

From: DavidandJoy Ochs <dnjochs@gmail.com>
Subject: Monday Morning Meeting
To: "DavidandJoy Ochs" <dnjochs@gmail.com>
Date: Tuesday, October 16, 2018, 4:33 PM

Monday Morning Meeting Minutes
10/15/2018
9:00 AM

Lavon Walters opened the meeting with the Pledge of Allegiance to the Flag.

Lavon welcomed back many more returning Winter Texans.

Hospital Report:

- Barbara Horne and Vera James are both home from the hospital.
- Joyce's great-grandson is in the hospital and needs prayers.

Prayer: Let us all pray for the sick and for the travelers coming back to the Tip.

AI: 229 people on 149 sites

AI introduced the new cooks, Barry and Faye. They would like suggestions of what we would like.

- Monday afternoon happy hour with Johnny D.! Come give him support.
- Wednesday 6:00 pm > 7:00 PM - Hotdogs and chips.
- Wednesday night Dance 7:00 pm > 10:00 PM.
- Thirsty Thursday will be at Red Lobster on 10th St. this week.
- Friday night - Karaoke at 6:00pm Horse Collar Friday nights at 7:00pm.
- Chair Volleyball Saturday from 3:00 PM to 5:00 pm.

Bonnie announced the Video room is opened after the meeting..

Joyce Sauter reminded us of the "Walk for Alzheimer" which is being sponsored by "Waterford Gardens. November 10, 2018; Check in - 7:30 am. It will be a 2 mile walk. Contact Joyce, 956-460-3741 to sign up for walk and to make donations.

Clara presented her collections of bottle caps to Marilyn Strandberg.

The activities book is in the final stages of revision. Call office or activities office with updates on e-mail addresses and phone numbers.

T-Shirts are in.

Meeting adjourned: 9:37 AM

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Pam's Notes

Good Chilly Morning from Central Illinois.

I will try this again....I had this written once and was ready to send when a mishap of a heavy finger on the keys wiped it clean. Don't you hate that????

We had our first killing frost Monday night. In my book this is considered good/bad. Good that the lawn may stop growing and bad that I'm still up North with a few commitments before I migrate. I received an inspiring note from

Rene St. James want to share. If this does not come through, please let me know and I will try to send in another format.

I am sending you an article (3 pages) that describes in full what I have been going through in the past few years since Donna and I left the TIP.. I know we have and still love our American Friends that are south of us and will never forget all the fun and laughter that we all participated in and enjoyed..

It is an article that I agreed they write about in order for many to understand that CANCER can be beaten if you persist and believe in the medical field.. Today they do miracles.....

Maybe you can edit or include it in the MMM minutes to inform all my good American and Canadian Buddies on your E-Mail address list about how I have fought a heavy battle and today I am feeling great because of the tender loving care I was given..

Thanks Pam and please give all our good Buddies and Friends our Love and Hugs..

We really do hope to be able to see ALL Y'ALL A.S.A.P.

In the summer of 2017, Donna St. James helped her husband Rene to keep a diary of his stay at Kingston Health Sciences Centre's (KHSC) Intensive Care Unit (ICU). The journal tells of a resilient man facing a life-threatening infection from a superbug.

Rene St. James never met us, or any of our colleagues in the lab, but like his frontline caregivers, we were with him the whole time.

My name is Joyce deVette-McPhail and I'm the Administrative Director for Kingston Health Sciences Centre's (KHSC) Clinical Laboratories. And I'm Dr. Sandip SenGupta, Medical Director, Pathology and Molecular Medicine. Helping to put patients back on the road to recovery by generating fast, accurate test results is what our lab team does every day. **We see first-hand what community donations do for our team's work.**

Day by day, sometimes hour by hour, Rene's blood samples traveled a very different kind of track than the one the former railroad Conductor knew during his working life. The core lab's automated chemistry track was installed in 2015 and thanks to its immense speed and efficiency what once took days now takes hours; what took hours now takes minutes.

As a healthcare supporter you need to know that this is exactly the kind of extraordinary innovation your donations have made possible. When we see the quality of equipment we have in Kingston we are always **grateful to donors** like you who have given generously to healthcare in this community.

