

Lady Minto Hospital Foundation Minto Messenger



THE MANY WAYS TO GIVE BLACKBURN MALL



From top: Pam & John Ellacott, owners of Salt Spring Garbage

Kids from local school gathering items for bottle drive

Blackburn Mall is a wonderful example of community spirit and philanthropy. Pam and John Ellacott, owners of Salt Spring Garbage and the 'Blackburn Mall,' give generously each year from proceeds collected at this important recycle station. When you drop off items at the mall, you are also giving back to the community, contributing to a cleaner environment and helping to improve health care services for islanders.

Items collected and sold at the Blackburn Mall help support many causes on Salt Spring, including the Lady Minto Foundation. "A little bit of everything comes our way here and everything gets recycled," says John. "One man's junk is another man's treasure." Funds go towards things like scholarships for high school kids and all scrap wood is chipped and taken for landscaping. Things don't stay long at the mall. They are dropped off and if they are not sold within a week, they get recycled. Community Services provides two staff under their work experience program who come in two days a week.

It is an impressive undertaking and the Ellacott's do a great job of giving back to our community. There are 12 acres at the site and everything looks tidy and clean. Treat yourself and shop next time at Blackburn Mall. You never know what you might find, and your funds will go a long way to help many! ■

When you drop off items at the mall, you are helping to improve health care services for islanders.



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MEGA CODE KELLY SAVES LIVES!

Mega Code Kelly, a.k.a. M.C. Kelly, is the new versatile medical training “manikin” (as spelled in the medical world) recently purchased by the Lady Minto Hospital Foundation. Kelly offers a wide range of educational opportunities for our local docs and nurses. A big part of working at the Lady Minto Hospital is the demanding role of providing emergency room coverage on a 24/7 basis for our community. This means staying up-to-date with the most advanced procedures in order to treat anything and everything that comes through the doors, including such urgent and life-threatening conditions as heart attacks, multiple trauma, airway obstructions and G.I. bleeds.

This purchase is another case of donor dollars going to great use and actually helping to save lives here on Salt Spring Island. The Lady Minto Hospital Foundation will be arranging a public demonstration of Mega Code Kelly in August (date to be announced). Be sure to come out and see for yourself how this equipment works and how it can help you and your loved ones if they require emergency



treatment. We will also be demonstrating a number of other recently purchased items including the FAST Ultrasound machine, the Tonometer, which is a sophisticated device that measures eye pressure, and the Interosseous device which teaches correct technique for introducing I.V. lines into bone.

(For more information on Mega Code Kelly, visit our website home page at www.ladymintofoundation.com for the full article on this equipment.) ■



Dr. Beaver and Dr. Resnick at training session with M.C. Kelly

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Audrey Cannon and Marilyn Miller families

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LadyMintoHospitalFoundation

PRESIDENT’S REPORT

David Southwell

This has been a very busy and exciting season and a lot has been accomplished with more to come!

All of the projects that we embarked on this past fall are either completed or underway.

1. The Extended Care Unit now has a new beautiful enclosed garden for patients and family.
2. We now have a separate entrance to ECU to better serve patients and visiting family members.
3. Endoscopies are now being done at the rate of 450 per month –more than double all previous levels. This has shortened the wait time substantially and the Foundation helped to make this possible through the purchase of equipment and sterilizers.
4. The renovation and expansion of the laboratory where we all have our blood work done is now underway and will be completed shortly.
5. The Foundation purchased Mega Code Kelly, a realistic manikin for training in a wide range of advanced life saving skills in pre-hospital emergencies.

The community’s continued generous donations have enabled these projects and more!

We have also recently launched the “Helping Hearts” initiative to provide patients and families a mechanism to recognize caregivers at Lady Minto who provide outstanding service.

Our 15th annual Phantom Ball fundraiser kicks off on April 28th and the prize this year is a weekend getaway to the luxurious Galiano Country Inn and Spa. This package includes a spa treatment for 2, use of a smart car for

the weekend and transport in a private boat to and from Galiano Island. So when you receive your invitation to not attend the Phantom Ball, remember that the money you save can go towards helping to purchase ongoing equipment needs for the hospital.

