

Lady Minto Hospital Foundation  
Minto Messenger

# HOME IS WHERE THE HEART IS

## Life at Lady Minto's Extended Care Unit



*Resident Ted enjoys a book session with volunteer, Eric Sigmund*

Often family members visiting patients in Acute Care at the Lady Minto Hospital are not familiar with the range of services offered at our community facility and if they have not experienced a visit to a family member or friend on the Extended Care Unit they will not know that it is home to 31 residents.

The residential care philosophy is adopted by all staff and teamwork is essential for all aspects of care. "We strive for a safe, homelike environment to which the resident and family feel a sense of belonging. We believe that resident participation in activities assists them in

maintaining social, physical, psychological, cognitive and spiritual well-being. We believe that each resident should be encouraged and helped to attain the highest level of ability and self-care that is possible for him/her to achieve."

Extended Care is all about people and the care aides are an integral part of the nursing team and extended family for the unit along with Auxiliary and Bessie Dane volunteers. Care Aides provide support to residents 24 hours a day to assist with activities of daily life. A multi-disciplinary team of professionals also helps to care for the residents, including registered nurses,

*continued next page*



Lady Minto Hospital Foundation, 135 Crofton Road Salt Spring Island B.C. V8K 1T1  
Phone: 250-538-4845 Fax: 250-538-4870 Email: LadyMinto.Foundation@viha.ca

[www.ladymintofoundation.com](http://www.ladymintofoundation.com)



*Cindy, RCA and Barbara, Activities Coordinator*

a pharmacist, dietitian, physiotherapist, dental hygienist and podiatrist. Clergy from the community parishes also visit regularly and services are provided on the unit. The Activities Coordinator ensures that a variety of activities are offered. Favourites include bingo, classic movies, crib, scrabble and other word games, and news and views sessions. The player piano is also popular and regular musical performances are booked with community youth



*A game of crib with residents Marilyn and Peggy with her daughter-in-law, Claudia*

and other musicians. Barbara has been able to book a visiting music program called “Welcome To The Past”, where D.J. and entertainer, Art Hobbs runs a radio-style music show featuring dance music from the 20’s up to the 80’s. “Music speaks to everyone”, she says, and many memories come back with music from the past. It is a way to share and to recall happy times.



*E.C.U. Staff: Cindy RCA, Yve RN and Barbara Activities Coordinator*



*Registered Care Aides, Jenny and Devon*

The Foundation supports regular bus outings for residents through the Excursion Day Program where trips to Ruckle Park as well as some of the favourite restaurants in Ganges are planned for a change of scene and cuisine.

The Foundation also supported the creation of a Palliative Care Room which provides a private and home-like space for end-of-life care.

Volunteers are always welcome and encouraged to contact Barbara to find out more about ways to help. She can be reached at 538-4809. ■

## LADY MINTO HOSPITAL FOUNDATION BOARD OF DIRECTORS

### Officers:

David Southwell, President  
Gil Schultz, Vice-President  
Peter Grove – Treasurer  
Janine Fernandes-Hayden – Secretary

### Members at Large:

Michael Clark Dan Phelan  
Mark Cutten Bill Whitelaw  
Derek Fry Jennifer Williams

### Appointed Representatives:

Dr. Don Shea – Medical Staff Representative  
Mary Koroscil – Auxiliary Representative  
Bill Relp – Site Manager, Rural Health

### Administration:

Diana Hayes, Development & Planned Giving Coordinator  
Karen Mouat – Administrative Assistant/Bookkeeper

*Published by the Lady Minto Hospital Foundation*

*Editor: Diana Hayes*

*Layout: Mark Hand Design*

*Printing: Lightning Press*

*Photos: Diana Hayes, Karen Mouat, Linda Matteson-Reynolds*

*Jean Hoskin and Cora Tosh families*

**www.ladymintofoundation.com**



LadyMintoHospitalFoundation

## PRESIDENT'S REPORT

David Southwell

**A**s we start into the fall season, there are many new exciting projects underway at Lady Minto, thanks to your generous support.

