

# COVID-19

## YOUR COVID-19 UPDATE

Dear [NAME],

St. Michael's Hospital has an outstanding tradition of volunteer fundraising that goes back 100 years. During the pandemic, it has been stronger than ever. Our volunteers have remained steadfast in their support of St. Michael's as we face this crisis. They have offered wise counsel, established important connections, donated generously and held a remarkable 60 fundraisers of their own that have raised \$115,000 for the [Courage Fund](#). Over the past weeks, we've been honoured to shine a spotlight on some of the creative ways they've rallied their networks of family, friends and colleagues to support St. Michael's highest COVID-19 priorities.

A heartfelt thanks to our relentless volunteers — and to all our amazing donors, who have put their passion for this hospital into action, giving \$11.4 million to the Courage and Power Funds. You stop at nothing to help St. Michael's tackle the toughest health challenge of our time.

COVID-19 is raising a lot of questions for people with chronic diseases, who are at high risk of serious complications. This is particularly the case for those with kidney disease, since kidneys are among the organs most vulnerable to damage from COVID-19. On Wednesday, May 27, we hosted a virtual conversation about kidney transplant and care in the time of COVID-19 with Dr. Jeffrey Zaltzman, director of nephrology at St. Michael's, and Dave Ayres, the St. Mike's kidney transplant patient who made NHL history earlier this year. A big thanks to our special guests and to CityNews' Cristina Howorun for moderating the discussion and sharing her own dramatic story as a kidney transplant recipient. If you missed it, you can [check it out here](#).

For people with multiple sclerosis, the news is more reassuring. In an [interview](#) to mark World MS Day on May 30, neurologist Dr. Jiwon Oh, the newly appointed interim director of the [BARLO MS Centre](#), says that people with MS do not appear to be more susceptible to the virus. You can learn more about St. Michael's commitment to stopping MS in its tracks [here](#).

With June right around the corner, and everyone anxious to enjoy the warm weather outdoors, we need to be doubly vigilant about maintaining physical distancing. For tips on how to stay safe in public places, please check out our [COVID-19 information hub](#). Be sure to take the steps to keep yourself and your family healthy!

Yours sincerely,

Lili Litwin  
President, St. Michael's Hospital Foundation

[DONATE >>](#)

## IN THE NEWS



### Dr. Jiwon Oh takes the helm of the BARLO MS Centre

St. Mike's top MS neurologist talks about how the pandemic has impacted the centre's work and its patients, and what the future holds for MS research and treatment at St. Michael's.

[READ MORE >>](#)



### St. Michael's research is improving the lives of COVID-19 patients

Three new research projects are examining the biology, prevention, diagnosis and treatment of COVID-19. One, on an inexpensive ventilator, was funded by donors to the Power Fund.

[READ MORE >>](#)



### We need to find out where Canadians are getting COVID-19

Dr. Irfan Dhalla, Vice President of Physician Quality and Director of the Care Experience Institute at Unity Health Toronto, highlights the importance of knowing where transmission is occurring so that we can reopen safely.

[READ MORE >>](#)



### Public shaming doesn't change risky pandemic behaviour

When he first saw the now-notorious photos of Trinity Bellwoods — the popular downtown park that drew hordes of sun worshippers over the weekend — Dr. Andrew Petrosoniak had the same gut reaction as many others who vented on social media: Anger. Disappointment. Frustration.

[READ MORE >>](#)

## ON THE HOMEFRONT

How some St. Michael's community members are staying healthy, happy and productive during the pandemic.



### Joe Mimran, Angels Den judge and founder of Club Monaco, Joe Fresh and Gry Matt

**Tips for working from home?** Create a workspace that inspires you, keep it neat and organized and surround yourself with interesting fragrances.

**Tips for using Zoom?** Be aware of your background and lighting. Make sure the camera doesn't face the sunlight and that it's not capturing you from below — it's not attractive!

**Any fun pet stories?** Our dog Max was so tired of us that he wanted a sleepover with our housekeeper, who has not been here for three months!



