

Lady Minto Hospital Foundation
Minto Messenger

MENTAL HEALTH: MEETING THE NEEDS AND CHALLENGES

by Diana Hayes



Anastasia Williams, Mental Health Nurse

When the “Salt Spring Island Health Review” came out in June 2010, the top two priorities identified were more services and facilities for seniors and for mental health patients on Salt Spring Island. The report was undertaken by V.I.H.A. (now known as Island Health) and explored Salt Spring’s entire continuum of health care services.

It was not surprising that health services for seniors was identified as a priority since we have the highest population of residents over the age of 65 in the province, but mental health, often the silent illness in a community, was surprising to some. Here is what the data told us:

“Over the past few years, residents of the Gulf Islands Local Health Area have used acute care psychiatry at a higher rate than almost every other local health area in VIHA, regardless of the hospital where they are admitted. The utilization rate for these services is almost twice that of BC and of VIHA as a whole. The only VIHA Local Health Area with a comparably high rate is Vancouver Island North (Mt. Waddington).”

The report further describes the demographic and shared some of the feedback provided by stakeholders.

“Residents know that there are many people on Salt Spring Island who are coping with mental health issues. Because the island has a reputation as a peaceful, tolerant and supportive community, mentally ill people may come to Salt Spring looking for refuge, a slower pace of life, and a “healing” atmosphere. The



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

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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!

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rural nature of the island also means that there is plenty of open space where people who are mentally ill and homeless can camp out. Whatever the factors involved, it is clear that Salt Spring Island has a relatively large population of people with serious and persistent mental illness.”

Since that report was published, some important changes have taken place to address the gaps and provide better care for mental health patients on the island.

ANASTASIA WILLIAMS, MENTAL HEALTH NURSE

In September 2010, Anastasia Williams, B.Sc.N. was hired full time as the Mental Health Nurse for Lady Minto and provides coverage from Sunday to Thursday, 8:00 am to 4:00 pm. Working in conjunction with our psychiatrist, Dr. Montalbetti, Anastasia sees emergency mental health patients who present at the hospital in crisis and provides discharge planning and follow up for up to six weeks after patients leave hospital. She also runs “The Core Program: Practical Strategies for Personal Change” which is a Cognitive Behaviour Therapy program to help people living with depression to create positive change in their lives. The program runs for eight weeks, with 2 hour sessions scheduled weekly, and is offered several times a year. An emergency mental health worker is available after hours between 4 p.m. and midnight through the Salt Spring Community Services Society.

“I love my job. I love helping people to help themselves. I feel very lucky to work in this field.”

The workload certainly goes in cycles, Anastasia says, but it is true that one of the most common diagnoses for admission to Lady Minto is mental illness. “Sometimes it feels like we are putting out fires when it gets really busy. Right now we have a client that requires transfer to Victoria and a new admission that came in earlier this morning. We also have two inpatients under treatment.”

Anastasia describes some of the challenges. “There is only one of me and I have to juggle priorities when it gets really hectic.” “Mental health patients often come to Salt Spring to get off the streets. We don’t have a fraction of the services available in the city such as occupational therapy for people with mental illness, adequate housing and day programs. In Victoria, there is a variety of supported housing facilities and day programs where activities such as yoga and art are offered. Here on Salt Spring, we have no real mental health housing, but we do have the Yellow Submarine which offers valuable but limited services for those with mental illness. In the winter months only there is a shelter “In from the Cold” program which is run

by the Community Centre. The shelter provides overnight accommodation and a hot meal during the very inclement weather.”

“The nurses at Lady Minto are great and handle many emergencies at night.”

When asked why the needs are so great here on Salt Spring, Anastasia believes that, “People are disenfranchised. Everybody is stretched. Kids are stretched. We have vulnerable seniors. Some clients with addictions have untreated mental health issues. The foundations for good health are shelter, food, clothing and security. People slip through the cracks, especially when poverty is a factor.”

“The nurses at Lady Minto are great and handle many emergencies at night,” she adds. “The doctor on call also handles mental health emergencies between midnight and 8 a.m. The nurses are really good and well versed in helping people through crisis.”

It takes special skills to work in mental health: excellent communication skills, healthy boundaries, lots of patience and good self-care.

Anastasia works closely with our psychiatrist, Dr. David Montalbetti, and together with our new psychiatrist, Dr. Sally Garbett, they form the mental health team here at the hospital.

PSYCHIATRIC SERVICES AT LADY MINTO AND IN THE COMMUNITY

Dr. David Montalbetti has practiced on Salt Spring since 1993. When I asked him what was on the top of his wish list at Lady Minto, he agreed that there isn't any sexy equipment needs in psychiatry but having adequate and appropriate space in the facility has been a challenge. Coping with tight quarters in the emergency room has already been identified as a priority for change and the present location of the quiet room poses some challenges as well. Anastasia fills in a large gap as the psychiatrists can't be at the hospital for all shifts. “We do the best we can with what we have,” Dr. Montalbetti says. “It would be great to have ‘more boots on the ground’ to handle the workload.” The need for a social worker trained in mental health and more psychiatric nurses was identified. Having two consultations rooms would be ideal.