Here are some of the ways in which your generous donation dollars are being spent. The Laboratory, which is currently cramped for space, will be expanded. A separate entrance to the Extended Care Unit via the garden will be built to provide for a more comfortable and private access. The E.C.U. garden will also be renovated to better serve patients and their visiting family members. Some additional endoscopy equipment will be purchased for Dr. Morse who is now actively engaged on the island, performing 15 gastroscopies and colonoscopies per month on average.

Internally, we have begun work on improving the Foundation website to keep you better informed of the many things as they happen in and around Lady Minto Hospital.

In celebration of our most recent events, the Phantom Ball this past spring was a great success and congratulations once again to Sybil Leimbögl, the lucky winner of the trip for two to Puerto Vallarta, Mexico! The Annual Lady Minto Golf tournament this past summer set a new record raising \$31,000!

On behalf of the Foundation, I would like to thank all of our donors and supporters for your continued support to our treasured community hospital. ■

***RIGHT: The Gulf Islands Shriners' Club represented by President Don Cunningham and seen here with Lady Minto Hospital Site Manager, Bill Relph, donated the proceeds from their Annual Kayak Raffle to the Lady Minto Hospital Foundation. The Shriners' have been long time supporters of our hospital, with a focus on helping children.***



***OUT WITH THE OLD ... EQUIPMENT that is, not the staff! The Foundation made a major contribution to equipment upgrades in the Radiology Department. The new digital fluoroscopy unit will be installed in December. Look for more details on our website.***



# MEET OUR RESIDENTS ON EXTENDED CARE

Music, memories,  
friends & family,  
great home-cooked meals –  
these are the ingredients  
for a happy home



*Jean and daughter, Dorothy in the Extended Care lounge*



*Jean and Dave Hoskin in 1944 in Winnipeg the day before their wedding. Soon after the wedding they moved to Montreal where Dave completed his university studies at McGill and started a successful scientific equipment company. Dave had been a member of what was then known as the “Devil’s Brigade” during W.W.II.*

## JEAN HOSKIN WITH DAUGHTER DOROTHY HOLDEN

Jean Hoskin moved from Montreal to Salt Spring with her husband, Dave, in 1978 after they purchased their lakeside home on Tripp Road. Jean has a photograph above her bed in E.C.U. of her favourite landmark on the property which is a majestic poplar tree, named “Hazy” after her mother Hazel. Visiting the family home on Salt Spring became a regular summer holiday for daughter Dorothy Holden and her two children. For many years the Hoskin’s kept cattle on their acreage to assist with grass mowing and the cows were great company and pets for the children when they visited. She remembers “Sunshine”, “Tia Maria”, “Kalhua” and “Mary Tyler Moo” – with those adorable long-lashed Jersey eyes. Dorothy and her four brothers visit their mom regularly on Extended Care and happily the family home on Tripp Road has been kept up by brother Zeke. The brothers are musical and Zeke has performed for the residents with his banjo along with his wife on guitar. Jean enjoys the many musical activities provided in the lounge.



*Sitting next to Jean is her son Zeke playing banjo with his wife Flip on guitar and her good friend Hilda Lucas*



*Cora Tosh with daughter, Sherrill Adshead*



## **CORA TOSH**

WITH DAUGHTER SHERRILL ADSHEAD

Cora moved to Salt Spring Island with her husband, David, in 1994 to be closer to daughter Sherrill who has lived on the island with her husband and two daughters since the early 70's. Cora enjoys gardening and is talented in stone masonry, creating wonderful terraced flower beds at their property on Wildwood Crescent. Sherrill says that her mom was still building the stone work when she was 90! Salt Spring was a big change from city life in Vancouver where they had lived for over 50 years. David came from a very musical family and played trumpet in a swing band. Cora remembers dances at the Commodore Ballroom on Granville Street. How wonderful that her great-grandsons Liam and Andrew have now taken up trumpet and are playing the very instrument that David played.

