

BUILDING A HEART HEALTHY COMMUNITY

by Diana Hayes



Dr. Morse with his dog Lucy

"Get out and walk the dog every day—it's good for your heart."

"IT FELT LIKE AN ELEPHANT WAS STANDING ON MY CHEST!"

Dave Abley, a fit healthy looking 60 year old man, was scheduled for the stress test after experiencing intense pain in his chest while taking his morning shower. "It felt like an elephant was standing on my chest,"

he said, and it stopped him in his tracks. In fact, he wasn't able to get up. His girlfriend insisted that he go to emergency and there he was immediately hooked up to an ECG machine. His ECG and lab tests were normal.

Lab tests are ordered when heart attack is suspected to measure cardiac enzyme levels. Raised Troponin levels indicate car-



Dave Abley

diac muscle cell death as the enzyme is released into the blood upon injury to the heart.

"My dad lived until he was 86 even though he needed nitro-glycerine for

his angina," he explains when asked for his family health history. Dave had experienced this kind of severe chest pain some 20 years ago but otherwise had no symptoms and has lived a very active life. In fact, he had been snowboarding at Whistler on a five day holiday just before the elephant turned up during his morning shower. He had no difficulty at all with the treadmill test even after it had been pushed to the highest settings (speed and incline are both



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Moving to a Greener Lady Minto



Dr. Morse, Dave Abley and Chris Gix conducting the test

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Published by the Lady Minto Hospital Foundation

Editor: Diana Hayes

Layout: Mark Hand Design Printing: Contour Grafix

*Photo credits: David Borrowman, Diana Hayes, Karen Mouat,
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moving to a greener Lady Minto

gradually increased until the patient reaches 85% of his maximum output if tolerated).

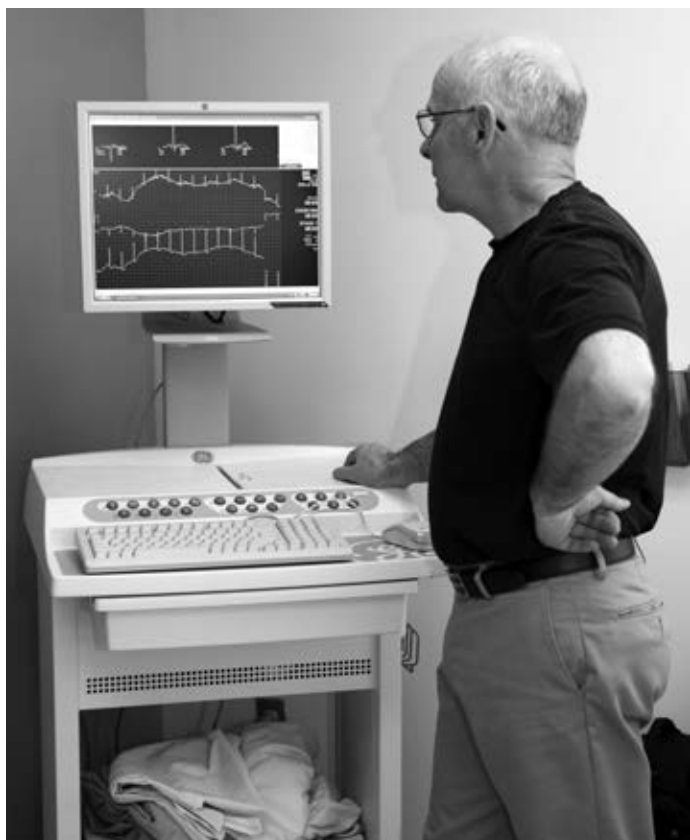


The results of the test were negative, indicating that Dave did not have ischemic heart disease, but Dr. Morse recommended that he follow up and an echocardiogram was ordered. The stress test looks at the heart's electrical system and other tests are ordered to evaluate the muscle and vascular system.

Dr. Morse explains that Dave's chest pain could have been related to a number of other

factors that can mimic heart pain, including severe reflux (GERD). The nerve signals in the esophagus can mimic heart pain as it has the same nerve supply. If neck muscles are involved, this can also present as chest pain. Other causes of chest pain include blood clots in the lungs, pleurisy, pneumonia and injuries to the chest wall or ribs.

Dave was relieved to know that his stress test was normal and that he can carry out his normal activities. Back to the slopes for more snowboarding, he says, and no more elephants! ■



AT LADY MINTO, YOUR HEART IS IN GOOD HANDS

We are lucky to have the expertise of General Internist, Dr. John Morse, here at Lady Minto when it comes to making sure we have a healthy heart. Dr. Morse is consulted when patients are referred by their family doctor with a number of heart symptoms which may include chest pain and arrhythmias. After an in-depth history is taken, Dr. Morse will usually order tests including the Treadmill Stress Test or the Holter Monitor.

“Chest pain is by far the main reason for referral,” Dr. Morse confirms. One of the ways to test the heart’s electrical system is to perform the Treadmill Stress Test, which is a screening tool used to test the effect of exercise on your heart. The service is provided on a weekly basis and with the financial support of the Foundation, the hospital now has state-of-the-art equipment. The General Electric system was purchased with funds raised by the Foundation in 2010 for a cost of \$40,000 and has many extra features including a superior monitoring system and software. “The GE machine is sophisticated, reliable, with an excellent reporting format”, Dr. Morse adds. “The treadmill is quiet and automatically changes the pace

according to the BRUCE protocol, a standard in treadmill testing.” While you exercise, the activity of your heart is measured with the ECG and your blood pressure readings are recorded at set intervals.