“We do the best we can with what we have. It would be great to have ‘more boots on the ground’ to handle the workload.”



Dr. David Montalbetti

The good news is that a new psychiatrist, Dr. Sally Garbett, joined the team in September and works full time at the hospital and at Community Services. With the help of a grant from the Foundation, Dr. Garbett was able to set up the community office and has already addressed the challenge of improved communications between community mental health and the health authority's medical records system. The project will see all outpatients registered within Power Chart, an electronic charting system used for all clients within the health authority. Patients can then be tracked and care can be consistent. Having access to current data through the Power Chart will help to identify needs and assist with funding requests.

Trained in the U.K., Dr. Garbett came to Canada in 1995 and worked in northern B.C. for the Peace River Regional District. She helped to set up a dedicated centre for mental health in Dawson Creek. For rural psychiatry, the model of care is based on a team approach. “Modern psychiatry is family centred and it is important to keep patients close to families. Mental health patients do much better when the family is involved. The mandate includes care of the whole family.”



Dr. Sally Garbett

Mental Health Services provided through the Salt Spring Community Services Society:

Child and Youth Mental Health	Emergency Mental Health Response
Adult Mental Health Counselling	Mental Health Consumer Support
Mental Health Housing Support	

“I would like to leave a legacy,” Dr. Garbett tells me, so that it can be better for psychiatry in the future. “I wanted a new challenge and applied for the position here on Salt Spring. I had served in the process for growth and change in the Peace River District and worked within a challenging environment up north.” Dr. Garbett’s legacy was certainly a big part of the success at Dawson Creek where services were vastly improved during her nearly twenty years of service. To achieve this here, she tells me that we need more funding. We need to advocate for better services in the community, nearer to home.

We are also lucky to have access to psycho-geriatric services through Dr. David Leishman (Psychiatrist in the Department of Geriatrics, Royal Jubilee Hospital) who visits the island every two weeks. He is available to discuss difficult cases with the medical staff and is very approachable for consultations. Dr. Peggy Fishbrook, a Child Psychiatrist, also provides weekly visits to the island through the Community Services Centre.

Soul Matters Counselling, a professional counselling service founded by Elsje Hannah, for low-income individuals, children and families, receives some referrals through Community Services. For more information about this service, visit www.soulmatters.ca ■



GOLF TOURNAMENT 2014

We would like to thank all of the golfers and participants who made this year’s event a great success.

We have been running the tournament now for twenty years and have raised over \$275,000 over the years. In addition to the golfers, we couldn’t do this each year without the generosity of local businesses, hole sponsors, and the many volunteers. A fun day in the sun for some, but the end result is a great contribution to the Lady Minto Hospital for all.



For the first time we held a “Corporate Challenge” as part of our tournament. Five teams were able to participate with Gallery 8 winning the challenge, ahead of Country Grocer, Thriftys, Bank of Montreal and CIBC. Thanks to these island businesses for stepping up to the plate and to Team CIBC for proving that you don’t need to know how to play golf to have fun!

Top: Diane Redpath and Sharon MacKinnon at the putting contest

Bottom: Mark and Lynne Fraser heading out to the links



A LUCKY DAY AEDs SAVE LIVES

by Beth Weston, AED/CPR Instructor

Joe did not think this was his lucky day. He had watched the football game just too long. Now his wife was reminding him of that as they sped down the highway. They were going to be late for dinner at the in-laws. His wife was not going to let him forget. So he pushed down a little more on the gas pedal. And then the day went from bad to worse. His rear view mirror lit up with flashing red lights and his wife's reminders were replaced by the incessant scream of sirens demanding he pull over. It just was not his day. Politely he handed his licence to the police officer. He wondered just how much the fine would be.

The police officer smiled as he processed the licence on the computer back in his cruiser. He figured the wife's lecture would be worse than the fine. He looked up at the man's vehicle and was surprised at the activity. The car was rocking a bit as the wife seemed to be moving her arms excessively and screaming. He approached the driver's door to see what all the fuss was about.

Joe looked as if he had passed out. He was very pale and not responding and as the officer looked closer he realized that Joe was not breathing. Wow, the officer was sure glad that he had taken the CPR refresher course last week. It had been interesting as they had introduced a new machine called an A.E.D., short for automated external defibrillator. He knew just what to do. He cocked his head and spoke into his shoulder mike. He called for help.help for Joe, a middle aged man who was not breathing, and he asked for an A.E.D.