Cora celebrated her 96th Birthday on September 30th with four generations of family present. Birthdays are always celebrated in style where residents enjoy the closeness of family and friends. Just before her birthday, Cora joined an E.C.U. outing to the Salt Spring Fall Fair where she was able to see the children's pet chickens.

Hot Dog Fridays are always a favourite on Extended Care each month – even the staff can't resist! And there is nothing like a BBQ and grilled onions to pique the appetite.

***FROM TOP: The family gathers at Cora's birthday party on Extended Care; Cora's husband, David, playing his trumpet; Cora's 96th birthday was celebrated on September 30th***



# WE WELCOME OUR NEW BOARD MEMBERS



## Gil Schultz

Gil and Fran Schultz moved to Salt Spring Island from Calgary in May 2004. Gil had just retired as a faculty member in the Department of Biochemistry and Molecular Biology after 32 years of service in the medical school at the University of Calgary. Towards the end of his tenure, Gil was the head of the Department (1993 -1998) and served as the Associate Dean (Research) for the Faculty of Medicine between 2000- 2002. On the research side, Gil was a “gene jock” and studied how the expression of genes is regulated during embryonic development. On Salt Spring Island, Gil joined the Lady Minto Hospital Foundation Board between 2005 and 2009, serving as President for a two-year period between 2007 and 2009. Between 2009 -2010, Gil and Fran had a year of adventure during which they volunteered at Augusta Victoria Hospital in Jerusalem where they helped with writing grants and proposals to acquire equipment and run programs. Back now, Gil is rejoining the LMHF Board for another two year period and Fran is back with the Lady Minto Hospital Auxiliary and volunteer work at the Thrift Store.



## Jennifer Williams

Jennifer holds a degree in microbiology with over 20 years experience in hospital and public health management, primarily related to infection control and infectious disease epidemiology in England, Canada and the USA.

She owns and manages a healthcare software development and consulting company with focus on software to maximize efficiency of database access and manipulation as well as infectious disease management in institution and community settings.

Jennifer is currently on the Executive of the Lady Minto Hospital Auxiliary and coordinator of the Book and Printed Material section of the Lady Minto Auxiliary Thrift Shop.



## Derek Fry

Derek Fry moved to Salt Spring in 2008 after retiring as President of Visa Canada Association where he worked since 1996.

Derek has an impressive educational background in business and IT. Born and raised in the UK, he attended the UK Institute of Bankers. In Canada, he completed the Queen's Executive Program and went on to undertake the Advanced Management Program at Harvard University.

He started his career in UK with the National Westminster Bank with an initial 2-year assignment in the foreign department with exposure to documentary credits, foreign payments and FX trading, Derek transferred to the Information Technology group in 1963. These were early days for the application of computer technology in business and over the years he was engaged in computer operations, network design and implementation, computer centre design and implementation, capacity planning and hardware acquisition.

Derek and family emigrated to Canada in 1977 to join the Bank of Montreal where he led the IT systems development group for 11 years. He went on to hold the position of Senior Vice President, Electronic Banking for 9 years before moving over to Visa Canada.

On the personal side, Derek has been married to his wife, Pam, for 45 years. They have a son, daughter-in-law and two grandgrandchildren in Silverton, BC.



## Janine Fernandes-Hayden

Janine is returning to the Board after having been away for a year following the birth of her third child. She returns as a board member, as well as chair of the Community Relations and Development Committee.

Janine's background is in education. She holds an MA degree in Educational Psychology with a focus on learning and development. Janine is also certified through the BC College of Teachers and has taught junior Science and French at the high school level. Prior to her current position as "domestic diva" which has her taking orders from her 3 young children, Janine worked for 10 years with the BC Government's Ministry of Education doing research and evaluation.