Our 20th Annual Golf tournament will take place on July 9th. This event always books up so be sure to get your entry form in early. In addition to many other prizes, there will be an opportunity to win a new Subaru and a lawn tractor for the first golfer who scores a hole in one on the 6th hole.

It will be preceded on Friday, July 8th with our second annual putting contest which is sponsored by RBC-DS and is a lot of fun for the whole family. You don’t have to be a golfer to participate — just come and join in the fun!

Please visit our newly redesigned website at www.ladymintofoundation.com for more details on all of these activities. We have made it more user friendly to provide you with better access to information and the ability to donate online.

On behalf of the Foundation Board, I would like to thank all our supporters and donors for their generous help with our various programs each year. ■



*Driftwood Golf Team
2010*



Junior golfers help out at 2010 Tournament



Lady Minto
Hospital Foundation



LADY MINTO HOSPITAL FOUNDATION

TWO EVENTS!

Back for its SECOND YEAR...Special Putting Contest

Friday, July 8th, 4-6pm

Sponsored by RBC Dominion Securities
and

20th Annual Golf Tournament and Dinner

"Texas Scramble" 3 Shotgun

Saturday, July 9th (8am, 11am and 2pm)

\$40 entry fee (tax receipt provided)

\$15 Green fees (for non-members)

\$30 for dinner

No Experience Necessary! Improve your score and rent a junior golfer for your tee shot on Holes 3 and 5! Buy up to 4 Mulligans!
Great Draw Prizes! Silent and Live Auctions!

More information in pro shop or to register call The Hospital Foundation Office at 538-4824 or download a registration form online.

www.ladymintofoundation.com

THE ^{15th Annual} PHANTOM BALL

The Ball That Never Was

In keeping with its fifteen year history, the Phantom Ball will **not be held**.

This is a good thing! In fact this year's non-Ball has much to offer.

For instance:

- You won't be tempted to overindulge with cocktails and canapes.
- There is no need to resurrect your moth-balled formal attire for one last public appearance.
- There is no risk of slipping a disc while swirling around the dance floor showing off your personal version of a "Dancing with the Stars" routine.
- *Best of all, the money that you save can be donated to the LMHF in support of the Lady Minto Hospital.*

This year, the Foundation will be providing financial support for some much needed items and physical improvements to the hospital's facilities. These include:

- ❖ An expanded laboratory facility.
- ❖ A garden for the residents in the Extended Care Unit (ECU.)
- ❖ A separate entrance for direct access to the ECU.

And to top it all off—when you make a donation, we invite you to enter a prize draw for a getaway weekend for two at the luxurious Galiano Inn & Spa. Included in this package are some really special added features including a complimentary couples massage and the use of a Smart car so that you can explore the island at your leisure.



We are fortunate to have such a great community hospital and superb medical and support staff on Salt Spring. We all win when we support our hospital.



WWW.LADYMINTOFOUNDATION.COM

Thanks to these sponsors of the Lady Minto Hospital Foundation Phantom Ball Campaign.



MEET OUR RESIDENTS ON EXTENDED CARE

Music, memories, friends and family, summer BBQ's, visiting pets – these are the ingredients for a happy home



Fulford kids who present Marilyn with a handmade flower

MARILYN MILLER

Marilyn came to Salt Spring Island from Victoria with her husband John Klein in 1993. She had been visiting friends on the island and like many of us, she was taken with the island's slower pace and rural life-style. John and Marilyn both love island life and have worked in the community in a variety of capacities over the years.



