

SPRING/SUMMER 2012

EDUCATION IS EMPOWERMENT Palliative Care Nursing at Lady Minto



LadyMintoHospitalFoundation

Minto Messenger



Karen Jensen Catherine Green

With help from the Foundation's Nursing Education Fund, four nurses at Lady Minto were able to attend the comprehensive Palliative Care Course last winter offered through Victoria Hospice. The course is now divided into two modules: Medical and Psychosocial Care of the Dying and Bereaved. Catherine Green and Karen Jensen shared some insights and thanked the Foundation for this valuable opportunity to enhance their skills in caring for the dying.

INSIDE



**Read about the
Automated External
Defibrillator (AED)
on pages 7 and 8.**

"You wouldn't ask a woman to give birth in a four-bed ward," says Catherine, who works as a nurse on the Extended Care Unit. "Having a dedicated palliative care room now for residents who are facing the end of life is a blessing. Here, we can make it as soothing as possible in a difficult time for residents and their families." The room includes a recliner chair which can be used for family members wanting to spend the night. A patio garden with separate entrance allows for outdoor space and privacy.



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www.ladymintofoundation.com



Donna Vidalin with Quinn

The Vidalin Family created a special fund in memory of Donna Vidalin, who passed away at Lady Minto in December 1999. The fund can be used for community members who are suffering with cancer and require assistance.

the week-long course intensive and most helpful in their care of the dying. Identification of pain symptoms and management of pain is a key component. Use of appropriate medications and/or combination of drugs is reviewed in depth. The course helps to increase confidence with greater knowledge and accuracy when caring for patients and when reporting to medical staff.

The Extended Care Unit is home to 31 residents and everyone including staff and family members feel the loss when a loved one passes away on the unit. Memorial services are held to give staff, family and friends the opportunity to grieve together and to share memories.

The Psychosocial Care component was also explored in depth in a week-long course attended by Karen Jensen, Ian Whipple and Helen Penny.

“Education is empowerment, and palliative care requires special knowledge and skills”, says Karen. “It is fundamental to our roll to have the correct tools.” “Everyone is looking for the map on the journey”, she notes. “Patients and family members look to the nurse as their navigator.”

In reflecting on the challenges in palliative care, Karen points out that, “our culture is not prepared or capable to deal with death and dying and to allow for “natural death”. “We are all looking for the map on this journey. Death is like birth, only backwards.”

Catherine Green and colleague Jacquie Byron attended the Medical Intensive which is a week long course. “The Medical Care of the Dying” written by Dr. J. Michael Downing and Wendy Wainwright is the definitive text used for the course. Dr. Downing gave the keynote presentation and dedicated the book in memory of his daughter. “His presentation was heartfelt and very powerful,” Catherine said.

Both nurses found

Karen reminded me that she was on staff when Donna Vidalin was a patient at Lady Minto in 1999. The Donna L. Vidalin Memorial Fund was set up by the Foundation at the request of the Vidalin family as a memorial to Donna to assist patients in the community who were suffering with cancer; patients who might otherwise not be able to afford either equipment, services or related costs, which would make coping with their affliction more bearable. The family was very supportive when the Acute Care Palliative Care Suite was being built and provided financial support to create the patio garden in 2005.

The Palliative Care Suite is a sanctuary for patients and families. “The water fountain in the patio garden creates a very soothing sound and blocks distracting noises from the parking lot”, the nurses report.

Self care is a big part of the teachings in palliative care. Students are provided with tools to ensure they remain focused and present during difficult situations. Caregiver burnout is a fact and a challenge in health care. The course provides students with ways to monitor this risk and to ensure that they include self-care in their routines.

Mentoring newer and younger nursing staff is also a benefit of the course. Nurses trained in palliative care can share the tools and strengthen the team.

The nurses who attended the course expressed their sincere gratitude to the Foundation for providing this funding to ensure that continuing education is possible for the staff at Lady Minto. ■

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LadyMintoHospitalFoundation

PRESIDENT'S REPORT

David Southwell

Once again, 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 year are now completed.

The new blood collection room is now in operation and many Salt Springers have already had an opportunity to visit this new facility.

A **Hematology Analyzer** which automates blood tests and blood cell counts was purchased for the lab.

Endoscopic Cautery equipment was delivered which further enables the physician to cauterize wounds via an endoscopic procedure.

