

# ABOVE AND BEYOND

## Angels Of Residential Care

by Diana Hayes



**Bronwyn** RCA



**Trisha** RCA

Registered Care Aides (RCAs) are the eyes and the ears of the nurses on the ward. They go above and beyond every day.

Catherine Green, Clinical Practice Lead for the Extended Care Unit, tells me that the Registered Care Aides (RCAs) are the eyes and the ears of the nurses on the ward. They are the ones who make the days so much more bearable for the residents. They provide the human connection.

Catherine elaborates: "They work incredibly hard and are very dedicated, and they don't ask for anything in return. They go above and beyond every day. They love the

residents and always provide the "extras" that make their day. They are amazing to work with and each one brings individual character to the work. There is laughter and joy here. The RCAs respond and advocate for the residents and form close bonds with each of them. I am honoured to work with this wonderful group and can't imagine a better staff."

The RCAs work 8 hour shifts and provide 24 hour coverage for residents. Staffing is tight with four care aides on the day shift. One is



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*Moving to a Greener Lady Minto*

assigned to the bathing room and provides up to six baths per day. It is a rigorous schedule and they work very hard to accomplish all that needs to be done during their shift. They have to be very organized and methodical. Teamwork is the magic formula for making things run smoothly, and the Lady Minto ECU Team is exceptional.

As well as providing daily personal care to all 29 residents on the ward, RCAs also provide specialized end-of-life care for residents in the palliative stage. The care and respect they show for residents during that transition is truly wonderful.

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*Teamwork is the magic formula for making things runs smoothly, and the Lady Minto ECU Team is exceptional.*

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Here, in their own words, the Care Aides can best describe what this very special calling is all about...

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## MEET MEGAN

I started at LMH on April 25th 2016 and just completed my second year of the Registered Nursing program at Vancouver Island University (this qualifies me to work as a Care Aide). I was born and raised on Salt Spring Island and I volunteered at LMH in the ECU when I was in high school. I have always been drawn to this type of work

because I can try to help people and make a positive change in his or her life. I enjoy this because I am able to make a hands-on change in their lives, which can range from talking to someone or by providing total care. I find that this type of work comes naturally to me.

A memorable moment on the ECU was when I was being trained to work the bath shift. I shaved a male resident's face. This was memorable because when I finished he checked my work and said that I did a great job! He said that this could not have been the first time that I shaved a man's face. This small thing felt very rewarding to me.

The teamwork on the ECU is extremely important because it creates a positive work environment and an overall positive atmosphere for the residents. I felt extremely welcomed to the team when I started working at Lady Minto and I think that the teamwork established on the unit makes everyone happier and it brings everyone closer. The biggest challenge working in this area of health care is time, because as a health care aide, there are always extras that you want to do to help make someone's day a little bit better.



## MEET DEVON

I joined the Extended Care team of compassionate, fun and hard working nursing assistants seventeen years ago, after graduating from Camosun College in Victoria.

I think in extended care nursing, the successes and triumphs are much different from other units.

We strive to make the seemingly insignificant activities of daily living for our residents on ECU have meaning, reward and humour. When the most important

goal of a resident's day is to walk 15 feet or to eat independently, we help them reach their goal and then we help them celebrate it!

One of the biggest challenges in working in this area of health care is finding your own personal balance of caring for others with complex and difficult medical issues, and their families, while remembering to care for yourself.

I work with an amazing bunch of RCA's, both past and present. No matter what, there is always a helping hand there when you need it, a shoulder to cry on, or a shared laugh. We are a tight knit little family on ECU; staff, residents and families alike, which I think creates a strong sense of belonging. It fosters trust and friendship among everyone on the unit.

As the current "bath lady" for ECU, I'm really grateful to be able to see each resident one on one and make each resident's bathing routine unique to them and as pleasant as can be. I try to make each bath as spa-like and Zen as possible in a hospital setting. Favourite music, nice bath products, extra bubble bath! We chat and catch up with each other's news, we commiserate, we laugh, we share plans for the days ahead, and we reminisce. One of my residents loves to have his favourite Credence Clearwater Revival CD cranked up while he's in the tub, and we sing along together croaking out Bad Moon Rising and have a great time!

home at the end of your shift knowing you made a difference in someone's life that day feels great and makes it all worthwhile. Our palliative care is top notch and the staff feel it deeply when someone passes away.

