

The Auxiliary Insider

SPRING 2010 NEWSLETTER



ride in our past.
Building
our future.

LATEST NEWS

ShopSinai Online Gift Boutique

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Annual General Meeting Wednesday, June 16, 2010 Oakdale Golf and Country Club

RSVP to Sarah Jacobs
sjacobs2@mtsinai.on.ca
416-586-8290

Gala 2010

Tuesday, May 25, 2010

Sheraton Centre Toronto Hotel

Featuring Grammy Award Winner
Lionel Richie.

For limited tables or tickets, please contact the Auxiliary office at 416-586-8290 or go to www.mountsinai.ca/auxiliary/gala

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President's Message



Barbara Kerbel-May

Dear Members and Friends,

Spring has arrived and this season the Auxiliary is in full bloom, with many events and projects to keep you energized and involved.

Please join us, on Tuesday May 11, for a Lunch n' Learn presentation on "Improving Maternal Health in Kenya". Our guest speaker and visiting physician Dr. Hillary Mabeya of Moi University School of Medicine in Kenya, Dr. Alan Bocking and Dr. Rachel Spitzer of the Women's and Infants' Health Program,

Mount Sinai Hospital will discuss global women's health issues in an effort to improve the maternal health of women and babies. This initiative is the first, in a series of lectures presented by the Global Women's Health Committee of the Auxiliary to raise awareness about global health concerns for women.

With only one month left, the 57th Auxiliary Gala is fast approaching. As you know, we are excited to announce that we have secured the legendary Grammy Award winning, Lionel Richie as Chicago will be unable to appear. Having sold 100 million records during his career, Lionel Richie will groove us "All Night Long" and his performance will only amplify what will prove to be one of the best Gala events yet.

On Friday, June 16 we are holding the Annual Meeting at Oakdale Golf and Country Club where our special guest, Mysterion the Mind Reader will dazzle us with his psychic ability. It will be great fun! Please join us for a lovely lunch, meeting and a psychic afternoon. I look forward to seeing you all there.

A big congratulations and thank you, to all involved in *Yoga in Motion* this past weekend. It was a great financial success and I was so pleased with the attendance from our participants. With over 400 people this year who raised more than \$200,000, *Yoga in Motion* has more than doubled the number of participants and quadrupled revenue. Next year we will be even bigger!

Looking ahead, we are so excited to host world renowned celebrity chef Gordon Ramsay in a thrilling new event which will take place on November 20, 2010, at the Carlu in support of women's cancers. Stay tuned for more details about this wonderful new fundraising event.

With so many exciting things coming up there is something for everyone, so please get involved, because together we are the Bright Minds and Big Hearts that support Mount Sinai Hospital.

Sincerely,

Barbara Kerbel-May, President



Successful Marathon



Sunday, April 25, 2010
Liberty Grand, Toronto

Hundreds of women and men were enthusiastic and excited to take part in the all-day fitness marathon for breast cancer research.



Amber Payie, Barbara Kerbel, and Dr. Marla Shapiro taking a break.

The 2nd annual *Yoga in Motion* took place on Sunday April 25, 2010 at the Liberty Grand Entertainment Complex. More than 400 eager participants stretched, sweated and united with one another to raise money for life-saving breast cancer research at the Samuel Lunenfeld Research Institute of Mount Sinai Hospital. Amber Payie of 104.5 CHUM FM opened the day's festivities as the morning emcee by warmly welcoming guests and introducing our ambassadors and morning presenters. Dr. Marla Shapiro, *Yoga in Motion* ambassador and breast cancer survivor, shared her extraordinary personal story that inspired the crowd and showed how donor support has enabled breast cancer research to advance since her diagnosis in 2004.

Then the fitness began! Top yoga and Zumba instructors from some of the most celebrated fitness studios in the Greater Toronto Area led four one-hour yoga

and Zumba sessions. During breaks, participants enjoyed food and beverage samples from the Pickle Barrel, fresh fruit from Mr. Produce, organic desserts, from Sweets from the Earth, organic ice cream from Yogalicious, hot tea from David's Tea stand and fresh fruit smoothies from the Naked Juice.

In between fitness sessions, participants also shopped. Roots, Arbonne, Pure & Simple, Swamisz, and Progressive & Yoga Direct were at the event selling some of the best in yoga and wellness products.

