



Meet Sandy Fodey

Sandy was nominated by Ventilator Equipment Pool Manager, Regina Pizzuti who said, *"I nominated Sandy because she is a dedicated clinician with a work ethic second to none. She tirelessly advocates to advance practice to improve the care and lives of ventilator-assisted individuals. She is a strong clinical leader to RTs in Kingston and throughout the province. Sandy's drive and passion extends to other aspects of her life...her love of FAST cars!"*



What is your current position?

I'm the Clinical Coordinator of the Ventilator Equipment Pool.

How long have you worked at KHSC?

I've been in this position for seven years. For twenty plus years before that I was Clinical Instructor for the Respiratory Therapy program at KGH and a staff RT.

"I've always been a big champion that ventilated patients could have very fulfilling lives."

Your job sounds very interesting and specialized. What was your journey to this kind of work?

I worked in the Neuromuscular Clinic at KGH with Dr. Fitzpatrick and did all the chronic ventilator discharges for many years. I've always been a big champion that ventilated patients could have very fulfilling lives. So having that philosophy it was a very natural transition to this job where I do the same type of work, just on a larger scale throughout Ontario.

What is your hometown?

Kingston.

What is your astrological sign?

I'm an Aries. April 18th.



Coffee or tea?

Coffee with cream and no sugar. Don't sweeten me up. (Laughs)

What is your favourite food?

I love pasta! Regina makes a white lasagna that she's brought to the staff Christmas party for over twenty years. It's a little taste of heaven. We kept asking her to make it year after year, which she did. Then one year she decided we needed a change and she made a homemade ravioli. It was incredible too but we told her, "ya next year we want the lasagna" (laughs)

Let's keep going with the food questions: Muffin tops, bottoms or all of it?

Tops only. I'm the kind of person who rips the top off and leaves the bottom in the box. (laughs)

Who does the cooking in your home?

Me. I love cooking especially on the weekends when I have the time. I'm always experimenting and trying new things like smoking chickens.

I'm going to take a guess that you like a great burger too.

For sure! I love it loaded. Blue cheese, sautéed mushrooms and onions, lettuce, a little garlic in the burger. It's messy but good.



Do you have a favourite restaurant in Kingston?

My husband and I enjoy Wooden Heads. I always get the Kai Mekong.



Figure 1 and 2: The Kai Mekong dish at Wooden Heads seems to be a favourite among Medicine Program staff.

What's your favourite type of music?

I'm a huge fan of 80's pop... David Bowie, Prince, Michael Jackson.

Do you have a favourite movie?



Definitely! I love the Princess Bride and I've watched that movie so many times. The first time I watched it all my siblings saw it together and we all got the jokes ...we got the combination of humour for kids and for adults on

another level. We all laughed until the bitter end. I also love "Little Miss Sunshine" with Steve Carell.



Figure 3: Little Miss Sunshine is a favourite movie of... Little Miss Sunshine!

So you like the funny, feel-good movies?

Yes I love uplifting movies. I like things that make me happy and I love making others happy.

What was the last text you got and who sent it?

It was from my brother. I texted him happy birthday and he texted "thanks".

Movies, texts, it sounds like you're close with your siblings.

I am. I have two older brothers and two younger sisters, one is my twin.

Are you and your twin sister a lot alike?

Not at all! Sandra and I are completely different. Night and day.

How so?

She's very artistic and I can barely hold a pencil. I love math and science and she definitely does not. I've always been very outgoing and loved school whereas she tends to be more shy and didn't really enjoy school as much.

Ok looping back - your twin sister's name is Sandra?

(laughs) Yes if you can believe it! People always assume my name is Sandra but it's actually Sandy.

You said you're the middle child so that means you were born first?

Yes by twenty minutes.

Do you hold that over her head?

You betcha! I don't let her forget I'm the oldest! (laughs)



Figure 4: Actual photo of baby twins Sandy and Sandra?



What actor would play you in a movie about your life?

Hmmm that's a hard one. I'll say Amy Adams. She can transform into different characters but still be genuine. She's adaptable and flexible and plays many different roles but she's always herself.



Figure 5: The versatile and genuine Amy Adams .

“I work with such an amazing group of people both inside this building and across the province.”

What do you like best about your job?

I like that I can make a difference on a broad scale. When I used to help to send one patient home on a ventilator it was so rewarding. And now I get to help a couple thousand people. I love supporting the RTs too. I work with such an amazing group of people both inside this building and across the province – I can't even begin to tell you how amazing they are.

specifically but rather it's just the nature of the system. For the patients we serve time is of the essence. A day or a week might not be a big deal to most of us, but for them it is very significant.



Figure 7: RT Week at the VEP. Regina Pizzuti, Gregg Daechsel, Tom Fisher, Sandy Fodey, Riley Moss (horizontal). Missing: Jason.



