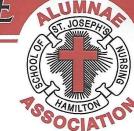
ALUMNAE



IN ACTION

January 2017

St. Joseph's School of Nursing Alumnae Association Newsletter Editor 18 Suter Crescent Dundas, ON L9H 6R5 www.sjsnaa.com



Dear Nursing Colleagues

Years ago we started a new tradition by highlighting one of our grads in our annual January Newsletter. This year, we have two grads whose names have been selected and forwarded to us by their classmates for this honour. It is my pleasure, as your Newsletter Editor, to present to you Irene MacInnes DeCoste '56, and Carolyn Carter Sams '71A. Their stories are amazing and are featured further in this newsletter. I know you will enjoy reading them.

As we say goodbye to 2016, I want to thank all the Alumnae Members for your support throughout the year. Through your helpful suggestions, we are constantly "tweaking" our plans for our Reunion Day Events hoping to make them as perfect as they can be. We received a lot of accolades regarding our 2016 Reunion Day, and spurred on by your very positive comments, we will strive to make 2017 Reunion Day Events even better.

2017 is a "double" year of celebration: we are not only celebrating those classes who gather for their special anniversary reunions, but we are also celebrating Canada's 150th Anniversary of Confederation.

Looking back over the last 150 years, we know that the positive impact of our present day heathcare system is largely due to the Sisters of St. Joseph, whose vision included and encompassed hospitals, retirement homes, various health care facilities, and of course, our very own St. Joseph's School of Nursing. The Sisters' continued dedication and service to our community helped mold Hamilton into the city it is today. And in turn, helped mold Canada into the country it is today.

So what can we do this year to perpetuate the Sisters Mission and help celebrate Canada's 150th year? Send me your ideas either by email, phone or Canada Post. We can then hopefully incorporate your ideas into our Reunion Day Events, making all our celebrations a little more meaningful.

In closing, to everyone, I wish:



Your President Chervl Gravelin McQueen '66



Irene MacInnes DeCoste '56

Highlighting Irene MacInnes DeCoste '56



I was born in Columbus on Prince Edward Island in 1934. I received my Education in Charlottetown at St. Joseph's Convent and graduated from Prince of Wales College

My family moved to Hamilton in 1952. In February 1953 I arrived at St. Joseph's School of Nursing. And I was met by a senior who told me if I was smart, I'd turn around and go right back home.

We found out soon enough that the September class did not like the intrusion of the February class. Thus a cool reception. Strict teachers and the demands of training were disheartening to newcomers. We ate humble pie.

For instance, when a senior walked into our lounge, we had to stand up and give her a coffee if she wanted it. It gives me chills now to think of the responsibility that we had. I often thought that there had to be better days ahead or I won't be a nurse for too long.

Finally, I graduated in June 1956 and I worked for the Community Nursing Registry (Private Duty) for one year. In 1957 I returned to St.Joe's and worked general duty on the C Floor. For about six months I worked as Head Nurse Relief, which was a tough job.

I was happily working as a Head Nurse on 2 Private (Surgical Floor), when one day Sister Virginia called me into the Utility Room for a meeting. Sister Virginia was starting an Innovative Health Program for staff and asked if I was interested in it. I told her a definite "NO!"

Two days later she told me that she was advertising the position and that I **SHOULD** apply. It was different then. You did as you were told!and suddenly the job was mine! At first, I had students and then it was expanded to employees. It was difficult to get a list of the employees from Personnel or work in a proper office.

My first office was the trunk room in Undermount, with no windows. Then I moved to two old rooms in C Floor, then the John Street corridor and finally to Fontbonne.

I wrote my exams for Certification as an Occupational Health Nurse. The hospital decided to separate the employees and the students. I went with the employees with Dr. McHarg and Lena Meehan and Dr. A. Rizzo were in charge of the students. Workman's compensation was a major part of my job, that was previously handled by Human Resources.

This took a long time to organize, as the records were not kept very well. I finally retired on April 30, 1996 and I never looked back.