I had the opportunity to spend the morning in Dr. Morse’s treadmill clinic which is located on the lower corridor at Lady Minto Hospital. Radiology Technologist, Chris Gix, was on hand to set up the equipment and assist patients in preparing for the test. Ten electrodes are attached to the patient and a blood pressure cuff is placed on the left arm. Dr. Morse monitors the patients throughout the test and takes regular blood pressure readings. The sophisticated ECG monitor displays the pulse rate and heart rhythm and test strips are printed at strategic times to check for subtle changes in the heart’s electrical rhythm.

Dr. Morse reviews the printout with the first patient and explains that, “the ST segment is sloping down, an indication that there is a blocked artery.” The patient will be referred directly for angioplasty which will ultimately provide better blood flow. In the meantime, a medication known as a beta blocker is prescribed which will lower blood pressure and reduce the demands on the heart, providing better distribution of blood to the heart muscle.

“What causes pain in the chest can be fatal”, Dr. Morse warns. The importance of screening and appropriate testing can’t be emphasised enough. “Beta blockers affect the heart like a governor on an engine,” he adds, and the patient, who is a marine engineer, understands

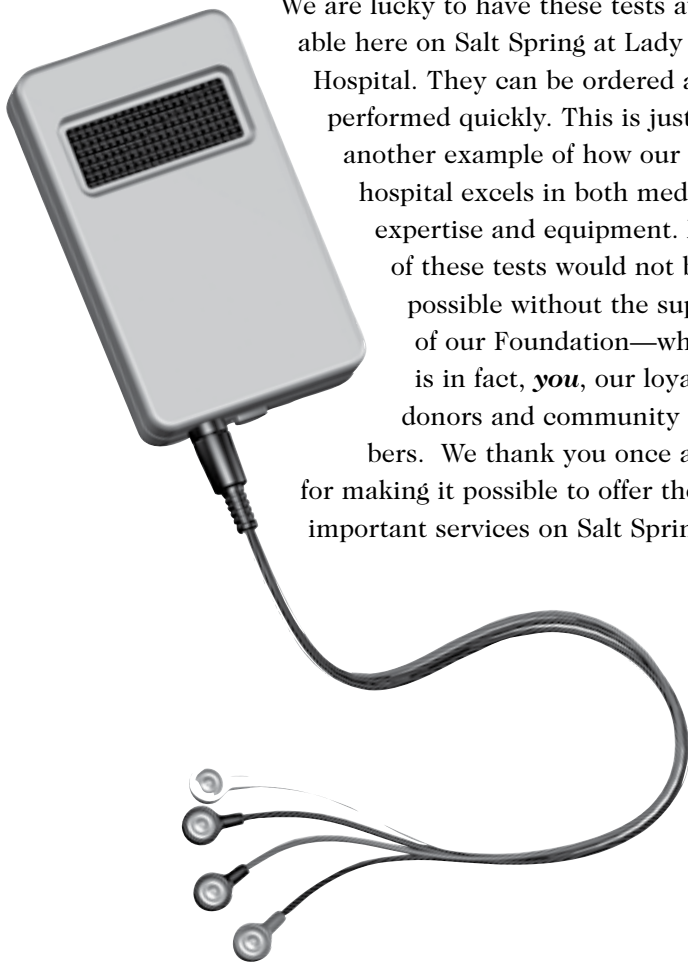


immediately. Heart disease needs to be confirmed by several specific tests: the exercise treadmill test, the nuclear scan and stress echocardiogram, and an angiogram. Two of the four patients seen during this morning session were diagnosed with ischemic heart disease and referred for further testing. ■

HOLTER MONITORS

Lady Minto Hospital also offers another kind of test for determining problems with the heart. Holter monitors, which are small devices worn by the patient either around the neck on a belt, record electrical signals from the heart via a series of electrodes attached to the chest. The patient wears the monitor for a minimum of 24 hours and keeps a written log of key activities during that time. When the recording of ECG signals is completed, Dr. Morse then reviews the results. The equipment uses an integrated analysis process which automatically determines different sorts of heart beats, rhythms, etc. The results of the test provide valuable information in diagnosing cardiac problems. Some of the conditions that indicate the need for this test include irregular heartbeat (arrhythmia) or unexplained fainting. Over the 24 hour period, the Holter monitor may be able to detect irregularities in your heart rhythm that an electrocardiogram could not detect. Some of the conditions that can be picked up by the Holter include atrial fibrillation, blockages in the arteries, heart palpitations and mitral valve regurgitation to name a few. Ventricular tachycardia can be detected with the Holter test and is considered more serious.

We are lucky to have these tests available here on Salt Spring at Lady Minto Hospital. They can be ordered and performed quickly. This is just another example of how our local hospital excels in both medical expertise and equipment. Many of these tests would not be possible without the support of our Foundation—which is in fact, **you**, our loyal donors and community members. We thank you once again for making it possible to offer these important services on Salt Spring. ■



HEART HEALTH

SOME FACTS TO FOLLOW

Heart disease and stroke are an epidemic in North America and many people who are at high risk for these conditions don't know it. With knowledge and education, many of the major risk factors can be prevented and controlled. Making sure your blood pressure and cholesterol are checked and making other lifestyle choices can make the difference in living a healthy long life. Make sure you are aware of the ABCs of heart health, which include:

- Blood pressure control
- Cholesterol management
- Smoking cessation
- Appropriate aspirin therapy for those who need it

Your diet can have a big impact on your heart health and we all know the benefits of eating lots of fresh fruits and vegetables every day. Making physical activity a part of your daily routine will help to keep your weight, blood pressure and cholesterol at healthy levels. Just a half hour of moderate-intensity activity five days a week will significantly lower your risks.