Then he pulled Joe out of the car, laying him on his back on the road. Immediately he started chest compressions. The wailing sound of sirens was a welcome sound to the police officer. His buddy ran to him with an AED. As CPR continued the second officer removed Joe's shirt and exposed his chest. Quickly the pads were applied to Joe's bare, hairless chest. The officers sat back on their heels while the AED analyzed Joe's heart rhythm. A shock was required and one of the officers pushed the shock button. Joe's body jumped with the strong jolt. The machine directed the officers to resume CPR. Two minutes passed and again the machine asked them to sit back while it analyzed Joe's heart rhythm and again a shock was required. The wail of the ambulance siren brought relief to the officers. Joe stirred as he was lifted onto the ambulance gurney. Indeed it certainly was Joe's lucky day.

There were smiles all around the next day as the police officers met Joe and his wife at the hospital. Joe was so very thankful for the police and their fast action, but the police deferred to the little AED machine. It had indeed changed the success rate of CPR and in this case was responsible for Joe's lucky day. ■





Industry Drones have today completed initial testing on their life saving drone and smart phone app that empowers any Good Samaritan with the ability to have a drone (UAV) fly to their location and deliver emergency assistance.

Demonstrations of this developing technology are being carried out with the assistance of Emergency Services and The Hospital Trust. The app calls 911, pages first aiders in the area, provides instructions on emergency care and relays GPS data to a drone that then takes flight carrying a “smart” AED, that on landing is capable of providing feedback on the patient’s condition and automatically delivering defibrillation to the patient as needed.

Feedback from emergency services has already been provided:

“The possibility of AEDs being delivered by drones within yards of where they are required is an absolute game changer.”

Paul Oliphant, Board Chair, Lady Minto Hospital Foundation

“With the keen interest and lots of vision in front of us, this latest adventure within the delivery of an AED by a drone to an emergency location is another one of those “wow this is amazing”. The SSIFR are excited, supportive and patiently waiting for its launching.”

Tom Bremner, SSI Fire and Rescue District

At press time, Philip reported from a conference he was attending in Montreal: *“We have since moved things along with interest from Toronto University, Netherlands University and a company in the US that are very interested in the work we are doing here.”*

This “Cloud Responder” project has been organised by Industry Drones and carried out with the assistance of the Lady Minto Hospital Foundation and the SSI Fire Department. Video demo is available at www.cloudresponder.ca ■

C.P.R. Classes

The Lady Minto Hospital Foundation was involved in starting the programme on Salt Spring Island and continues to support it. Among other aspects of the program they realized that education of the general public was important.

Familiarization Sessions

The purpose of these sessions to show people how an AED works and to give an opportunity for many questions about this little machine to be addressed. Beth brings a mannequin and a trainer AED and demonstrates how the AED would be deployed. The session lasts for about an hour and is suitable for those who want to know more about the AED but do not want to commit to a CPR class at this time. It works for groups as small as 5 or 6 and as big as 20 to 24. Beth usually provides the sessions on site.



Beth did a great job!

–Ron and Donna Watts

CPR/AED Classes

These are Red Cross certified classes so if successful, students leave with a small certificate saying they are qualified to do CPR and use an AED. This certificate may be useful in job applications or for getting into various academic programs.

The course covers choking, CPR and the use of AED for babies, children and adults. There is plenty of time to practice on the mannequins. Questions are encouraged.

Ideally, groups of 10 work the best because of the size of the room and the amount of participant activity but 12 can be accommodated. It is taught in the portable behind Lady Minto Hospital. The class is about 5 hours long but everyone who has attended marvels at how fast those 5 hours go.

Call Karen Mouat at 250-538-4824 to register, or email her at Karen.Mouat@viha.ca



THE 18TH ANNUAL PHANTOM BALL CAMPAIGN

...and the winner is Catherine Cook!

by Diana Hayes

“You can’t have a community without a hospital,” says Catherine, who has been a loyal donor for many years and is this year’s lucky winner of the Phantom Ball prize.

Catherine, who commutes every day to the Saanich Forestry Centre for her job as Senior Forestry Technician at Western Forest Products Inc., is energetic and passionate about her work. It takes the sting out of commuting she says, and the Swartz to Fulford run allows for a power nap on the way home after her twelve hour day.

She has always been interested in horticulture and forestry

management and first worked in northern B.C. harvesting cones and tree planting. She was then offered the position in Saanichton at Western Forest Products in 1980 where she manages the orchards to provide the seed for reforestation. “Trees are the most genetically diverse thing on earth,” she explains and talks about parent tree selection, seeds for reforestation and traditional breeding with second and third generation crops.

She lived in Rivers, Manitoba and many other air force base communities across the country before she settled on the west coast. She is the youngest in a family of four siblings. Her father worked in a number of Canadian Air Force positions, including Dew Line Commander for NORAD in the early 1960’s. She visited Salt Spring in 1981 and fell in love with the island – “a wonderful rural community where people remember names.” Her home is cozy and built with great care and attention. The cook stove is a centre-piece and there are decks surrounding the house in all directions. “In the summer, I don’t come in until the sun goes down.”

