

OUR LIVES HAVE CHANGED, BUT NOT TORONTO'S RELENTLESS SPIRIT OF COMPASSION.

YOUR COVID-19 UPDATE

Dear Friend,

Last week, St. Michael's Hospital Foundation launched the [Courage Fund](#) to support the most vulnerable members of our community whose lives have been turned upside-down by COVID-19, as well as our health-care staff, who are on the frontlines of the battle.

To those of you who responded to our appeal — our heartfelt thank you. It's a testament to the spirit of compassion that defines our St. Michael's community.

As the pandemic escalates and the numbers grow, St. Michael's urgently needs to conduct thousands of diagnostic tests each day. And we need to fully equip our labs and units with the machines to care for our COVID-19 patients.

Now one courageous philanthropist has stepped up with a challenge for all Torontonians.

If you donate today to St. Michael's Courage Fund, all gifts will be matched dollar for dollar, up to \$3 million.

I also want to share two heartwarming stories.

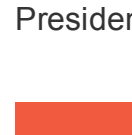
Our frontline staff are caring for patients around the clock. But just when they can grab some rest, they're afraid to go home because they're anxious about putting their families in danger. Now, they have somewhere safe and comfortable to stay. That's thanks to the Rest Safe Program, sponsored by the Fairmont Royal York Hotel and KingSett Capital, as well as two of St. Michael's most generous donors, the Barford and Love families. Together they are making 100 rooms available every night so our courageous staff can get some much-needed sleep.

And here's another. In an abundance of caution, staff who are servicing the St. Michael's COVID-19 Assessment Centre are not permitted to leave the premises during their shift, even to get a coffee from a shop in the same building. One day, a volunteer dropped by with Tim Hortons coffee and donuts, and on another occasion, a security guard brought in Starbucks coffee for the 21 staff in the Centre. These happened on days when neither was working at the hospital, and both paid out of their own pockets. It's these simple acts of empathy that are really meaningful to our relentless staff.

Our health-care teams are used to doing the remarkable — day in and day out. Now they are doing the unimaginable. Thank you for standing with them.

If you want to know how you can help, don't hesitate to reach out to us at info@stmichaelsfoundation.com. And most importantly, please keep yourself, your families and all those in your community safe.