Highlighting Carolyn Carter Sams '71A







What have I been up to since our 5th reunion when I last saw all of you? I married Michael Sams, from Waterdown, Ont in 1979 and have lived in B.C. since then. We have a wonderful son Ben (35). I worked in clinical practice and as an admin supervisor at St. Paul's Hospital in Vancouver, was Executive Director of the College of Licensed Practical Nurses (R.N.A.'s) of B.C. and built that Regulatory College with my team. I travelled the province and across Canada re: nursing issues, presented internationally in London, England and Copenhagen, Denmark on Continuing Competency Research and Development (the former in partnership with the Australian Nursing Council). I then started my consulting firm "Quantum Leadership Inc" and consulted with B.C. Ministries, organizations, hospitals and other regulatory organizations on leadership and organizational change/strategic planning projects. Somewhere in there, I also completed my B.S.N. and Masters in Health Sciences Leadership. I was also faculty and progamme Chair at Douglas College 4-year B.S.B. programme. I travelled to Africa regarding a feasibility study to take students to Masaka Uganda (fabulous eye-opener!). I eventually retired in 2010 to our home in Mexico, but came back part-time to teach Communications and Professional Ethics/legalities practice at B.C.I.T B.S.N Programme in 2013. Michael and I went back and forth to Mexico for a year or so and now teach part-time in Community Health Theory on line for B.C.I.T.

I live now on Gabriola Island in B.C. Michael and I opened "Island Vintage Studio" last fall which is a shabby Chic/Frenchy-country/farmhouse-décor-sort-of-place. Michael builds barnboard furniture and coat-racks, etc. and distresses antiques and things. I knit for the Chrismas craft fairs here: funky scarves, cowls, hats, purses (knitted and leather) and in the summer for the market I sew bohemian style clothing and stuff. Some of that is from upcycled materials and some is new but I do use antique laces and fabrics.

I volunteer at the elementary school teaching grade 3 knitting class and am on the Board of our local thrift/ recycling depot. Michael cooks at the free lunch kitchen and makes the free lunch at the school on occasion. We are in the process of building an "edible forest" approach to our gardens which are developed with permaculture and sustainability thoughts in mind. Ben is doing most of that and I am our hugging the trees to make sure they don't take too many down as they "terrace" the gardens!

Flowers in with trees and interspersed with vegetables...worrying about obtaining enough ladybugs to enhance the plants and planting flowers that attract bees to pollinate....who would have thought?

And, all of this in a way that the beautiful deer which we love and that are daily in our yard, do not graze everything away! Ben makes delicious breads such as cornbread and will be selling it as well as his "seashell on Douglas Fir" plants and likely some of the vegs, as we will not possibly be able to eat all that they have planted.

We still have our house in Mexico near Puerto Vallarta, although we rent it out a bit and it is now on the market. We dream of Spring in Paris and cooking in Tuscany instead!

Grads Making a Difference



Carolyn Carter Sams '71A

1976 – 1979 1st Vice President 1979 – 1980 President 1981 – 1983 Past President Congratulations to Frances Showers Walker '66
who was presented with an Ontario Volunteer Service Award on March 30, 2016.
Fran was recognized for her dedicated commitment in the historical group,
"The United Empire Loyalists' Association of Canada."
Fran is an Honorary member of our Alumnae Association

and a former member of the Alumnae Executive.

Frances Showers Walker '66

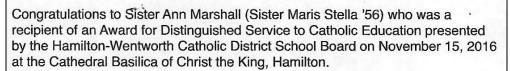
1983 – 1986 Membership Secretary



Sister Ann Marshall a.k.a. Sister Maris Stella '56



Awards for Distinguished Service to Catholic Education



ALSO she recently celebrated her birthday on November 28, 2016. Happy Belated Birthday Sister, from your St. Joe's School of Nursing Alumnae Association!







