Dr. Barry McLellan Joins Sunnybrook as New President and CEO

At Sunnybrook, Energy Matters

BY LAURA BRISTOW

Sunnybrook Health Sciences Centre has embarked on an Energy Saving and Facility Renewal Program (the ‘Odette Energy Program’) aimed at finding ways to save energy and reduce utility costs. The program will focus on providing energy efficient solutions designed to upgrade facilities, reduce operating costs, improve indoor air quality, address code compliance and reduce environmental emissions. With today’s concerns around rising utility costs, increasing demand and environmental issues, it makes sense to find ways to reduce energy consumption.

The program is fully funded and is part of the energy savings. This type of program will allow the hospital to upgrade its infrastructure without significant capital investment.

Reducing energy consumption means more than just saving money. Using energy more efficiently reduces the demand for fossil fuels, which equates to lower greenhouse gas (GHG) emissions that contribute to climate change. When the demand for energy decreases so does the need to build more power generators. Spending $1 on energy savings also provides additional funds for other programs and initiatives. Reducing energy usage is simply the right thing to do.

Benefits of the program include:
- Reduced energy and operating costs
- Improvised facilities comfort and safety
- Improved maintenance and maintenance facilities
- Minimum financial and technical risk associated with the project
- Enhanced reputation
- Achieve guaranteed results

Over the next few months Honeywell Energy Solutions staff, alongside our partners, will be on site conducting a complete review of the hospital’s existing systems. They will be assessing the hospital’s heating, ventilation and air conditioning (HVAC) mechanical equipment, air quality, lighting and automation systems. The review process is scheduled to begin this month.

Honeywell will then develop a co-authored plan with Sunnybrook that will improve or change this year’s operations and energy efficiency, while reducing emissions and associated costs. They will then present their findings and recommendations to the comfort of the indoor environment for staff and patients. The findings will then be presented to the board for review and approval.

For “Energy Matters” updates on the progress of this important initiative as well as news, you can visit the Sun website or call the Participation Center.

Please contact Ruth Amsel at ext. 7721 with any questions.

Edmond and Gloria Odette Make Landmark Investment at Sunnybrook to Help Fight Cancer

Cancer care and research in Ontario received tremendous support in the form of a $100 million investment from Edmond and Gloria Odette to Sunnybrook Health Sciences Centre, the hospital’s cancer program. To honour the philanthropy of the Odette family, Sunnybrook’s Odette Cancer Centre was formally re-named the Edmond Odette Cancer Centre.

“Odette’s investment in our cancer program comes at a tremendously important time for advancing the treatment of cancer at Sunnybrook and the Odette Cancer Centre, and for all Canadians,” said Dr. Linda Richter, vice president, Volunteer Services, Sunnybrook, and regional vice president, Cancer Care Ontario. “Our cancer care providers and researchers are second to none, and this investment will afford them with exceptional facilities and state-of-the-art equipment to continue their extraordinary work.

At the June 26 Announcement Event held in the Multifunctional Atrium, Jonkin Foyer, Edmond and Gloria Odette (édition) are pictured. Edmond Odette is holding his wife’s hand. Joining Edmond and Gloria Odette are Sunnybrook’s Dr. Michael Gattuso, president and CEO; Dr. M. J. K. Leong, executive vice president, Regional Cancer Services; Sunnybrook and Honourable Kathleen Wynne, Minister of Education.

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The Importance of Sunnybrook Staff
ID Badges

BY HARRY TAYLOR

Be reminded that all staff are required to wear ID Badges. ID Badges should be visible and must be presented to Security personnel when requested.

ID Badges perform multiple functions, not only do they identify you as a staff member, they also contain proximity technology to provide you with the ability to open electronically secured doors throughout our facilities. The ability to open electronic doors will become increasingly important as we secure our buildings to continue protection of personal health information.

ID Badges are also required for you to access some of our staff parking lots and to gain entry through some of our more remote entrance doors which are kept locked all the time.

Your ID Badges should be taken home with you. In the event of an emergency at the hospital, your Staff ID Badge may be your only means of getting through barriers set up by security, police, fire, or EMS crews.

