

Willfora

A Legal Will. For Real. For Free.

Have you been meaning to create a Will but can't seem to find the time? We totally get it. That's why St. Joseph's Healthcare Foundation has partnered with Willfora!

Through this partnership, St. Joe's is pleased to offer you the chance to create or update a basic Will for FREE! (No, that's not a typo!)

Willfora was founded by estate lawyers who understand that writing a Will can seem like an overwhelming task. Through their online platform they've made the process simple and easy so you can check making a Will off of your to-do list in no time at all.

There's even a section dedicated to helping you leave a portion of your Will to a charity close to your heart, whether that's St. Joe's or another worthy cause in our community. If you are considering leaving a gift to St. Joseph's Healthcare Foundation, simply search for our name in the charitable giving section of the Will.

Please note that leaving a gift to a charity or to St. Joe's is not required in order to benefit from this free Will offer from St. Joe's Foundation and Willfora.

To start your free Will today visit:
stjoesfoundation.ca/legacy

Note: An online platform might not be right for everyone or every circumstance. If you would like to receive personal advice, or have a complex estate plan, you may prefer to seek advice from a certified legal professional.

Frank and Carol Tristani Make Gifts to St. Joe's for Today and Tomorrow

How one couple was inspired to support research and care for chronic respiratory conditions



Carol and Frank Tristani visited our Foundation to see the plaque that will be placed inside one of the Firestone Clinic waiting rooms.

We often take being able to breathe for granted. But for some people, it's not that simple. Carol Tristani's father and grandfather both lived with respiratory issues, and eventually passed away due to complications caused by upper respiratory infections.

"I remember my father calling me one day saying he could not breathe. When we got to the hospital, they said he would not be able to go home," Carol shares. "It was a shock, but the doctors suspected his work as a tailor exposed him to chemicals over the years that weakened his lungs and made him more susceptible to respiratory viruses and infections."

In her grandfather's case, it was also his work environment, a damp and cold meat factory, that led to his respiratory concerns. That's why she and her husband Frank decided to support chronic lung disease care and research with two donations to the Firestone Institute for Respiratory Health (FIRH) at St. Joe's.

For immediate impact, Carol and Frank made a gift of stock to St. Joe's in late 2023 and this fall, they plan to make a second gift. The funds will support research into the causes of and treatments for chronic respiratory diseases like Asthma, Chronic Obstructive Pulmonary Disease (COPD) and Pulmonary Fibrosis.

Frank and Carol hope the donation helps not only save lives now, but in the future, too. "Environmental factors like pollution and wildfires, and social factors like vaping may mean more respiratory issues down the line, and the Firestone Institute's research and care can help combat that," the couple said.

In recognition of their donations, and to honour the memory of Frank and Carol's respective parents, Waiting Room D in the Firestone Clinic at St. Joe's has been named the Louis & Nida Pollice and Fernando & Iolanda Tristani Waiting Room.

While this could be the end of a remarkable story about the generosity of a Burlington couple focused on using their good fortune to help others, in truth, it's only the beginning. While making their donation, Frank and Carol informed St. Joe's of their plans to leave a bequest to St. Joe's through their Wills.

"We have worked hard, but also feel lucky to be in the position we are in life and now we want to give back," says Frank.

Born and raised in Hamilton, Frank and Carol want to leave their community a little better than they found it. And they know from personal experience how much our community relies on the compassionate care St. Joe's provides.

"My mother was treated for cancer here, Frank's mother was treated for kidney disease, and his father

received dementia care - all at St. Joe's. Every doctor we encountered went the extra mile to provide the best care for our family," says Carol. "So, when we started planning gifts through our Wills, we thought: Let's help people who might not have had help before or wouldn't have help otherwise. Let's do something with a longer-term impact than just doing good today," said Carol.

**We have worked hard,
but also feel lucky
to be in the position we
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- Frank Tristani



Care Provider's Column



Recently we chatted with Dr. Rahul Bansal, a urologist at St. Joseph's Healthcare Hamilton, to understand the most common signs of bladder cancer and when to see your doctor.

"The most common symptom of bladder cancer is blood in the urine," says Dr. Bansal. "It's a really obvious sign that's hard to ignore." Blood in the urine can appear yellow-red, bright red or rusty-red, and can sometimes be accompanied by other symptoms such as:

- A frequent or intense need to urinate
- Difficulty urinating, or a painful or burning sensation when urinating
- Back, pelvic and/or groin pain

Dr. Bansal's Top Tip:

Don't wait for pain or let embarrassment stop you from calling your doctor.