ALUMNAE

IN ACTION

HERE'S HOW WE ARE

CELEBRATING

CANADA150

April 2017

St. Joseph's School of Nursing Alumnae Association Newsletter Editor 18 Suter Crescent Dundas, ON L9H 6R5 www.sisnaa.com

Dear Nursing Colleagues

After coming to Hamilton in 1854, the Sisters of St. Joseph established St. Joseph's Hospital in 1880 to respond to the needs of immigrants, orphans, and the poor. Their ethics and goals became the foundation of nursing perfection, and were handed down to generations of grads from St. Joseph's School of Nursing, St. Joseph's Campus of Mohawk College, and our Alumnae. These values have helped make our little nook of Canada, the nursing success that it is today. Based on these facts, this year we want to take the mission statement one step further.

Today it is my pleasure to announce that the Sisters of St. Joseph and the St. Joseph's School of Nursing Alumnae Association have taken on a joint project: Celebrate Canada 150 Food Drive.

We are inviting all grads to contribute non-perishable items to a food drive on Thursday May 25th 2017 at Michelangelo Banquet Centre as part of our Annual Reunion Day Events. Items that are needed:

Celebrate Canada 150 **Food Drive**



Please join us in helping those in

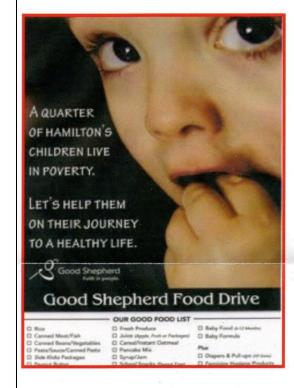
Your President Cheryl Gravelin McQueen '66



TO CELEBRATE CANADA'S **15** YEARS OF CONFEDERATION

SISTERS of ST. JOSEPH and the ST. JOSEPH'S SCHOOL of NURSING ALUMNAE ASSOCIATION

> invite all grads to contribute to a Food Drive Thursday May 25th, 2017 Michelangelo Banquet Centre part of our **Annual Reunion Day Events**



HUNGER DOESN'T TAKE A HOLIDAY Please help Good Shepherd stock our shelves **Our Good Food List** Canned Soup / Stew Cereal / Instant Oatmeal Canned Beans Pancake Mix & Syrup Canned Fish & Meat Dry Beans Canned Vegetables Healthy Snacks Canned Fruit Coffee / Tea / Juice Canned Pasta Powdered Milk Pasta / Sauce ☐ Baby Food O Pork & Beans Baby Formula ☐ Macaroni & Cheese Peanut Butter / Jam Diapers / Pull-ups

By helping those in need, this joint venture will fulfill the goals of both the Sisters of St. Joseph and St. Joseph's School of Nursing Alumnae Association to celebrate Canada's 150th in a meaningful manner.

In loving Memory of Lucy Parkinson Adams '60 May 9, 1940 - January 10, 2017

Composed by Lucy's daughter Patricia Adams Moniz.

An emptiness settles across the room For we have lost you far too soon. Our lives without you will never be the same, We will live with pride when speaking your name. For no one person stronger than you, Could have taught us all to be good and true. You lived and echoed the Word of the Lord, For which now you carry that shiny sword. You have earned a place so far above For the selfless acts that we all know of. You never wanted, but only gave, For all those lives that you did save. A wonderful woman is what they say, So kind-hearted in every way. A cheerleader, a supporter, a listening ear, Even though you're gone, we know you are near. When the birds start to sing and the sun starts to rise, We will be surrounded by you, through God's eyes There may always be an empty chair, But we will always have a seat for you there. Thank you for being all things to us, Go now in peace, for it's in God we Trust... Forever remembered, never forgotten...



EIPARRITIO

Lucy Parkinson Adams '60

A tribute to Lucy Adams '60 - Mass Coordinator by Mary Taborek '63 - Mass Coordinator.

and loved by all.

"Lucy was perfect for her position as one of our Mass Coordinators. Her strong faith and organizational skills were evident in all she did. She spent a lot of time choosing a priest who would be a perfect celebrant for the Reunion Day Mass. She also spent time chosing those nurses celebrating their anniversary years, to be part of the Mass procession. Her sunny disposition and positive attitude permeated throughout. She was always willing to help, mentor and share not only with her many co-workers in the O.R., but with those on the Alumnae Executive. She was a joy to work with.