Sincerely,



Lili Litwin
President, St. Michael's Hospital Foundation

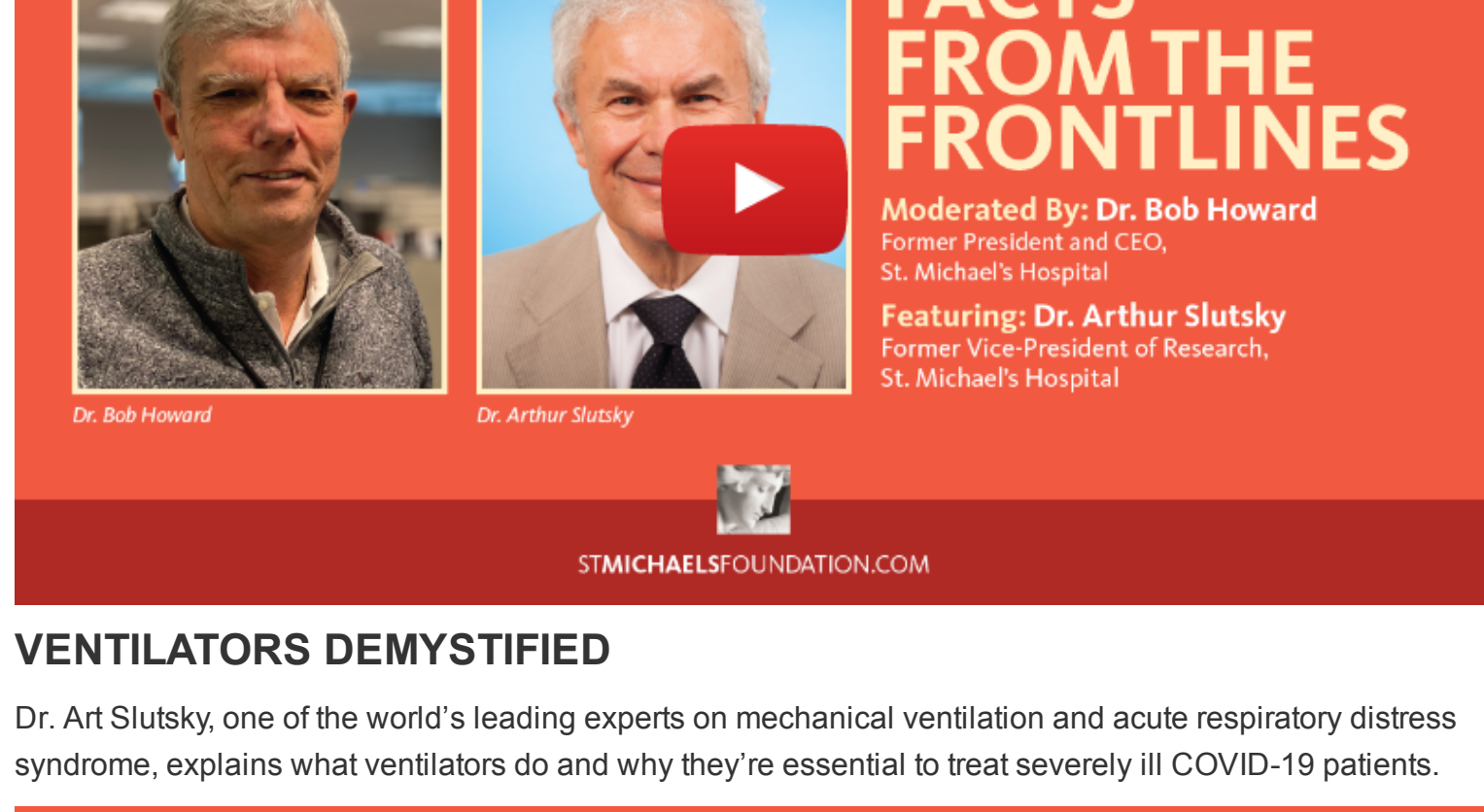
[DONATE >>](#)

KEEPING YOU INFORMED

Facts from the Frontlines

Facts from the Frontlines is a podcast series featuring St. Michael's world-leading experts speaking to us about the COVID-19 pandemic. Our host is Dr. Bob Howard, the former President and CEO of St. Michael's Hospital.