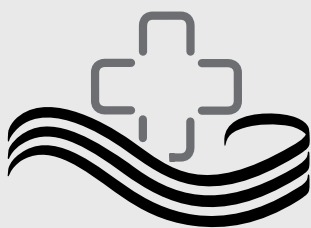
"My Life Check" is a program designed by the American Heart Association with the goal of improving health by educating the public on how best to live. Even modest improvements to your health will make a big difference. *Life's Simple 7* tells us to:

- Get Active
- Eat Better
- Lose Weight
- Stop Smoking
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar

Even taking on two of these steps will improve your health and reduce your risk of heart disease and stroke.

In Canada, heart disease and stroke are two of the three leading causes of death. Every 7 minutes, someone dies from heart disease or stroke (Statistics Canada, 2011), and the leading cause of hospitalization continues to be heart disease and stroke.

One of the programs that the Lady Minto Foundation has headed up to make our community "heart healthy" is the AED/CPR program. Regular courses are taught by a certified instructor and 30 AED units are now placed in strategic locations around Salt Spring Island. As many as 85% of all cardiac arrests occur in homes and public places. Combined with CPR, the use of an AED may increase the likelihood of survival by 75% or more.



LadyMintoHospitalFoundation

USE AN AED TO SAVE A LIFE

Sponsored by Lady Minto Hospital Foundation and supported by Salt Spring Island physicians and Salt Spring Island Fire-Rescue.

Questions & Answers

What is an AED and why do we need it?

An AED is designed to deliver an electric charge to a subject after the onset of a sudden cardiac arrest. There are step by step automated voice instructions built into the unit and almost anyone can use an AED.

Where are AEDs located on Salt Spring Island?

Kings Lane Medical Clinic, Meadowbrook Seniors Residence, All-Saints-By-The-Sea, Farmers' Institute, Pharmasave – Uptown & Downtown, North End Fitness, Salt Spring Air, ArtSpring, Royal Canadian Legion, Seniors Services Society, Brinkworthy Estates, Salt Spring Dental – Dr. McGinn, Rainbow Road Indoor Pool, Royal Vancouver Yacht Club – Scott Point, Salt Spring Island Sailing Club, Salt Spring Golf Club, Indoor Tennis Court at Golf Club, Portlock Park, Gulf Islands Secondary School, Fulford Hall, Fire Halls (3), B.C. Hydro Trucks (6)

How can I help?

- Take the training and be ready in an emergency.
- Encourage your supervisor at your work place to have an AED on site and to arrange for training.
- Familiarize yourself with all AED locations so that you can retrieve a unit quickly when needed.
- Be an advocate for AEDs on Salt Spring Island.

Can using an AED really save a life?

You bet. Subjects have a 70% survival rate if treated with an AED within 4 minutes.

Can I harm someone by using an AED?

No, there are no reports of any harm or death caused from using an AED. The AED will only deliver an electric charge to someone in cardiac arrest.

AED/CPR C TRAINING CLASSES:

Red Cross certification half day courses held at the Lady Minto Portable Meeting Room and scheduled monthly. Contact us for the current schedule.

Cost is \$50 per attendee.

For more information, or to register:
Contact Karen at 250-538-4824 or
karen.mouat@viha.ca



Beth Weston, CPR/AED Instructor

Ruth Pepin, Board Member, at the Minto Mash demo Spring 2013



CHAIRMAN'S MESSAGE

Paul Oliphant

Spring is always a busy time around the Foundation office, with many of our events and activities taking place between May and September. We are gearing up for our Golf Tournament on July 12th and hope that you join us for this fun annual event. Remember, you don't have to be an experienced golfer to enjoy the day. A Texas Scramble style tournament means you don't have to be a pro to feel comfortable out on the links. We are promising a new and improved dinner menu and of course lots of prizes! Best of all, you will know that by participating in the tournament you are contributing towards a worthy cause. The event traditionally earns up to \$30,000 which goes directly towards our annual allocation for equipment and other health care needs for our hospital and community.

The Phantom Ball is also an annual fundraiser and all proceeds from this campaign go towards priority needs for the current fiscal year. When you make a donation, you are invited to enter the prize draw for a chance to win a Vancouver get-away for two. The prize package includes luxury accommodation, a restaurant gift certificate, and entry to a selection of big city attractions.

Our AED/CPR C Training program continues to provide monthly courses held at Lady Minto Hospital. Students taking the 5 hour course become certified in CPR C and learn the correct use of the AED (automated external defibrillator). Our focus for this issue of the Minto Messenger is "Heart Health" and everyone will benefit from learning



In the spirit of our "Heart Healthy" theme, Paul Oliphant is seen walking Harriet on Welbury Bay

more about what services are offered here. It is also our goal to raise awareness and become a "heart healthy" community, with AEDs now placed in 30 locations around the island, the most recent one located at the Fulford Hall.

