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to transform lives



Thank you.

Dr. Samir Sinha

As Mount Sinai Hospital celebrates its 100th anniversary, this is a unique opportunity to reflect on our major milestones and achievements. It's also a time to celebrate the contributions of everyone who got us to this point. That includes you.

On behalf of our patients and their families, thank you for your visionary support of the Healthy Ageing and Geriatrics Program at Sinai Health. Your philanthropy is playing a pivotal role in advancing quality of care for older adults, not only at Sinai Health but also on a national scale. With nearly 20 per cent of Canada's population becoming 65 years or older as early as next year, your support couldn't come at a more important time.

The impact of your support is profoundly evident across our recent achievements. For example, donor support helped launch two new initiatives that are revolutionizing how older adults are cared for both in hospital and in the community. With donor investment Sinai Health also continues to be a hub for education, training and research in healthy ageing and geriatrics, with our impact felt locally, nationally and internationally.

Thank you for your partnership, and thank you for sharing our vision for a world that prioritizes the health and wellbeing of older adults and their families.

Dr. Samir Sinha

Director of Geriatrics

Sinai Health and University Health Network



Revolutionizing care for older adults thanks to you

Thanks to generous donor support, Sinai Health is leading much-needed health system changes in healthy ageing and geriatrics. Our new Surgical Acute Care for Elders (ACE) Program is helping frail and vulnerable older patients who require surgical care, significantly improving their outcomes. We also recently launched the Geriatric Medicine Rapid Access Clinic, which provides personalized assessments and post-discharge care for older adults in our Emergency Department. As well, the new Geriatric Care Hub (Geri-Hub) – a collaboration between Sinai Health and University Health Network – has revolutionized the coordination of geriatric outpatient and community-based services, setting new standards in geriatric care.



New Geriatric Medicine Rapid Access Clinic opens

In January 2023, Mount Sinai Hospital launched the Geriatric Medicine Rapid Access Clinic. Designed to ensure that older patients who come to our emergency department (ED) receive appropriate follow-up care, the clinic started as a six-month pilot program. Its initial success — demonstrating that there is a clear need for this service — has allowed us to continue the initiative, with a goal of continuing to improve care.

Catering specifically to patients aged 65 and above who seek care in our ED, the Geriatric Medicine Rapid Access Clinic offers personalized assessments to identify those who would benefit from geriatric medicine visits after discharge. Ensuring a seamless continuum of care, patients are promptly provided with their appointment dates before leaving the ED for home.

Our primary goal with this pioneering clinic is to support the long-term health and wellbeing of our patients while reducing the likelihood of readmissions to the ED and hospital. By providing more specialized care and attention, we aim to enhance the overall quality and timeliness of care these vulnerable persons are receiving.

We are excited to embark on this journey of innovation and excellence in geriatric care, and we express our sincere gratitude for the support and encouragement from our community and donors. Together, we can make a significant difference in the lives of our older patients and ensure a healthier and happier future for them.

New Joint Geriatric Care Hub created to streamline care

Donor support has enabled the recent launch of the Geriatric Care Hub (Geri-Hub), a partnership between Sinai Health and the University Health Network (UHN).

The Geri-Hub plays a pivotal role in streamlining care for older adults by centralizing the coordination of referrals, encompassing the combined 250+ monthly referrals for geriatric ambulatory and community-based services being delivered by Sinai Health and UHN. Under the expert guidance of a dedicated service coordinator, the Geri-Hub offers a comprehensive view of the health-care needs of frail older persons. By connecting them with the right care, at the right place, and precisely when they need it, this initiative ensures a patient-centric approach to geriatric health care across a common geographical area.

250+

Monthly referrals for geriatric care at Sinai Health and UHN now centrally coordinated to streamline care for older adults in need

“ACE-ing” care for older adults

Donor support has been instrumental in establishing Mount Sinai Hospital’s new Surgical Acute Care for Elders (ACE) Program. A collaborative model designed to anticipate and address the unique needs of older adult patients undergoing urgent or emergent surgery, the program pairs Sinai Health’s experts in geriatric medicine care with its practice-leading general surgery group.

The Surgical ACE program incorporates various interventions to ensure comprehensive care, such as proactive involvement of experts in geriatric medicine, modifications to the physical

environment of the surgical unit, specialized staff training in recognizing and managing older adult issues, dedicated medication protocols, and a proactive focus on reactivation and rehabilitation following surgery.

With the pressures our health-care system is experiencing due to backlogs of surgical patients following the pandemic, this focus on recovery and return to function is increasingly crucial.

Based on preliminary data, the Surgical ACE team is successfully treating the appropriate target group of frail and vulnerable older patients.

Early successes of the program have included successful identification and prevention of delirium, linkage to community-based supports for enabling successful transition home and falls prevention, and eliminating use of problematic medications.