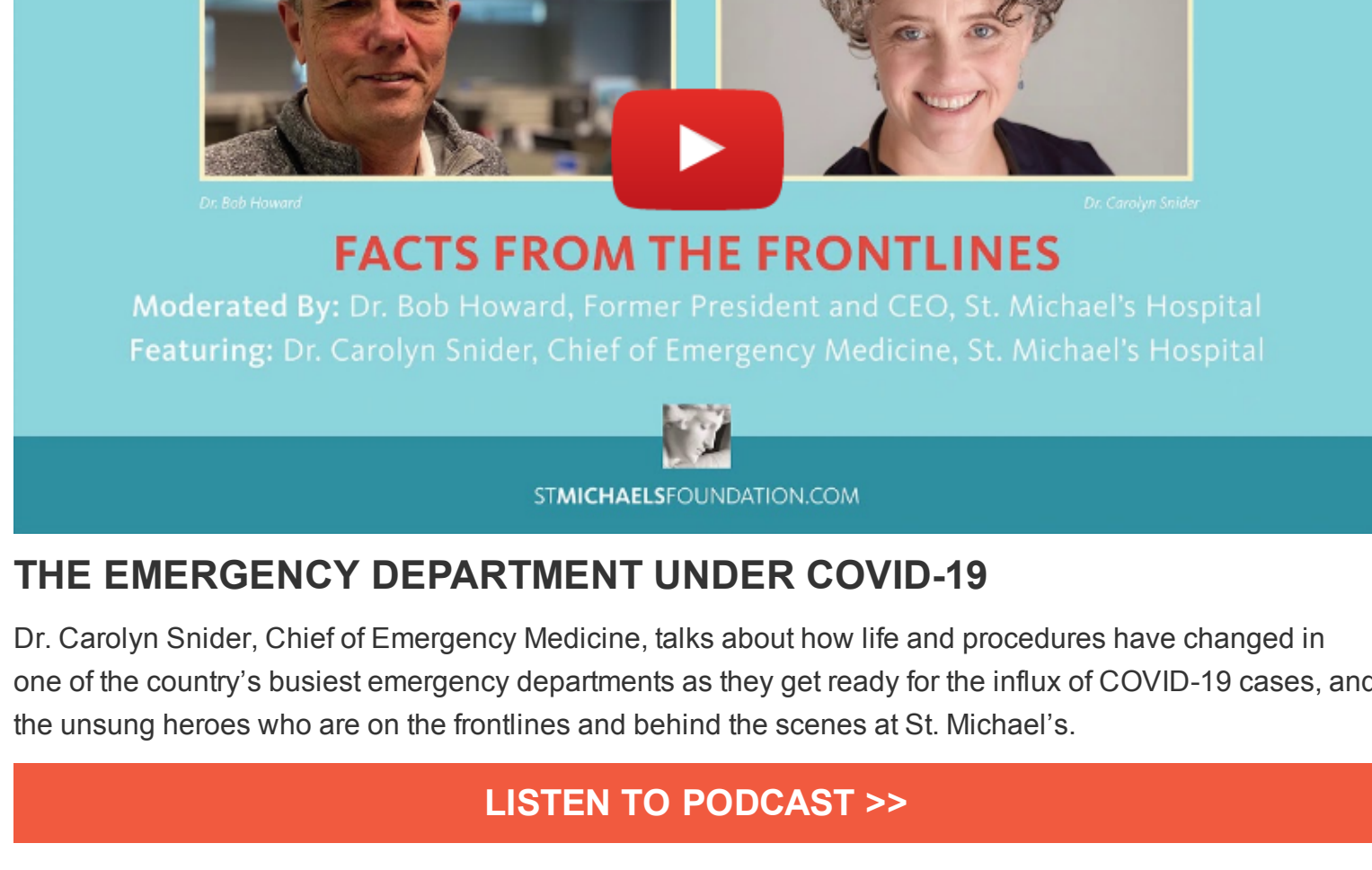
Here are the latest episodes.



VENTILATORS DEMYSTIFIED

Dr. Art Slutsky, one of the world's leading experts on mechanical ventilation and acute respiratory distress syndrome, explains what ventilators do and why they're essential to treat severely ill COVID-19 patients.

