

SPOTLIGHT ON YOUNG PHILANTHROPISTS AT LADY MINTO

Miya deRoos



At the heart of philanthropy is a desire to reach out and help others. Our young philanthropists share their *time, talents and treasures* and together they make a real difference in the lives of our patients and residents on the acute and extended care units.

Recently we had a very special gift presented by a young philanthropist, Miya deRoos, who celebrated her 4th birthday on September 21st.

When Miya's little sister, Naomi, required treatment at the Lady Minto Emergency Room, Miya accompanied the family to the hospital. She was treated to a popsicle on one of the visits during a particularly hot day and her mother says the nurses were just marvelous and made them feel at ease during their time in the emergency room. "The nurses even blew bubbles for me," says Miya.

After Miya received a special birthday card along with a \$10 bill, she told her parents, Michi Main and Michael deRoos, that she wanted to give it to the hospital. "It was completely her idea," says Michi, who remarked that many of the kids in Miya's pre-school have shown a real interest in the hospital and medical subjects. She is excited to know

Lady Minto Hospital Foundation
Minto Messenger



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that her donation will help out at the hospital. In a thank you letter, Foundation President, Derek Fry told her, "I do believe that you are the youngest donor in the history of the Foundation! Not only is that setting a record, but tells us that you are a kind and generous girl." He also told her that the Foundation pays for many different things at the hospital. "Sometimes we buy beds, sometimes we pay for

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a nurse to upgrade her training and sometimes we build gardens for the older people who live at the hospital. This gives them something pretty to look at and visit." Miya really likes the idea that her donation will go towards this special Extended Care garden.

Mr. Fry's letter is posted on the family bulletin board in the kitchen and Miya is so pleased to know her donation has made a difference. ■

Diana Hayes

LADY MINTO HOSPITAL FOUNDATION BOARD OF DIRECTORS

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Published by the Lady Minto Hospital Foundation

Editor: Diana Hayes

Layout: Mark Hand Design Printing: Contour Grafix

Photos: Diana Hayes, Karen Mouat, Pauline Antonik and the Antonik, Barber and Nixon families

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Hospice Victoria Palliative Care Courses



The Foundation sponsored three nurses to attend the Hospice Victoria intensive Palliative Care courses this fall.

Special thanks to the Franey Family and the Margaret Franey Estate donation



"I would like to say how grateful I am to the Foundation for this opportunity to attend the Palliative Care Course. Nursing at Lady Minto Hospital is an expansive role requiring knowledge and commitment to being with patients with multiple and complex needs. It is a privilege to attend The Victoria Hospice sponsored Palliative Care Course. It is also wonderful to have as a resource to the Salt Spring community. By attending this year's conference I will expand the quality of care that I bring to this community."

Edith (Edi) Russett



"We are very excited to be taking the course *Psycho Social Care of the Dying and Bereaved*. It

is a five-day intensive and experiential course offered by Victoria Hospice.

The Lady Minto Hospital Foundation made this possible for us. This will greatly contribute to our nursing practise both at Lady Minto Hospital and in the community.

A big **Thank You** to the Foundation for supporting local nurses in continuing their education."

Andrea Marx and Michelle Muir



LadyMintoHospitalFoundation

PRESIDENT'S REPORT

Derek Fry

At the Annual General Meeting of the Foundation on 21st September, I took over the reins as President from David Southwell. Let me first thank David for his tireless leadership of the Board. He is certainly a tough act to follow, though lucky for me, David is staying on the Board as Past President.

2011/2012 Fiscal Year was a challenging year for the Foundation. We contributed over \$250,000 to equipment purchases and projects at the hospital but donations were down and we had to dip into interest and dividends earned on invested assets to make ends meet. Fortunately, the Endowment Fund still stands at approximately \$3.6 Million due to a solid investment performance.

Our fundraising activities did well with the Phantom Ball raising over \$60,000 and the Golf Tournament raising just short of \$30,000. As we look to the year ahead, community support for these annual events will be vital to our being able to

continue our high level of financial commitment to meet the needs at the hospital. As we are all aware, government funding for health services is coming under increased scrutiny and ensuring that our wonderful local hospital gets the improvements and equipment upgrades needed is a key focus for the Foundation.