It's funny how difficult it is to put into words what working in this profession means. It's more of a feeling I suppose, a connection to each other in the best and worst of times. Seeing a smile on someone's face when you walk in the room is what makes it all worthwhile. ■



*Catherine Green*



## MEET JAYNE

I started working at Lady Minto 26 years ago. ECU is a very special facility for me due to my amazing coworkers and the small country hospital atmosphere. We often know the residents from the community as well as their families and visitors which is something you don't often

see in the city. Staff often go above and beyond the norm to accommodate residents and attend to their needs. We actually had a resident get married on the unit years ago. We had so much fun getting her ready for the wedding and adding all the special touches.

I think the day to day interactions, the hugs, reassurances and laughs are what make it such satisfying work. To go

## HEALTH CARE ASSISTANT PROGRAM OFFERED ON SALT SPRING ISLAND

The Health Care Assistant program will be offered on Salt Spring Island in partnership with Camosun College this Fall 2016. The course will run 5 days per week October 3 to May 5<sup>th</sup> from 8:30 – 2:30 daily. Over 15 people have already applied for the 12 spots.

**For more information, contact Maggie Allison at Gulf Islands Secondary School.**



# SIMULATION TRAINING LAB *by Karen Mouat*

If simulation exercises are the Gold Standard for training in rural hospitals then Dr. Shane Barclay is pure gold for Lady Minto Hospital. Through the use of his carpentry tools and creativity, Dr. Barclay began fashioning a portable mock-up of our emergency room about two years ago. Monthly simulation sessions were held in a small storage room at Lady Minto, yet even from within these humble plywood sets the doctors and nurses practiced real time emergency scenarios. Today,

through sheer persistence, there now exists a permanent Simulation Training Lab at Lady Minto Hospital. Stroke, Brain Injury, Anaphylaxis, Motor Vehicle Accident... the formula is the same: present the case, proceed with simulation, debrief and if there is time, do it again. The beauty of this exercise is the teamwork. Working together, acknowledging a mistake, getting the opportunity to practise, switch places, observe.... the benefits are endless. ■

Dr. Holly Slakov, Emergency Room Physician at Lady Minto, says that simulation training at Lady Minto is:

- **Leading the way in rural ER physician education**
- **Team building, morale building, and confidence building**
- **Invaluable for physicians to practice and maintain difficult critical skills that are used infrequently but when needed, are life saving**



*Dr. Shane Barclay with donor Ron Wood  
in the Simulation Lab*

*Ron Wood and his wife Jean*

## **SIMULATION LAB MADE POSSIBLE THROUGH A SUBSTANTIAL DONATION FROM RON WOOD**

Ron Wood wanted to “make a difference” at Lady Minto and designated his donation for the new medical simulation training lab, a project spearheaded by Dr. Shane Barclay. With his very generous donation, which he made in memory of his wife, Jean Wood, the hospital was able to purchase much of the equipment necessary to outfit the room.

“ The beauty of this exercise is the teamwork. Working together, acknowledging a mistake, getting the opportunity to practise, switch places, observe.... the benefits are endless. ”



*Counterclockwise from above: Dr. Catherine Prendiville (FP Resident) inserts the Bougie (intubation tube) through the airway on “anaphylaxis patient”*

*Doctors Anik Mommsen-Smith, Holly Slakov and Dan Kelf work through an intubation on “patient presenting with seizures”*

*Nurses Will Falla, Kelly-Ann Haslauer and Dr. Bobby Crichton bag and monitor “anaphylaxis patient”*

*Dr. Shane Barclay demonstrates to nurses Kelly-Ann Haslauer and Will Falla how to mix “push dose epinephrine”*

*\*Patient is Mega Code Kelly, purchased by the Hospital Foundation.*

## REPORT ON EDUCATION FUND



*Jo Twaites, Clinical Coordinator*

Many recent studies have shown that a major factor in job satisfaction and retention for nurses is for them to feel valued and supported. The Lady Minto Hospital Foundation plays an important role in providing that support here on Salt Spring Island.

**Jo Twaites**

Whenever I take a potential new nurse on a tour of the hospital, they comment on how well equipped the hospital is. “We are well supported by our community” I tell them and they are very impressed. And then I say, “And not only are we supported with good equipment, our Hospital Foundation has a specific commitment to provide ongoing educational support for our staff”.

This past year the Education Fund was used for the following:

- Advanced Cardiac Life Support
- Cardiopulmonary Resuscitation
- Advanced Emergency Room Skills
- Sexual Assault Examiner Course
- Neonatal Resuscitation
- Obstetrical Emergency Course
- 5 day Medical Intensive Course
- 5 day Psychosocial Intensive Course
- 1 day Palliative Brush-up Course
- Trauma Nursing Core Course
- Musculoskeletal Injury Prevention Coach Training
- Endoscopy Convention
- Facilitative Leadership
- Resident Assessment Instrument Training

Without exception, nursing staff are overwhelmed with appreciation when I tell them about the Foundation Education Fund.