*Top: Marilyn Miller and husband John Klein
Marilyn receives an award at the E.C.U. sports day event*

Marilyn began to feel symptoms back in 2005 and was eventually diagnosed with Primary Progressive Multiple Sclerosis after a six month period of testing. She had been working at Ganges Village Market and noticed loss of sensation in her fingers and toes and had difficulty handling cash at the till. As symptoms became worse and mobility became a challenge, she was no longer able to cope at home and came to live at the Extended Care Unit in November of 2005. The supportive environment and 24 hour nursing care made it possible for her to maintain some independence. She enjoys the activities and the physiotherapy program available to residents and especially enjoys the home-cooked meals and BBQ's. She is very computer savvy and has a laptop computer in her room which she uses regularly. John visits Marilyn every day and helps out at the dinner hour. They are both animal lovers and John used to bring the cats in for a visit.

This past winter, John and Marilyn made the arduous trip to Cabo San Lucas in Mexico to visit a medical clinic where new treatment procedures are available for M.S. patients. Since visiting the clinic, Marilyn reports increased energy and feels the benefits from this procedure. A follow up visit may take place in the future. They both feel lucky to have had this opportunity to try a new and progressive approach.



AUDREY CANNON

Audrey became an Extended Care resident earlier this spring and has enjoyed island life here on Salt Spring for more than 30 years. Her daughter Trish and son Rob both live on the island which makes family visits a regular treat.

Audrey moved to Salt Spring with her husband Bill in 1968. Bill was the Building Inspector Chief for the province and was responsible for implementing the first building code for B.C. Their North Beach Road home was a family haven. Sailing was a passion for both Bill and the boys, Michael and Rob, and they were one of the first families to participate in sabot races at the newly formed Salt Spring Sailing Club. They maintained a mooring buoy in front of their home and were able to have the family sailboat close by during summer months.

Audrey has always been an avid horsewoman and rode thoroughbreds during her youth in Manitoba. Neighbours on North Beach have kept horses over the years and Audrey enjoyed Dan & Leah Lee's horse, Copper. She has always been a dog lover as well and enjoys the pet visiting program at Extended Care.

Audrey has been a dedicated volunteer for the Lady Minto Hospital Auxiliary and would sit with ill and dying patients and bring her beloved Maltese pup Poppy to the bedside for special visits. She recalls with great fondness sitting with her friend and fellow Auxiliary member, Jean Brindamour, while she was in palliative care at Lady Minto. Jean's daughter, Barbara, is the Activities Coordinator for Extended Care and is a welcome and familiar face for Audrey as she makes the transition to her new home.

Audrey's strong connections in the community have made Salt Spring a special place to be with life-long friendships formed and wonderful family times to remember. ■



From top: Audrey enjoys equine visitors at Lady Minto; The young Audrey on horseback in Manitoba



POPPY VOLUNTEER OF THE YEAR

Poppy has the perfect temperament for her job as pet volunteer and made hospital rounds every Thursday. She was honoured with the award of "Volunteer Pet of the Year", and could also be seen in the Auxiliary's Thrift Shop where Audrey served as a regular volunteer as well. Poppy is reliable and friendly to everyone, says Trish, Audrey's daughter and Poppy's daily companion.

UPDATE ON EXTENDED CARE PROJECTS FUNDED BY THE FOUNDATION

We are well along with creating the “new look” on Extended Care with the addition of a beautiful patio garden adjacent to the back corridor of the unit. This area is more shaded and provides a welcome reprieve from the bold sun of July and August (we’re still hoping we get some this year!). Changes to the unit also include the addition of new bedside curtains which are made of substantial fabric with colour-coordinated patterns that suit the newly painted walls and décor. The new colour scheme is much easier on the eyes and provides more of a feeling of relaxation and home.

The new plans also include the official entrance to the unit being rerouted through the west facing patio doors. The walkway has been enhanced and soon signage will direct all visitors and E.C.U. staff via this route. This will improve the traffic flow through the admitting and acute care areas and again will provide a more home-like feel as you enter Extended Care. New keypad-controlled doors have been installed on the main corridor between Acute and Extended Care. The doors help to cut down on noise and also provide security for wandering patients and residents as well as enhanced infection control during outbreaks on either unit.