In the year ahead, the Foundation will make contributions to capital equipment, education and activities at the hospital but additionally this year will facilitate the installation of Automated External Defibrillators (AEDs) at key locations around the island. Fast access to an AED is critical in saving the life of a cardiac arrest victim so distrib-



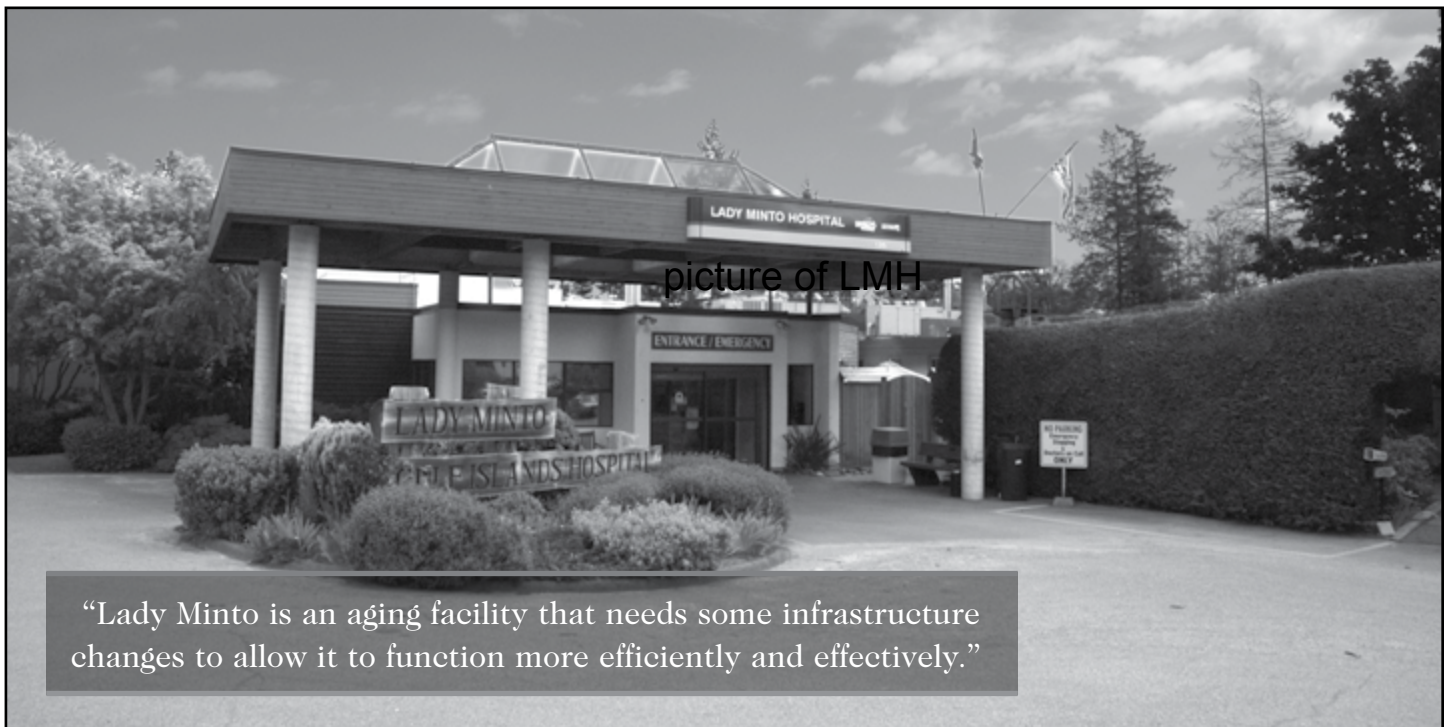
uting AEDs is like extending the reach of the Emergency Room. We will continue to make CPR/AED training courses available on island.

This year will also see progress on the Vancouver Island Health Authority (VIHA) plans for re-development of the Lady Minto Hospital. Salt Spring residents will recall that in May 2010, VIHA published the results of a comprehensive review of the health services needs on the island. The study concluded that "there remains a strong requirement to maintain hospital services on Salt Spring Island and to develop the hospital so it continues to play a key role in meeting the acute care, diagnostic and emergency services needs of Salt Spring residents and visitors." The study

also concluded that "Lady Minto is an aging facility that needs some infrastructure changes to allow it to function more efficiently and effectively."

VIHA has now reached the end of the first stage of planning for these infrastructure changes at the hospital and recently shared the Feasibility Study with the Foundation.

The plan is to reconfigure and better utilize existing space, creating a much improved layout and enlarged Emergency Room, more space for Medical Imaging and more space for the Lab. Operating Room capacity is retained for the expanded Endoscopy volumes now being experienced. To achieve this renovation within the existing building will



require a large number of small phases. It is estimated that the changes will take some 2 years to complete and that the cost will be in the region of \$5 million.

The doctors, nurses, lab technicians and support staff at Lady Minto are solidly behind this plan, despite the disruption they will face. In fact the staff are excited at the prospect of working in the modernized layout.

“The plan is to reconfigure to better utilize existing space, creating a much improved layout and enlarged Emergency Room, more space for Medical Imaging and more space for the Lab.”