“The hospital is the heart of the community. Everyone starts and ends there,” she says, matter-of-factly. Catherine has known her share of suffering within the family. She nursed her father at home in his final days and mother during many years suffering with Alzheimer’s. One sibling has passed away with Multiple Sclerosis while another still is afflicted with it. Life is both wondrous and fragile and Catherine seizes the day, every day it seems. Her exuberance for life and for nature is palpable.

Her husband Ray recently retired and they plan to spend more time travelling and visiting family in New Zealand. She is thinking about retiring herself in the next year or two but I imagine leaving her work with the trees is not going to be easy. Clearly, with Catherine it is a way of life, not just a job.

She and her husband look forward to taking advantage of the Phantom Ball prize: a week-end get-away for two in Vancouver which includes luxury accommodation, a restaurant gift certificate and entry to a selection of big city attractions. They will visit VanDusen Gardens, the spectacular 55 acre garden in the heart of Vancouver, and the Museum of Anthropology at UBC. She says they don’t get the opportunity to visit the big city very often and this will be a treat. ■



BOARD CHAIR'S REPORT

Paul Oliphant

It was a busy time for the Foundation over the summer months and into the fall. Our two major fundraisers took place during that time and our Annual General Meeting was held on September 18th. The Golf Tournament was a success and raised just under \$28,000. The Phantom Ball campaign was also successful and exceeded our fundraising goal. A total of \$63,000 has been tallied so far with a few donations still coming in. Our goal to reduce expenses was also successful so our net income from this campaign will be over \$10,000 higher than last year. The prize winner, Catherine Cook, met with our Coordinator, Diana Hayes, and a story featuring Catherine can be found on page 7. To show our appreciation for the great support we have experienced over the years, we held a Donor Recognition event on October 3rd.

We are very pleased to welcome Dr. Kelly Hyslop to our board. We have provided some background on Dr. Hyslop's professional career on page 18 and look forward to working with him and gaining through his expertise. On a sad note, Ruth Pepin and Wayne McIntyre have stepped down from the Board. We wish them both well in their future endeavors.

Our AED program continues to be a great success and our original goal of placing AEDs in strategic locations throughout the community is nearing completion. We are hoping to partner with the Lions Club with the ongoing sponsorship for this very important program. An article by our AED/CPR instructor, Beth Weston is included in this issue along with a press release from Philip Reece of Industry Drones, a company that is pioneering a computer controlled AED delivery system via drones. You can see how this marvelous invention operates first hand by visiting the website: www.cloudresponder.ca.

We enjoyed meeting our donors at the Donor Loyalty Event held on October 3rd and only wish that each and every donor could have been part of the proceedings. A number of people have approached me or other board members to ask why they were not invited to attend. This year we set the criteria on a ten year consecutive track record for making donations to the Lady Minto Hospital Foundation. We hope to host an open house at the hospital next year where all donors and interested community members can drop by and get to know who we are and why it is so important to support the hospital's equipment and capital needs. Without your gifts, we would not have the top notch community hospital that we have which is so vital to our health and peace of mind here on Salt Spring.

Our Annual General Meeting, which was open to the public, took place on September 18th at which time our financial statements for fiscal 2013/2014 were presented. Board member Stephen Roberts gave a summary, noting an increase in net assets of approximately one million dollars over last year which represents a 27% increase. Our investment portfolio is handled by the Vancouver firm Leith-Wheeler. Donations at year end totaled \$655,828. This represents a 68% higher than average increase which was largely due to a very generous estate donation. It is expected that the current fiscal year's donations income will return to the historical average.

There was plenty of talk at the AGM about the current need to update/renovate the emergency room. The Foundation is in a healthy financial position with over \$5M in net assets. Approximately \$200,000 per year is invested by the Foundation in equipment, programs and capital projects at Lady Minto. It has been estimated that the ER renovation would cost about \$4.5M. Island Health and the Ministry

of Health will be exploring strategies for this project. CRD has identified and earmarked funds for a possible contribution of 50%. Island Health Community Relations Director, Shannon Marshall, stated that a timetable has not been set for this project and recommended that we “keep the heat turned up” to ensure that it remains as a priority on the radar.

This year the Foundation provided major funding for an equipment upgrade in the endoscopy department. Two colonoscopes and one therapeutic gastroscope were purchased at a cost of \$120,000. This included a new processing and sterilizing unit required to process the new equipment. We also contributed to the new ACU patio renovation at a cost of \$30,000. Significant contributions were made to the staff education and Extended Care funds. We also provided a grant of \$6,200 for office equipment to support Dr. Sally Garbett, the Island’s new psychiatrist. Dr. Garbett was most grateful for this support:

“I am writing to thank you all from the bottom of my heart for this most generous gift. The computer is wonderful and to have my own printer will really help to serve my patients and to give them up-to-date information. I have found Salt Spring Island to be very welcom-

ing thus far, including having an office all ready for my arrival.”

More information about Dr. Garbett can be found on pages 1 to 3 where we focus on mental health services.