Raised in Calgary, Janine moved to Victoria where she lived for 8 years and then eventually to Salt Spring Island, 6 years ago, after marrying her husband Richard. Off the other side of her plate, Janine hosts a local radio show for parents and kids called "The Beanstalk".

# ANOTHER FABULOUS CHARITY GOLF TOURNAMENT 2010



The weather was picture-perfect, enthusiasm was high and 162 golfers raised over \$30,000 to help us buy new hospital equipment at the Lady Minto Hospital Foundation's 19th annual charity golf tournament on July 10th.

The "Hewitson Memorial" Trophy for the low net team score in the "Texas Scramble" was awarded to John van Schetsen, Patrick Larouche, Trevor Kaye and Brook Speed. The trophy honours both Tash and Glenn Hewitson, in whose memory the tournament has been held since 1992.

For the first time this year, RBC Dominion Securities sponsored a special putting contest with the potential for the winner to win \$5000 + another \$5000 for the Foundation. Despite all the good wishes from the many spectators who were there to cheer on the finalist, he was unable to sink the very difficult putt, but received a great consolation prize. We're sure that next year, someone will take home the grand prize.

Staff at the Salt Spring Golf & Country Club went above and beyond the call of duty in helping us organize the



*Board Member, Dan Phelan  
at the Golf Tournament*

tournament and providing prizes. The club's Junior Golfers helped wherever they were needed throughout the day and were on hand at Holes 3 and 5 to hit long drives from golfers who wanted to "rent" their shots.

With 2 great prizes available for a Hole in 1, (a new Subaru from Saunders Subaru and a lawn tractor from Sears Canada), excitement was high that someone would sink a great shot – but unfortunately we'll have to wait for next year.

After the final shotgun teams had finished their round, the Falconshead Grill at the Club provided a great buffet and we gave away more than 70 prizes, thanks to the generosity of our local business and

hospital suppliers. Silent and live auctions topped off the evening with auctioneer, Dan Bouchard, providing great entertainment.

Thanks to all our participants – and mark your calendars now for next year's event on Saturday, July 9th.

For a complete list of our sponsor and prize donors, visit our website at [www.ladyminto.com](http://www.ladyminto.com).



# PLANNED GIVING

Diana Hayes, Planned Giving & Development Coordinator

A wonderful way to say, “I’m grateful”, or “I remember”, is with a legacy donation to the Hospital Foundation. There are many ways of making a Planned Gift and we would be happy to discuss these with you. Two of the most common ways are:

- making a gift in memory of a family member or friend
- including the Lady Minto Hospital Foundation in your will

Other lifetime gifts include cash and securities, appreciated property and life insurance. Deferred gifts in the form of charitable gift annuities, charitable remainder trusts and gifts of residual interest are other examples that may have particular tax advantages for your specific needs. By investing in our community hospital, you are investing in our future. Remember, no gift is too small and each gift makes a difference.

To find out more on how you can make a difference in health care right here at home, call Diana Hayes at 250-538-4824 or email her at [Diana.Hayes@viha.ca](mailto:Diana.Hayes@viha.ca). We will be happy to discuss options with you and let you know about some exciting projects planned for the future. ■



Diana Hayes

## GIFT PLANNING: THE “BEFORE-YOU-GIVE” CHECKLIST

Making a significant charitable gift can be one of the most enjoyable experiences in life. Here is a checklist to help you gain maximum satisfaction and achieve philanthropic fulfillment.