We should all recognize that the next challenges will be funding and prioritization within VIHA. There are many demands for the health authority’s investment resources and Lady Minto is likely seen as a deserving but not critical case. VIHA’s decision about the timing of the project will be made easier if the Salt Spring community commits, through the Foundation, to shoulder a significant part of the investment. We intend to stay in close touch with VIHA as this project makes its way through their decision-making process and will assure VIHA that we stand ready to contribute. I can only reiterate that the Foundation’s fund raising activities need the ongoing and generous support of the community as we pressure VIHA to get started. ■



Carol Dodd gets ready for the Ball Drop

2012 Golf Tournament

A big thank you to all prize donors and participants in the 2012 Golf Tournament — it was the best ever! and we raised over \$30,000.



Clockwise from left:

Justin and Bob Byron enjoy the 2012 Golf Tournament; Bill Whitelaw is seen here spotting for the Hole in One contest; Lynne Fraser takes her best shot



PLANNED GIVING AND LEGACY GIFTS

MAKE A DIFFERENCE IN THE FUTURE FOR LADY MINTO HOSPITAL

The health care peace of mind that Salt Spring Island residents now have is the direct result of our community's generous support of the Foundation. In the long term, these gifts will be vital to continually improve our hospital equipment and to support the capital requirements of the facility.

There are many reasons to make a bequest.

A bequest allows you to honor a loved one while providing critical support to the hospital. Making a bequest costs nothing now, yet it may give you a great deal of satisfaction to know that your future gift will live on. Through your estate planning you can provide a lasting gift that will provide the resources for endowment purposes and at the same time receive significant tax benefits. Should you wish to find out more about how your gift could impact the hospital and the tax advantages of making such a gift, please contact our Planned Giving and Development Coordinator, Diana Hayes, at the Foundation at 250-538-4845 or email her at Diana.Hayes@viha.ca

BY INVESTING IN OUR COMMUNITY HOSPITAL, YOU ARE INVESTING IN OUR FUTURE.

In addition to bequests, there are many other ways to give. Lifetime gifts such as stocks, bonds or securities can be made and your gift goes further as no income tax is paid on the capital gain generated by this type of donation.

LIFETIME GIFTS

- Cash & securities
- Appreciated property
- Life insurance
- In memoriam & tribute gifts

DEFERRED GIFTS

- Bequest
- Life insurance
- Charitable gift annuities
- Charitable remainder trust
- Gift of residual interest



AUTOMATED EXTERNAL DEFIBRILATOR (AED)

DR. JOHN GEDDES, CARDIOLOGIST AND CO-INVENTOR OF AED ENDORSES FOUNDATION'S AED CAMPAIGN



CLOCKWISE FROM ABOVE:

North End Fitness

Chris Denbigh

All Saints Anglican Church was one of the first locations in our community to purchase an AED. Seen here are parish members Joanna Southwell and Sue Savage

Farmers' Institute

Barry Dunster

Downtown Pharmasave

L to R: Cindy Toutant, Wafa Whitecutt, Crystal Amodeo

Uptown Pharmasave

Brandon Rolley and Taylor Hanson



The wonders of modern technology allow medical emergencies such as cardiac arrest to be treated on the spot. All you need is an automated external defibrillator (AED) close at hand to save a life.

Like all great inventions, the defibrillator did not arrive overnight. In fact, it took centuries to realize the lifesaving potential of electricity, how to apply it, and to develop the device we know today.

In 1966, in Northern Ireland, cardiologists J. Frank Pantridge and John S. Geddes were the first to install portable external defibrillators in an ambulance, creating the first Mobile Intensive Care Unit.

Foundation Committee Member, Patrick Taylor, who is a retired specialist in Reproductive Medicine and author of the best-selling Irish Country Doctor series, was a colleague of Dr. Geddes in Belfast in the 1960's and recently corresponded with him regarding the Foundation's AED program. Here is what Dr. Geddes says:

It remains one of my 'missions' in life to promote pre-hospital cardiac care in all its forms...Quite a lot of work has been done on the factors affecting survival from pre-hospital cardiac arrest and on situations in which deployment of defibrillators in the community can be rewarding, and I myself had the opportunity to review the initial experience of Qantas Airlines with defibrillators placed on planes when I visited Sydney in 1997. Funding employed to provide properly organized facilities for resuscitation in the community is money well spent. ■

AED CAMPAIGN UPDATE

Both Pharmasave locations and North End Fitness are now AED equipped with external signs. Discussions continue with other high volume locations.

Training started in June 2012 and has continued on a monthly basis. Classes will continue into the New Year. To register, or for more information, please contact Karen Mouat at 250-538-4824, or Karen.Mouat@viha.ca



*Henry Otto
and daughter, Katharina*

HENRY OTTO SURVIVOR OF CARDIAC ARREST

HOW MIRACLES DO HAPPEN, ALONG WITH A LITTLE HELP FROM MEDICAL TECHNOLOGY

by Diana Hayes

As long as I can pick blackberries, I will be O.K.," says Henry. This summer, as he recovered from a full cardiac arrest which took place on June 26th, he went on to pick 230 pounds of blackberries in his back yard. "Close to what I picked last year", he beams. The blackberry wine that he makes is proof of his labour. Delicious and full bodied. I sip a sample that is offered as I listen intensely to Henry and his daughter, Katharina as they recount the events of that terrible day.