The program is an evolution of the original ACE Unit at Mount Sinai Hospital, a specialized 28-bed medical unit designed for older patients admitted to our hospital through the Emergency Department who are identified as being at the highest risk of losing their independence.

Because of its success in improving and streamlining care, Dr. Sinha is working with teams across Canada to implement their own ACE Programs, including the Yukon Territory, Province of Newfoundland and Labrador, and William Osler Health System.

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National collaborations underway last year to help other jurisdictions across Canada develop and implement their own ACE Programs

\$10-million gift enables research into supporting research on ageing

Thanks to support from the recently announced Dani Reiss Innovation Fund for Healthy Ageing Research, Sinai Health is set to conduct breakthrough research into the fastest-growing population group in the country: older Canadians.

The \$10-million fund, made possible by long-time supporter Dani Reiss, will enable innovative studies and discovery research aimed at improving understanding around the ageing process and age-related diseases. Additionally, it will facilitate the training of the next generation of ageing-focused researchers and provide leading-edge equipment for research.

The fund will advance the work of two distinguished scientists at Sinai Health: Drs. Graham Collingridge and Daniel Durocher, both of whom have helped revolutionize thinking around age-related diseases.

Dani, who serves on Sinai Health's Board of Directors, believes funding research into healthy ageing has the power to positively impact all Canadians. "An investment in healthy ageing is an investment in the future," he explains.





Influencing change in caring for older adults across Canada

Your generous support provides Sinai Health with the resources we need to effect change at all levels of our health-care system. Last year saw some key guidelines and resources created after years of hard work and advocacy.

New National Long-Term Care Services Standard goes live

The pandemic shone a harsh light on the devastating shortcomings of Canada's long-term care system. Dr. Sinha was a vocal advocate for change throughout, engaging with media and policymakers to ensure the situation facing older Canadians received the attention it needed to galvanize widespread public support for change.

One of the most important guidelines that Dr. Sinha helped create is the new National Long-Term Care Services Standard, which was officially released on January 31, 2023. The standard is the result of years of hard work

and engagement with more than 20,000 Canadians. It makes recommendations for promoting good governance, upholding resident-centred care and enabling a meaningful quality of life for residents, ensuring high-quality and safe care, fostering a healthy and competent workforce, and promoting a culture of quality improvement and learning across long-term care homes.

The standard will be used as the basis of accreditation in 68 per cent of Canada's long-term care homes and will be supported with \$3 billion in federal funding to help provinces and territories meet these new standards.

This is a crucial turning point in Canada's long-term care system – one that stands a real chance of improving care for older adults across the country. Your philanthropy has helped make this moment possible by supporting Dr. Sinha and his team.

Reaching more seniors with virtual care

Generously supported by the Slaughter Family Foundation, Sinai Health's Geriatrics E-Consult Service continues to help bring expert geriatric knowledge and support to primary care providers in long term care (LTC), retirement homes and communities across Ontario through Women's College Hospital's Virtual Geriatrics Care Centre.

In addition to making expert care and support more accessible to older patients across the province, including dozens of patients and providers in remote and underserved communities, the service helps ensure that patients who truly need hands-on geriatric assessment receive the expert attention they require – thus making the best use of finite health-care resources, while reducing unnecessary burden on patients and family caregivers who would have to travel long distances for in-person assessment.

The E-consult service has proven especially valuable during the pandemic and beyond, allowing Sinai Health geriatricians to provide timely, safe and secure email-based consultations to clinicians working with older adults across Ontario and in a variety of settings.

Connecting older adults with municipal services

Dr. Sinha's team lent a helping hand to another exciting initiative this past year: the new 180-page Directory of Services for Seniors & Caregivers for the City of Toronto.

This guide contains information about city, community and government services, and how to best access them. Some of the services included are recreation, health, employment and volunteering, housing, caregiver supports, elder abuse and legal services. There are also specialized chapters to meet the needs of various communities, including Black, Indigenous, Francophone, newcomers, Veteran and LGBTQI+ seniors.

More than 10,000 hard copy print versions have been distributed to date. The guide is available at <https://211central.ca/directory-of-services-for-seniors-caregivers-in-toronto/>.

Building knowledge in the community

Developed with direct input from older adults and their caregivers, Mount Sinai's Department of Geriatrics has developed numerous pamphlets designed to help older adults make informed decisions to remain as healthy and independent as possible.

Over the past year, we launched a Diabetes and Vaccines for Older Adults pamphlet in collaboration with the National Institute on Ageing, as well as a new Exercising as You Age pamphlet. These new titles, along with dozens of our others, continue to provide invaluable information to older adults and their families, and donor investment helps make that possible.

The materials are produced in multiple languages, available in print and online at sinaigeriatrics.ca/healtheducation, with distribution now into the tens of thousands.



Caring for older adults in diverse settings

Dr. Sinha, along with Dr. Kristina Kokorelias, has taken on the task of developing and implementing a groundbreaking national training curriculum for the health services staff with Correctional Services Canada.

