

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

YOUR COVID-19 UPDATE

Dear [NAME],

These are extraordinarily challenging times. Our health-care teams are being called upon like never before to keep our communities safe and informed.

You may have heard about our podcast series, Facts from the Frontlines, which provides listeners with insights on the COVID-19 pandemic straight from St. Michael's world-leading experts. Please scroll down or click [here](#) to access this week's interview, featuring our Chief-of-Psychiatry.

Through all of this, it's been inspiring to witness St. Michael's staff and physicians working relentlessly with selfless courage as they continue to care for everyone who comes to us in need.

And it's been overwhelming – and humbling – to see the outpouring of support from all our friends, who are eager to help St. Michael's Hospital tackle the COVID-19 pandemic. We are grateful.

And we have a way for you to help. There is an urgent need for what so many of us take for granted. For our most vulnerable — and for those whose lives have been turned upside down by layoffs — it's food vouchers, clothes, toiletries, phones and data plans because connection is critical. For palliative care patients, it's tablets to enable them to speak with loved ones who can no longer stay by their side. And for St. Michael's frontline staff who are working around the clock to care for our patients, it's food and other essentials to keep them going. **If you [donate](#) today, all gifts will be matched by a generous donation of \$500,000.**

Our lives may have changed, but not Toronto's relentless spirit of compassion. Thank you for standing steadfastly with us. And please keep safe and continue to protect yourself and your families, as well as those in your community.

Sincerely,


Lili Litwin
President, St. Michael's Hospital Foundation

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KEEPING YOU INFORMED

THE URBAN ANGEL

St. Michael's Hospital Foundation



Dr. Bob Howard

Dr. Tom Ungar

FACTS FROM THE FRONTLINES

Moderated By: Dr. Bob Howard, Former President and CEO, St. Michael's Hospital
Featuring: Dr. Tom Ungar, Psychiatrist-in-Chief, St. Michael's Hospital



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Facts from the Frontlines.

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

This week, Dr. Tom Ungar, Psychiatrist-in-Chief, talks about how to maintain good mental health during a pandemic and what to do if you're not coping. He also reminds us of the importance of "social connection" in an age of "physical (not social) distancing."

Click below to listen.

[LISTEN TO PODCAST >>](#)



5 Tips to Ease Your Anxiety about COVID-19.

St. Michael's Psychiatrist-in-Chief Dr. Tom Ungar gives some advice on how to stay mentally healthy during a pandemic.

1. Worry and anxiety are normal responses to an extraordinary situation. And the pandemic is a real threat. Just remember: keep it in perspective, and don't "catastrophize" to infinity.
2. Keep "socially connected" with friends and family, while you're physically distancing yourself from others to keep everyone safe.
3. Check reputable sources of information only, like [Health Canada](#) and of course your hospital website ([unityhealth.to](#)), and limit how often you check the news each day.
4. Practise good mental — and physical — habits, like getting enough sleep, limiting substances like alcohol and drugs, eating well and getting daily exercise.
5. And if you aren't coping well — or know someone who isn't — contact your health-care professional or Telehealth for help. We're here for you.

IN THE NEWS



A message from the ICU team at St. Michael's Hospital.

St. Michael's ICU nurses send a message a message of unity and safety on CBC News' *The National*: Stay home and wash your hands.

[WATCH VIDEO >>](#)



Canada commits \$192 million to COVID-19 Strategic Innovation Fund stream, signs deal with BlueDot to help track, make decisions on virus.

BlueDot, founded by St. Michael's Dr. Kamran Khan, has developed what is touted as a first-of-its-kind, early warning technology for infectious diseases. It was one of the first companies in the world to identify the spread of COVID-19. Now the Government of Canada has signed a deal with the company to track and monitor the virus, and inform decision-making as the situation unfolds.