Our fiscal year runs from April 1st to March 31st and our audit is now underway. Our AGM will take place on September 18th at the Salt Spring Public Library at 11 a.m. and we are inviting all interested residents to attend this year. There will be guest speakers and we will have a Q&A at the end of our presentation. We want to encourage community involvement by fostering teamwork with other community organizations as well as all Island residents. We all have a part to play in encouraging our community's health and wellness.

Our preliminary financial report shows a total of \$643,000 in fundraising income; \$170,000 was received in annual donations and \$473,000 was received through bequests. A very generous donation was received from the Ward Family Trust (see our feature story on page 16). This year we made contributions to the hospital totalling \$146,000. These funds went toward equipment purchases, including a new colonoscope and gastroscope, geriatric chairs, a Stryker GO bed, and a number of smaller items. We also have contributed a total of \$7,000 to Greenwoods in support of their outdoor garden upgrade project. In addition, we made our annual contributions to the education fund, the extended care fund and accommodation

We all have a part to play in encouraging our community's health and wellness.

assistance for specialists providing medical services on the island. We will be making a major contribution to the upgrading of our cardiac monitoring system in the coming months and will be discussing major upgrades for the emergency room with local management and Island Health executive staff. There is no doubt that this critical area of the hospital needs additional space and upgrades and we are committed to providing assistance with this project. We will keep you informed as progress is made.

We thank each and every one of you for your support and contributions. It is your ongoing generosity that makes it possible to ensure such excellent care is available at our community hospital. ■



New Medical Chief of Staff, Dr. Holly Slakov



SHRINERS SUPPORT PATIENT COMFORTS

Members of the Gulf Island Shrine Club #39 present a cheque for \$2,000 for patient comforts. The Shriners have made a donation every year since the Foundation was formed in the early '90s and have contributed a total of \$51,000 for equipment and patient comforts. Seen in the photo are Bob Petty, Laszlo Becocs, Ron Holcroft and Don Cunningham.

ADVANCED TRAINING FOR NURSES SPONSORED BY THE FOUNDATION

An update by Jo Twaites, Clinical Coordinator



Sometimes the educational needs of staff can seem overwhelming. There is required upgrading of certification in various areas, orientation to new procedures, courses in areas of specific interest to rural nurses, and upgrading in areas of special interest. When we look at meeting these needs, we often have trouble juggling staffing to cover those who are away at a course, or securing some of the limited spaces available in the courses, but thanks to the annual budget allocation from the Lady Minto Hospital Foundation, we do not have to juggle our priorities because of funding. This frees the staff to consider courses of particular interest to them, and helps us to react quickly when spots become open in regional training initiatives. This is a tremendous asset and contributes to improved patient care, recruitment and staff satisfaction.

Once again, our educational needs covered the gamut from birth (Neonatal Resuscitation courses offered by the local midwife) to death (Palliative Care intensive courses at Victoria Hospice). Both these courses are comprehensive and apply directly to our work at Lady Minto; staff always return with enthusiasm and increased knowledge which they put into practice immediately.

Nurses must upgrade their Trauma Nursing certification regularly, and each year RNs register as spaces become available. Advanced Cardiac Life Support is another re-certification requirement, and is now sometimes offered on-line, which is a boon in rural areas; several staff registered in this way.

The beginning of 2014 saw a new staffing model take effect in our Residential Care Unit. Catherine Green was welcomed as the Practice Lead for RCU and LPNs changed to twelve hour shifts. This made opportunities available for LPN staff to attend courses like Palliative Care and Wound Care. Catherine was able to attend core courses in Leadership Training to facilitate her new role as she will now be supervising the Residential Care Unit.

Another site-wide initiative was the “Respectful Workplace” awareness training held in the spring of 2013 and 2014. Staff from all departments attended a one-day workshop based on the “Virtues Project” using virtues which are applicable to our day-to-day interactions and communications with each other, patients and family members. There was particular emphasis this year on bullying in the workplace. Foundation funding for the facilitator made this possible, and we have tentative plans to have more sessions in 2014 for those who were unable to attend this spring.

The course, “Strangers in Crisis”, in which patient care staff are encouraged to view the experience of a patient coming to the Emergency Department through the patient’s eyes was held again this year. This was a valuable course for both novice and experienced staff.

Several nurses travelled to a “48/6” conference on Vancouver Island regarding the six areas of assessment to focus on in a care plan within 48 hours of admission. These principles reduce frail seniors’ risks of declining in hospital and losing the independence they had before admission.

Subscriptions to two excellent journals were also covered by Foundation funds. ■

The following courses were funded through the Foundation’s educational allocation this year. Many of the courses were attended by several staff:

Trauma Nursing Certification
Dementia Care Education
Emergency Nurse Pediatric Course
ACLS (Advanced Cardiac Life Support) and CPR Certification
Ultrasound Musculoskeletal Course
Psychosocial Care for the Dying
Emergency Nursing Pediatric Course
Strangers in Crisis
Shoulder Dystocia and Post-Partum Hemorrhage
Emergency Room Training
CTAS – Canadian Triage Assessment System
Endoscopy Conference
Dysrhythmia Intensive/Advanced Cardiac Life Support
Neonatal Resuscitation
48/6 Conference
Palliative Medical Intensive and Psychosocial Intensive (5 day each)
Transitions – Working Through Change I and II – Leadership Training



**STAFF EDUCATION
SUE BANKS ATTENDS THE ETNEP COURSE**

Home Care Nurse, Sue Banks is currently completing the Enterostomal Therapy Nurse Education Program with the help of a bursary provided by the Foundation. It is an area of nursing practice that is needed on the island and the expertise gained by taking this program will benefit patients in our community. Sue thanked the Foundation for making this educational opportunity possible, and provided an update on her studies to date.