An EZ 10 was also purchased. This equipment is used by the pediatric department to permit injections directly into the bone marrow in certain emergency situations.

Our ongoing Nursing Education Fund is highly successful in assisting nursing staff to continually upgrade their skills and to keep up to date with new procedures. This is also a valuable incentive in recruiting and retaining staff to Lady Minto since most rural hospitals do not provide this level of support.

In concert with the SSI Fire/Rescue and the Chief of Medical Staff at Lady Minto, we have launched a campaign to have Automatic External Defibrillators (AEDs) installed at key locations around the island. These can save lives since time is of the essence when someone has a cardiac arrest. This project is off to a great start with more than 16 units installed or ordered. We are also spearheading a CPR and AED training program for any islanders who wish to be trained.

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

Our 16th Annual Phantom Ball fundraiser is underway and the prize this year is a romantic Salt Spring Island get-away.



GULF ISLAND SHRINE CLUB #39: Laslo Bedocs & Bob Petty present cheque for \$2000 to Karen Hunsberger, R.N. for patient comforts at Lady Minto.

This package includes many special items (please view your non-invite for details). So when you receive your invitation to not attend the Phantom Ball, remember that the money you save can be donated to help with ongoing future equipment needs for the hospital. If you did not receive our brochure in the mail, give us a call at 250-538-4845.

Our 21th Annual Golf Tournament will take place on July 14th. This event always books up so be sure to get your entry form in early. There will be an opportunity to win a new Subaru sponsored by Saunders and a lawn tractor from Sears for the first golfer who scores a hole in one on the 6th hole in addition to many other prizes. The Tournament will be preceded on Friday July 13th with our third annual putting contest sponsored by RBC-DS which 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! We also expect to have a lucky draw ball drop which we will co-sponsor with the Rotary Club.

Please visit our website at www.ladymintofoundation.com for more details on all of these activities. You may also make donations directly on line.

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. ■

2012 Golf Tournament

Saturday, July 14th



(left to right) Cathy Luke, Alfi Luke, Alice Richards and Billy Hawthorth at the 2011 Tournament.
The "Orange Team" – Karen, Theresa and Rocky

Last year's golfers raised an amazing \$28,000 while spending a great day outside and evening inside at the dinner and auction. Our live and silent auctions are loaded with incredible items due to the generosity of many local businesses and individuals.

This year we are looking forward to seeing old and new faces on the golf course. It has been proven, every year, that you don't have to be a good golfer to enter and have fun. Why not put together a team of 4 and enter. All the money raised goes towards the Lady Minto Hospital Foundation.



At the Putting Contest, 2011 Tournament
Morna Collis, Carol Hall & Rocky Kinhen, from RBC DS



Karen Hartley

Putting Contest Friday July 13th

Last year, 20 individuals competed for the chance to putt for \$5000 for themselves and \$5000 for the Hospital Foundation. Karen Hartley won the elimination round and tried her hardest to make the approximately 60 foot putt. While not successful on the green, she did receive a nice Callaway putter for her efforts.

The RBC Dominion Securities sponsored contest is full of suspense! Come on out to the club on Friday, July 13th and see what the fun is all about.

For more information about either event please go to our website at:

ladymintofoundation.com

or contact Karen at the Foundation office:
250-538-4824 or karen.mouat@viha.ca

PHANTOM BALL

The Ball That Never Was

You are invited to **not** attend the 16th Annual Phantom Ball. The event never happens, but the benefits are priceless.

Enjoy an evening at home with your favourite book, pet, movie, friend or loved one, and forego the hassle and expense of a formal evening out. No fancy hair-do, no formal attire, and no clean car required.

Consider the time, energy, and money you will save and RSVP with a contribution in support of the Lady Minto Hospital. Your gift will really make a difference to the health services in our community.

With proceeds from the Phantom Ball, for fifteen years this community has helped with important equipment purchases and hospital projects such as the Cardiac Treadmill, Mobile FAST Ultrasound Machine, the Nurses Education Fund, the Extended Care Excursion Day Program, Laboratory and Radiology equipment and upgrades, and the new E.C.U. patio garden and entranceway. You made it happen!

This year, the Foundation will be providing financial support for: ❖ **Further laboratory upgrades.**

❖ **New endoscopy equipment.**

To show our appreciation, when you make a donation to the Phantom Ball you can enter the Lady Minto Hospital Foundation Prize Draw for a chance to win a romantic get-away, here in our own backyard—well, almost—on Salt Spring Island.