- My gift will advance important charitable work.*** Believing in the cause you support is paramount to gift-giving satisfaction.
- I am giving the most appropriate asset.*** A gift of life insurance, publicly traded securities, or even real estate can sometimes allow you to provide more beneficial support depending on your tax and family situation.
- This gift will not endanger my financial security.*** Consideration of your own needs and those of your family and other commitments is key to making great charitable gifts.
- I have selected the best way to make my gift.*** An immediate gift has its advantages, but sometimes a deferred gift can be more practical and beneficial. Supporting a charity through a will or trust is another possibility to consider. Creating an endowment provides permanent ongoing support, a vibrant living legacy, now and forever.
- I have considered the tax consequences of my gift.*** Making a tax-wise gift may enable you to give more than might otherwise be possible. The correct timing of a gift can also enhance tax benefits.
- I have sought counsel from a competent advisor.*** As a rule of thumb, the larger your gift, the more important it is to obtain wise counsel from qualified professionals. Good estate planning advisors can be invaluable when making a major gift.
- I have talked to the Lady Minto Hospital Foundation about my gift.*** We can assist you through the gift giving process and help facilitate wise and satisfying charitable giving, whether you are planning to support the hospital through annual giving or by a deferred gift such as a bequest.

## LADY MINTO HOSPITAL WELCOMES NEW MENTAL HEALTH NURSE

### **ANASTASIA COOPER SMITH**

**T**he Salt Spring Island Health Review was published May 24, 2010 and one of the priorities identified was a strong need for increased mental health services. Over the past three years, Lady Minto Hospital has experienced a high volume of mental health cases. At the time of the study, the hospital did not have a mental health nurse and there was only limited mental health nursing services in the community.

“Enhancement of mental health nursing service would improve quality of care outcomes for mental health clients”, the report said. The role of this specialized nurse is to support care, provide discharge planning and continuity of care for mentally ill patients and to improved communication between mental health services on Vancouver Island and those on Salt Spring Island.

Acting on this recommendation right away, Bill Relph, Site Manager for Lady Minto and Jo Twaites, Clinical Coordinator, began the recruiting process and by September they had hired Anastasia Cooper Smith, B.Sc.N. for this full time position. She will provide mental health coverage from Sundays to Thursdays, 0800-1600 while the Salt Spring Community Centre’s mental health nurse will continue to provide after hours coverage from 1600 to midnight.

Anastasia and her family moved to Salt Spring Island in May 2009 for a lifestyle change. Her son Davis, 9 and daughter Madelaine, 11, are already immersed in island life where soccer and raising pet rabbits are part of their daily routine. Her husband, Nigel is also enjoying the switch from big city life. True to island form, renovations are a big part of the Cooper Smith household. “We now have our half acre on a swamp and the project is always a work in progress!”

Anastasia first began at Lady Minto as an Acute Care nurse and also provided home nursing care on a casual basis. Since graduating from University of Victoria in 2000 with a Bachelor of Science in Nursing, she first worked on the bone marrow transplant ward at Vancouver General and then went into home care nursing before she specialized in mental health. She held the position of clinic nurse at the Kettle Friendship Society in East Vancouver where she ran a drop in clinic for mental health counsel-



lors and also worked in primary health care and in women’s health. Part of the philosophy at Kettle was to support individuals to build self-esteem and then give options for rehabilitation and recovery. This approach is based on an empowerment model where staff work with the community to help break down stigma around mental illness.

She also worked with the Nurse Practitioner at the Pender Health Clinic and provided outreach programs for the homeless. Home care nursing was also part of her role in the downtown east side.

The shift to mental health services here at Lady Minto was a natural progression for Anastasia with the focus now on emergency mental health and psychiatry. She will provide discharge planning for all mental health patients seen in emergency and follow through with support for up to six weeks after discharge.

Anastasia is grateful to the Foundation for providing support through the Nurses’ Education Fund which has made it possible to attend some key training sessions. She recently attended the “Cognitive Behaviour Therapy Course” taught by Dr. Christine Padesky in Vancouver and will also be attending the Trauma & Addictions Conference later this month. She has scheduled a week at the Eric Martin Pavilion in Victoria later this month where she will undergo an intensive orientation to the programs and facilities offered in Victoria.