One prime example is the exemplary quality of Palliative Care at Lady Minto due to the opportunity for our RNs and LPNs to attend the five day Victoria Hospice Palliative Intensive Courses in both Medicine and Psychosocial Support. They are amazed at the number of and breadth of courses in which our staff are supported in attending, from Obstetrics to Psychiatry to Cardiology to Emergency Nursing to Wound Care to Leadership Skills to Injury Prevention.

Being able to provide care that we know is at the gold-standard level provides a huge source of pride to our hard working nursing staff. I truthfully can tell potential nursing staff that, “our nurses work very hard, but they also give excellent care and take great pride in that”.

We are already planning to continue and broaden our educational opportunities for this coming year, both locally, through our new Simulation Lab, and within the broader health care system. We couldn’t do this without the very generous support of the Lady Minto Hospital Foundation.



### ADVANCED CARDIAC LIFE SUPPORT – NURSING EDUCATION

As of the end of 2015, I became a new staff member on the Lady Minto Hospital’s Acute Care ward. I want to thank you for your financial support in advancing my education in order to be an integral part of the health care team. Despite having thirty years of nursing background, there is still much to learn. I successfully completed the Advanced Cardiac Life Support two-day course and you supported me in that pursuit. Thank you very much for your making this possible. It is much appreciated!

**Kelly-Ann Haslauer, R.N.**





## NEW EXECUTIVE DIRECTOR AT GREENWOODS ELDERCARE SOCIETY

Board Members of the Lady Minto Hospital Foundation are sad to lose a dedicated board member, Paul Oliphant, who served as Board Chair for two years, but we congratulate him on his new appointment as the Executive Director for the Greenwoods Eldercare Society.

*"I am very excited about the opportunity to work with the great staff at Greenwoods, residents' families, the Board of Directors, and the Foundation. My focus will be on building strong relationships, effective teams, and healthy partnerships both within the organization and with other groups that serve seniors. I am confident that working together we can ensure that Greenwoods is a warm, caring, and compassionate home for our most vulnerable and venerable residents of Salt Spring."*

PAUL OLIPHANT, EXECUTIVE DIRECTOR, GES

*"Greenwoods Eldercare Society is delighted to welcome Paul Oliphant as our new Executive Director. His strong commitment to collaboration lends itself well to the vision we have for the future of seniors' support on Salt Spring Island."*

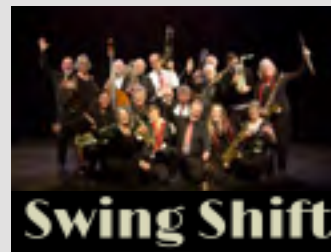
BARB AUST, BOARD CHAIR, GES



## THE FINALE FOR THIS YEAR'S PHANTOM BALL CAMPAIGN

**The Fritz Theatre  
Thursday, September 29, 7:00 p.m.**

A special showing of the 1925 production of "The Phantom of the Opera" movie. The draw for this year's prize page will take place after the show. Refreshments and Special Guest Appearance. Costumes and masks are encouraged!! Check our website in early September ([ladymintohospitalfoundation.com](http://ladymintohospitalfoundation.com)) for information about ticket purchase.



## DONOR CELEBRATION & DANCE

**Fulford Hall.  
Saturday, November 19**

Watch for details about this fun event on our website.

## WAYS TO GIVE A GIFT OF SECURITIES


Increasingly, our donors are taking advantage of the tax incentives when donating publicly traded securities to registered charities or foundations.

If you have publicly traded shares in your portfolio that would generate a substantial taxable gain if sold, you could consider donating some of those shares as your next donation. You get a tax receipt for the full market value of the shares and there will be no tax to pay on the disposition of the shares.

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Please contact Diana Hayes, Executive Director, if you are considering making a gift of shares.

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The Foundation works with our local Nesbitt Burns office in Ganges to facilitate your donation. Due to the strict confidentiality policy of all banking institutions, we are not notified of the donor's name unless he/she contacts us first directly. Give our office a call at 250-538-4845 and tell Diana to expect your donation.

The key to executing this tax strategy successfully is to make sure you "gift" the securities to a charity or foundation (don't sell them and donate the cash).