🐦 Draw Date: Sunday August 12, 2012

Romantic Salt Spring Island Get-away Prize Package includes:

- 🐦 Two Nights at Hedgerow House B&B.
- 🐦 Afternoon cruise in Ganges Harbour.
- 🐦 Complete set of books by Patrick Taylor.
- 🐦 Painting by award-winning Irish artist Dorothy Tinman.
- 🐦 Salt Spring Island Gift Basket.
- 🐦 Auntie Pesto's Cafe Gift Certificate.
- 🐦 Transportation: Vancouver Island or the Mainland to SSI return.



Pick up your invitation in the hospital foyer.

www.ladymintofoundation.com

phone: 250 538 4845

Thanks to these sponsors of the Lady Minto Hospital Foundation Phantom Ball 2012 Campaign:





MEET OUR RESIDENTS ON EXTENDED CARE

TED AVES

Owen (Ted) Herbert Aves was born on July 18th, 1922 in the Caribou. It is thought that some of Ted's learning problems came from difficulties experienced with a high-forceps birth. As a result he has also worn glasses since he was 7 months old. He was the eldest of two boys and his younger brother Ray was always very good to him. Sadly, Ted's brother was killed in World War II.

Although he started school, his mother hired a private teacher for him by the time he reached grade three. This did not work out so his mother undertook the job herself.

Ted's family first moved to Salt Spring in 1947. When his mother was moved to Greenwoods Intermediate Care Facility (now Greenwoods Eldercare Society) in 1979, Ted moved in with her. After his mother's death, Ivan Mouat looked after Ted's affairs. Since Ivan's death, Jen Ritson has done that job.

Ted and Ivan did many things together including flying to Disneyland. Jen Ritson (Ivan's daughter) took Ted to Expo '86 in Vancouver and to many Canucks hockey games. Ted was always busy until he suffered a stroke in 1998. He would walk down to Ganges every day and pick up the mail for Greenwoods. He went to the United Church until he could no longer transfer into a car.

He always enjoyed weaving and painting and moved to Extended Care in November of 1998. He likes to listen to music and still enjoys painting and drawing. Many of his paintings have won prizes at the Fall Fair. Ted and his friend Eric have made many rockets and launch them from the helicopter pad. ■



Ted at the Fall Fair with assistance from Rae Ritson, ECU Volunteer

Ted with ECU Volunteer, Eric Sigmund (top photo)

Palliative Care Suites

*Left:
Acute Care Palliative
Care Suite with patio
door entrance*



*Right:
Water fountain on ACU
Palliative Care patio*



ACUTE CARE

As part of the Lady Minto capital project completed in 2003, the palliative care suite on the Acute Care Unit was built to provide a private space for palliative care patients when they are unable to remain at home. The room allows for overnight accommodation for family members and features a galley kitchen and private garden entrance. The privacy of this space ensures that patients and families can share time together without the distraction or disturbances of every-day hospital routines and traffic.

Salt Spring Island has an award-winning palliative care program which combines the expertise of home care and hospital nurses, physicians, home support workers, a dietitian, pharmacist, community rehabilitation workers, hospice volunteers and clergy, all of whom work together to meet the special care and comfort needs of patients at the end stage of life.

The generosity of our community made this possible through donations and contributions of furnishings and comforts. The Foundations acknowledges the following major contributors:

Lady Minto Hospital Auxiliary
Bessie Dane Foundation & Hospice
H.M.S. Ganges Chapter I.O.D.E.
Salt Spring Stitchers
Donna Vidalin Memorial Fund
and the generous support of our many community donors

EXTENDED CARE UNIT

The Lady Minto Hospital Foundation contributed a major grant of \$71,000 towards the creation of a palliative care room on Extended Care. The room was officially opened in June of 2010.

There are many benefits in having a dedicated room such as this for palliative care, including a private room and patio garden, facilities for family members to spend the night, and the ability to provide continuing care on the same unit that has been home to our residents, with familiar staff, including nurses and nurse aides who have known them and cared for them for some time. The whole emphasis is to take away the medical atmosphere and to create a positive, restful environment.