*Teacher and children from
Fulford School present hand-
made flowers to the residents*

*Bottom: Doris Rook playing
classical piano*



A New Piano For Extended Care



Clockwise from top: Keith Allison, Ken Lee and ECU staff member, Melanie with the new piano; Audrey Reynolds, regular pianist visits weekly; Mary Fraser, regular pianist visits weekly

The Foundation is excited about the new acquisition of a Heintzmann upright piano for Extended Care. With many thanks to our donors and to long time supporter Ken Lee and Keith Allison of Allison Pianos in Victoria, the piano was delivered on April 5th.

In his proposal to spearhead this fundraiser, Ken Lee stated "I know how much the residents appreciate piano music, especially the Golden Oldies. It is well known among geriatricians that music is very therapeutic." Activities Coordinator, Barbara Brindamour, schedules musical events on a weekly basis for the residents.

Audrey Reynolds and Mary Fraser visit twice a week on Mondays and Tuesdays, and both pianists have provided beautiful classical music for over 30 years. Art Hobbis of "Welcome to the Past" leads a regular musical event which features songs from the "Golden Oldies." Residents and staff can join in on this sing-along style event. A Sunday church service takes place on a rotating basis through the different parishes on the island and the piano is used for the services as well. Children from several of the island schools visit Extended Care from time to time and provide musical entertainment and handmade gifts. ■

DEPARTMENT PROFILE

POETRY IN MOTION

THE DANCE OF THE DIETARY DEPARTMENT



Staff member Ellen checking time for meal prep

Cathy stirring homemade soup on Foundation funded stove

DIETARY DEPARTMENT STAFF

Support Services Supervisor:
Vanessa

Regular Staff:
Amanda
Dovene
Ellen
Hanna
Jill
Leah
Karen
Trish

Casuals:
Bridgette
Cindy
Dana
Kyla
Pauline B.
Pauline M.
Ruth
Sandi

“Working in the Dietary Department is like dancing,” says Cathy Marcano and newly hired Support Services Supervisor, Vanessa Horel. “You have to mesh together, be a team member and understand about flow. You become very sensitive to movement and don’t require words to get your work done. Each step is timely.” Dietary staff work in close proximity and depend on one another to meet tight meal deadlines from 6:45 a.m. to 7:30 at night. And that includes mopping up after the shift is over! Camaraderie grows as staff members learn this dance and the compatibility spills over to off-duty time. “Many staff in the department have been with us for years,” says Cathy. “We see each other outside of work hours and socialize together. It’s part of small community life and especially true in our department.”

There are eight part-time positions in the department with eight casual staff on board. Three meals and three snacks must be prepared each day on a strict and timely basis. One of the unique qualities of the department is that we have the only kitchen in V.I.H.A. that cooks from scratch and does not bring in contract staff or pre-packaged meals.

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Everything is prepared on site by well trained and dedicated staff. Groceries are ordered according to menu requirements and real soup, roast chicken and everything in-between are prepared just like at home. These days, there is more pressure than usual as the wards are almost always full. Cathy has filled in at times when needed if casuals are not available. “You can’t have a hole in the dance,” she says, “it just won’t work.”

The kitchen is spotless and strict procedures are followed for cleaning and equipment maintenance. Universal Precautions are a requirement and

are in place at all times to prevent infection. It is a tight ship and all crew are vital to the overall function of the kitchen.

The staff appreciate the equipment upgrades that have been possible with the Foundation’s financial support. New commercial gas stoves were purchased a few years ago and a mobile steam table was purchased last year. This equipment is used to serve meals on Extended Care and ensures that food is kept hot. It provides a home-like atmosphere when meals are served from the steam table, giving residents the opportunity to enjoy the appetizing aromas of steamy hot food. ■



Top: Dovene, and Bottom: Trish – both keeping the flow during a busy shift



Vanessa Horel and Cathy Marciano compare notes as Vanessa prepares to take over her new position

SUPPORT SERVICES RETIREMENT AND CHANGING OF THE GUARD

After twenty-one years at the helm, Support Services Cathy Marciano retired in May 2011. Cathy served as Cook/Supervisor for the Dietary Department for many years and then took on the additional supervisory duties for V.I.H.A. affiliates, Greenwoods and Braehaven. The Lady Minto position was expanded in 2004 to include Housekeeping and Laundry services and the new position as Support Services Supervisor includes hiring, staffing and ordering supplies for of all three areas. With the assistance of the Dietitian, seasonal menus are developed and special menus are set up for patients with dietary restrictions.