...Lucy gave a lot

...Lucy helped a lot

...Lucy trusted a lot

...Lucy loved a lot

and her greatest love was her children and grandchildren. They brightened her days, and she brightened theirs. She shall be missed by all."

The Executive and the entire Alumnae Association extend their sincere condolences to Lucy's family, friends and her classmates. Rest in peace dear Lucy.

"Death leaves a heartache no one can heal Love leaves a memory no one can steal." Famous Irish quote

Insert # 1



1915-1978

All St. Joseph's School of Nursing Grads, St Joseph's Campus, Mohawk College Grads, Nursing
Instructors, Past Alumnae Members
and Nursing Friends of the Alumnae are invited

ANNUAL REUNION DAY

Thursday May 25, 2017

ANNUAL REUNION DAY MASS and LUNCHEON

MICHELANGELO BANQUET CENTRE 1555 Upper Ottawa St., Hamilton, ON L8W 3E2

Time of Mass: 10:00 a.m.

Celebrant: Father Charlie Galea

Time of Luncheon: 12:30 p.m.

Ticket Price is \$55.00

For ticket information, please contact:

Kathy – Luncheon Coordinator sisnaareunion@gmail.com

Final date for luncheon ticket purchase is Thursday, May 11, 2017

IN ACTION ALUMNAE

St. Joseph's School of Nursing Newsletter Editor 18 Suter Crescent



Alumnae Association Dundas, ON L9H 6R5 www.sjsnaa.com

Dear Nursing Colleagues

At 10:00 a.m. on Thursday May 25, Karen Wilson Martin '69 warmly welcomed all in attendance to our Annual Reunion Day Mass. Father Charlie Galea started our day by celebrating Mass at Michelangelo's Banquet Centre. His homily centred aound nurses answering the call of God to help and serve the sick.

After the Mass, the Dining Room was a sea of nurses, all eager to connect with classmates. To make navigation easier this year, we set up our tables inside the Dining Room. That way, those who have some mobility issues, can view the class photos, buy the 50/50 tickets, pay membership fees and bid on the raffle tables all within reach. If anyone got tired and needed a rest, chairs were available.

The Class of "67 got piped in by piper Charlie King, (retired RCMP piper) followed by the piping and singing of "OH CANADA."

Our honorary guests were: Brian Guest, Senior Vice President Corporate Renewal and Mission St. Joseph's Health System, Winnie Doyle, Executive Vice President Clinical Services St. Joe's, and Kelly Dunham, Alumni Services Coordinator Mohawk College. After the luncheon, Winnie Doyle brought warm greetings and best wishes from St. Joseph's Healthcare. Thank you honoured quests. We are so fortunate to still have such strong connections to St. Joe's.

On behalf of the entire Executive, I would like to thank Brenda and her staff at Michelangelo's for being so accommodating and supportive to our needs. It is aways such a pleasure to work with you.

And finally, this year, to celebrate Canads's 150th birthday, the Sisters of St. Joseph and the St. Joseph's School of Nursing invited all to partake in a special Celebrate Canada 150 Food Drive. And participate you did...with GUSTO!



Overflowing Food Donation Box

To all who donated food items and/or made monetary donations: Thank you for your overwhelming generosity! Your President

Cheryl Gravelin McQueen '66

Page 1



Congratulations to Honorary Membership Recipients for 2017:

Linda King Hardcastle '67, Anne Condon Hockey '63, Teresa Lobsinger Walsh '45 & Shirley Anne Wray '55

We are pleased to announce that we now have 236 Active Honorary Members, Honorary member status is awarded for 25 years of continuous Alumnae membership. While Honorary members are still required to pay their yearly membership fee, they are awarded a beautiful gold pin at the Alumnae Luncheon in May, in recognition of their dedication to their nursing Alumnae. Please let the Membership Secretary, Pat Duxbury know if you will be attending the 2017 Reunion Day events, so that we will have your pins ready for you. If you are unable to attend and would like a designated member to pick it up for you, please let Pat know. duxburp@gmail.com or phone 905-632-3111.