“I have met some wonderful people here”, she says, and is enjoying her new role and life here at Lady Minto. ■



## Meet Our Kids Making Change

# Torrie Holmes


### JUNIOR VOLUNTEER GAINS VALUABLE EXPERIENCE ON THE WAY TO HER CAREER IN NURSING

Being a volunteer at the Extended Care Unit at Lady Minto Hospital has really made a positive impact on my life in many ways. Having been there for more than a year now I realize how rewarding it is to bring a smile to someone's face. The smiles, cheerful looks and friendly conversation make it very worthwhile for me to be there. By simply spending time and talking to the extraordinary people, you realize how easy it is to make a difference in the lives of others.


I began volunteering because I am very interested in pursuing a career in nursing. Through my volunteer experiences,

I now realize that helping and caring for others is what I want to do. At the hospital, I usually play a few games of crib. Sometimes I go for walks around the building with the seniors and we always enjoy a game of bowling. Seeing the patients smile is very heart-warming. That's one of the main reasons that I go back to the hospital to volunteer. One of the best things about volunteering is having the opportunity to listen to the residents' many interesting stories. These stories are simply amazing, all different and unique and it really makes me think about what I want to do with my life. One story that was the most memorable to me was about the World War told through the perspective of one of the first 20 German immigrants to come to Canada. It was truly amazing to hear it first hand from him rather than in a textbook.

I think that volunteering has really been a positive experience for me. I am grateful for the opportunity to not only practice my skills but also, more importantly, spend time with interesting people. ■



**THE PHANTOM BALL  
2010**



*And the winner is... SYBIL LEIMBIGLER, seen here with Development Coordinator, Diana Hayes and Foundation President, David Southwell. We're looking forward to hearing from Sybil later this month when she returns from her trip...*



*Auxiliary Volunteer, Melita, serving tea to residents*



LadyMintoHospitalFoundation  
ladymintofoundation.com



## YES! I would like to make a donation to the Lady Minto Hospital Foundation

*You choose how your gift helps the hospital by directing your contribution to one of the following Funds or Endowments...*

Enclosed is my tax deductible gift of \$ \_\_\_\_\_

### Annual Fund

Gifts to the annual fund are directed to the Lady Minto Hospital's greatest needs, including equipment items and projects, at the discretion of the Board of Directors in consultation with the Site Manager, Lady Minto Hospital.

### Endowment Fund

This fund provides immediate income from earnings which can either be spent on annual needs or reinvested for long term security as the capital must be retained for at least 10 years.

### Extended Care Fund

Provides funding that supports activities and comforts that improve the quality of life for our Extended Care Residents and other patients.

### Education Fund

This fund ensures that the health care staff at the Lady Minto Hospital have access to funds that will advance their skills and increase their knowledge of new techniques.

**MEMORIAL GIFTS** are a wonderful way to remember loved ones, and to share gifts that truly make a difference for patients and residents. We are always grateful when families name the Lady Minto Hospital Foundation for this purpose. Memorial gifts are directed to the Lady Minto Hospital's areas of greatest need at the discretion of the Board of Directors, unless otherwise requested by the family. Please include the memorial name and the name, address and relationship of the person you wish to receive acknowledgement of your gift.

Memorial info: \_\_\_\_\_

Name: \_\_\_\_\_ (as you wish it to appear for donor recognition)

I prefer my donation to be anonymous

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

I prefer to use my VISA or Mastercard in the amount of \$ \_\_\_\_\_

OR/ I wish to make a monthly donation of \$ \_\_\_\_\_ to be charged against my account.

Account Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Name on card: \_\_\_\_\_  
(please print)

Thank you for helping us to ensure that we continue to have excellent health care on the Island. Tax receipts are issued for all donations. Charitable taxation # 135048148RR0001

**This form can be mailed to the Lady Minto Hospital Foundation 135 Crofton Road, Salt Spring Island, B.C. V8K1T1 or faxed to, 250 538-4870**