Figure 6: Halloween at the VEP. Watch out for Jason!

What do you like least about your job?

The bureaucracy in healthcare can be frustrating. There are always so many layers to getting things done and things that slow us down. It's nobody's fault

If you could pick a theme song to play every time you walked into a room what would it be?

I'd say 'Dancing Queen' by Abba. If there is dancing there is joy in life. If you can dance then why not dance?



Figure 8: Abba singers Anni-Frid Lyngstad and Agnetha Fältskog singing 'Dancing Queen' and being accompanied by ...most people on the planet



Do you think your job has made you who you are – someone who loves to look on the bright side?

Absolutely. Patients make you appreciate what you have. They put your problems in perspective. You can think that you're having a difficult day and then you open one patient's file and when you see what some people face on a daily basis it becomes impossible to think that your day is bad.

If you were going to play a prank on Regina what would you do?

I already did one on Halloween! (laughs) Regina has a sliding glass window between her office and the hall. I slid the window partially open and put this huge rubber rat on the window sill and waited for her to come in. When she got in I crouched beneath the window and started scratching the wall. She was looking around trying to find where the scratching was coming from. She finally saw the rat and she screamed so loudly! It was hilarious! (we all laugh)



Figure 9: The VEP rat.

It sounds like you two have a great work relationship and friendship.

We do. We have worked together for many years. I bought Regina's text books when I got into RT school and she gave me my first job at KGH.

What are your favourite hobbies?

I love gardening and walking and just being outside. I love the summer especially and being hot in the sun. I like jigsaw puzzles. Sudoku. I love to read either fiction or a good biography. But my hugest passion is fast cars.

Fast cars like racing cars?

Yes. I absolutely love fast cars. For my 40th birthday my husband surprised me with a course at Jim Russell's Racing School in Mont Tremblant. I smiled so much that weekend my face hurt.

There's a course to learn car racing?

Yes. It was eight hours in the classroom and then we got to practice on a mountain track wearing real racing suits and driving modified Formula 1 cars. As I got more comfortable they turned up the RPMs so I could go faster.



Figure 10: Formula 1 car on the Tremblant mountain track at Jack Russell Racing School.

Wow you really do love fast cars.

Yes so much so that I tried to convince my son to be a car racer when he was young (laughs).

Who are the people you love most in the world.

I love my hubby, Mark. We were highschool sweethearts at Regiopolis Notre Dame. And I love my son, Matt. He's 23 and he is in the business side of the HR program at St. Lawrence College. It just so happens he is dating a really lovely nurse who works in the Medicine Program at KGH.



St. Lawrence College

Figure 11 and 12: Some of Sandy's favourite school crests.



Is there physician you've worked with in your career who stands out as exceptional?

I can't say enough about Dr. Mike Fitzpatrick. We worked together in the Neuromuscular Clinic. It was a real partnership. He taught me so much and also welcomed my expertise. He's so committed to the patients. He's absolutely incredible in every way.



Figure 13: Dr. Michael Fitzpatrick has yet another Meddit nomination as a Top Doc! #popular #peopleschoice

If you had to start over would you pick the same career path?

Without a doubt. Not a single regret.

“I would make health care accessible. People are so lost in it. I'd make it so people didn't have to wait for a diagnosis, an x-ray, a device...”

If you had a magic wand that could fix anything about health care what would you do?

I would make health care accessible. People are so lost in it. I'd make it so people didn't have to wait for a diagnosis, an x-ray, a device, especially for vulnerable people without support or resources. And for parents so they didn't have to wait for information or help for their kids.

New Buttons for the TSU (C3)!



Figure 14: The boss from Office Space strictly enforced the policy for the bare minimum pieces of flair.

This month we celebrate the Transitional Support Unit by issuing their official unit buttons! We love these!



Figure 15: New TSU buttons! We've had a Tsuper response to these!

If you haven't received your button (aka customized piece of flair) or you have an idea for a button for your department or unit, please contact Joanna Elliott.



Medicine Haiku for You

This month we received some incredible and profound Haiku poems. We are honoured to share them with you.

From the Medicine Program Dietitians, this tasty morsel of Haiku combined with Best Practice:

Patients up in chairs

Get ready, here come the trays

Mmm, mmm, time to eat

And from Palliative Medicine Physician, Dr. Danielle Kain, these poignant reflections inspired by her work:

1)

He said "I'm ok..."

...Learning to live with sadness"

Suspend disbelief

2)

Knocked softly, "come in"

Keeping vigil, her child waits

Mom sighs, one last time

Huge thanks to the authors for their submissions! Please continue to send us your Haiku poems inspired by Medicine or healthcare. We are receiving some gems every month!