### David Shellnutt, The Biking Lawyer

**Any workouts you recommend?** Running at dawn. It's socially distant and the sunrise is often spectacular.

**Favourite quarantine meal?** Cake! How are you keeping in touch with family and friends? I call my mom every day.

**How are you keeping in touch with family and friends?** I call my mom every day.



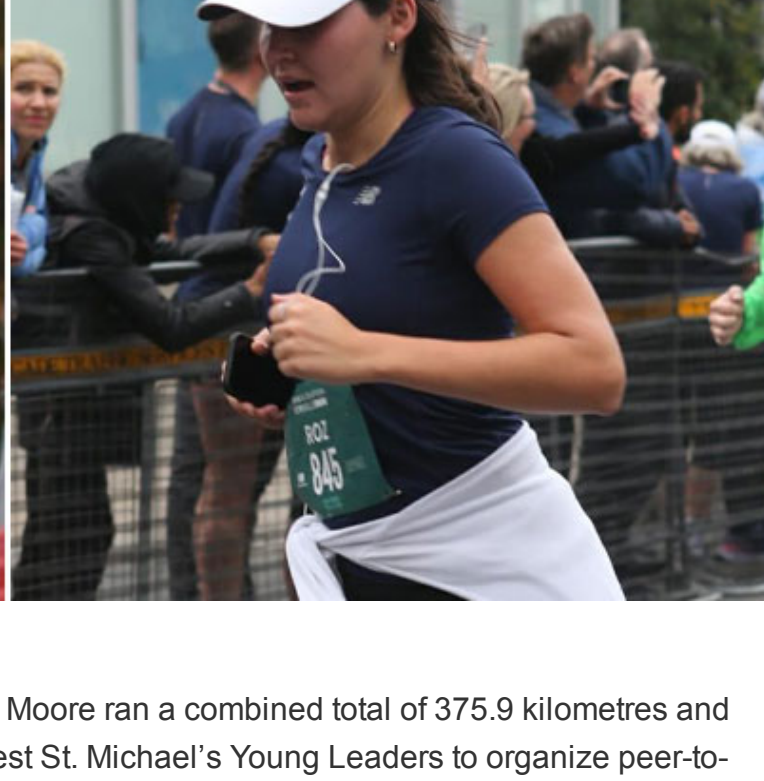
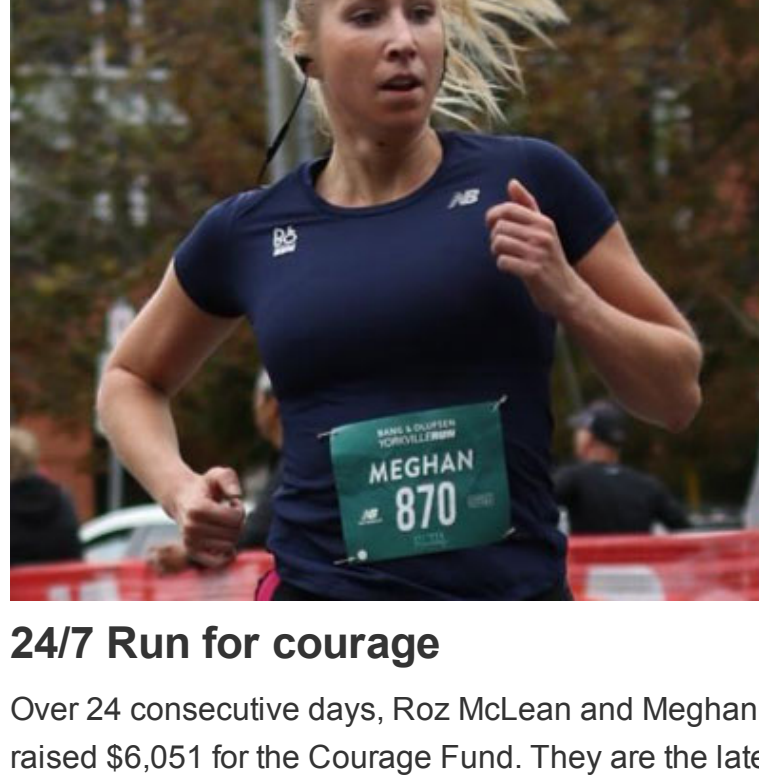
### Erin Truax, MS Patient Ambassador

**What book are you reading?** *Recipe for a Perfect Wife*, by Karma Brown.

**What's a binge-worthy show you're watching?** *Younger* on Amazon Prime.

**Any workouts you recommend?** The Peloton app. It's free for the first 90 days. I love it for the outdoor running classes.