On October 21st, the staff had a pub night at Moby’s where dinner and games of *Trivial Pursuit* brought people together for fun and relaxation. The Foundation contributes several times a year towards special occasions for staff who appreciate the opportunity to unwind. We are so proud of the staff and know that it is their willingness to go the extra mile for patients that makes Lady Minto Hospital a very unique facility. Our donors certainly give us this feedback. Often donations are sent in to our office following a hospital stay as an expression of appreciation for the high quality of care that has been provided.



We encourage everyone to visit our new website where we post regular news and updates and make it possible to donate on line. We thank everyone who took the time to fill out the survey and to notify us with email address if you wish to communicate online only.

As the winter months rapidly approach, we wish you all a safe and happy holiday season. ■



MANY THANKS TO OUR DONORS WHO CONTRIBUTE TO OUR EDUCATION FUND

Thank you so much for the opportunity to attend the Palliative Care Intensive course through Hospice Victoria. It was truly an intense and profoundly moving experience that I would likely not have had the opportunity to be a part of if it was not for the Foundation’s generous support. Thank you for all that you do.

Jenny Redpath, R.N.



OUR EXTENDED CARE FUND IS ANOTHER WAY THAT OUR DONORS CAN HELP TO MAKE LIFE SO MUCH MORE ENJOYABLE FOR OUR RESIDENTS

On behalf of the residents on Extended Care, I would like to thank you for making all of the bus outings possible. The Fall Fair trip was wonderful with eleven residents who were able to attend this year. We brought back four pies which were shared by all. Thank you.

Jennifer Ritson, Activities Coordinator, ECU

DONOR LOYALTY EVENT

Held October 3rd, with Guest Speaker,
Dr. Brendan Carr, President and CEO, Island Health



Dr. Brendan Carr

Over 50 donors gathered at the Harbour House Hotel on October 3rd to share stories and to meet our Foundation board members and staff. Our guest speaker, Dr. Brendan Carr, is the Chief Executive Officer and President of our health authority, Island Health, based in Victoria. Presentations were also made by the Chair and Vice-Chair of the Foundation, Paul Oliphant and Jennifer Williams; Clinical Coordinator, Jo Twaites; and Practice Lead, Catherine Green as well as our medical staff president, Dr. Ian Gummesson. Donors who had made a contribution to the Foundation for ten consecutive years or more were invited to attend. We would like to take this opportunity to thank all of our donors whether you are new to our family of support or have been in the family for many years. Each gift truly matters and allows us to assist the Lady Minto Hospital in the best possible way.

Dr. Brendan Carr spoke eloquently and with much enthusiasm for our very special community hospital. Here are some notes from his speech:

It's said that Lady Minto is the 'jewel in Salt Spring's crown' and Island Health is committed to investing in the hospital to ensure that we continue to deliver the best possible care.

In fact, this year alone, Island Health is investing more than \$2.5 million dollars into facility upgrades. These improvements aren't always obvious to our patients, but they represent critical projects that were prioritized based on a rigorous capital planning process.

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Valuable Foundation Partnership

Last year, millions of dollars were dispersed to Island Health by our 12 Hospital and Healthcare Foundations. The Lady Minto Hospital Foundation is an integral part of the family and an excellent example of what's possible when a community works together toward a common goal.

The Foundation has provided the hospital with numerous pieces of new equipment and recently committed over \$100,000 toward the purchase of new endoscopy equipment.

From life-saving medical equipment, renovations, AED programs and staff education, this Foundation plays a key role in supporting us – in doing our very best for our patients.

You may have heard the saying by Helen Keller that, “alone we can do so little; together we can do so much”.

Working together over the past 3 years, this Foundation has provided more than half a million dollars to support the Lady Minto Hospital – everything from endoscopy equipment to floor scrubbers; all important equipment when running a hospital. This means that depending on the year, the Foundation has funded about 6 to 10 percent of the improvements at Lady Minto Hospital.

These are things that we simply couldn’t afford to fund on our own due to competing priorities at other sites and I really want to express the important role the Foundation plays when it steps up to fund these items. When we’re working within such tight margins, contributions of 6-10 percent from the Foundations make a huge difference!

During a tour of the hospital, I was thrilled to visit the new Acute Care patio which was funded 100% by the Foundation. This was a \$30,000 funding commitment that provides a safer and more pleasant outdoor area for patients, families, and visitors.

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A Big Thank You

Thank you for supporting this Foundation for so many years, and I hope we can count on your continued support for years to come.

This community has an amazing ability to raise money. If you compare donor dollars per capita throughout the entire Health Authority, the highest grossing Foundations are found in some of our smallest communities; Cowichan, Tofino and Salt Spring Island.

Thanks to the generosity of this community and the Board of Directors’ unrelenting resolve, Lady Minto Foundation raises over \$42 per capita which is double the average of all 12 Island Health Foundations – including those in larger urban centers.