Anne Condon Hockev '63



Heather Sefton Waters '67



Teresa Lobsinger Walsh '45



Shirley Anne Wray '55





Father Charles Galea
Teresa Lobsinger Sister Virginia
Walsh '45 Hanlon '45











Diane Bendia Poehlman '71B Mass Coordinator



St Joseph's School of Nursing Alumnae Association 2017

NAME

Cheryl McQueen'66

Pamela Fisher'69

Pat Duxbury'66

Mary Taborek'63

Diane Poehlman '71B

Welcome to our new Executive Members

We are more than delighted to announce that we have two new members for our Alumnae Executive

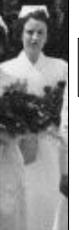
- Diane Poehlman '71B will be a Mass Coordinator
- Patricia O'Neil '74 will take on the position of Treasurer in June 2018.

Thank you ladies. We look forward to having you on board.



Patricia O'Neill '74 Treasurer - June 2018

1.President 2.Newsletter Editor 1Treasurer 2.Recording Secretary Membership Secretary Mass Coordinator Mass Coordinator Web Site Coordinator



HAPPY 100TH BIRTHDAY

Frances Stoneman Montague '41

Congratulations to Linda Haslam-Stroud '77

Linda was honoured as a Distinguished Fellow and addressed the graduates at this year's Faculty of Health Sciences convocation on June 14 at Mohawk College. Distinguished Fellows are recognized for their outstanding professional and business acumen. They are respected within the communities served by our college and beyond. They make invaluable contributions to Mohawk in key ways, including academic advisement, student engagement, community outreach and strategic advisement to Mohawk's senior leadership team.

Linda is the President of the Ontario Nurses' Association (ONA) and is a Mohawk College nursing graduate at St. Joseph's Campus. She has been a champion of high-quality patient care and has been at the forefront of ONA's precedent-setting successes in occupational health and safety, professional practice and human rights and equity.



Web Site Coordinator

Historical Archives
Coordinator

Historical Archives
Coordinator

Connie Prowse'69

Coordinator

Luncheon Coordinator

Raffle and Door Prize
Coordinator

Newsletter Dispatcher

Kristine Rogers'69

Janina Berenyi'65

Connie Prowse'69

Kathy Jackson'73

Rose Dzugan'68

Mary Cino'58

TOAST TO THE ALMA MATER BY JANET COTE '67



Sisters, honoured guests, Alumnae members and Executive. May 17, 1967- 50 years ago!

Ella Kelly, the 1st Alumnae President would be surprised that St Joseph's School of Nursing Alumnae would exist for 102 years and still have over 510 active members! There are 61 members present from our Centennial Class of 1967. In 1964,115 young female high school graduates including 4 young men, began a 3 year journey that would be life changing. A crazy time! The first 4 male students lived at Parham Residence and wore white uniforms. The 115 females lived in Undermount, under strict rules.

The lounge, a favourite, was a place to meet new friends, where forever friendships were forged. We celebrated all special events. We got dressed in our complicated student uniforms. Would we ever make breakfast in time for classes, even with that dreadful tunnel?

Time flew. We completed modules and immediately practised what we learned. The days were long with early lights out. Weekend curfew posed problems for social outings - memories of racing to make curfew. In the middle of our second year, we moved to Fontbonne Hall, with all new amenities. The auditorium/gym housed volleyball, a pool table, monthly dances with live bands, Christmas concerts - Red Rose Ball and Black Band Dance. We completed all the specialties - no choices! We trekked uphill to Psych., or stood on stools to assist in the O.R. We learned triage in Emerg., experienced full moons in Labour and Delivery, and hated giving injections to toddlers in Pediatrics. Our class was famous for: first male students, the Murphy twins, emergency meetings called to correct behaviors, our unusual gift to Sister Celestine, Buster the 1st pet therapy dog and the smoke alarm fiasco at Fontbonne.

Despite everything, we graduated. Many thought, upon receiving our diplomas, that we had scaled a mountain. In hindsight, it was just a molehill compared to what came next in our professional and our personal lives. Many graduates went on to university, others to local hospitals - all had full time jobs. The knowledge base changed q 4-5 yrs. in 1967. Now it is more frequent - new medications, treatments, vaccines, syndromes, and surgical procedures that altered outcomes.