Henry was working in his garden on a Tuesday afternoon in June when he suddenly didn't feel well and felt chest pain. He came into the house and had a spoonful of his favourite brandy, Dujardin, thinking he had a touch of indigestion. "A small taste of brandy would usually do the trick", he said. When his daughter, Katharina, asked him if he had pain, he said "yes" this time. This was unusual and right away she realized something was different.

"He usually protested if I said we should go to the hospital, but not this time," she recalls. She took him right away to Lady Minto in her own car. She didn't want to wait an extra minute for the ambulance. Henry had been treated for heart problems in the past and had a heart attack back in 1995, but something was terribly wrong that afternoon and they needed medical help urgently.

Dr. Barclay was on call that day and when Henry presented in the Emergency Room with chest pain, the medi-

cal team flew into action. He was moved onto a gurney, hooked up to a heart monitor and started an I.V. line. Shortly after that, Katharina reports her Dad collapsed in cardiac arrest and then "flat lined". "He was technically dead but the medical staff defibrillated him right away. His heart responded and began to beat again but he remained unconscious for several hours. The doctors told me that he wouldn't survive. When he regained consciousness, his short term memory was gone and he had little strength. By Friday of that week he was transferred to Victoria where he underwent stent surgery as well as an implant procedure with pacemaker and internal defibrillator."

Henry does not remember the events until a few days after his heart attack. After he regained consciousness, his family doctor asked if Henry recognized him by name to test his cognitive function. After a few moments, Henry said: "the opposite of Schwartz", which means black in his native German. Indeed, his family doctor was Dr. James White. Katharina explains that everything including his

sense of humour improved once the stent was in place.

Katharina and Henry are both grateful for the technology that brought him back to

They are both very supportive of the community AED program which was spearheaded by the Foundation last winter, and know first-hand that defibrillators save lives.

life and gave him another chance. They are both very supportive of the community AED program which was spearheaded by the Foundation last winter, and know first-hand that defibrillators save lives.

As Katharina reflects on her experience, witnessing her father collapse and his heart stop beating, she is grateful for the medical expertise and equipment that was available to revive her father's heart. But she also acknowledges the miracle that took place and answered her prayers. Not only was her father revived from a full cardiac arrest but he is now "back to his old self". His short term memory has returned and he is still active. Henry notices a bit more fatigue but is grateful for this chance to be back in the garden, picking berries. ■



MEET OUR RESIDENTS ON EXTENDED CARE



Clockwise from top left:

Frances Antonik as a young graduate nurse

Antoniks' Fabulous 5: Mike Antonik, Frances Antonik, Joanie Mitchell, Judi Harvey, Pauline McCarthy, Garry Antonik

Frances Antonik wins a award at the seniors sport day on ECU

FRANCES ANTONIK

by Diana Hayes

Ladislav and Frances Antonik first set down roots on Salt Spring Island in 1965 when they purchased their lake-front property and summer home. They came to live full time in 1981 following retirement. Two of their five children, Pauline and Mike, were also charmed by island life and have resided here for many years.

The Antoniks were strong believers in supporting the community and were fully immersed in island life. Ladislav served on the Water Board and was a long time member of the Egg Heads, a men's speaking club, and was also an active member of the Salt Spring Island Golf and Country Club. The Antoniks also participated in bridge groups. Over the years the family supported Lady Minto and the Foundation, making annual donations to the hospital's equipment drives and endowment fund.

Frances grew up on a farm near the St. Lawrence in Southern Ontario and knew what it meant to be part of a strong, hard-working family. One of fourteen children in an Irish immigrant family, she and all of her sisters went on to become nurses.

Ladislav and his family were living in Eastern Slovakia before the war broke out and it was his mother who persuaded the family to emigrate to Canada. He was able to pursue his career in medicine, something that he had wanted since he was a young boy. He met Frances in the 1940's, while working at Hotel Dieu Hospital in Kingston, Ontario as a medical student and Frances was in training to become a registered nurse. He went on to become Medical

Director of the Royal Columbian Hospital in New Westminster where the hospital's medical library is now named after him.

Ladislav died in 2000 after staving off a heart condition for a number of years. He was able to remain at home during his final days with the wonderful help of home support nurses and Bessie Dane volunteers, and left the world seeing his most beautiful sight from the window: the banana tree that he had carefully nurtured, with the help of Salt Spring's "Banana Joe", and the beauty of the lake beyond. Pauline was able to visit her father's home town in Eastern Slovakia, near the village of Kosice, this past summer.