I want to thank all of you who are loyal donors for your many years of support and express again how much Island Health appreciates your generosity. ■



From top:

Laszlo Bedocs and Jennifer Ritson

Paul Oliphant and Ken Barnes

Sue Mouat and daughter, Jennifer Ritson. Sue Mouat, one of the original nurses at Lady Minto, signed and presented a copy of the book that she co-authored with Charles Kahn, Lady Minto Gulf Islands Hospital, Salt Spring Island – A History, to Dr. Carr.

EXTENDED CARE
RESIDENT PROFILE
MEET OUR CENTENARIAN

NITA BROWN

by Elizabeth Nolan

One hundred years can contain a lot of moments big and small that are reason to celebrate, but when it comes to Salt Spring resident Juanita Brown, they often appear on the grander side of the scale.

A community member for two thirds of a century, Brown remembers Salt Spring when there were very few amenities. She is personally responsible for some of the change, having helped to found two institutions that define island life today. She started the organization that would become the Salt Spring Arts Council and dreamed up Art Craft as its annual exhibition and show, and she put the Lady Minto Thrift Shop in business. She did this after raising four children and enjoying a solid partnership with her husband, Alfred Martin “Buzz” Brown.

The Browns had arrived on Salt Spring from Victoria in the early 50’s with children Lyle, Josette and Marilynne piled into their sedan. (Duff, their youngest, would be the last child born at the Lady Minto Hospital’s old location on Ganges Hill). They came during a period of post-war transition, when the island still had few families and little industry or entertainment beyond what people did for themselves. As Brown’s daughter Josette Whist points out, there was no TV, not many restaurants and no thriving arts community.

“We came down the hill and to my right was the ocean. To my left was a swamp,” Brown recalled. “I assumed we



would soon be at Ganges. My husband said, ‘You’ve passed through.’”

The swamp extended to where ArtSpring is now. There were a couple of rental cabins that were reached by a log platform landing. A laundry was located near where Salt Spring Auto Parts now stands.

Nita was involved with various community groups before getting the job of starting an adult education program. She used her experience there to good advantage when the volunteer position to set up a community arts council was posted.

Brown and Doris Andrews started the Community Arts Council by setting up classes in Mahon Hall to give lessons in the arts in 1967. ArtCraft was established as a place where participants and local artisans could sell works without the high cost of gallery mark-up.

With the help from other islanders who were interested in the craft movement, Brown succeeded in establishing the island as an artists’ haven, an identity that is accepted as a given fact today.

While securing this rich cultural legacy for the island is important to Brown, another abiding island institution carries more weight in her eyes.

“The thrift store was the one I’m the most proud of, because it helps people get by in hard times,” she said, adding, “It’s

a great joy being able to help replace things at the hospital that otherwise wouldn't be possible."

Brown joined the Lady Minto Hospital Auxiliary soon after she moved to Salt Spring and has been employed sewing items and doing fundraising work. The prototype for the thrift store was located at two sheds outside the seniors' centre where the group was offered free rent. There was no heat, toilet or water in the sheds and only one had light. Despite the limitations, the store was a success.

Brown and her co-conspirator Kay Booth then convinced

the Auxiliary that the plan would work by using their own funds to rent space. They were able to pay themselves back and prove profitability. The store became a permanent fixture, first at Mouat's Mall and later at its present location. There has never been a problem finding donations or volunteers since. Brown was herself a regular participant into her 90's.

"I love Salt Spring. I love the community," Brown says. ■

A longer version of this story was published in the September 3rd edition of the Driftwood.

Clockwise from top left: Visiting all creatures great and small at the Fall Fair

Resident Joyce Coates with Bobby McQueen

ECU doggy "Bo-Bo"

Jennifer Ritson with her mom, Sue Mouat at the Fall Fair





STAFF PROFILE

DOROTHY COPELAND ECU ACTIVITIES

by Diana Hayes

Dorothy has been part of the Lady Minto family since 1985 when she started as a private caregiver for a resident living on Extended Care. She soon joined forces with our residential care team and worked on the unit as a registered care aide until her retirement in 2007.

Retirement doesn't always mean saying good-bye, as many of us know. Being available for casual and on-call work can be just the right transition between a life-long career at Lady Minto and retiring.

"It's been a full circle for me," Dorothy says. She works now on a casual basis for the Activities Department and also on Acute Care where she provides one-on-one support for mental health patients in the quiet room. She is also available to assist with ambulance transfers on an on-call basis when a medical escort is required.

Dorothy's children, Garret and Carla, always loved to visit the residents on Extended Care while they were youngsters. Sharing life with seniors was all part of growing up in the Copeland household. A family wedding that took place this summer saw Dorothy's son Garret marry his bride, Angela Huser, who now works at Lady Minto as a social worker. Angela was a junior volunteer while Dorothy worked full time on the unit and now Angela is part of the extended family.

Dorothy's daughter Carla will often bring her young children into Extended Care for a visit which is always a treat for our residents. "Carla always had a wonderful connection with older people," Dorothy says. "She grew up with grandparents and I think the extended family model provides children with such a rich and valuable experience."