Cathy is looking forward to retirement and having more time to pursue her interests outside of work. She will be spending some extended time visiting family in Ontario over the summer and looks forward to keeping in touch with her extended family here at Lady Minto when she returns.

Vanessa Horel was officially hired into the new position and trained with Cathy for several weeks before officially taking over May 30th. Vanessa has been on staff since 1998 and has worked in all three support service areas. She completed her training in the Nutrition and Food Service Manager Program through Langara College. Juggling work and family life along with a full time, two year on-line diploma course was a challenge but very rewarding, Vanessa says, and she is thrilled with her new position at Lady Minto Hospital. “It will be great to be in civvies and real shoes!” she laughs, after many years wearing regulation uniforms and footwear. ■

AMANDA MCLEOD RETIRES AFTER ALMOST THREE DECADES OF SERVICE

The Department is sad to be losing long time staff member and cook, Amanda McLeod. She will be missed by all, especially for her incredible Friday afternoon “treats” that have been a tradition for staff for decades. Good luck and enjoy your retirement, Amanda!



Lady Minto Hospital Foundation Invests in a new “Heart Monitor”

Janine Fernandes-Hayden, Member, Lady Minto Hospital Foundation Board

by making a donation in their name. It could be one of our doctors or nurses. Maybe it’s our Facilities Department that maintains the grounds and the building to make the hospital a physically comfortable environment. Did our admitting staff work to efficiently process your in-patient information, knowing how horrible you might have been feeling? What about our Extended Care Unit staff who provide activities, entertainment and care to enhance the living experience of our extended care residents? And then there’s our diligent pharmacy and lab staff. We have an amazingly hardworking and caring team!

Pick up a Helping Hearts brochure, located throughout the hospital. Fill it out and return it, with your donation to the hospital. On receipt of your gift, the Lady Minto Hospital Foundation will send a card to the health care professional(s) or staff members you wish to honour. Your honoree will receive a Helping Hearts lapel pin and recognition by supervisors and co-workers.

Antonio Porchia wrote, “A large heart can be filled with very little.” Recognizing caregivers is a wonderful way to support our local hospital – your gratitude for excellent care touches the hearts of the people you thank. More importantly, your gift also helps to create an environment in which medical professionals and staff experience greater satisfaction and are encouraged to excel.

Live with an attitude of gratitude and express appreciation. Be aware of those little ways that make life easier and those people who know what you truly need. ■

Lady Minto Hospital Foundation has made a new investment, a sort of “heart monitor”, if you will. It doesn’t rely on fancy bells and whistles but it is everything to do with our inner core. And it requires your participation.

Helping Hearts is a new program and it is an investment in our staff, nurses and doctors. It is our sincere effort to recognize the work that they do on a daily basis to provide the best patient care possible with the resources that they have available.

Here’s how the program works. If there is someone who made a difference in the quality of your care or the care of a family member during your recent hospital visit at Lady Minto Hospital, tell us your story and show your gratitude



THE MANY WAYS TO GIVE THRIFTY FOODS ANNUAL PUMPKIN FUND RAISES MONEY FOR THE FOUNDATION

The “Pumpkins for Charity” promotion is an annual event at our local Thrifty Foods and promotes the sale of pumpkins at Halloween. \$1 from the sale of each one goes directly to the Lady Minto Hospital Foundation. ...another way to know your community contribution goes towards the improvement of health care here at Lady Minto Hospital.