“I am about two thirds of the way through this year long course. I have completed the sections on enterostomal (ET) care and on continence. I chose to do my practicum experiences on the mainland so I have spent time with the ET nurses at St. Paul’s Hospital and then for the continence portion I spent the majority of time at the Bladder Care Center at UBC with one day at St. Paul’s at the Motility Clinic. I am currently part way through the wound care section and I have yet to hear where I will get a practicum

placement for this section but I am hoping that it will be in an outpatient clinic because my current employment is in home and community care so the type of patients seen would best reflect my current practice population here on Salt Spring. The practicum experiences are what I find most valuable. The opportunity to work in specialty areas with clinicians dedicated to their particular area of expertise is an invaluable learning experience that I wish every practicing nurse would have the opportunity to do now and then through their career. I bring back to my Salt Spring practice up-to-date knowledge of Best Practice Guidelines and lists of provincial resources.” ■



From top:

*Jen Ritson, Margaret Mackenzie and
ECU resident Marilyn Miller*

Meredith Knox

Auxiliary Volunteer, Ellen Karpinski



Helga with daughter Meredith at the Fall Fair

REMEMBERING

HELGA KNOX

by Margaret Mackenzie

Helga was a friend to us all—and especially Valdy — a volunteer in our ECU, and finally a resident here on the Unit. I would like to reflect on her role as a giver and receiver in connection with this Unit, and her transition from an active participant to one less so, for her presence was always felt here.

Her dedication and commitment to what she had to do, as a volunteer, did not diminish her status as a resident here. Her human dignity was no less in her waiting figure than it was in her active phase of life; it was just more poignant. Helga always delighted in the little things of life, and it was in these ordinary events that life on the ECU became increasingly important for her. It was not for their material consequences, but in the power of meaning. Beauty as opposed to physical fact was etched in her mind, and she saw life here through a receiving eye. She saw and understood the preciousness and fragility of life and this was her strength. This helped her deal with her many frustrations and contributed to her life's triumph. Her peaceful passing attests to this. We remember her with love and express our heartfelt love to her family. ■

EXTENDED CARE RESIDENT PROFILE

REMEMBERING HELGA KNOX

by Meredith Knox



Helga Olafson Knox was born on a farm in Lundar, Manitoba during the winter of 1925. Her parents were the children of Icelandic immigrants and so her first language was Icelandic. She had many fine memories of growing up in a loving home with her parents and five siblings. She had a large extended family and a close community of neighbours.

From childhood, Helga possessed an adventurous spirit. She loved to ride horses and as a young woman took a job as a drapery seamstress at Eaton's in far-away Winnipeg. Her marriage in 1949 brought her back to small town living, where she and her husband, Corky Knox, raised three children. During the early years of her marriage she worked from home as a seamstress, developing a specialty in wedding and bridesmaids dresses. In later years, she became an accomplished quilter.

When her children were more independent, Helga enjoyed a 20 year career as the secretary for the local doctor's office, a position for which she was well-suited due to her high level of organization, friendliness, and ability to hold confidential information. Helga was a life-long volunteer, fundraising and supporting local organization and initiatives.

At age 61, her husband suffered a debilitating stroke and she cared for him until his death 14 years later. She was the proud grandmother of three grandchildren, four great-grandchildren, and one great-great-grandchild. Helga loved to travel and took every opportunity to visit family in

various parts of Canada. At age 70 she travelled alone to Ireland, fulfilling a life-long dream. At age 79, Helga sold her house in Manitoba, moved to Salt Spring Island and began a whole new life. What courage! When she was 82 Helga travelled to Iceland and was deeply moved to visit the farm where her maternal grandfather was born.

Here on Salt Spring Island, Helga wasted no time in beginning her service as a volunteer at Seniors Serving Seniors and here at Lady Minto Extended Care Unit. She loved her volunteer work and cherished the many friends whom she met.

When Helga suffered a stroke in February 2012 and it became clear that she could not return to independent living, she did not hesitate to choose Lady Minto ECU as her care provider. She really felt comfortable here and valued her friendships with residents and staff alike. Taking her usual positive stance, she often said, "This is a good place to live".

Helga will be remembered for her keen sense of humour, her easy-going nature and dignity in the face of her limitations. On behalf of her family and friends, I would like to extend our deepest gratitude and appreciation for the kindness and real caring shown to Helga during her time here as a volunteer and as a resident.

May the light that she brought into this world shine on in the hearts of all those whose lives she touched.

18th Annual

PHANTOM BALL

Everybody Wins!

Every year funds raised from the Phantom Ball help to improve the hospital, purchase equipment, and support health related programs and education. For example, the many AEDs (automated external defibrillators) you see around the island were made possible by generous donations to the Foundation. This year we will be fully funding an upgrade of the Acute Care patio space that will be enjoyed by both patients and their visitors.

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 the prize of a **Vancouver Get-Away Vacation**. We are fortunate to have such a great community hospital with superb medical and support staff. Your generous donation will support what many call the "jewel in the crown" of this beautiful island we call home.

We all win when you support Lady Minto.



You Do Not have to rent formal wear.