Medicine Horoscope: Sagittarius (Nov 22-Dec 21)

By Joanna Elliott

Those that fall under the sign of the Sagittarius have a very sharp sense of humour. They use their humour to diffuse difficult or tense situations and can always be relied on to lighten the mood. Most importantly, they always find the best memes to send to the group chat, and they will always win at Head's Up and Catchphrase. #sagittariusforthewin

Tips for Understanding Sagittarians

This month a few of our Sagittarian readers reached out to us to let us know that theirs is one of the least well-understood signs of the zodiac. To help us better understand and interact with the Sagittarians in our lives they have kindly provided the following tips. (Source: ScoopWhoop.com)

1. Sagittarians secretly love socializing but they will never admit it.



WHEN YOU WANT TO BE OUT SOCIALISING BUT YOU NEED SOMEONE ELSE TO DO THE PLANNING

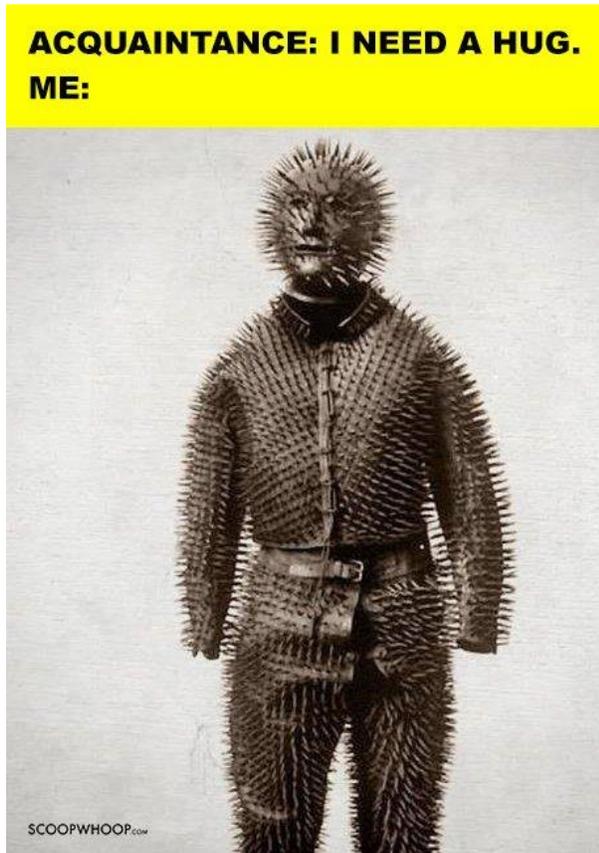
SCOOPWHOOP.COM



2. It's often hard to know what a Sagittarian is feeling.



3. They do not like overly touchy-feely displays of emotion or to be pressured into giving moral support to their friends.



4. Secretly they can be very competitive.



5. They'll be friends with anyone who understands their dry sense of humour.



Thank you for the tips and for being you, Dear Sagittarians. Enjoy your month!





Photos from Out and About

People in the Medicine Program like to work hard and have fun at the same time. Here's some pics of the staff and physicians doing what they do for our patients and families. Thanks to everyone for sending your photos. Keep them coming!



Halloween pumpkins by Cally and Roger Martin.



Vici Del Mei as "the crazy cat lady"?!?!



Kidd 7 hellllloooo – a black theme on Halloween Day



An awesome Halloween spread by the VEP!
Pro tip: don't eat Jason's pâté.



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November 2019



Medicine and Renal programs invited to a course sponsored by the Department of Medicine (Thank you!)



Learning about what's new in Heart Failure management



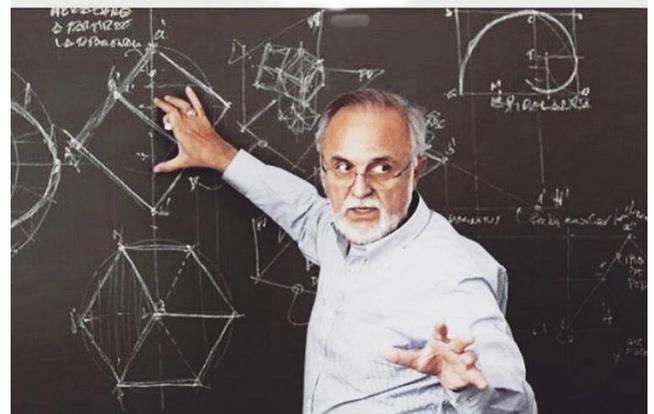
Transitional Support Unit (C3)!!

Medicine is the Best Laughter

Let it be said that the people of the Medicine Program have a great if not twisted sense of humour! Thank you to everyone who sent in memes for this issue of Meddit. Please keep them coming!