**For instructions on how to make your donation of securities to the Lady Minto Hospital Foundation, give us a call at 250-538-4845.**

**If you are interested in learning more about the benefits of making these types of gifts, please speak with your financial advisor or call 250-538-4845. You may also send an e-mail to [LadyMinto.Foundation@viha.ca](mailto:LadyMinto.Foundation@viha.ca).**



# GIFTS IN KIND

Gifts-in-Kind are another way that donors can contribute to the hospital. It is always advised to contact the Clinical Coordinator before making arrangements to donate an item of equipment. Once an item has been approved, the Foundation can process the donation and following CRA rules regarding gifts-in-kind, an official tax receipt can be issued for 70% of the invoiced price or appraised value.

## A GIFT-IN-KIND IN MEMORY OF ALICE FRASER



Alice Fraser passed away on April 12th at Lady Minto's Extended Care Unit and her sons, Richard and John contacted us to ask if we might be able to use her portable oxygen concentrator that had been so helpful to her while she was an extended care resident. We were very pleased to accept

this offer and know that the equipment will be most useful to other ECU residents.

In fact, back in the Fall of 2012, we featured a story in the Minto Messenger about Peggy and Jay Nixon. Peggy had donated her husband Jay's portable oxygen concentrator to the Home & Community Care Department. Home care nurses were then able to lend it out to clients in the community. This gift might well have been the very equipment

that Alice started with on loan before she purchased her new machine. It is always rewarding to see how these gifts-in-kind can make a true difference.

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*These gifts-in-kind can make a difference.*

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Alice and her husband Jack moved to Salt Spring after their retirement in 1974. They kept very active and enjoyed island life. Alice volunteered for the Hospital Auxiliary and was an avid golfer and gardener. She and Jack also were active square dancers. She became a skilled watercolour artist and was pleased to sell many of her paintings on the island. Richard and John told us that "although having health issues in her last couple of years, she assured her family that she was grateful to have had a very good life, rich in loving family and friends."

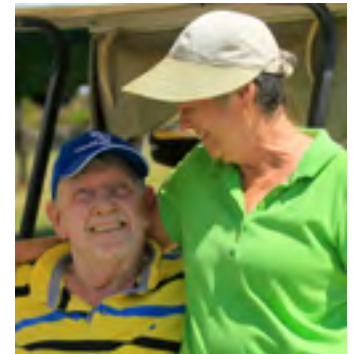
We would like to thank the Fraser Family and acknowledge Richard Fraser for initiating this most useful gift for Extended Care. We offer our condolences to the Fraser Family for the loss of their Mom. ■

## THERE ARE MANY WAYS TO GIVE TO THE FOUNDATION...

### MARK AND LYNNE SHARE A MOST UNUSUAL STORY

Local resident and retired electrical engineer, Mark Fraser, and his wife Lynne wanted to celebrate their eBay windfall right here in our community and make a major donation to the Hospital Foundation and the Salt Spring Foundation after a surprise turn-of-events last fall. The story goes something like this...

Twenty years ago, Mark purchased the first item ever sold at an eBay online auction: a laser pointer for \$14.84, which was originally owned by eBay Founder and Board Member, Pierre Omidyar. When the company's 20th Anniversary party was on the horizon last fall, Mark reached out to the Multi-Millionaire, Omidyar, after watching an episode of Jeopardy. Contestants on the popular show were asked to name the first item sold on the eBay internet business site, and Mark had the answer right on his desk!



Instead of enshrining the famous laser pointer, he decided it should go back to auction on eBay in time for the anniversary celebration. When it sold for quite a sum, Mark was thrilled and right away contacted the two local Foundations to discuss his donation. The Lady Minto Hospital Foundation extends a big THANK YOU to Mark and Lynne for sharing their story and making this generous contribution to the better health of our community. ■



## BOARD CHAIR'S REPORT

*Jennifer Williams*

A few nights ago I was having dinner with friends who are renovating the home here on SSI they inherited from their parents. Many of their most treasured memories come from the time they spent coming over to Salt Spring both before and after their parents retired here as the house was purchased years ago as a summer and weekend get-away and eventually as a retirement choice for Mum and Dad. Now the next generation is taking it over with the same plan. Eventually they will pass it on to their children and so continue the connection with the island.

While alive both parents became regular clients of Lady Minto Hospital with occasional visits to hospitals on the Mainland. As much as they received high quality clinical service in the bigger hospitals, they always felt more secure at Lady Minto both because of the clinical strengths of the physicians and staff yet more so for the comfort of our hospital's innate ability to provide a neighbourly sense of personalized care. Patients are not 'cases' or 'numbers'; they are people we meet at Country Grocer and Pharmasave or share interests and experiences with at ArtSpring and The Fritz.