Frances came to live on Extended Care five years ago after suffering a severe stroke. Pauline visits her regularly on Extended Care and helps out with other residents by taking the time to converse and share a moment, or bringing flowers to make the tables look pretty. She describes her mother as "sweet natured, affectionate, very generous, empathetic, and always supportive; a Salt of the Earth Mom!"

She shared a funny family story from the early years at the Langs Road family home, when a small herd of cattle had broken loose from a north-end farm. They woke one Sunday at the house and heard and felt a terrible shaking, almost like an earthquake. After investigating the yard, Pauline discovered a number of cattle were up against the house rubbing their backs. She also recalled the early days when party lines for Salt Spring telephones were the norm.

In sharing these stories, Pauline reminds me that all of our residents on the unit have fascinating and meaningful histories. Pauline understands the importance of listening to the wisdom of our elder family members and had the good fortune of growing up in a family where seniors were respected and cherished.

In closing, Pauline shared the wisdom of Frances' dear friend, Jack Fisher, a long time resident of the island. In his final days as a patient at Lady Minto, when asked if he had any parting words for Frances, he said to Pauline, "Tell her I love her...after all, love is the most important thing in life. Nothing else comes close." ■

ACTIVITIES ON EXTENDED CARE

Barbara Brindamour, Activities Coordinator, reports for fall 2012:

With the help of an annual grant from the Foundation and designed gifts from donors, the ECU Outings Program and other activities including "The Music Man", a presentation of 50's style music, takes place regularly and provide much enjoyment and a change of scene for our residents.

Volunteer of the Month

We have some very special volunteers that help throughout the year. Last week Cindy Leigh and Barb Davey created a wonderful Ukrainian Lunch complete with cabbage rolls, perogies, garlic sausage, bacon and of course sour cream. There are many occasions when staff members volunteer to help with our activities programs.

Our exceptional summer lasted through the first part of October and it was so perfect for outings and activities on the patio. Here are highlights from our fall activities:

- Alan Moberg played guitar and sang and Dorothy made hotdogs which is always a hit.
- A new singer and guitar player has joined the music program and performs regularly on Sundays.
- A bus outing took place in October which included a visit to Fulford Village, Ruckle Park and Steward Road on the way home. The infamous Ruckle Farm turkeys were out in their splendor and observations were that the fall colours were wonderful, Fulford hasn't change very much and the road to Ruckle Park was bumpy as always. Outings are planned on a monthly basis, weather permitting.
- Crafts are going well and Halloween preparations have kept residents busy with tray favours and pumpkin carving – fun but messy!
- The Ding Dong group is working on their Christmas Concert music. There are some difficult pieces but they are coming along. A date has not yet been set for the concert.
- A great outing to Harbour House for lunch took place with good food and good conversation shared with good friends.
- A walk up to the Legion for lunch was also a highlight -- the Halibut and Chips were worth the trip through the rain and cold!
- A visit to the Braehaven Craft Fair took place in November.
- Crossword games are scheduled every Saturday with the help of Leslie.
- The regular music program, "Welcome to the Past" is also popular and residents can submit requests for their favourite songs; another musical performance with Dawn Hage took place in November.



PEGGY NIXON MAKES A SPECIAL “DONATION IN KIND” IN MEMORY OF HER HUSBAND, JAY

The Nixon's were avid sailors and lived for a number of years on Secret Island (next to Prevost Island) before settling on Salt Spring in 1999. The handsome couple seen here on a business trip in Texas in the 1970's and on a more recent trip to California.

After her husband Jay passed away earlier this year, Peggy Nixon wanted to make a special contribution to the hospital and to thank the staff who took such good care of Jay while he was in hospital. To make him more comfortable at home, Peggy arranged to purchase a portable oxygen concentrator through MedPro. “It made all the difference,” Peggy said, and provided comfort right at home where Jay was able to spend his last days.

“I can’t say enough about the nurses at Lady Minto,” Peggy added. “They are an amazing team.”

Peggy approach Lady Minto’s Clinical Coordinator, Jo Twaites, to find out if this

“I can’t say enough about the nurses at Lady Minto. They are an amazing team.”

equipment could be donated to the hospital and made available to other patients who might be in need. The units sell for over \$3,500 and can be out of reach for patients who have limited budgets or do not have extended medical benefits.

By donating this important equipment to the hospital, Peggy has made it possible for others who require respiratory care

through oxygen therapy to remain at home. The unit is so portable that it can be easily moved in and out of a vehicle.

The family doctor is the starting point of course, as oxygen therapy must first be prescribed by a physician. For patients returning home from a hospital stay, oxygen therapy can be ordered and set up at the time of hospital discharge.