In 2017, the practise of registered nurses has changed dramatically. Many procedures that we performed, as nurses, new technology has replaced. If technology fails???

As graduate nurses, we influenced health care, health education, health promotion, patient advocacy and community support, locally and globally. The 1967 class has many BSCNs, and Masters degrees, a Pediatrician, a lawyer, nurse specialists in traditional and non-traditional areas. All from a class who questioned everything.

Sadly, death has claimed 8 of our 1967 graduates. In memory of them and to honour them, we have donated \$1,135 donation to the Alumnae. In Judy Harvey Kaufman's 1967 valedictory address she defined a nurse as one who cares, who soothes, who understands the tired ear, the fevered lips, the trembling hands. One who listens and never blames, who prays, who helps in every way, for the confused and troubled minds, pain laden and weary bodies and souls gone astray.

Let us toast our Alma Mater and our hard- working Alumnae.





Janet Huson Cote '67



Some of the CLASS OF 1967















Newsletter Editor Wanted Qualities needed:

Candidate must be an Alumnae Member, have computer skills, E-mail address and be available to attend Executive meetings four times a year. The qualified candidate will be an Assistant Newsletter Editor until she/he feels confident to take on the task full time. Please call Cheryl McQueen at 905-628-5842 or email crmcqueen@sympatico.ca.

Cheryl Gravelin McQueen '66

President

Newsletter Editor

Reunion Day Photographer





The key to our seccess rests in volunteers who bring their spirit of giving in everything they do. Many thanks to: Karen Wilson Martin '69, Moira Neil Brown '73, Jeannine Heil Giavedoni '65, Maureen Pauls Patrick '69, Ellen Sheppard Monkhouse '68, Barb Hallum '66, Julie Bostock Blaskivich '76, Jenny Smutniak McDermott '65, Kathy Steep Playfair '71A, Donna Ireland Bain '74, Teresa Maas '74, Marion Battey McQueen '62, Pat Giesbrecht Fullerton '73, Pat O'Neil '74, Barbara Narbonne Dwyer '71A, Barbara Boles Hagen '71A, and Ann Louise Rae Arsenault '71A and Sue McKeen and her friend Ann, who took photos of our Reunion Day Events.

Congratulations to those who received their Honourary Pins:

Teresa Lobsinger Walsh '45, Shirley Anne Wray '55, Anne Condon Hockey '63, Linda King Hardcastle '67, and Heather Sefton Waters '67



Moire Neil Brown '73 Transports archival pictures & books for reunion days.



said the Opening Grace



Patricia O'Neill '74 Taking Luncheon Tickets



Julie Boslock & Catherine Steep Bloskvich '76 Playfair '71A Selling 50-50 tickets



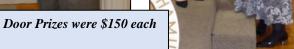




Teresa Maas '74 Patricia Giesbrecht Fullerton '73 taking luncheon tickets

Gail Charlong Pinelli, Ann Louise Rae Arsenault, Cathy Steep Playfair, Barbara Boles Hagen, Barbara Narbonne Dwyer, Pauline Cook Scott, & Linda Santoni Dayler.





They were won by Francis Demers '67 & Carolyn Mater Roil '66





Phyllis Harris Vranesh '59 from Redondo Beach California won \$100 for having travelled the farthest distance 3469 km





Thank you for your donations to St. Joseph's School of Nursing Alumnae Association

From the Class of '67 \$1,135.00 \$ 50.00 From Brian Guest 10.00 From Annonymous Margaret Newport \$ 55.00 **Audrey Pickard '54 \$ 500.00

**Audrey had received a nursing scholarship from the Alumnae years ago. She was very grateful for the chance to expand her knowledge, and wanted to show her thanks through her generous monetary donation.