In my meetings and discussions with Island Health this is a message I have very clearly articulated and now feel very confident they understand. This community has always expressed a solid connection with Lady Minto Hospital and continues to do so through the generous donor support it provides to the Hospital Foundation. With that support we are able to act as a well-defined partner in the development of the hospital. We also have a strong relationship with the Capital Regional Hospital District (CRHD), which also provides funding to the community for hospital infrastructure. Through these avenues Lady Minto is assured support for the present and future.

Our plans for fundraising this year have a very attractive gift attached. The Phantom Ball is celebrating 20 years of association with the island and to commemorate this we are fortunate to offer a special prize package for two for a week at the Turtle Bay Resort on Oahu, Hawaii as well as round trip airline tickets to get there. It is an exciting opportunity to visit this one-of-a-kind tropical resort and enjoy all the amenities it has to offer, as well as arrive in style with tickets sponsored by WestJet. The prize draw will take place at a special Phantom of the Opera movie event planned at The Fritz on Thursday, September 29<sup>th</sup>, 7:00 p.m. Stay tuned for more details and visit our website later in the summer for information about getting tickets.

We are also looking forward to seeing everyone out Saturday 9th July at the Annual Lady Minto Golf Tournament and dinner afterwards. Last year's tournament and dinner was a resounding success with a glorious day of golf topped off with barbecued steaks. We guarantee that this year will be as good if not better!!

November will prove to be another great month for events as we have our "Donor Celebration and Dance" happening on the 19th at Fulford Hall. "Swing Shift" has agreed to donate an evening of great music which should keep the floor hopping all evening. You will be hearing more about that as time progresses.

It is really gratifying to know that Salt Spring is so attached to Lady Minto and I feel that sentiment whenever I speak on behalf of the Foundation. Together we will get things done and I always remember that it is you, our donors, who hold the key to our functioning as an effective Foundation. ■



*Foundation's Fundraising Committee Chair, Patrick Taylor, accepts the cheque from Bank of Montreal's Manager, Katie Hicks*

## HOSPITAL PURCHASES NEW ECG MACHINE

Lady Minto Hospital Foundation's Meteor Shower Event held last summer was a departure from our usual fundraising activities. We invited the community to sit back in an easy chair and enjoy the Perseid Meteor Showers, led by astronomy enthusiast, Greg Klassen, with MC Scott Simmons, musical entertainment by Wesley Hardisty and literary readings by Brian Brett, Patrick Taylor, Ahava Shira and Ronald Wright. Our "Catch a Falling Star" event was a great success and proceeds from the event were targeted for the purchase of a new ECG machine for Lady Minto Hospital.

A major corporate donation of \$5,000 was received from local BMO branch manager, Katie Hicks. Her predecessor, Teresa McFadden, was instrumental in putting forward our proposal for corporate sponsorship. Fundraising Committee Chair, Patrick Taylor, accepted the sponsorship cheque from Katie Hicks at the branch on Friday, April 15th

Other major contributions were received from the Shrine Club #39 Gulf Islands and individual donors plus ticket sales from the Meteor Shower Event.

The Foundation is happy to report that the new ECG machine has now been ordered and should be up and running by the time this newsletter goes to press.

The new machine will bring the cardiology technology at Lady Minto Hospital fully up to date. The proposed system includes a software upgrade (referred to as MUSE) so that all ECG results can be viewed online by the physician involved in the patient's care, wherever they are located.

Currently our ECG reports are paper copies that must be faxed when needed at any other location. To view a previous ECG, staff must look up the patient's file card, find and load the correct disc, find and print the correct ECG.

The new machine has a bar code reader for entering the patient's name in to the machine. The patient's wristband can be scanned directly in to the machine. This means that the correct patient information will always be attached to the correct ECG. There will be a report generated by the machine to indicate the possible diagnosis. Wireless networking will also increase efficiency.

The Foundation Board Members would like to thank the Bank of Montreal for their generous sponsorship grant for this purchase. We also thank members of the Gulf Islands Shrine Club and all the donors and star gazers who helped make this purchase possible. ■





*Hawkins and his mom, circa 1952.*

## RON HAWKINS, SALT SPRING HOSPICE VOLUNTEER

I began attending the Bessie Dane Hospice meetings ten years ago. I was struck by the empathy and respect which defines the group. I completed the introductory training program and was drawn to older people. Each of us, by virtue of life experience, has a story and experience to share; none more personal than those which are deep-seated, vulnerable. If we can reach that deeper level with another person by gaining their confidence with warmth, I believe we enter sacred ground.