The building project was funded by the Lady Minto Hospital Foundation, and furnishing and comforts were funded by:

Barbara Archer & Rob Oliver
Betty Dring
Estate of Albert (Bert) James Underwood
Gulf Islands Shrine Club #39
Lady Minto Hospital Auxiliary
Melanie Dick
Salt Spring Stitchers
John and Isobel Richardson
The Quilters Guild



Small Acorns Come from Mighty Oaks

by

Patrick Taylor MD



MediQuest rep, Chris Metcalfe, with Dr. Shane Barclay and Foundation Vice-President, Derek Fry, at public meeting held in January 2012 to demonstrate the AED.

That's a reversal of, "Mighty oaks from small acorns grow," and illustrates the development of the Automated External Defibrillator (AED) of which 16 units are installed or on order for Salt Spring, thanks to the efforts of Shane Barclay, Lady Minto Foundation, the Fire Chief, Tom Bremner, local businesses and organizations, and MediQuest Technologies. More are coming. Simple-to-use AEDs are lifesavers. They weigh 2Kgs—a mere acorn.

The first portable defibrillator weighed 70Kgs—a mighty oak and had to be rushed to the patient by ambulance. It was developed in Belfast, Northern Ireland. I was lucky enough to be an intern on the unit in the Royal Victoria Hospital in 1965 as it was being invented.

Defibrillation then was done in hospital. In 1964 a man collapsed outside the hospital and three doctors pushed the trolley carrying the defibrillator to him and resuscitated him successfully. This event started a remarkable physician, Doctor Frank Pantridge, thinking. Most patients who had heart attacks died within one hour, usually before

admission. Why not take the defibrillator to the patient and save valuable time? Assisted by Doctor John Geddes and electrical technician Mr. Alfred Mawhinney, Pantridge cobbled together a Rube Goldberg contraption using a cumbersome in-hospital defibrillator connected to two 12 volt car batteries and a static inverter. It worked, and a "Flying Squad" of ambulance driver, junior doctor, and nurse was established that by racing to the patients, the initial mortality rate was reduced from 69% to 38%.

Time magazine suggested a portable defibrillator be installed in the White House. Interest in the concept blossomed. Doctor Pantridge working with Doctor Ledonard Cobb of Seattle and built the 3.2 Kg portable device, the forerunner of the ones not only here on Salt Spring, but world-wide.

Not only have acorns come from oaks, if size of the device is considered, but a truly mighty oak of world-wide benefit has grown in 47 years from a small acorn planted in a Belfast hospital. ■

AUTOMATED EXTERNAL DEFIBRILATOR (AED)

We have a communications task to get the message out that “you cannot kill someone using an AED”.



Beth Weston, AED Trainer with Foundation Vice-President, Derek Fry

UPDATE ON THE AED CAMPAIGN

The Lady Minto Hospital Foundation in partnership with Salt Spring Fire/Rescue spearheaded the AED Campaign in January 2012 and to date, there are now some 16 AEDs installed or on order for Salt Spring. This includes two devices not acquired under this program at the Golf Club and The Royal Vancouver Yacht Club and five units on BC Hydro trucks. The Mediquest units are installed at King's Lane Medical Clinic, All Saints Church and the Farmers Institute.

Lady Minto's Chief of Staff, Dr. Shane Barclay has emphasized the need for more AEDs on the island and has provided education on the devices' benefits. The AED is designed to deliver an electrical jolt to a subject after the onset of a sudden cardiac arrest. There are step-by-step automated voice instructions built into the unit and anyone can use an AED to save a life.

The Foundation's Vice-President, Derek Fry is working with Fire Chief Tom Bremner to nail down desirable locations on Salt Spring. Foundation funding may be used to assist at these locations provided that the location owner will undertake ownership responsibility and maintenance costs.

Training in CPR and AED is a priority and not just for the staff at businesses with an AED. Tom Bremner has committed to train one person for each AED acquired but it is anticipated that many Salt Spring Islanders will be interested in CPR/AED training. Bringing trainers to the island is expensive and Beth Weston, a retired public health nurse living on Salt Spring with CPR training experience inquired about getting involved with training. The Foundation saw this as a great opportunity and Beth has attended the necessary "train the trainer" course at Mediquest. Beth Weston will co-teach a CPR/AED session on 9th June with the fire dept trainer and will then be in a position to lead sessions as required to meet the needs of our community.