TRYING TO EXPLAIN YOUR WORK SCHEDULE TO NON-NURSING FRIENDS



Kingston Health
Sciences Centre



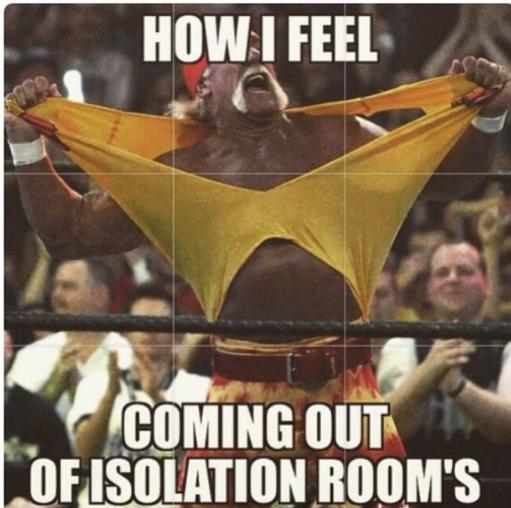
Centre des sciences de la santé de Kingston



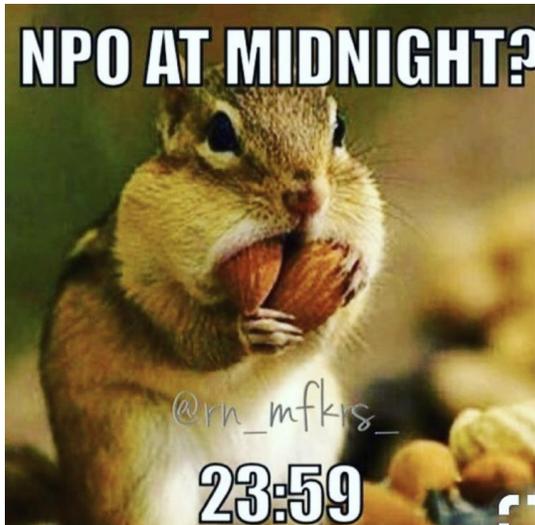
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November 2019



How doctors listen to music



Me: Don't get out of the bed again without calling me.
the patient standing outside the room after not calling me



If you thought seasonal depression was bad, get ready for:





Get your Meddit Credit!

We hope you enjoyed this issue of Meddit. Huge thanks to this issue's contributors! Our publication is growing every month thanks to your support!

Do you want Meddit Credit? It's so easy! Here's how:

- Nominate someone to be profiled
- Send us your team photos
- Email us with your idea for a story or button
- Write a haiku poem inspired by your work
- Send us your funniest memes
- Write us with your feedback or anything else you want to share. We'd LOVE to hear from you.

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We'd like to close this issue once again with a relevant and profound poem by Bruce Kauffman. Bruce is a local poet, editor, radio host and organizer of literary events. In addition to his four collections of poetry, his work has appeared in several anthologies and journals. He was the subject of "Who is Bruce Kauffman", an anthology film celebrating Kingston's vibrant poetic community that premiered at the Kingston Canadian Film Festival this year.



This poem is published with Bruce's permission. It appears in "an evening's absence still waiting for moon" (The John B. Lee Signature Series, Hidden Brook Press, 2019)

a long-ago memory revisited

at my own physio this morning
 still waiting to go in
 i looked down the hallway
 and watch a young girl
 hug her mother as she
 came out from her own

and i was thrown back
 at least a handful of decades
 as spontaneously a memory from
 very deep within grew new flesh

my sister and i
 she then seven
 three years younger than i
 sitting in a hospital's waiting room
 again
 this perhaps the sixth night in a row

sitting that night and
 looking out the lobby window
 i watched an evening still full of itself
 with its headlights and streetlamps
 and neon lights in the darkness
 people walking and chatting outside

all of it more cinema than real life
 within this windowsill'ed frame
 its curtained border
 bright lights and low motion
 projecting from the outside in
 as if from an endless reel
 glass turned then to theatre screen

Barb and i each with our books
 our parents on some floor above
 my grandmother there
 still gravely ill

i remember asking when we arrived
 if we could go upstairs to visit
 and was firmly told again 'no'

i merely accepted it
 i then too young to challenge
 or even question



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but today i realize
it wasn't the 'hospital policy'
we were told that night
and believe it was instead
more their decision to not allow
us to tarnish our young memories
of her with this

so i read my books
watched my sister
reading hers
i don't remember us talking much

i remember at one point
closing the book and
lifting my eyes finally from it
to take in the shape of the room
watching people come and go
and i wondered about them
and felt sorry for what they
seemed to be going through

i remember then looking toward
the sound of elevator doors
opening and finally this time
seeing my parents inside

my mother still trying to hide
that she'd been weeping
my father always stoic
but i could sense an emptiness
a blankness in his eyes

no words were spoken

this moment beyond words

and as i picked up our books
took my sister's hand and knew
we would not ever
be coming back