### Recollections of Mom – Helena Hawkins

**M**y mother and I were very close. We had a very warm, happy home. Dad died early at age 68. We had all left home by this time and it was a very difficult transition for mom. She sold the house of 42 years and moved into a 1 bedroom apartment in a nearby city.

After many moves, at the age of 91, she returned to the familiar community of Dundas and moved into Wentworth Lodge, a seniors care home, as she was starting to 'slow' down and needed support. One day while visiting her there, we took the bus 6 miles into Hamilton 'to do a bit of shopping'. Having traipsed around doing this for two hours, waiting at the bus stop a little too long, she announced

"let's just walk home". So we traipsed the 6 miles back with parcels, arriving before dinner. I was tired, and perhaps she was too, but at 91, 'let's just walk' sums up mom's determination. 'Gumption' is what she had, and that indeed she had in spades.

Then began the many set-backs and deterioration. She suffered a series of mini strokes, kidney cancer, and eventually dementia and entered "the dark hole", as I referred to this difficult time. She languished in a spell of little verbal communication for the last year of her life, none of it intelligible, BECAUSE, as it turned out, we did not have 'ears to hear'.

Many times during this period she would say, "I want to go and see my mother". We would remind her that her mother died in 1949. "Oh, I want to see my mother", she would repeat. Learning to simply sit and accept the circumstances was what I needed to do –to listen and be present to her, to play, interact, and abandon the need for meaning intellectually. She loved that. "You are a good man", she surprised me one time, "your mother must have brought you up well". I was dumbfounded by such truth which now I glimpsed, having learned to communicate creatively, a snippet at a time.

She entered a coma during the last 48 hours of her life. My sister sat with her continuously during this time. I arrived from Salt Spring after she died that last day and never had the chance to say goodbye...except, she had left a message for me and others.

She awoke from her coma two hours before her death; early morning, first sun, opening her clear blue blind eyes (she was legally blind, even when we walked home that day after the bus. She just saw shapes but was fearless with the white stick) and staring in the direction of my sister nearby, (knowing she was there but certainly not visible), clearly articulating her last words: "LOOK.... at all the BEAUTIFUL things....you have given me." It haunts me to think what glimpse of her life or future she was seeing, absolutely wrapped in deep gratitude... and knew her finally to be well AGAIN.

Then, after a few years I gained further insight. When she repeatedly called to see her mother, whom she worshipped, what she was really saying was, "I want to be held, embraced, acknowledged, loved", as only a figure of one's mother can unconditionally offer, and if we had ears enough to hear this at the time, we would have simply bent forward and held her in long embrace, and sat beside her, and stroked her head, and lulled her to sleep with song, and said to her, "I love you so very much, Helena, my dear child". This, I am certain, she knows. ■



by Carol Williams, Hospice Volunteer

In our Spring 2015 issue of the Minto Messenger, we featured the Vigils Program sponsored by Salt Spring Hospice. Carol Williams, Hospice Volunteer, talks about how the various services offered by the organization can help patients and families at many different stages of end-of-life care and bereavement.

*"The various services we offer co-mingle so that a family might benefit from our one-to-one conversations when they are first aware of an impending death. Later, our Mintos visitors might create a relationship with the patient and family upon admission to the hospital. When the time comes for a vigil, we'll be there also. The Mintos team may offer some background on the patient to the Vigil Coordinator and help her to personalize the vigil. When the vigil is over, the widow or widower could benefit from an additional one-to-one relationship to navigate bereavement time. Later, that person may enroll in our grief support group.*

*Of course, not everyone requires such a range of our services but it is possible. A couple of years ago, there was a woman who had just moved to the island with her husband. When she learned that her husband was dying, she met with a one-to-one volunteer who followed with her through his decline, death and her bereavement support. Once all her family returned to their lives, elsewhere, the widow was alone on the island with no friends because she was new here. The vigil was only a part of the care that was given."*



## JANET HARTWIG, L.P.N.



**Endoscopy Team: Dr. John Morse, Janet Hartwig, Sheelagh Horton and Department Supervisor Janet Franklin.**

**JANET HARTWIG, L.P.N. retires from Lady Minto Hospital after 42 years of service. She plans to continue providing casual coverage for the Endoscopy Team.**

**ECU Residents: Grace, Guy, Michael, Ellen and Agnes with Activates Coordinator Dorothy Copeland and Lesley Cheeseman of Moby's Marina enjoying the regular outings for lunch at Moby's. The Foundation supports the ECU activities which includes transportation for outings.**

**The Laboratory welcomes back Sylvia Andress who works as a Lab Assistant. Major renovations to the Laboratory's accessioning area (blood-letting department) took place in 2014 and were made possible by donations to the Foundation.**



# NEW MENTAL HEALTH TEAM (MHSU) PROVIDES MUCH NEEDED SERVICES FOR OUR COMMUNITY

by John Schwabach



The MHSU Team for the Southern Gulf Islands provides comprehensive community-based services to the people of the Southern Gulf Islands for the treatment of mental health and substance abuse challenges. The community office is located at Suite #202 – 321 Lower Ganges Road (Lancer Building).