Concerns have been raised that perhaps an untrained community member could harm a person in cardiac arrest by incorrectly applying an AED. Mediquest have confirmed there are no reports of any instance where an AED has done harm. The message that “you cannot kill someone using an AED” will be promoted alongside the training to encourage community members to not be afraid to use an AED to assist someone. ■

BETH WESTON OFFERS TRAINING FOR THE FOUNDATION'S AED CAMPAIGN

Retired public health nurse, Beth Weston, recently completed the First Aid & CPR Instructor course which includes training for the AED equipment. The course, written by Canadian Red Cross and coordinated by Mediquest in North Vancouver, prepared Beth to provide regular training sessions on Salt Spring. Beth has a B.Sc. Nursing degree and worked for many years as a nursing instructor. Her work took her up north where she was a Zone Nursing Officer and assisted in medical evacuations. She also worked for ten years in Edmonton in the neonatal intensive care unit. She and her husband Paul purchased their home on Salt Spring Island in 1998 and now live full time on the island.



Margaret Franey with family pet, Robbie

Above right: Basil and Margaret looking out at the magnificent island view on Isabella Point farm



DONOR PROFILE

A TRIBUTE TO MARGARET FRANEY

For a wildlife and nature lover like Margaret, the family farm and waterfront acreage at Isabella Point was the perfect Shangri-La for retirement years. After a visit with friends on Salt Spring in the early 1980's, Margaret fell in love with the island and together with her husband, Basil Franey, bought the Isabella Point farm and adjacent acreage from Marc and Jean Holmes. They moved full time to the island in 1989 after their children, Alan and Ian and foster daughter Caroline Grieve had left the nest, but Isabella Farm was a perfect retreat for the whole family. Famous for its organic peaches and apples and herds of sheep, the farm continues to thrive as a certified organic orchard with help from Ian who currently lives on the farm.

Margaret worked as a school teacher in Montreal and Vancouver before raising her family and volunteering with charitable organizations over the years. She had an exceptional affinity and appreciation for the natural world from the time she rescued animals as a child and supported

the local S.P.C.A. as well as the Island Wildlife Natural Care Centre.

Margaret was diagnosed with an inoperable malignant brain tumour in June of 2011 and admitted to the Lady Minto Hospital at the beginning of August when things became too difficult at home. There she spent the last three months of her life. Basil visited her every day and they were both invited to join in activities

“The nurses were marvelous and helpful and understand the particular needs of palliative care patients and their families.”

on Extended Care when Margaret was able. As the end approached, she was moved to the Palliative Care Suite. During this final phase, the family visited together in the privacy and tranquility of the suite which includes a patio garden and a private entrance. The small galley



Basil and Margaret on the deck in the final weeks before she succumbed to cancer

kitchen made it possible for round the clock visits and Basil particularly appreciated being able to spend the nights with Margaret. A pullout sofa is available in the room. The family dog, Max, a Staffordshire Terrier and Lab cross, joined Margaret on a few occasions. Basil recalls how the dog lay stretched out beside her as she held on to him.

Basil also recalls the bittersweet moment when Margaret died. He was able to rest beside her and hold her hand at the moment she took her last breath. What greater privilege than to be together in these final moments? This would not be possible in a regular two-bed hospital room or four-bed ward where the bustle and rush of medical and nursing routines preclude such intimacy.

"The nurses were marvelous and helpful and understand the particular needs of palliative care patients and their families" Basil reflects. "The support of the Lady Minto Hospital Foundation made this special room possible".

As a tribute to Margaret, the family made a generous donation to the Foundation to be used in part for ongoing needs in palliative care, including specialized training and education. ■

We are most grateful to families who name the Foundation as recipient for estate and memorial donations. The Palliative Care Suite is a shining example of how these donations go directly toward the comfort of patients and provision of specialized medical and nursing care.



Ian Whipple, R.N. who attended the comprehensive Palliative Care course through Hospice Victoria: "Many thanks to the Lady Minto Hospital Foundation for making this possible."