You Do Not have to get a child sitter.

You Do Not have to sell raffle tickets.

You Do Not have to attend a cocktail party.

You Do Not have to make a speech.

You Do Not have to rent a limo.

You Will Miss the entire event and still receive a special invitation to Not Attend next year's Phantom Ball.

ENTER YOUR NAME TO WIN A VANCOUVER GET-AWAY VACATION

When you make a donation to the Lady Minto Hospital Foundation 18th Annual Phantom Ball Campaign, we invite you to enter to win our prize draw for a **Get-Away Vacation to Vancouver**.

Your week-end stay will include luxury accommodation, a restaurant gift certificate and entry to a selection of big city attractions. Relax and enjoy some of the sights and entertainment you never have time for when in the big city.

DRAW DATE:
Thursday September 18, 2014

www.ladymintofoundation.com
moving to a greener Lady Minto



All entries must be received before midnight, Sept 17, 2014

Pick up your invitation in the hospital foyer.

phone: 250 538 4845

Thanks to these proud sponsors of the Lady Minto Hospital Foundation Phantom Ball Campaign 2014.



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23rd annual

Hospital Foundation Golf Tournament and Dinner

Saturday, July 12th



GREAT DRAW PRIZES! SILENT & LIVE AUCTIONS!

TEXAS SCRAMBLE

3 SHOTGUN STARTS

8:00AM, 11:00 AM OR 2:00PM

**"HOLE IN 1" PRIZE!
NEW SUBARU**

Donated by Saunders Subaru

\$65 Entry Fee

(\$40 tax receipt provided, DINNER INCLUDED)

\$15 Green Fees (for non-members)

- ★ Improve your score, rent a Junior Golfer for your tee shot on Holes 3 & 5!
- ★ Buy up to 4 Mulligans!
- ★ No experience necessary!

SPECIAL PUTTING CONTEST ON JULY 11TH 4-6PM
SPONSORED BY RBC DOMINION SECURITIES

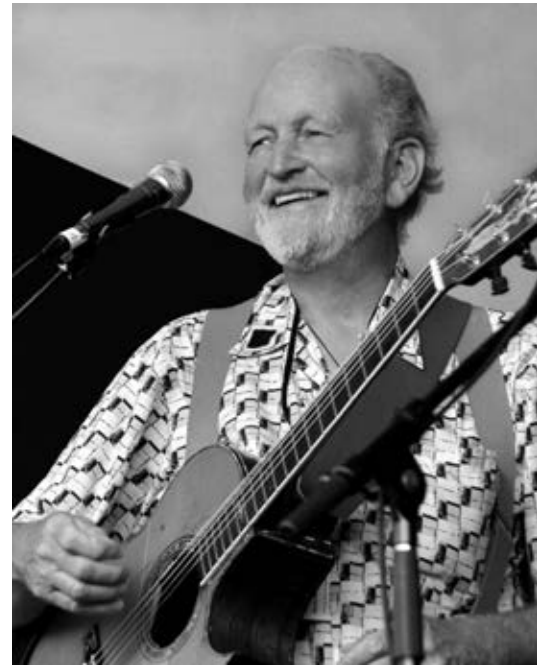
REGISTER ONLINE AT www.ladymintofoundation.com
to register in person call Karen 250 537 6923
to register over the phone call the office 250 538 8094

**Play for the Hospital.
Stay for the Fun!**

UPGRADES MADE POSSIBLE WITH MEMORIAL DONATION FROM LOIS SLOTTEN



Staff are enjoying the new patio furniture outside the cafeteria during lunch break. This sunny area provides privacy and comfort for staff to retreat for meal breaks. The upgrade was made possible by a generous donation from Lois Slotten in memory of her husband, Don, who died last year. She says that Don would have been pleased to see the staff enjoying this newly upgraded area from his window just above on the acute care wing.



Valdy

MUSIC TO OUR EARS

LADY MINTO'S EXTENDED CARE MUSIC PROGRAM

by Margaret Mackenzie, Volunteer Coordinator ECU, Lady Minto Hospital Auxiliary

"I give to you and you give to me"

In his book "Made for Happiness" Jean Vanier invites us to consider Aristotle's ethics in light of life's challenges, in order to help find meaning in life by nourishing and stimulating the heart and mind.

It is this nourishing and stimulating that we explore through music, which forms part of the philosophy we share in our Extended Care Unit at Lady Minto Hospital. We have to help our residents find some meaning and purpose in their lives no matter how limited or restricted they are. This means meeting them where they are, and not bringing them to where we are. We believe that music has the capacity to have this power regardless of our stage of life. It is a narrative to the soul and expresses a measure of truth to ourselves.

We are fortunate to have the support of our Salt Spring community as part of the ECU's music program. Local artists bring music into the Unit through our monthly Tea Concerts. We are grateful to the Hospital Foundation for providing a space in their

newsletter so that we can acknowledge this community support.

As Valdy often says when he is performing with us, "I give to you and you give to me". It is in this mutual exchange that resides the power of meaning which music give to us.

Valdy's presence is deeply felt on the Unit. Along with his wife Kathleen, Valdy has been part of our Christmas celebrations for the past fifteen years and he reminds us that in whatever place we are, music has the power to make our hearts glow.