This comprehensive curriculum aims to address geriatric care and related issues within the correctional system, benefiting the rapidly growing population of older persons in custody in these institutions. Its implementation marks a significant milestone in our commitment to ensuring the wellbeing and dignity of older adults across various care settings.

Enhancing patient and family learning opportunities

Donor support has helped sustain Sinai Health's Healthy Ageing 101 series, a free, virtual health education series open to all. Each month, a new health topic related to healthy ageing is discussed. During the one-hour session, attendees hear from an expert speaker and have the opportunity to participate in a 30-minute question and answer session. 2,000 people attended sessions this year, with topics including Sexual Health and Older Adults, Social Isolation and Older Adults, Optimizing Nutrition as We Age, Money Management for Older Adults, Promoting Cognitive Functioning and more.

Shaping the future of geriatric care

Changing the way we care for older adults in Canada is of critical importance, and donor investment is helping Sinai Health remain on the leading edge of that transformation.

Training the next generation

Thanks in large part to donor investment, Sinai Health is a training hub for the next generation of geriatric care specialists. Every year, we welcome promising trainees from around the world, who work with Sinai Health's best and brightest in geriatric care.

Last year, we welcomed Harvard-trained geriatrician Dr. Vaishnavi Raman. After completing her training in the United States, Dr. Raman wanted to return to Canada to work in geriatric medicine. However, she would not have been able to do so without one extra year of fellowship training. Donor investment gave her that critical year of support. She is currently completing her Royal College exams, and if successful can work anywhere in Canada as a geriatrician.

Generous donor support for training and education allows physicians and geriatricians from around the world to gain essential skills to advance geriatric care in their own countries. And it helps repatriate geriatricians to Canada, increasing access to much-needed geriatric care for Canadians. Thank you for helping Sinai Health address this critical gap in our health-care system.

New Discovery Fund fosters innovation and research

Donor investment is driving an innovative new program aimed at fostering talent at Sinai Health. Thanks to the Peter & Shelagh Godsoe Geriatric Medicine Discovery Fund, over the past year, the geriatrics team has been able to engage in new research and education initiatives aimed at improving all aspects of care for older adults.

A formalized application process and executive review committee for the Discovery Fund is in place, and this year, we were able to fund eight grants. These grants allowed team members to participate in research meetings aimed at sharing and enhancing knowledge in geriatric medicine while also building their global research networks; covered publication costs for research studies; and offered bridge funding for innovative research projects that would otherwise not have had sufficient funding to move forward.

We look forward to sharing further updates as this innovative new program ramps up over the coming years.

Donors establish two Mount Sinai 100 Chairs



Dr. Barry Goldlist



Dr. Don Melady

Mount Sinai Hospital is marking its 100th anniversary by recognizing our most eminent leaders and trailblazers with endowed chairs in their names. Thanks to your generous support, the **Mount Sinai 100 Dr. Barry Goldlist Chair in Ageing & Health** and the **Mount Sinai 100 Dr. Don Melady Chair in Geriatric Emergency Medicine** are almost fully funded — ushering in the next 100 years of care for older adults.

When Dr. Barry J. Goldlist started his career practising geriatric medicine in 1979, it was not even recognized as a specialty in Canada. He has improved health care for seniors in Toronto and beyond through the many leadership roles he assumed over the decades. Not only did he care for thousands of patients with his trademark courtesy, compassion and outstanding skill, but he also helped pioneer the team-based approach to care that is now commonplace in the practice of geriatric medicine, and he was a devoted educator of the next generation of care providers.

Similarly, Mount Sinai emergency physician Dr. Don Melady was among the first Canadian emergency physicians to focus on geriatric emergency medicine (EM). He has devoted his career to developing more effective methods of caring for older adult emergency patients, who often have more complex needs requiring a more comprehensive approach. Throughout his career, he has educated emergency staff throughout Canada and around the world on best practices in geriatric EM, improving the well-being of patients far beyond the walls of Mount Sinai Hospital.

That's why we're so grateful that our community has come together to honour Drs. Goldlist and Melady in such a meaningful way. To date, \$2.9 million has been raised toward the Goldlist Chair and \$2.6 million toward the Melady Chair and both will provide stable funding for years to come. Like Drs. Goldlist and Melady, future chair holders will be leaders in developing better ways of caring for older adult patients, and in driving health system change globally through education. Thank you for your generous support and for sharing our vision for improving the health of older adult patients.

Our thanks

The last few years have been extremely challenging for health care, especially for older adults. Your support for Sinai Health's Healthy Ageing and Geriatrics Program has been instrumental in our efforts to advocate and improve care for older adults at a time when they need it the most.

We are incredibly grateful for your ongoing support, which has empowered the entire Geriatrics team to continue making significant strides in geriatric care, education, training and research. Together, we are committed to enhancing the lives of older adults and shaping a more age-inclusive and compassionate health-care landscape.



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