal Victoria Hospital in 2011.

It was in the second year, that three professionals from the rheumatology program at Constance-Lethbridge Rehabilitation Centre (CLRC) provided presentations during the event which was, at the time, organized by the McGill University Health Centre (MUHC) and its partners.

“It was a pleasure contributing to this educational evening as expert partners,” said Colette Béchard, program manager. “The CLRC has since offered to be the host institution for all future forums so as to enable patients and families to interact and learn more about rheumatoid arthritis.”

In total, over 200 people participated in the forums in 2013, 2014 and 2015. Throughout the years, results of the participants’ satisfaction surveys have remained high. The most popular topics continue to be research updates on inflammatory conditions, nutrition recommendations, appropriate exercises and suggested coping and compensatory strategies.

### *Network-wide job opportunities on the Intranet!*

Visit Career Corner to discover job opportunities within our West-Central Montreal Health network.

**Click here**

## STORY IDEAS?

Have a story idea for the next 360° Staff Newsletter? Please let us know. Submit your idea to Lisa Blobstein, Editor at [lisa.blobstein@ssss.gouv.qc.ca](mailto:lisa.blobstein@ssss.gouv.qc.ca)