Remember, seeing blood in your urine doesn't necessarily mean a cancer diagnosis. There are several conditions that could cause this including bladder or urinary tract infections, an enlarged prostate, kidney stones and more. But it's still really important to contact your family doctor as the earlier an infection or disease is detected and diagnosed, the more treatable it's likely to be.

A \$600,000 Estate Gift Benefits Endoscopy Care at St. Joe's

Former R.N. leaves provisions in her Will for people and pets alike

Juanita Isobel Hodge wanted to be a nurse for as long as her friend and estate executor, Frank Genesee, principal of the Hamilton law firm, Genesee & Associates, can remember.

"She received her nursing degree and then promptly spent the majority of her career working at St. Michael's Hospital in Toronto. It was truly her calling."

In her personal life, Juanita was a loving wife to her husband Don. They lived in Hamilton all their lives, happily sharing their home with a sequence of much-beloved family dogs. Juanita developed a particularly strong bond with their Dalmatian, Charlie.

"When Don passed away in 1986, Charlie was such a comfort to Juanita," recalls Frank. "He was a big dog, so whether they were cuddling on the couch or heading up to bed for the night, Charlie was always with her and made her feel less alone in the home she and Don once shared."

Juanita lived a full life until the age of 88 and passed away after a short battle with cancer on December 14, 2019. Juanita and Don didn't have any children (save for their furry four-legged companions) so they decided to leave the bulk of their estates to three charities that were close to hers and Don's hearts.

In recognition of the years Juanita spent working as a nurse, one-third of her estate was directed to the charitable foundation of a Toronto-area Hospital. And in honour of the dogs who had brought so much joy to hers and Don's lives, another third of Juanita's estate was directed to an animal welfare charity. The final one-third of Juanita's estate was designated to support the endoscopy unit here at St. Joseph's Healthcare Hamilton.

St. Joe's performs more than 12,000 endoscopic procedures every year to help prevent, detect and diagnose illness and disease. Our Hospital is a Cancer Care Ontario affiliate site for the screening and detection of colon cancer, the most common cause of non-tobacco-related cancer deaths in Canadian men and women. Following the settling of Juanita's estate, her planned gift totaling more than \$600,000 will help to create a new endoscopy unit at the Hospital while also funding related research at St. Joe's.

"We feel quite privileged to have received such a significant donation and we're committed to ensuring it is put to good use by funding two specific clinical care and research initiatives in endoscopy," says Dr. Waël Hanna, a leading thoracic surgeon and the head of endoscopy and thoracic research at St. Joe's.



Juanita Hodge with her Dalmatian, Charlie

Juanita's gift will bring a new diagnostic imaging technology called the GI Genius to St. Joe's. "GI Genius leverages artificial intelligence to improve the sensitivity of colon cancer screenings by reducing the incidence of missed polyps by approximately 10 per cent. This will enable our team to catch cancer at its earliest stages, improving the rate of cure for our patients while reducing strain on the healthcare system, too," says Dr. Hanna.

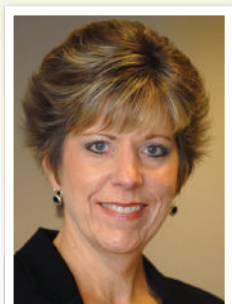
Beyond this advancement in care, Juanita's gift will also enable St. Joe's to create a new Endoscopic Radiofrequency Ablation Program. At present, patients with pre-invasive cancer of the esophagus are referred to a hospital in London or Toronto for

this treatment. But thanks to this donation, St. Joe's will be able to purchase the equipment and put the infrastructure in place to deliver this cancer treatment closer to home.

"As a nurse for so many years, Juanita must have had a keen sense of how much our communities rely on the care provided in hospitals like St. Joe's," says Sera Filice, President and CEO, St. Joseph's Healthcare Foundation. "Juanita's gift will help countless patients to get the life-saving screening tests and cancer treatments they need closer to home in a brand-new space built with hope and healing in mind."

We feel quite privileged to have received such a significant donation and we're committed to ensuring it is put to good use.

- Dr. Waël Hanna



To learn more about including St. Joe's in your will or estate plans, please contact:

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For additional stories and resources visit our Foundation website at:
stjoesfoundation.ca/legacy