Do not leave your Staff ID Badge lying around where it can be stolen. A stolen Staff ID Badge can provide unauthorized individuals the means to masquerade as the badge owner and gain access to non-public areas of the hospital. Report missing or lost ID Badges to Security immediately so that your old badge can be deleted from the system and a new badge issued.

Any Staff Identification Badges other than the current Sunnybrook Health Sciences Centre badges issued since August 2006 are invalid and should be destroyed. Please ensure your current badge has been properly authenticated in 1. This can be verified by locating a certain digit number at the bottom right-hand corner of your badge. If you do not have this number on your badge, please contact Security Services to obtain a new badge.

Establishment of the Centre for Health Services (CHSS) at Sunnybrook

BY NAZIA RABADI

Sunnybrook is pleased to announce a new initiative for the hospital and our Research Institute, the establishment of the Centre for Health Services (CHSS), to be housed in Building 3. CHSS will bring together our clinical, scientific and managerial expertise in a unique environment to enhance the efficiency and quality of care both at Sunnybrook and beyond, and to advance the state of knowledge in clinical care and health services to ensure useful discoveries can be made in the laboratory and move to clinical practice and to impact; to streamline processes through which care is delivered; and to discover new practices.

To lead this effort are five community leaders who have been appointed to the Centre’s board of directors: Dr. Neil Humphries, Dr. Dale Nair, Dr. Gerald Cook, Dr. Michael Gervais, and Dr. Daniel Tepiak.

Brain Waves of Dreaming Sleep Found for First Time

BY NADIA RODIONO

Sunnybrook and University of Toronto researchers are the first to discover the fundamental waveform of dreaming sleep, providing potential links to learning and memory, potentially important for conditions such as stroke recovery.

"We are finally able to confirm the existence of EEG waves, which have been previously recognized in studies of the brain’s activity that are performed on brain waves," Dr. Brian Murray, senior author of a new sleep study, neurologist and neuroscientist at Sunnybrook Health Sciences Centre. "Until now, we were only able to see these brain waves in animals, and didn’t know if it existed in humans. Now we know it’s there. This finding has tremendous implication for further research into stimulating the brain health in brain injury recovery.

PGO (Ponto-geniculo-occipital waves, or P waves) are a type of brainwave activity that only occurs during, and immediately before, REM sleep. If the P waves are the most fundamental waveform for dreams, being detected even before an electroencephalogram (EEG) test shows anything.

The study involved a patient with Parkinson’s disease, who was undergoing a neurosurgical procedure to help relieve symptoms of the disease, mainly to help him walk better. The pre-operative MRIs scans helped sleep researchers determine the area they wanted to investigate. Electrodes were implanted 3.5 millimeters apart, into a specific area deep in the brain, located as close as possible to the human P wave source, within an incredible 3 millimeters of each other. The patient was then awakened, and if the brain, a spot fairly difficult to reach. Recordings of electrode waves were measured a large number of times as each P wave occurred.

"They came from an area called the pons, a small area at the base of the brain," says Dr. Andrew Lim, lead author on the study and neurology resident at University of Toronto Sunnybrook Health Sciences Centre. "It’s a fascinating area, it’s a puzzle we found. It’s not just important that they’re there, but also because they potentially affect the entire brain."

This is a particularly important finding for sleep research, Dr. Murray explains. "Sleep is a profound state of unconsciousness, where researchers are generally able to perform tests that would be impossible when a person is awake. This is a major step forward in our understanding of the mechanisms of sleep and wakefulness."

"The discovery of the P wave is a major breakthrough in our understanding of the brain’s activity during dreaming sleep," says Dr. Lim. "It has implications for understanding the brain’s role in learning and memory, and potentially for conditions such as stroke recovery."

Sleep is known to be important for cognition, brain function, and overall health. The amount and quality of dreaming sleep is associated with mood disorders such as depression and anxiety, as well as a variety of neurological conditions such as dementia. "With our current understanding of the mechanisms of sleep, we can improve sleep," says Dr. Murray. "The research provides new insights into the steps that lead to the development of sleep disorders such as insomnia and restless leg syndrome."