The Lady Minto Hospital Foundation
& Salt Spring Island Fire Rescue
invite you

MINTO M*A*S*H

Equipment Fair & Open House

at the
Ganges Fire Hall

Sunday
August 12, 2012

1:00 PM — 3:30 PM

- *Demonstration of Equipment
- *Refreshments
- *Bring Your Teddy to the Teddy Bear Clinic

Lady Minto Hospital Foundation
info: 250 538 4845
www.ladymintofoundation.com

Salt Spring Island Fire Rescue
info: 250 537 2531

LAB RENOVATIONS



Hematology Analyzer and staff

The Foundation provided a grant of \$82,958.36 for the purchase of a new hematology analyzer which is now in place in the core lab at Lady Minto. Pictured here are Bruce and Vince with department head Elaine.

“Our new hematology analyzer, known as the Unicell DxH 800, has new and innovative electronic and mechanical designs that in along with advanced algorithm technology gives enhanced sensitivity and resolution of cell counting for the analysis of whole blood and body fluid samples providing the highest quality patient results. The Dxh 800 does WBC, RBC, retic and platelet counts as well as hemoglobin measurement and wbc differentials.” Elaine Fraser

Reta and Trene are thrilled with the new blood collections (phlebotomy) room that was made possible with a grant of \$83,401.39 from the Foundation. The new room offers more privacy and light and has two collection chairs in separate areas of the room. It also reduced the crowding of the core lab area where phlebotomies were carried out before this renovation. The Foundation will be assisting the Laboratory with the next phase of improvements over the coming year.



Reta and Trene, LAB Collections

LAUGHTER AND HUMOUR ARE SERIOUS BUSINESS

submitted by Jackie & Cathie, Salt Spring Hospice

The theme of one of our Hospice "Going Deeper" relaxation mornings was "Laughter and Humour are Serious Business." After considering our Osho Zen card, "New Vision" we indulged in ten minutes' laughter meditation which had some of us precariously close to the edge of rolling on the floor.

As we told our personal stories both tragic and hilarious, we began to see how closely linked laughter is with tears, and how laughter brings us back to life, especially when we're on the edge of it. Cathie told a story of something that happened to her recently in her capacity as Hospice volunteer at Lady Minto Hospital. We thought it worth sharing.

After the Foundation's Fall 2011 Minto Messenger came out last November, she had an unexpected call from a man who had been at the hospital for an extended period with extreme lung distress. He was struggling not to panic and she stayed and held his hands until he was calm and could breathe again. That's not the story though...

On October 31, he was sitting outside the hospital waiting for his wife to come and take him home after his close call with death. He was gazing into the distance thinking how grateful he was to the "angels" on staff who had looked after him so well, when suddenly he saw ELVIS walking towards him. Shaking his head in disbelief, he looked to the sky, convinced that he had died and was being greeted by the King.

As the apparition descended upon him, he realized that Elvis hadn't dropped down from the clouds after all. He was much too smiley and rather feminine. With a little shimmy, "Elvis" gave him some candy, sang a verse or two then sashayed into the hospital as people stared and spoke in hushed whispers. "Elvis is in the building!"

With a grin on his face, he shook his head at the absurdity of the situation. He had thought for sure he was dead, but it was okay. Elvis was there too, and he was happy to see him.

It wasn't until the Minto Messenger came out and he saw Elvis' photo that he realized it was Halloween. He found Cathie's name and made the effort to phone her to tell her how much he had enjoyed being shocked back into life and being able to laugh again.

It had sparked memories of being a teenager in wartime Germany and the mischievous pleasure of dressing up at Halloween; how the ability to laugh with people had freed so much dark energy and lightened the blackness.

Afterwards, we discussed how closely linked are tears with laughter, how our lives are most rewarding when we are paying attention, walking on the edge rather than playing it safe, engaging fully instead of hedging our bets, and remembering that sometimes the difference between life and death is just a change in perception.

Cathie doesn't know why Elvis sometimes comes out of the closet to appear as her alter-ego, but she knows that when he's here, so is she, completely. It lightens up her life and reminds her to remember that laughter and humor are serious business. ■



Cathie as "the King"

SALT SPRING HOSPICE & BESSIE DANE FOUNDATION

Salt Spring Hospice & Bessie Dane Foundation is a volunteer organization dedicated to providing comfort, care and support to people affected by life threatening illness.

Salt Spring Hospice is a non-profit, non-denominational organization begun in 1984, in honour of the very kind and compassionate Bessie Dane of Fulford.

Our mandate is to provide compassionate care and support to individuals in the last stages of living and also to those who love them.

Trained volunteers provide services in a variety of settings. Hospice is a member of the palliative care team and works in cooperation with other health care providers on Salt Spring. Our services are free to all patients and their caregivers.