Your gifts have grown our facilities, equipment, programs, research and education with great benefits to patients. We are companions on this healthcare journey and together we've accomplished a lot, but there is still a great deal more to do.

In spite of many successes, KHSC's labs face challenges too. **We carry out approximately seventy per cent of all laboratory testing for southeastern Ontario.** That's nearly eight million tests per year, a number that is expected to grow to 11 million over the next ten years.

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You or someone you love—whether local or from our region, like Rene—may find yourself battling chronic illness. And if that happens, you too will rely on KHSC's state-of-the-art labs.

**But we will not be able to meet the rising demand for testing unless our community supports the plan to build new laboratory space.** Unfortunately, the labs are housed in 19th century facilities that have been stretched to the limit by 21st century technology. Every day, lab staff must decide how to work around the limitations of the lab space. Whether you are battling a cancer that grows rapidly, or a superbug that has sent you to the ICU for the fight of your life, every minute matters.

And when it comes to the next phase of healthcare redevelopment at KHSC, **every dollar counts.** The new patient tower at KHSC's Kingston General Hospital (KGH) site will be home to new clinical lab facilities. But this massive reconstruction project will not happen without the generosity of people like you. This project needs more than \$50 million in community donations to move forward.

As a regional outpatient, Rene St. James has benefited from having access to a world-class teaching hospital, with some of the latest diagnostic technology. Today he is a clinical trial participant because he wants to improve the standard of care not just for himself, but for the whole community. We know that without laboratory testing these trials would be non-existent.

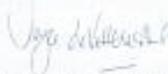
**Where would healthcare be today without community support? Where would we be without community champions, just like you, who invest in the future of our healthcare?**

Rene makes the three-hour roundtrip from Wellington to Kingston because, like you, he knows the value of giving back. You may have just made a generous gift and we thank you for it. We wouldn't ask for another gift so soon, but support for the redevelopment of KHSC's clinical laboratories will have a far-reaching impact. We don't want you to miss this exciting opportunity to make a difference.

From clinical trial participants, like Rene, to donors like you, **we all have a role to play** in ensuring excellent care is always available for our region.

Thank you for your continued generosity.

Sincerely,



Joyce deVette-McPhail,  
Administrative Director  
KHSC Clinical Laboratories



Dr. Sandip SenGupta,  
Medical Director  
Pathology and Molecular Medicine

**P.S.** Please make a gift to KHSC's bold vision for healthcare redevelopment today, and ensure our clinical laboratories continue to be a regional leader for patients in delivering complex and specialized care.



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## RENE AND DONNA'S STORY



Rene St. James spent his career working on the railroad as a Conductor but within a year of retirement, his life took a turn on a different kind of track. At 66 years of age he began a long and exhausting journey with cancer. From prostate to throat to bladder to lungs, Rene's multiple cancer surgeries and countless radiation treatments have kept him on a 15-year, stop-and-go struggle from diagnosis to recovery and back.

"My wife tells everybody that I'm very strong," says Rene. That strength was put to the test in the summer of 2017. A life-threatening battle with a potentially deadly infection landed him in the Intensive Care Unit (ICU) at Kingston Health Sciences Centre (KHSC).

Rene's patient diary from his 13-day battle with a superbug tells the behind-the-scenes story of KHSC's clinical laboratories working around the clock. "Tuesday July 18th, bloodwork sent to the lab"; "July 19th: more bloodwork, more antibiotics, more bloodwork"; "July 21st: removed another IV"; "July 25th: gave me the okay to go home."

Day by day, and sometimes hour by hour, the labs gave Rene's medical team the timely results they needed to get him home to Wellington and back on track.

After so many health struggles, another man might want to stay away from hospitals. But today, Rene makes the three-hour roundtrip to KHSC to participate in a lung cancer clinical trial. "Clinical trials only improve," he says, "if people take part."

A spirit of gratitude accompanied Rene throughout his ordeal. He talks of the "fantastic teamwork" that "saved [his] life." His fondest words, though, are reserved for his wife of 55 years. "I've got my guardian angel here," he says of Donna, who slept in the chair by his bed for four days straight.

Rene St. James battled a superbug and won due, in part, to exceptional diagnostics right here in our community, thanks to donors like you. With your continued support, we can help more people like Rene!