SPOTLIGHT ON YOUNG PHILANTHROPISTS AT LADY MINTO

Nicole McMahon

I WOULD LIKE TO CONTINUE HELPING OTHERS IN MY CHOSEN CAREER

I am a junior volunteer at Lady Minto Hospital's Extended Care Unit on Fridays. I began volunteering on Sports Day when I was twelve. At that time my sister was a junior volunteer. On Sports Day my sister and I helped the residents with activities. We always had a ton of fun!

It was in August 2010 that I began volunteering on a regular basis at Lady Minto Hospital's Extended Care Unit. I volunteer on Fridays after lunch and help with activities such as bowling, colouring and drawing.

On some days I sit and chat with the residents or paint their nails. Sometimes we also play cribbage. I never knew how

to play cribbage before, it was something which I learned from some of the residents. I especially look forward to those Fridays when we play cribbage as well as bowling. This is a great time to get to know the residents personally and for them to get to know me.

Sometimes when I come in to volunteer there is entertainment going on. There are many generous musicians that sing and play instruments for the residents. You can tell by the smiles on the faces of the residents that they really appreciate it. I get to enjoy the music with them.

I volunteer because I enjoy spending time with others. I like to help people in any way I can and I love the feeling I get when helping others. I would like to continue helping others in my chosen career and would like to think that my experiences as a volunteer will help to guide me. ■



Junior volunteer, Delaney with our E.C.U. resident, Marilyn

Lady Minto Hospital Foundation's Kids Making Change Campaign showcased in Community Works Journal

"Upon entering Lady Minto Hospital on Salt Spring Island, visitors, patients and staff cannot help but be greeted by brightly painted wooden tulips that stand proudly in the front gardens, cast-

ing colour even on the dreariest and cloudiest of winter days. The tulips are a reminder of the little hands that make up our community and the little hearts that have the potential to give so much.

"The wooden tulips, painted by our elementary students, are just one component of a bigger campaign called "Kids Making Change". The project was a partnership between the Island's local Hospital Foundation and the school district, proving that school-community partnerships can be successful, effective and powerful".

About the Journal

Community Works Journal is published by Community Works Institute in support of teaching practices that build community. The Journal features essays and reflections along with curriculum overviews that highlight the importance of place, service and sustainability.

Since 1995 Community Works Journal has consistently featured stories, models and resources intended to inspire by example. We showcase innovative educational strategies, practices and curriculum that involve educators and students in meaningful work within their communities. We stand for a shared belief in education that is centered on community with students as active learners in service to their community.

To view the complete article, go to: <http://www.communityworksinstitute.org/cwjonline/>



PLANNED GIVING

Diana Hayes, Planned Giving & Development Coordinator

DO YOU HAVE A WILL?

Guest Article by Tim Lott, L.L.B.

Sooner or later, all of us will need a will. If you're getting around to making one, or to reviewing the one you have in place now, here are a few suggestions to keep in mind:

Keep it Simple:

Over time, it makes sense to consolidate and simplify your assets. If possible, dispose of any assets you may hold outside of British Columbia prior to your death. The costs and complexity of administering an estate increase substantially if your estate includes assets held outside of B.C.

Danger Zones:

In general, wills and estate planning has two goals, #1: minimize the costs, taxes and other expenses of passing your estate on to your chosen beneficiaries, and #2: avoiding disputes between beneficiaries and other complications. Beware of concentrating on one goal and losing sight of the other. Keep in mind that some circumstances by their nature are prone to disputes between your heirs and require extra care when planning the provisions of your will. Blended families, unequal distributions of your estate to your children, and circumstances where your children are not going to share equally in providing care to you later in life are all circumstances where you should ensure that you obtain professional advice on structuring your will.

Using Joint Tenancies:

Usually it works well for a husband and wife to own all of their assets jointly. If your home, your investments and any other registered assets are held jointly, then upon the death of either spouse, all those joint assets transfer automatically to the surviving spouse, and all of the expenses of probating a will and paying probate fees are avoided. The mechanism doesn't work as well when used to transfer assets between parents and children. A number of potential complications can arise from joint ownership between parents and children: unforeseen tax liabilities can be created, a marriage breakdown can create an opportunity for a son-in-law or daughter-in-law to claim an interest in a

jointly owned asset and disputes can arise about who's in charge and how decisions get made when it comes time to transfer or liquidate assets. A safe rule would be to not use joint ownership between parents and children unless your lawyer and accountant are both in favour.