The hundreds of women and men were enthusiastic and excited to take part in the all-day fitness marathon for a worthy cause. Every age group was represented at *Yoga in Motion* — each person pushed themselves to complete the fitness marathon. Because of participant support and their fundraising efforts the Mount Sinai Hospital Auxiliary was able to raise more than \$200,000 for breast cancer research this year! The Auxiliary's heartfelt appreciation goes to CTVglobemedia for the fantastic media promotion and Rewards Sponsor, The Bay for the incentive prizing.

See you next year!



If you would like to donate to support breast cancer research, please visit the website at www.yogainmotion.ca.

Upcoming Events

Improving Maternal Health in Kenya

On Tuesday May 11, from 12 noon to 1:00 p.m., the Global Women's Health Committee of the Mount Sinai Auxiliary will present a Lunch n' Learn with guest speaker and visiting physician Dr. Hillary Mabeya of Moi University School of Medicine in Kenya. Dr. Mabeya along with Dr. Alan Bocking and Dr. Rachel Spitzer of the Women's and Infants' Health Program, Mount Sinai Hospital will discuss global women's health issues and the maternal health crisis in Kenya.

Kenya is host to one of the highest maternal mortality rates with the WHO estimating 410 maternal deaths per 100,000 live births. This staggering figure is due to the lack of access and quality of care, lack of equipment and gender inequality that is present in this impoverished nation. In an effort to improve the maternal health of women and babies, Dr. Rachel Spitzer and Dr. Alan Bocking have teamed up with Moi University School of Medicine to provide equipment and educational resources.

The Auxiliary's \$4.5 million Women's Health Pledge will provide financial support to Mount Sinai Hospital's global outreach through collaborative research and educational initiatives related to women's health through the Peter A. Silverman Centre for International Health.

If you would like to attend, the first in a series of free lectures, please RSVP to Sarah Jacobs, sjacobs2@mountsinai.on.ca; 416.586.4800 ext. 4681.



Lionel Richie set to perform at Gala 2010 on May 25th — We'll be "Dancing on the Ceiling"



This year's Gala was to feature the iconic musical group Chicago. Unfortunately, an unforeseen circumstance will preclude them from performing at the Gala itself, but they have agreed to join us at an upcoming event supporting the Hospital.

To that end, we are thrilled to announce that the renowned Academy and Grammy Award-winning artist Lionel

Richie will perform at this year's Gala on May 25, 2010.

A legendary artist, Lionel Richie has been producing memorable music for almost 30 years. He has sold over 100 million albums and won countless awards including an Oscar, a Golden Globe, five Grammy Awards and a Crystal Award for Humanitarianism. We are ecstatic to have this extraordinary talent grace the stage to entertain our valued guests and supporters at the 2010 Gala.

As you are aware, our new pledge is \$4.5 million with a focus on women's health. Proceeds from Gala 2010 will support state-of-the-art health care benefitting the highest priority needs of the Hospital.

The Mount Sinai Hospital Gala remains not only one of Toronto's premier social events, but after 56 years, is still a stellar evening of high-octane entertainment, spectacular surroundings and a gathering of our community's most philanthropic corporations and individuals.

We are now able to release a limited number of tables and tickets to attend Gala 2010. Tables and tickets can be purchased from the Auxiliary website at www.mountsinai.on.ca/auxiliary/gala or call 416-586-4800 ext. 8282.

We look forward to seeing you on May 25, 2010!

Check it Out

Academy and Grammy Award-winning artist

Lionel Richie

LIVE

MOUNT SINAI HOSPITAL AUXILIARY
GALA 2010

Tuesday, May 25, 2010
SHERATON CENTRE TORONTO HOTEL

Purchase limited tables or tickets today!
416-586-8290 www.mountsinai.ca/auxiliary/gala

Mount Sinai Hospital Auxiliary
*56th Annual
General Meeting*

June 16, 2010
Oakdale Golf and Country Club

Featuring Canada's foremost mentalist,
Mysterion the mind reader.

Beyond Incredible, his performance will
leave you laughing and mystified!

For reservations, please call 416-586-4800 ext. 4681
or email Sarah Jacobs at sjacobs2@mtsinai.on.ca
Please RSVP with payment by June 11, 2010.

Share your Support

ShopSinai.ca Gift Boutique has New Gift Items

Receive a 20% discount on Mother's and
Father's Day products until June 30, 2010.
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