Dorothy recently attended the Victoria Hospice Palliative Care Intensive course and says the program provided invaluable training in the psycho-social aspect of end-of-life care. She thanks the Foundation for providing funding to allow her to attend this important training. We both recognize that loss of friends and family members is more and more a reality of being middle aged. Having special training and knowledge in the care of dying patients is vital to understanding our own lives.

Dorothy is currently working in the Activities Program while our regular Activities Coordinator, Jennifer Ritson, is on holiday leave. ■



From top:

Dorothy Copeland

Charles Crosby celebrating his 92nd birthday on the unit



Alan Moberg

THE EXPERIENCE OF MUSIC

LADY MINTO'S EXTENDED CARE MUSIC PROGRAM

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

“The matter of music to be central to that of the meaning of man” is a quotation from George Steiner’s book “Real Presences”. Regardless of our stage in life, this statement has the possibility to prevail, and it is a philosophy that Lady Minto Hospital Auxiliary supports. What sometimes seems impossible, which often happens in our Extended Care Unit, becomes possible. We come closest to finding it in our manner of giving and receiving it. The wounds of possibility, to use Kierkegaard’s image, always remain open. It is when we keep our hearts and minds open to it that music is meaningful.

The musical experience, and equally arts and crafts are manifested in a variety of ways at our hospital, particularly through the support of our Hospital Auxiliary. We employ, with the hospital’s approval, a music therapist and an art therapist who each spend one day a week with the ECU residents. This hands-on approach involves the residents in a personal creative way and also in an

evolving relationship through the leadership of our therapists. If you attend the Fall Fair you may have seen in the Arts and Crafts section a large wall mural depicting a garden scene – it is one in a series that our residents created. Those of you who visit the unit regularly have the possibility of listening to the “Chimers’ Choir”, one aspect of our music programmes, which includes four concerts a year. The residents now sport a new uniform donated by the Hospital Foundation, to whom we extend our thanks.

Regular piano music is provided twice a week through our talented Auxiliary volunteers Mary Fraser and Audrey Reynolds. The residents participate in the music, engage in song, naming the tune, and quietly listening. This experience helps knit our unit together, all made possible through music.

Our community artists are invaluable in bringing a varied programme into the unit and making a monthly concert experience

possible. This encounter is felt not only with the music itself but also through our encounter with others.

Alan Moberg, who began our mid-year programme in June, is a songwriter, singer and yodeller. His lyrics and melodies are very popular with our residents since we experience his themes at a deep personal level. He engages us in tears of joy. We soar with his yodelling and feel deeply with him as he sings. His music is the “teardrop” over every human life.

The musical experience attends to the whole person; it supports and encourages the physical, mental, social, emotional and spiritual well-being.

Dancing was our next event, with Ron and Cathy Weiner, Patrick Cassidy and Michelle Grant. This colourful performance, joyful to watch, evoked romance and sensibility. Their smooth manoeuvres set to various musical tempos made possible the waltz, jive, tango, sequence dance and more. “Magnifico” was the response.

Valdy celebrated with us in July as we remembered our country and our province. His lyrics took us across this land from Newfoundland to British Columbia, entering many nooks and crannies. His musical energy put us into contact with our causes and our struggles, our loves and our joys, igniting an inner spark within us. He enlivens us.

The voices and songs by Women of Note are always an enjoyable experience. In August, Judy, Patricia, Hannah, Megan, Janice and Julie gave a varied concert of African, Russian and Spanish music. They exhibited their charm through subtle and graceful movements, rhythms of life in chant and harmony a capella; pure voices. A surprise ending comprised four lively tunes on the ukulele.

A dynamic chemistry was created when David Storm, Betty Rothwell and Alan Robertson performed a full concert for us in September. And it was contagious! Soprano Betty opened with “Getting to Know You”, and the group combined in harmony with “A Wonderful World” and “Til There Was You”. But it was in “Do You Love Me” that the trio’s chemistry flowed. And the brilliance of David’s piano performance in a key which allowed Alan (who had a bass voice) to sing “O Danny Boy” overwhelmed us. The possibility to “Remember it Well”, their final song, was indeed possible.

Our October concern was a pleasant interlude of classical music with Dawn Hage and her “Tuesday Winds with Strings Attached”. These talented musicians include Kathy and Jan on clarinet, Sheila with the oboe, Rebecca playing

the violin, and the trumpet and viola by Dawn. Their opening Bach “Orioso” was beauty to behold. The concert continued with a repertoire from Stamitz’ quartet in two movements, followed by the song “Shenandoah” and ending with Rosetti’s quintet’s second and third movements. This was light-hearted, peppy and lively, and communicated a richness to us. An added pleasure was the Halloween tea which followed. Each of our concerts concludes with refreshments which allow intermingling between artists and residents.

Our sincere gratitude is given to all of you who contribute your time and share your gifts with us, and to the unwavering support of the Hospital Auxiliary.