Gifts-in-Kind are another way that donors can contribute to the hospital. It is always advised to contact the Clinical Coordinator before making arrangements to donate an item of equipment. Once an item has been approved, the Foundation can process the donation and following CRA rules regarding gifts-in-kind, an official tax receipt can be issued for a percentage of the documented and/or appraised value of the item.

We have received a number of gifts-in-kind over the years and encourage donors to check in with Jo Twaites or our Manager, Bill Relph first to see if it is an item that can be used.

Many thanks to Peggy Nixon for her generous gift! ■

Diana Hayes

A GIFT FROM THE ESTATE OF JAMES C. BARBER



THE FOUNDATION RECEIVED A GENEROUS GIFT FROM THE ESTATE OF JAMES C. BARBER WHO PASSED AWAY IN MAY OF 2012. JENNIFER HOWARD, MR. BARBER'S DAUGHTER, WROTE TO THE FOUNDATION TO THANK THE HOSPITAL AND SHARED THE FOLLOWING ABOUT HER WONDERFUL DAD.

“Lady Minto was an important place for my father during his last ten or so years. Around 2001, Jim suffered a debilitating stroke and spent several weeks at the hospital recovering. He made the best of things and quite enjoyed his time there, giving nicknames to many of the staff. “Sargeant Major”, “The Galloping Hairpin”, and “The Brute” are the three that remain stuck in my head! Furthermore, he wasn’t shy in telling the people to their faces what their nicknames were!”

“Jim recovered and returned home for another 10 rich years of life with his wife, Ann. Ann’s health failed dramatically in December 2011 and she became a resident of Greenwoods in February 2012. My father was diagnosed palliative with bone cancer in January 2012 and very soon need 24 hour care and was fortunately admitted to Lady Minto 10 days after my mother’s departure to Greenwoods. There were hard times for my dad: the sudden separation from his wife of 60 years, the loss of her cognitive abilities, his physical and emotional pain and impending death. The staff of Lady Minto were so kind to Dad, and I



Left: James and Ann Barber at Ruckle Park, 1988

Above: Ann and James with Jennifer and family

think being in the bustling environment of the hospital helped him through his last months.”

“Now it was time for Jim to have a nickname, and we called him “Twinkle Toes”, a nickname hailing from his soccer days at university, as he continued to slowly but determinedly navigate the corridors of Lady Minto behind his walker. Dad was finally admitted to Extended Care in mid-April, enjoyed the more calm and homey atmosphere, the wonderful warm care, and died May 4, 2012.” ■

In Memoriam Gifts

*R*emember a loved one with a gift to the Lady Minto Hospital Foundation’s Memorial Gifts program.

Memorial gifts are a wonderful way to remember loved ones, and to share gifts that truly make the difference for patients and residents. We are always grateful when families name the Lady Minto Hospital Foundation for this purpose.

All memorial names are listed on our Donor Recognition Wall in the front lobby of the hospital. The memorial name panel is updated twice a year.

When you send in a memorial donation, please include:

- ☐ Name of your loved one
- ☐ Name and address of next of kin so that we can notify them of your gift
- ☐ Your name and address for tax receipt

WELCOME TO OUR NEW BOARD MEMBERS



TIM BRADLEY

Tim Bradley is an interior designer and hobby farmer who has lived on Salt Spring for the past 10 years. He was born in 1962, by accident of timing on the Canadian prairies, to English parents and then brought up in North

Yorkshire, England.

He was educated firstly in Harrogate, Yorkshire and then at the University of London, Bedford College, where he attained a joint honours degree in economics and politics.

His passion has always been interior design. His first job was dealing in architectural antiques followed by work with three major London interior design companies, and finally becoming one of the founders of Mulberry Home where he was involved not only with developing and marketing a wholesale and retail collection of fabrics, wallpapers, furniture and accessories, but with many prestigious design projects including Catherine Zeta Jones and Michael Douglas's Barbados home, Charlton House Hotel and rooms in the Berkeley Hotel Knightsbridge.

Seeking a refuge from the frenzy of London, he came to Salt Spring in 2001, firstly buying the Moka House Coffee Shop (now TJ Beans), which he and his partner owned for 5 years. During that time they also started the Yorkshire Design Company which has rapidly become the leading interior design company on Salt Spring, designing, redesigning and overseeing the renovation of over 20 houses on Salt Spring to date as well as projects in Calgary, Vancouver, Naramata and Victoria.

His interests include horticulture in all its forms, cooking, cars and reading thrillers.



FRED LIZOTTE

Fred was born and raised in Quebec City and moved to B.C. in the later 1980's. He began working on Salt Spring Island for Barry, McLean and Sacker Inc., a public accounting practice, in 1999. He obtained his designation as a Certified

General Accountant in 2002 and joined the firm as a partner in 2006. The firm has operated as McLean, Lizotte, Wheadon and Company since 2007. Fred handles a wide spectrum of personal, corporate and non-profit accounting, auditing and taxation services.