*Cesca Zamboni, Orion Warje, Sally Garbett, Jon Schwabach, Emma Hawkins, John McNally, Susan Notschke. (missing from photo – Marcia Burton)*

Here is a summary of services and practitioners:

## **Adult Short-Term Assessment and Treatment (ASTAT)**

Provides short-term counselling to adults experiencing mental health and/or substance use problems. Service is provided on Salt Spring as well as Mayne, Galiano, Pender, and Saturna Islands. ASTAT Counsellors are: Jon Schwabach (Team Lead), John McNally, and Marcia Burton.

**Case Management** is an interdisciplinary service that is delivered in hospital and in community settings. Case management ensures on-going support for those experiencing serious and persistent mental health concerns. Case Managers are Anastasia Williams and Susan Notschke.

**Clinical Social Worker** Our Clinical Social Worker provides direct support to the Physicians on Salt Spring Island who are treating patients with mental health or substance use challenges, acute situational crisis, or the vulnerable elderly. The Clinical Social Worker helps to identify resources and coordinate linkages with other community-based organizations, agencies or programs. Clinical Social Worker is Francesca Zamboni.

**After Hours Crisis Intervention** Our Emergency Mental Health team provides assessment, crisis intervention, referral and short-term follow-up at Lady Minto Hospital and in the community seven days a week between the hours of 4:30pm and midnight on week nights, and from 1:00pm to Midnight on Weekends and Holidays.

**Primary Health Care Nurse Practitioner** Our Nursing Practitioner provides primary health care coverage for those with mental health or substance use issues and who are unattached to a primary care provider. Nurse Practitioner is Anne Desrosiers.

**Psychiatry** Our Psychiatrist provides assessment and treatment for those with severe and/or persistent mental health problems. Psychiatrist is Sally Garbett and David Montalbetti.

Referrals to Mental Health and substance use services can be made by a family doctor by faxing relevant referral forms and information to the number below. Self-Referrals are also accepted by calling the office.

**Office Hours** 8:30 to 4:30, Monday – Friday

**After Hours Coverage:**

4:30 to Midnight, Monday – Friday | 1:00pm to Midnight, Saturday, Sunday and Holidays

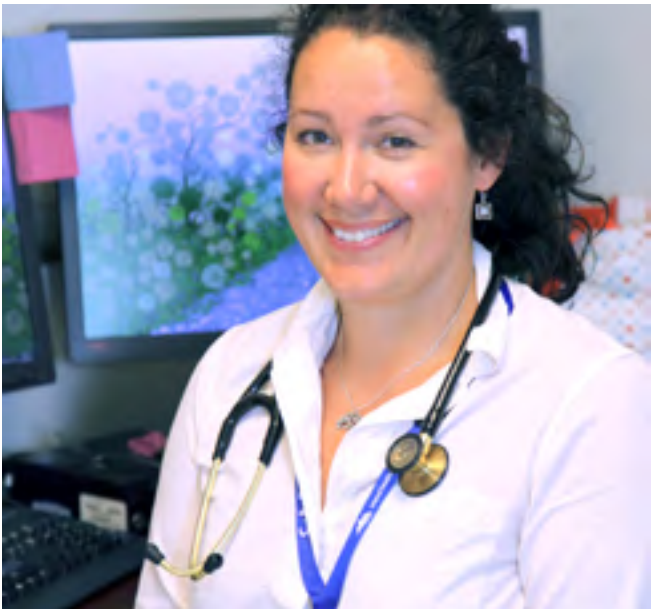
**Office Phone:** for information and referrals: (250) 538-4849 **FAX** for referrals (confidential): (250) 538-4816

**Emergency Mental Health Crisis Line:** 1-888-494-3888





*Anastasia Williams and Dr. David Montalbetti*



*Anne Desrosiers*

**COGNITIVE BEHAVIOUR THERAPY**



Since November 2015 Clinical Counselor John McNally and Registered Nurse Anastasia Williams, as members of the Mental Health and Substance Use team, have been offering Cognitive Behaviour Therapy (CBT) courses at Lady Minto Hospital to clients looking for counseling support. The 6 week workshops are offered to those clients on a waitlist for counseling services. CBT gives clients the tools to enable themselves to navigate their own thoughts, behaviours and belief systems in a way that they may deal with their own emotional problems. Also incorporated into the learning is an introduction to Mindfulness- the practise of maintaining a nonjudgmental state of awareness of one's own thoughts, emotions or experiences on a moment-to-moment basis. Though only 6 weeks in length, the skills learned in the CBT course will last a lifetime.