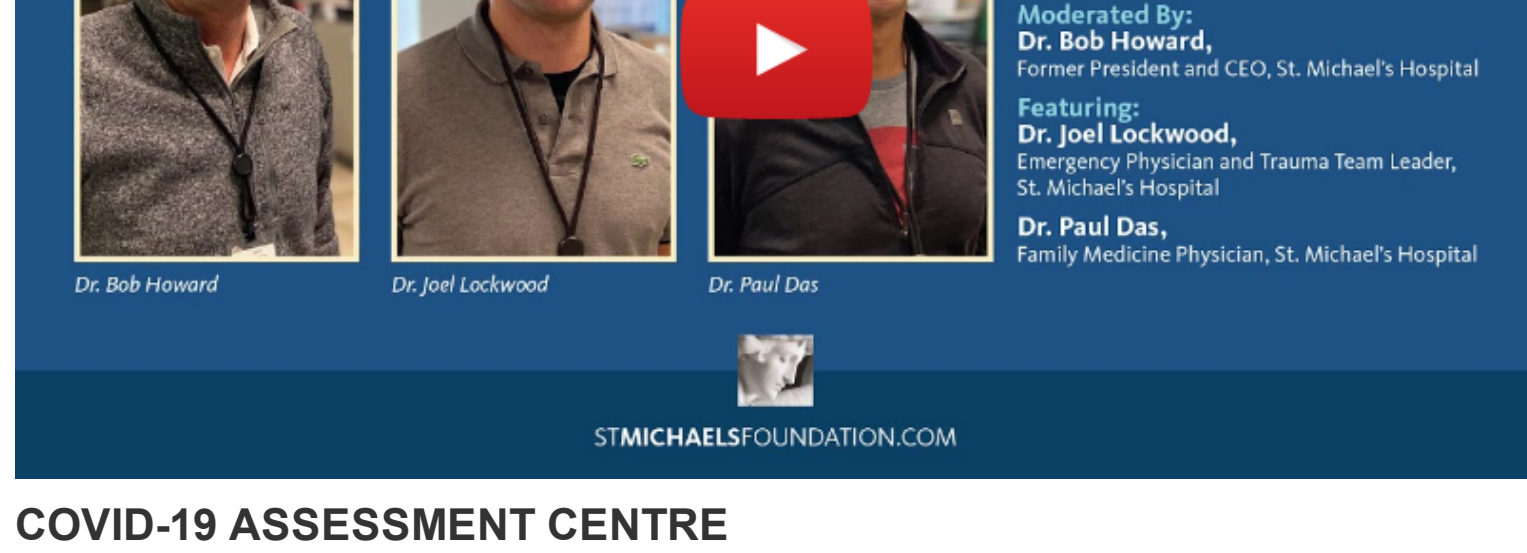
[LISTEN TO PODCAST >>](#)



THE EMERGENCY DEPARTMENT UNDER COVID-19

Dr. Carolyn Snider, Chief of Emergency Medicine, talks about how life and procedures have changed in one of the country's busiest emergency departments as they get ready for the influx of COVID-19 cases, and the unsung heroes who are on the frontlines and behind the scenes at St. Michael's.

[LISTEN TO PODCAST >>](#)



COVID-19 ASSESSMENT CENTRE

Dr. Paul Das, a family medicine physician, and Dr. Joel Lockwood, an emergency department physician and trauma team leader, share what it took to get St. Michael's Assessment Centre up and running, how it works, who should go there and when you should go directly to Emergency instead.

[LISTEN TO PODCAST >>](#)

[LISTEN TO ALL FACTS FROM THE FRONTLINES PODCASTS >>](#)

IN THE NEWS



SOLIDARITY: Collaboration on a scale that's unprecedented.

St. Michael's scientists work with a global network to fast-track clinical trials for COVID-19 treatments.

[READ MORE >>](#)