He lives on Salt Spring Island with his wife, Jane and two young daughters. When not at home or the office, he is an avid badminton player.



PAUL OLIPHANT

Paul was born and raised in Detroit, Michigan. He completed his BSc at Michigan State University and subsequently attended graduate school at the University of Waterloo in Ontario where he completed a Master's degree in Clinical

Psychology followed by a yearlong internship at the University of Manitoba in Winnipeg.

After the birth of their first child the nascent Oliphant family moved to Calgary. Paul became a Registered Psychologist specializing in the mental health treatment of children and families. In addition to his hospital practice Paul also worked in a small community practice where he focused on the treatment of adults. In addition to a busy clinical practice he became involved in administrative leadership in various management positions with the Regional Health Authority. He took the lead role in the integration of inpatient, outpatient, daypatient, and emergency mental health services at the Alberta Children's Hospital and later the reengineering of child and adolescent services for the Calgary Health Region.

In addition to his clinical work Paul was a member and Chair of many health care committees. He also volunteered as Chair of the Board of Directors for the Foothills Academy (a school for youth with learning disabilities) and LAMDA (supported housing for adults with severe and persistent mental health disorders).

Music has always been an important part of Paul's life and in his last half dozen years in Calgary, Paul played with an indie rock band that organized "gigs" to benefit local and international charities. Participation Junction, a not-for-profit organization in South Africa, used their donation to establish their own Foundation. Paul enjoys hiking, kayaking, tennis, song writing and playing guitar.



MARC RAINVILLE

Marc Rainville currently works as Branch Manager at the Bank of Montreal in Ganges. Previously, he worked as Director of Business Improvement at the Coast Capital Savings/Coast Capital Insurance and Director for Mortgage

Planning (2005-2011). He also held positions with the Royal Bank of Canada where he was Regional Director, Mortgage Specialists at the West Fraser Valley, Branch Manager Sales and Service at North Island Area in Courtenay, and Assistant Manager for Branch Operations & Training in Vancouver (2005 to 2008).

Marc is a proven leader with a track record of consistently exceeding growth targets. He possesses extensive experience in lending and risk evaluation as well as formulating and implementing mid and long-term tactical plans. He is a skilled facilitator with strong communication (both written and verbal), and presentation skills. He is fluent in French and English.

He holds a B.Soc.Sc. Honours Degree in Economics and Public Policy and Management from the University of Ottawa (1983-1987). He holds certificates in Outdoor Emergency Care/First Aid, A.C.U.C. scuba diving, and is a Level II coach with the Canadian Rowing Association.

His personal interests include a variety of community volunteer positions for organizations such as the Children's Hospital and the United Way. He enjoys sailing year round and enjoys skiing for pleasure or as a volunteer patrol/avalanche awareness/ski host.



DEPARTMENT PROFILE

HOME & COMMUNITY CARE

by Karen Mouat

*Maureen Gix, Sharon MacKinnon
and Michelle Muir*

HOME & COMMUNITY CARE

All referrals are made through Central Intake: 1-888-533-2273.

Doctors, family members, or patients themselves can make a referral by calling this number.

Note: Home Care Nurses can respond to nursing care issues such as medications, wound dressings, catheter care etc. Concerns regarding personal care such as bathing and meals should be directed to the Long Term Care Case Manager using the same Central Intake phone number. Home & Community Care Nursing is available in some cases through Beacon Community Services.

Home Care Nursing is available to patients 7 days a week and staff are available on holidays.

There are three districts on Salt Spring in the program covered by the following nurses:

North – Sharon MacKinnon and Michelle Muir

Central – Maureen Gix and Karen Hunsberger

South – Sue Banks

Casual and part time staff available on call for the department: Stacey Hill, Sharon Doobenen, Carolyn Morgan, Israel Cohen

Home Care Nursing - What is it all about?

They are called Home Care Nurses, but do we really know what they do? Unless you have the need, and encounter one of these mobile medical professionals, you may not know the extent of their reach.

Home Care Nurses operate with a holistic philosophy. When HC Nurses do a home visit they must consider everything. Is their patient's dog a tripping hazard to their decreased vision? Are they suffering from loneliness as much as they are ill? Nurses' totes are full of a variety of medical supplies as 20% of the time they are surprised by what they find at the home. Their original reason for the visit can become secondary; they have to shift their priorities and care plans constantly. To become a Home Care Nurse you

It's all about leading with your experience and your heart.

must have experience and you must be able to work independently. While there is a wonderful team approach operating on Salt

Spring, you are still out there alone. You are it. You may also become a teacher to the caregiver, or the one that nurtures them. There is no script to be followed. It's all about leading with your experience *and your heart*.