Salt Spring Hospice has a number of programs operating at Lady Minto Hospital. If you are interested in any one of them or in becoming a future volunteer, email saltspringhospice.org or call 250-537-2770.

Hospice programs at LMH

MINTOS PROGRAM

Trained Volunteers have a daily presence at LMH most afternoons, Monday to Friday. We have nicknamed our visits, WALKABOUTS. Our purpose is to offer gentle touch and emotional support to any patient needing it, as directed by the nursing staff on duty.

SELF CARE PROGRAMS

Specially trained Volunteers facilitate small Self Care gatherings of music, meditation, Reiki, and focused conversation and listening. Laugh, cry and share in a safe nurturing environment. By recommendation and invitation. call Salt Spring Hospice for info.

VIGIL SITTING

If family members are too distraught, or not available, trained Volunteers can be called to sit vigil and be present with a person during their last days and hours of life. Usually recommended by nursing staff.

ONE TO ONE PROGRAM

Family members and or a dying person can be connected with a compatible trained volunteer to listen and support their emotional needs as they travel the path of loss and grief. Call Salt Spring Hospice for info.

GRIEF RECOVERY PROGRAM

A six week group circle, held twice yearly for those ready to express their grief and thoughts within a facilitated peer environment. Attendees must be six months past a death. Call Salt Spring Hospice office for details.

photo collage of hospice members courtesy of Rob Lowrie



“We offer you a pair of hands to help or relieve your own, to comfort or distract or just to hold and let you know you are not alone. Kindness of the golden chain by which society is bound together.”

J.W. Von Goethe



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.

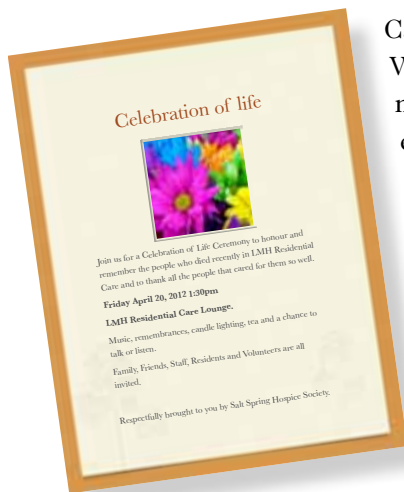
Account Number: _____ Expiry Date: _____ Name on card: _____
(please print)

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**

Celebration of Life

On April 20th, the Salt Spring Hospice Society held a Celebration of Life Ceremony to honour and remember the people who died in the Lady Minto Hospital Extended Care Unit, and to thank the people that cared for them so well. Music, remembrances, candle lighting, tea and a chance to talk or listen was offered to family, friends, staff, residents and volunteers.



Cathie Grindler, Hospice Volunteer and one of the active members who brought together this important ceremony, spoke eloquently, saying “when someone in your family dies there is a deep sadness...” A candle was lit for each resident who had passed and a bell sounded for each in the ceremony.

The idea for the memorial came about spontaneously from Cathie. She checked with Jo Twaites, Patient Care Coordinator and Barb Brindamour, E.C.U. Activities and a poster was made inviting families, friends and staff to attend. A beautiful display of candles was set and a special letting-go ritual with rocks was planned. In the end, three musicians – Elvira, Lynda and Christy contributed beautifully to the service. Cathie prepared a rendition of “Tennessee Waltz” which had been requested by a resident’s family. Some people danced. A private caregiver supplied a large number of flower posies for the tables. There were over 60 people present at the ceremony.

The first recording of “The Hospice Good-Bye Blues”, a sweet song written spontaneously during a Care for Caregivers gathering sponsored by Hospice, was made. Many tears of love were shed and the ceremony gave that very special and needed opportunity to begin the grieving process for all. ■

*It's our expectations
That get in the way
Hold onto my hand now
And hear what I say
You know that I love you
And I know you love me
The smiles and the laughter
Are what set us free*

from The Saying Goodbye Blues, written spontaneously by Hospice members: Carol Williams, Cathie Grindler, Janellen Moses, Barb Aust, Judith Cockrill, Dorothy Holden, Lynda Cole, Jacquie Truscott



The ECU butterfly lamp sits on the piano and is “lit” as a tradition in honour of ECU residents when they pass away.