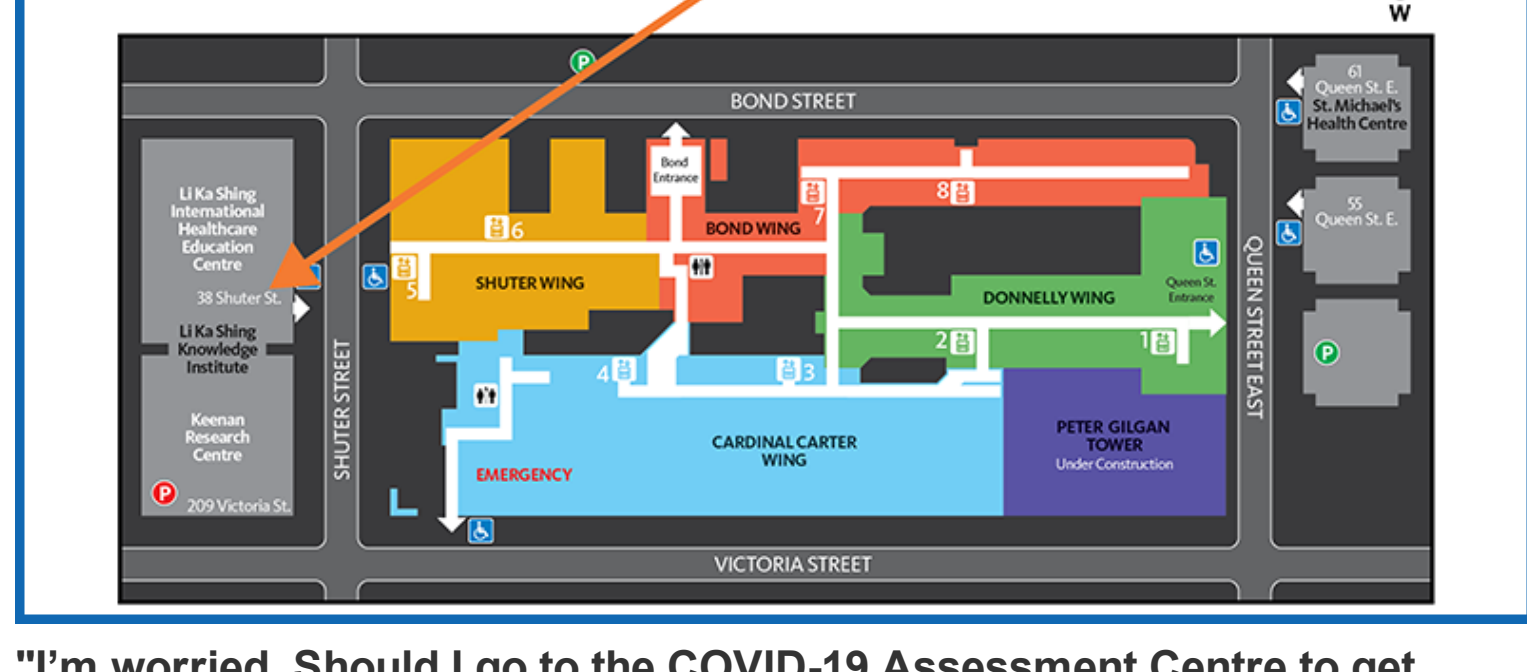


Should I wear a mask to protect myself against COVID-19?

Dr. James Maskalyk, an Emergency Department physician, answers that and other questions about the most effective strategies to stay safe.

[WATCH VIDEO >>](#)

STAYING HEALTHY IN A PANDEMIC



"I'm worried. Should I go to the COVID-19 Assessment Centre to get tested?"

Drs. Paul Das and Joel Lockwood tell us what to expect at the Assessment Centre, who should go there, what you need to know and when you should go directly to Emergency.

[READ MORE >>](#)



Get moving. Connect with yourself. Connect with others.

Wellness consultant Shivalee Paliwal shares 3 self-care tips.

[WATCH VIDEO >>](#)

HOW YOU CAN HELP

DONATE TO THE COURAGE FUND

In the face of COVID-19, our health-care teams are being called upon like never before. To help the most vulnerable members of our community, as well as our health-care staff who are on the frontlines, we've created the Courage Fund.

Please help us stop at nothing to tackle today's toughest global health challenge.

Donate to the Courage Fund, and we will match your donation, dollar for dollar, up to \$3 million.

[DONATE >>](#)

STAY UPDATED

Follow our social channels ([@stmichaelsfdn](#)) and visit our [COVID-19 information page](#) and [unityhealth.to](#) for regular updates on how St. Michael's is responding to COVID-19.

If you have any questions about COVID-19, please email [Melanie Anderson](mailto:Melanie.Anderson) and we will do our best to answer them on our [website](#), through our [newsletter](#), or via podcasts featuring special guests.

If you'd like to start a fundraiser for your own, please contact Navaz Mistry, mistryna@smh.ca, 416.903.5382, or [click here](#).

[CONTACT US >>](#)



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