Our January concert featured cellist Paula Kiffner with violinist Carol Wright and pianist Tami de Sotos. They brought us a repertoire of classical music with a highlight being Paula's solo on the cello, Bach's Prelude in G. Major. Their programme's depth was heartening and very moving, full of sensibility and romanticism. The music spoke of itself and again had the power to penetrate deep into meaningfulness.

February brought a tribute to St. Valentine,

when music became the food of love through the medium of dance. Cathy and Ron Weisner transformed our lounge into a Dance Studio. These two ballroom dancers started with a slow waltz, then quickly enhanced the tempo, incorporating swing into their technique resulting in Foxtrot, Rumba and Tango. It was visually delightful and musically romantic.

Our "Resident Musicians" Reeds and Wires are always with us on St. Patrick's Day. This sextet featuring Michael Aronoff, Greg Duckett, Warren Langley, Darryl Martin, Bob McIvor and Jane Squire, are well-versed in Celtic and Folk tunes. Their mutual awareness and love of music produce rich harmonies in voice and instrument, which has the power to engage the residents with much toe tapping and enjoyment. Bob and Michael also performed for us in April with their melodies and words working mystical magic on us all.

The arrival of Spring always brings in the Lost Chords Senior Choir. On May 13th Lyle Eide conducted this enthusiastic group of singers, along with pianist Beth Ranney

and guest violinist Mary Hughes. We were treated to popular and golden tunes sung in harmony and then moved into a more serious Latin proverb on love. Their final *a capella* encompassed light and hope as they "Sang in the Name of Peace".

Alan Moberg was with us in June. These concerts always allow intermingling following the performance with refreshments. We are all profoundly thankful to the generosity of our community artists.

There is joy to be had whatever our lot in life. In the midst of our sorrow and frustrations and fears that we face in our Extended Care Unit, there is that power of meaning still which is imposed upon us by our awareness of our needs.

John Dowland's "Falling Tear Motif" comes to mind and in 1604 he wrote:

"The teares which musicke weeps" can be pleasant:
"Neither are tears shed always in sorrow but
Some times in joy and gladness". ■

GOOD NEWS FOR MENTAL HEALTH ON SALT SPRING

A new psychiatrist will be joining the mental health team on Salt Spring in September 2014. Dr. Sally Garbett, who has practiced psychiatry in Dawson Creek for almost twenty years, will be relocating to Salt Spring in late September and will be working out of the Community Services building 2-3 days per week and also at the Lady Minto outpatient clinic 2 days a week. The Foundation approved a grant of \$6,000 to assist the Community Centre in setting up the office for Dr. Garbett. Mental Health has been identified as a top priority for health care in our community along with seniors' care.



FOUNDATION PROVIDES FUNDING ASSISTANCE WITH MENTAL HEALTH SUPPORT GROUP

Anastasia Williams, Mental Health Nurse,
Lady Minto Hospital

The Core Program: *Practical Strategies for Personal Change* is a Cognitive Behaviour Therapy program to help people living with depression create positive change in their lives. Since starting the program in 2012, there have been 45 participants attending the 8 week sessions. The sessions run 4 times per year during Winter, Spring and Fall (there are no sessions during summer months). It is a great pleasure and honour to work with each of these groups as all participants have something to share, offer support and learn from each other. Some feedback from participants has included, "being able to talk freely about depression, getting feedback and ideas from other people in the group", "finding out I'm not alone in my depression", "interacting with new people in a non-threatening, supportive manner. Lots of laughter makes learning fun".

As the sessions are 2 hours long there is the opportunity for people to have breaks and snacks. Thanks to very generous support from the Lady Minto Foundation I have been able to continue to offer home baked muffins and an assortment of fruits, herbal teas and other healthy snacks each week. One of the foundations of good self-care is eating well. The last session wrapped up on June 15th and the next will start again in the Fall. I look forward to seeing new and familiar faces in the years to come.

If anyone has any questions about depression and support or The Core Program, please call me at 250-538-4847.



Island Foundations Receive Generous Bequest from Island Family

The Lady Minto Hospital Foundation and Salt Spring Island Foundation have received a remarkably generous gift from a long-time island family. John and Dorah Ward and Bertha Cameron left most of their net worth in the JDB (John, Dorah, Bertha) Trust, and when Dorah, the last survivor of the three, passed away last year at the age of 94, the trust proceeds were left to the two organizations, each receiving just over \$391,000.

John, a decorated Second World War veteran, and his sisters lived together on Valhalla Road in their later years. Family friend Nancy Andersen describes them as “three very special and sweet people.” All were keen and accomplished golfers who loved hiking and the outdoors. Both John and Bertha passed away in 2007.

Before retiring to Salt Spring Island from Vancouver, Dorah worked for the federal government in various administrative positions. In her later years, although unable to play, Dorah was an avid reader of golf magazines and loved to be driven around the Salt Spring Golf Course in a golf car and to chat with players. Dorah resided at Greenwoods for the last few years of her life. Her friend Paul Joyce recalls that “she loved the music of Johann Strauss and a good drink of Scotch whisky and was sharp and cheerful until the end.”

Board Chair Carol Biely expressed the SSI Foundation’s gratitude to the three community-minded islanders: “What a wonderful gesture for a long-time Salt Spring family to leave a legacy that will



support many charitable organizations on the island through the SSI Foundation, as well as addressing health care needs. It’s a perfect combination and will kick-start greater co-operation and communication between the two foundations. We are so very grateful for the family’s generosity.”