## HOW YOU CAN HELP



### 24/7 Run for courage

Over 24 consecutive days, Roz McLean and Meghan Moore ran a combined total of 375.9 kilometres and raised \$6,051 for the Courage Fund. They are the latest St. Michael's Young Leaders to organize peer-to-peer fundraisers for the hospital's COVID-19 priorities. Congratulations, Roz and Meghan, on braving April blizzards and tackling marathons to reach your running milestones — and thanks to everyone who donated to their challenge.

Want to show your solidarity with St. Michael's courageous frontline health-care teams who are working 24/7 to keep us all safe? Fundraise your way for St. Michael's Hospital's Courage Fund.

[CREATE YOUR OWN FUNDRAISER >>](#)

## EVENTS

### CANZONA THE MUSIC SPEAKS

#### CANZONA CHAMBER PLAYERS ARE PLEASED TO PRESENT:

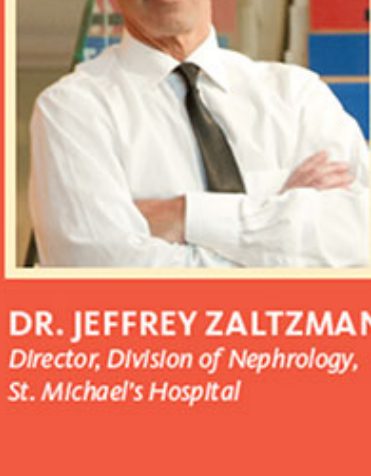
### JESSICA TONG



### Live-Stream Solo Violin Recital for Courage - May 31, 7 P.M.

Internationally acclaimed violinist Jessica Tong, celebrated for her "lyrical intensity," plays Bartok and Bach. The performance is one of a series of live-streamed concerts by the Canzona Chamber Players in honour of the Elizabeth Krehm Memorial and St. Michael's Hospital Foundation's Courage Fund.

[DETAILS >>](#)



DR. JEFFREY ZALTZMAN  
Director, Division of Nephrology,  
St. Michael's Hospital



DAVE AYRES  
St. Michael's Hospital transplant  
patient who made NHL history



CRISTINA HOWORUN  
Kidney donor recipient and  
CityNews journalist

And in case you missed it... check out the recording of our virtual conversation, [Kidney Transplant and Care During COVID-19](#).

[WATCH >>](#)

## TIPS FOR STAYING HEALTHY



Toronto Public Health has issued some guidelines for wearing masks in public during the COVID-19 pandemic. Here are five things to remember:

1. Always wear a cloth mask or face covering when you are unable to stay at least two metres away from others.
2. Make sure it's large enough to cover your nose and mouth without gaps. Avoid touching your face or mask when it's on.
3. Wash or sanitize your hands before and after putting it on and taking it off.
4. Tie or loop it around your ears, making sure it fits snugly.
5. After you take it off, don't put it in your pocket; put it in a plastic bag or laundry bag until you can wash it in hot water.

Click [here](#) for more tips on preventing the spread of COVID-19.

[MORE TIPS >>](#)

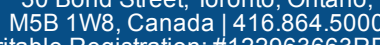
## STAY UPDATED

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

[CONTACT US >>](#)



STMICHAELSFUNDATION.COM



30 Bond Street, Toronto, Ontario,  
M5B 1W8, Canada | 416.864.5000  
Charitable Registration: #122933683RR0001  
Privacy Policy | Terms of Use | Unsubscribe