Specific Gifts:

It is a common wish that your valuable property not be sold after your death, but be passed on to your heirs. Resist the urge to make gifts of specific assets in your will. Instead, it is much better to divide your estate into shares, equal or otherwise, for distribution to your beneficiaries. This does not preclude your beneficiaries from making arrangements between themselves for one or more of them

to retain a particular asset, rather than it being sold. Here are a couple of real life examples of situations where a gift of a specific property to a beneficiary has given rise to unforeseen complications:

In one case, a lady made a will leaving her home to her brother, and the balance of her estate to charity, and then signed a Power of Attorney appointing her brother as her attorney. She then contracted Alzheimer's disease, and so was unable to change her will. The brother was then placed in the unfortunate position of having to decide whether to disinherit himself when it came time for the house to be sold to pay for his sister's care.

In another case, the will provided that a large and valuable parcel of real estate was to be left to a close friend, and the balance of the estate was given to a charity. Again, the maker of the will became mentally incompetent, and by the time of her death, after a long illness, the value of the real estate had increased to such an extent that all of the rest of her assets were required to pay the substantial capital gains taxes arising from the increase. The charity ended up receiving nothing from the estate.

Trusts:

If you have a substantial estate or if you have children (natural or adopted) who you do not wish to share in your estate, or if you wish to divide your estate unequally between your children, then it might make sense to consider creating an inter vivos trust (meaning a trust created

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DECEMBER 2010

FUNDING FOR SOCIAL WORKER COMES THROUGH

After many years of lobbying for a social worker, Lady Minto Hospital welcomed **Kriesha Tarnowski** to the hospital on December 2nd, 2010. Kriesha also provides services at Saanich Peninsula hospital and works on Salt Spring one to two days a week. Initially she will be working in Extended Care but will also provide social work service to Acute Care and Home & Community Care. Social work service has been a long-standing need and was acknowledged and made a priority in the recent health care services review conducted by V.I.H.A. We all welcome Kriesha to the health care team! She will be sharing an office with the Home and Community Care Case Manager, Julie van Soeren.

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



Tim Lott grew up on the Saanich Peninsula, and graduated from University of BC Law School in 1979. Since then he has practiced law in Victoria, Sidney and the Gulf Islands, primarily in the areas of real estate, corporate and commercial law and wills and estates. Tim prides himself on finding creative, economical and practical solutions to his client's legal issues.

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during your lifetime). Your assets would be held by the trust and would remain under your control and be used for your benefit, and upon your death, the assets of the trust would then be distributed to the beneficiaries of your choice. Having your assets pass to your beneficiaries through the trust rather than through your will avoids the Probate fees payable to the Provincial government, and also makes it much more difficult for your estate arrangements to be contested, if you anticipate that a child or children will be unhappy with the provisions you have made. If the trust complies with certain requirements stipulated by Canada Revenue Agency, then the transfer of assets to the trust at the time it is created can be done without triggering Capital Gains Taxes on any prior increases in the value of those assets. A number of restrictions apply.

Powers of Attorney

Lastly, creating your will goes hand in hand with making arrangements for your care later in life, if you need it. Most of us will never have the need for a Power of Attorney, but the problem is, none of us know whether we will be one of the approximately 20% of the population who will need one. If you do not have a valid Power of Attorney in place, and you become mentally incapable of managing your own affairs, your family will be faced with a difficult and expensive application to Court to have someone appointed to manage your affairs for you. If you don't have family to take on that job, then the Office of The Public Guardian and Trustee (a provincial government body) takes on that role.

So don't procrastinate, make sure you've got a will and power of attorney in place, and review those arrangements periodically to keep them up to date. The peace of mind of knowing your affairs are in order will be well worth it. ■



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.

Extended Care Fund

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

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.

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