Jim Shipley '71A needle point donated to the Alumnae Gift Basket \$100.00 donated by the Alumnae Gift Certificate \$100.00 donated by Ancaster Spa Lladro figurine"Dama Charleston Walker's Chocolates with Canada Maple Leaf Pendant "Canada 150" Adult Colouring Book and Pencil set plus Gift Bag VanderDool Jewellers Gift Certificate \$50.00 LCBO Gift Certificate \$50.00 Shoppers Drug Mart Gift Certificate \$50.00 Fortino's Gift Certificate \$50.00 Swiss Chalet



Patricia Michna McAvella '64 Sandra Armstrong Simpson '67 Jean Fair Mileck '58 Audrey Bull Pickard '54 Helena LaBatte McNeil '68

Nancy O'Brien Melnyk '65 Marlene Smith Goette '70 Jeannine Heil Giavedoni '65 Lindy Fletcher Smith '61 Jeannine Heil Giavedoni '65 Karen Wilson Martin '69

Dinner (ticket stub) door Prizes

50/50 draw of \$975.10

- \$150.00 Frances Dewers '67
- \$150.00 Carolyn Mater Roik '66
- \$150.00 Phyllis Harris Vranesh '59 who travelled the farthest Redondo Beach California



Marlene Smith Goette '70 Lindy Fletcher Smith '61 & Jeannine Heil Giavedoni '65 (won 2)

Celebrating 1967 Years



1977 - 2017 Celebrating 40 Years!















CHEERS TO 65 YEARS







To the Grads of 1947

For those who were able to attend the Reunion Day Events but were unable to stay for the photos, and to those who were unable to attend the Reunion Day Events:

Kappy 70th Anniversary





Insert Class '47

To the Grads of 1942

For those who were able to attend the Reunion Day Events but were unable to stay for the photos, and to those who were unable to attend the Reunion Day Events:





1942 - 2017



June 29, 2017



St Joseph's Hospital School of Nursing Alumnae Association C/O Cheryl McQueen 18 Suter Cresent Dundas, ON L9H 6R5



Dear Cheryl and Friends,

Thank you for your Gift-In-Kind donation (Food) in support of Good Shepherd.

You are a partner in alleviating and preventing poverty and homelessness in our community – and we are so grateful. Your gift allows us to provide solutions to vulnerable members of the community that promote health, dignity and independence.

Thank you for your generosity and your confidence in our work.

God Bless,

Cathy Wellwood Chief Development Officer

Development Office

10 Delaware Avenue, P.D. Box 1003, Hamilton, ON: LBN 3R1 Tel: 905:572.6435 Fax: 905:528.6967

goodshapherdoennes.ca

Charitate Registration No. 13861 5798 890001



October, 2017

Dear St. Joseph's School of Nursing Alum:

You cared, you supported, and you helped to heal so many patients during your time at St. Joe's. Now, the next generation of nurses are working to do the same. We are inspired by your stories of caring and the impact you made at St. Joe's, creating a lasting legacy of care.

Today, I would like to ask you to build on this important legacy by providing hope and new skills to your fellow nurses, the ones who follow in your footsteps, through a donation to support continuing education. Your gift will help ensure we have access to specialized professional certifications, providing us with critical knowledge to continue to care for our patients.

As you are well aware, continuing education is critical in our profession, allowing us to be up-to-date on best practices and ensuring we are providing the very best care. St. Joe's nurses, like me, including RNs, RPNs, and NPs are demonstrating that our practice meets or exceeds a national standard for expertise through the achievement of the Canadian Nurses Association (CNA) certification, specialized training, and other professional development opportunities. In fact, certifications including the CNA can cost close to \$600, which is why your support today is so important.

I have personally benefitted from the generosity of our donors, and was able to obtain my CNA certification. One of my peers who also had the opportunity to obtain their CNA shared that this "solidified my experience after being a RN for 12 years at St. Joe's" and "reinforced my commitment to an advanced standard of nursing". My hope is that more nurses can have this opportunity, and your support is essential in ensuring future funds are available. With this letter, I have enclosed a response form so you can easily make your donation, and support continuing education for the next generation of nurses...those who continue your legacy of caring.

Yours sincerely,

Karen Albert, RN

CNA Certified Nurse, St. Joseph's Healthcare

Encl.