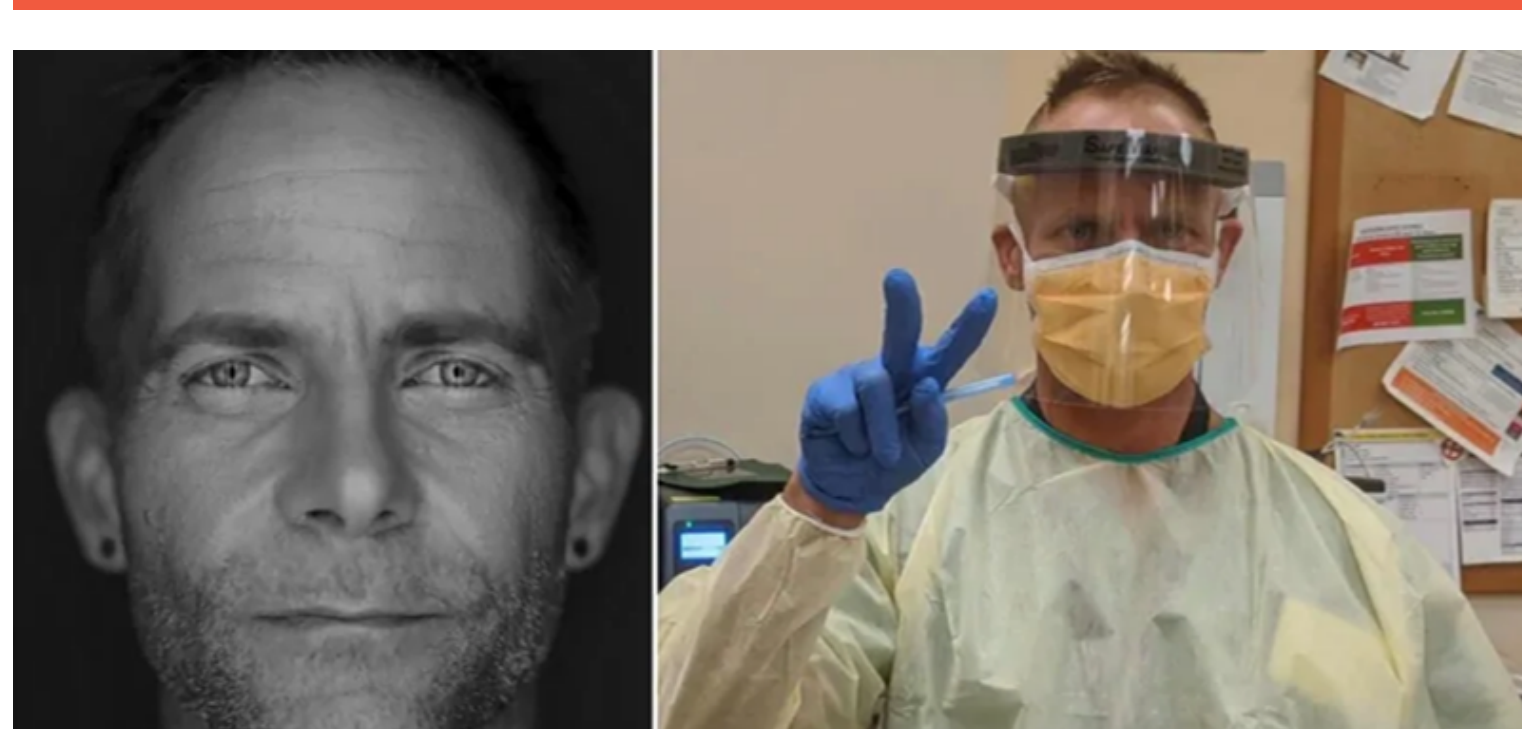
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Dr. Carolyn Snider, Chief of Emergency Medicine, talks to CBC.

St. Michael's Emergency Department is getting ready for the upcoming COVID-19 "marathon," as it continues to care for all emergency situations.

[WATCH VIDEO >>](#)



Meditation is helping this ER doctor.

Meditation helps St. Michael's ER physician Dr. James Maskalyk cope with the rising stress of fighting COVID-19 and treating his patients more effectively.

[READ MORE >>](#)

SAY THANKS TO OUR AMAZING HEALTH-CARE TEAMS

Do you want to say THANK YOU to the courageous health-care teams who are stopping at nothing to care for our community and tackle the COVID-19 challenge? Send us a smartphone video with your words of encouragement, and we will pass it on.

SHARE YOUR MESSAGE AND TAG US ON SOCIAL MEDIA



HOW YOU CAN HELP

Donate today to St. Michael's Courage Fund.

There is an urgent need for what so many of us take for granted. For our most vulnerable — and for those whose lives have been turned upside down by layoffs — it's food vouchers, clothes, toiletries, phones and data plans because connection is critical. For palliative care patients, it's tablets to enable them to speak with loved ones who can no longer stay by their side. And for St. Michael's frontline staff who are working around the clock to care for our patients, it's food and other essentials to keep them going. **If you [donate](#) today, all gifts will be matched by a generous donation of \$500,000.**

[DONATE >>](#)

QUESTIONS?

If you have any questions about COVID-19, please email [Melanie Anderson](#) and we will do our best to answer them on our [website](#), through our [newsletter](#), or via our podcast series, [Facts from the Frontlines](#). You can also follow our social channels ([@stmichaelsfdn](#)), and visit our [COVID-19 information page](#) for regular updates, and [unityhealth.to](#) for the latest information on how St. Michael's is responding. If you'd like to start a fundraiser of your own, please contact Navaz Mistry, [mistryna@smh.ca](#), 416.903.5382, or [click here](#).

[CONTACT US >>](#)



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