The Clinic Room in the Annex behind the Hospital is a very important part of the Home Care Nursing process. This clinic increases the capacity for nurses to attend to patients and it fosters independence when the client is ambulatory.

Palliative Care at home has been a large focus of this program for many years. It was the precursor to the Palliative Care rooms in the hospital. Lady Minto Hospital Foundation supports nurses' training in Palliative Care on a yearly basis.

Physicians rely on the Home Care Nurses to monitor their patients and report anything they see. In turn, HC monitors Beacon Home Support workers when their medical role has diminished.

Anyone can be referred to Home & Community Care, and anyone can make that referral: doctor, family, neighbour, hospital. There is a Central Intake number and when there is a referral, they are bound to go. And this team makes it their priority to go as soon as they can. ■



Maureen Gix and Sue Banks

Maureen Gix Wound Care Resource Nurse

Maureen Gix came from working in the Special Care Nursery at Victoria General in 1993 to join Sharon Armstrong, the lone Home Care Nurse on Salt Spring. "From strictly babies to mainly old people," Maureen says.

Approximately 90% of the referrals they get are for people over the age of 65.

With our aging population, at times they get overwhelmed but juggling seems to be their specialty. And teamwork. They won't stand by and see a colleague get frazzled. They go out of their way to support each other, which is a challenge to their managers in Victoria and Sidney, but they too support this team.

If you want to work as a home care nurse on Salt Spring you have to love elderly people.

To keep a fresh outlook, they have also developed a unique system for rotating

staff coverage through north, central and south island residents as each area has its own special demographics.

For Maureen and the other nurses, communication is also key for the best continuity of care. Although some patients need consistency in their nursing staff, others, like the elderly, benefit from seeing different nurses for social stimulation -- whatever it takes to keep them at home.

Maureen says, "Sometimes nurses get attached to their clients as the tables shift and the patient becomes therapeutic to the nurse."

Maureen is the Wound Care resource person as well as the VIHA representative on the Provincial Wound and Skin Care Committee. In consultation with the College of Registered Nurses of B.C., this committee establishes how and what will be used in the area of wound care. Through her work on this committee, Maureen sees how fortunate Salt Spring is with their Home Care nursing program. Nurses and patients alike feel the benefits from having Maureen's expertise on island. ■

Sue Banks Palliative Care in the Home

Sue Banks started working in Home Care while living on Haida Gwaii, in the small community of Massett. Working with the existing Home and Community Care nurse, they would ride their bikes from patient to patient, carting their charts to and from home.

She has been a part of the team on Salt Spring for eight years now and is their Palliative Resource person. Working a palliative case, she finds it is often easier to have those really hard conversations in the home. In palliative home care, you meet the patients and their families and see where they are at in understanding and accepting their prognosis. The nurses learn from the patients what their goals are and work to support those goals and teach them how to best manage their health care from home. They work to anticipate what might happen next in order to prepare the patient and caregivers.

Home and Community Care nursing is not a 24 hour service so caregivers are taught how to give medications and manage

Much of the job is emotionally supporting the family and the relationship that develops between nurse and family is unique and rewarding.

symptoms to maximize comfort. Much of the job is emotionally supporting the family and the

relationship that develops between nurse and family is unique and rewarding. Although nurses can't be in the home 24 hours, they trust in their education of the family and the collective knowledge of all the home care nurses who work collaboratively to cover patient care seven days a week.

There are Home and Community Care programs in all communities in B.C. but not all of them have a hospital for backup. The nurses feel lucky to have Lady Minto Hospital and are fortunate in our small community to have such a well rounded hospital and to have such a good relationship between community care and hospital care.

The Foundation supports nurses' education each year and has also set up a fund specific for palliative care training, thanks to the generous estate donation received from the Franey Family in memory of Margaret Franey. Home & Community Care also receives designated donations through the Foundation to support their continuing education. ■

LADY MINTO HOSPITAL FOUNDATION
PHANTOM BALL 2012 RAISES OVER \$60,000

16th Annual
PHANTOM BALL
The Ball That Never Was

AND THE
PRIZE WINNERS ARE...
Sharyl and Jim Satchell



The Phantom Ball 2012 Prize will truly be a romantic get-away as promised for this newlywed couple. Sharyl Satchell recently retired from Greenwoods Eldercare Society as Head Nurse and is looking forward to a "second honeymoon" with her sweetheart Jim this fall, here on Salt Spring Island. The prize package includes a week-end escape at Hedgerow House B&B, a romantic dinner at Auntie Pesto's Café, an afternoon cruise aboard 30' tug-style cruiser "Bella", as well as

a gift basket of Salt Spring Island goodies, a complete set of books by Patrick Taylor, and an original painting by award-winning Irish artist Dorothy Tinman. Congratulations to Sharyl and Jim! ■



Sharyl with Past President, David Southwell who presented the prize



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