In conclusion, something happens in music which only music can explain. We respond because it is inherent in us to do so. We feel this translation of music into meaning to be very important to our residents and all of us. The musical experience attends to the whole person; it supports and encourages the physical, mental, social, emotional and spiritual well-being. In our openness to an encounter with meaning in the musical performance we have the possibility to receive and experience a “real presence”. ■



Margaret Mackensie



Catherine on Halloween with three of her kids, Eli, Tigerlily, Eve, and Avalon (Eve's bestie)



MEET OUR NEW CLINICAL PRACTICE LEAD FOR RESIDENTIAL CARE

CATHERINE GREEN

“I have been working as a nurse since qualifying in the UK in 1995. I trained as a mental health nurse and worked in this field looking after adults until my family and I moved to Salt Spring in 2005. I worked for Beacon Services in home care when we first moved to the island and I developed a passion for working with older clients. I was very lucky to be able to fill in for nurses on leave on the Residential Care Unit for several years.

I started working at Lady Minto hospital seven years ago and have had the privilege of working with elderly residents from the community and a great team of health care providers. I have been given the opportunity to take part in education specific to the area in which I work, attending workshops and courses focusing on care for the elderly. I also attended courses with a palliative focus and wound care, all very relevant to my work on the unit. I recently applied and interviewed for the role of Practice Lead for residential care and was delighted to accept the role when it was offered to me.

I absolutely love my job and am honored to serve the residents on the unit and be available as a resource and part of the team that maintains an excellent level of care for our residents.

Mental Health is also an area of need on the unit and we have a psycho-geriatrician, Dr. Leishman, who comes over twice a month to look after our residents with mental health issues. The hospital's mental health nurse, Anastasia Williams, will see residents and consult on care planning as needed. We strive to provide a supportive environment encompassing all aspects of wellbeing. We have many

activities happening on the unit that enrich the residents' days, including music therapy and access to the “friendly visitors” program which provides volunteers who spend time with residents. The program is one of the many services provided by Salt Spring Hospice.” ■

Clinical Coordinator, Jo Twaites, works closely with Catherine and tells us how thrilled she is to have added a Practice Leader to our Residential Care Unit.

“Catherine Green brings us years of geriatric experience, including specialized training in Palliative Care and Wound Care. In addition, she brings us outstanding leadership skill and a genuine patient-centered, capable, and compassionate approach. Catherine leads a team of Licensed Practical Nurses and Continuing Care Aides who provide 24 hour care on our Residential Care Unit. She is well respected and well-liked by the team members and residents alike. Personally, I feel a great sense of confidence in her ability to ensure that our Residential Care Unit is up-to-date with best practice in all areas of seniors' care.”

– JO TWAITES, CLINICAL COORDINATOR



WELCOME TO OUR NEW BOARD MEMBER KELLY HYSLOP

We are pleased to introduce Dr. Kelly Hyslop who joined the Foundation Board in October this year.

Dr. Hyslop came to Salt Spring Island in 1971 and bought his property on Mt. Belcher a few years later. He first built a home for his parents on 100 Hills where they lived for eight years, and then started building his own home in 2000.

Dr. Hyslop was educated at Dragon School, Oxford and subsequently at Stowe School, Bucks in the UK. After a few years of world travel to destinations in India and Australia, he came to Canada and graduated from Medical School at Dalhousie University in 1969. He is a retired professor of Clinical Medicine, Faculty of Medicine UBC and was in general practice for 25 years. In more recent years, Dr. Hyslop

has been involved in multiple start-up companies in the fields of Earth Science, Computer Technologies and Biotech. He taught non-seismic geophysics and geochemistry. He has served on the boards of some 30 companies with a focus on financial management.

While in General Practice in Fort Langley, he worked at the Langley Memorial Hospital where he served as Chief of Staff and chaired many hospital committees. He looked after the admissions to The Salvation Army House of Concord, a remand home for boys aged 14 and 15 and then sat on its board for a decade, serving as chairman for three years.

Dr. Hyslop and his wife Sandy enjoy the fauna and flora of Salt Spring Island, an important aspect to life which started with a keen interest as a young boy in

the Yorkshire dales where he grew up. He is an experienced cruising sailor, with some international experience but mostly he enjoys the waters of our West Coast. He learned to fly through an RAF scholarship and gained his private pilot's license and glider pilot's license.

We welcome Dr. Hyslop to the Foundation and look forward to working with him. ■



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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.

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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



Clockwise from top centre:

Sandy and Shane Barclay

Peter Grove, Foundation Board member, riding the bull

Ragged Azz Ranch – gate emblem

The Barclay's minitature horse, Shilo

Janine Gowans, Peter Southam, and Dr. David Beaver

Mary Grove tries out the bull ride

MEDICAL STAFF BBQ

The Third Annual Medical Staff BBQ and Rendezvous was held at Ragged Azz Ranch, home of Dr. Shane and Sandy Barclay, on June 21st, 2014.

The event was attended by medical staff colleagues and their families, health clinic staff, and Foundation staff and board members.

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