Speaking on behalf of the Lady Minto Hospital Foundation, Board Chairman Paul Oliphant said, “We were overwhelmed by the donation from the Ward family. We have already directed a portion of the donation to support the improvement of outdoor spaces at Greenwoods and Braehaven. The generosity of the Ward family will have an ongoing benefit to the health care community on Salt Spring for many years to come.” ■

Left: Jennifer Williams and Paul Oliphant from Lady Minto Hospital Foundation and Carol Biely and Lesley Reynolds from Salt Spring Foundation

Right: Dorah Ward



DONOR PROFILE

BETTY AND BARRY PINCHIN

by Diana Hayes

For all the years I worked in the administrative offices at Lady Minto Hospital, I can remember Betty and Barry regularly visiting patients and stopping by for a chat. They have been active volunteers in multiple capacities and have helped many families navigate the system when loved ones required care. Their optimism, philanthropy and loyal support of the hospital through annual donations have never faltered and it is this kind of loyalty that makes many of the services at Lady Minto possible.

“Islanders helping Islanders” is one of the Pinchin mottos. They have taken a special interest in mental health in our community and have navigated these difficult seas themselves when a family member became ill. Barry maintains an extensive resource library and provides books and articles for anyone in need. He created a CD of reference material to assist families in navigating the often complex medical system for those experiencing mental illness and

makes the CD available to the doctors as well. He has taught the “Journey of Hope” and “Family to Family” course in our community, which is now called the “Strengthening Families Together” program.

Barry was the Chair of the Mental Health & Addictions Advocacy Committee and has participated on the Community Health Committee for many years. He is actively involved in the “Keeping Seniors at Home” program and says that community work following retirement has been his second career. He also likes to help out with Copper Kettle Community Partnership, a grass-roots Salt Spring initiative created by Cherie Geauvreau to end poverty, hunger, homelessness and isolation in our community.

At 80, he is still enthusiastic and strongly committed to helping others but says the “body is slowing down a bit”.

The Pinchins came to Salt Spring in 1969. Barry was a marine engineer and had been a “manager at sea” for many years with Northland Navigation. “I decided that I didn’t need to go out in any more storms”, Barry explains when I asked him how he ended up on Salt Spring Island. The company said, “You can’t quit!”. “...but I did”, he grins, and has never looked back. He was offered a position with the B.C. Ferries and worked initially on the Salt Spring Queen and then out of the Long Harbour Terminal until retirement in 1996. He taught marine engineering at Camosun College for a few semesters and enjoys troubleshooting. “When something goes wrong, you want to find out why”, he says, and that applies to many things in life. The family has enjoyed island life and both Betty and Barry have certainly walked their talk: islanders helping islanders, and strengthening families together. ■

UNDER CONSTRUCTION...

WHAT'S UP AT LADY MINTO THESE DAYS?

The Foundation agreed to fund the Acute Care Unit's Patio Garden Upgrade for \$28,000 and work is underway to make this a safer and more pleasant outdoor area for patients, families and visitors. The upgrade became necessary for reasons including the aging patio surface and retaining wall, and the root system of a tree which was compromising the drainage system. The area also needed to be properly secured for patient safety, particularly with wandering patients. The work began in early May. The job included removal of old shrubs and a large tree that was too close to the building. An exposed aggregate patio surface has been created and a perimeter fence will allow for security for wandering and confused patients. This will include a locked gate with a code to exit for staff only. New lounge furniture will be purchased and plants will be added to make this a beautiful and peaceful area for outdoor visits. ■



Island Health staff at work on the ACU patio reno



OTHER PROJECTS ON THE GO:

Bill Relph, Site Manager at Lady Minto, reports on a number of projects that were underway this spring:

- A negative pressure room has been created on the acute care unit and is up to high standard (this room is used for certain medical conditions such as complex wound care and infections)
- The Meiko sanitizer room has been created with a wheelchair access shower
- The roof will be replaced and work commenced in June
- The Extended Care Unit's nursing station will be upgraded
- The Acute Care Unit area supply room will be upgraded with a special cart system (provided by the Foundation)
- Office space for the ECU Head Nurse (practice lead) and Clinical Coordinator will be created across from the manager's office and the administrative assistant will be relocated in the former business officer area
- The former clinical coordinator's office will now be available to the psychiatrist for patient interviews
- A new computerized medication dispensing machine will be installed next year
- The Extended Care tub room will be renovated to include a new wheelchair shower and much needed storage space
- A fenced area for staff outside the cafeteria will be created; new staff patio furniture was purchased with the generous donation which was given specifically for staff comforts



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

☐ Extended Care Fund

☐ Endowment Fund

☐ Education Fund

☐ **MEMORIAL GIFTS** are a wonderful way to remember loved ones, and to share gifts that truly make a difference for patients and residents. Please include the memorial name and the name, address and relationship of the person you wish to receive acknowledgement of your gift.

Memorial info: _____

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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.

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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**



Ruckle Farm, photo by Peter Southam

VISIT OUR NEW WEBSITE:
WWW.LADYMINTOFOUNDATION.COM

MOVING TO A GREENER LADY MINTO

Be sure to fill out the survey on our new website and let us know if you would like to receive publications and other Foundation materials via email. Please help us to keep your records up to date. If you have a change of address, please contact us by phone 250-538-4845, or email diana.hayes@viha.ca

Thank You!

.....

Lady Minto Hospital Foundation
135 Crofton Road Salt Spring Island B.C. V8K 1T1