*Far left: Mary, RCA who donated the mural painting on the unit door.*



*Near left: Jenny, RCA*

# THE GARDEN PROJECT

## A Community Affair

by Diana Hayes

When the staff approached the Foundation this spring to support the Extended Care Memorial Gardens restoration project, it was a unanimous decision and one that board members can be proud to champion.

The importance of having safe, beautiful and tranquil outdoor spaces for our residents on Extended Care to enjoy, and even take part in the gardening, is medicine for the soul. This is their home after all, and the grounds are sometimes the only outdoor spaces accessible to them. “It’s all about gratitude for our special seniors, and the quality of their lives”, Valerie Taylor, in her Island MarketPlace article about the gardens.

“Cultivating the beauty in nature through our hands and our hearts.”

The importance of the garden as a symbol of family unity was very much a part of my upbringing.

When I was a young child, I had the privilege of growing up with my maternal grandparents living in the household, and one of their many talents was gardening. Wherever we moved, we would have spectacular flowers and veggie gardens. Seeing what joy this brought to my family was where my love of flowers really began. My grandmother had a secret language for cultivating roses; exotic colours and breeds were her specialty. This language of beauty and stillness was how I learned to nurture the closeness of family relationships.

Many of our residents also had this experience of gardening and have green thumbs indeed. Having access now to the tranquility, the fragrance and the beauty of such well cared for garden spaces reflects

also in the deep caring of the staff that takes place every day on the unit.

Spearheading the project was Activities Coordinator, Dorothy Copeland, and our Facilities Maintenance Worker, Rodney Flowers. Both are green thumbs par excellence. Many volunteer hours were also contributed by Nurse Team Leader, Catherine Green and her family. With the generous support of many other

community volunteers and suppliers, the results are spectacular.



The project initially began sixteen years ago when the Foundation received a generous bequest from the Estate of Irene Palmer. This is when the first stages of the memorial garden outside the ECU lounge were created. Now the garden spaces have expanded to include the area at the back of the unit as well as lovely garden beds along the windows on the front side of the unit. Beyond the mature palm trees, the “Liberator Rose”, a deep poppy red is thriving. It was donated by the Legion in honour of our veterans. The attractive cedar fencing provides privacy for the residents and all gates are secure to protect those who wander.

Dorothy reports how happy the residents were on a bright afternoon in May when they enjoyed their “happy hour” in the garden. Many decided to have their supper there too!. ■





## Acute Care Patio Garden

Last year the Foundation provided capital funding to create the secure patio garden for patients in the Acute Care Unit. Located at the front of the building, the space was completely renovated and is now a much larger area for patients to retreat outdoors. Comfortable furnishings and wall art were added along with perennial garden beds and rock features to make a very bright and tranquil patio garden. Additional plants and furnishings required to finish off this project were purchased through a grant from the Foundation this spring. Much TLC

and expertise in choosing the right plantings for this space were provided by staff members Dorothy Copeland and Rodney Flowers. Both have a tremendous gardener's eye for detail and the ability to create beautiful spaces for our patients. Rodney tells me that we are a unique Island Health hospital site in that we have much more than "hedges and grass". With the added artistic eye of contractor George Horel and his son Logan, the area outside the patio fence has been beautifully landscaped with accent rocks and deer-proof plants. ■



*Clockwise from left:*

*Logan and George Horel*

*ACU garden wall art by "Big Bear & The Wolf" – K & J Clemson*

*Rodney and Dorothy*



## MANY THANKS TO THE FOLLOWING VOLUNTEERS AND BUSINESSES WHO HELPED MAKE THE GARDEN PROJECT A GREAT SUCCESS:

- Original Bequest from the Estate of Miss Irene Palmer
- Mouat's Hardware for tools
- Country Grocer for soil and pots
- Thrifty's for plants, plants, plants
- Buckerfields in Duncan for plants
- Foxglove for plants
- Pauline McCarthy and Jackie Somers – for picking out and transporting our roses and babysitting them too!
- Brad Jalbert for his donation of a very special rose – The Liberator – in honour of the 70<sup>th</sup> Anniversary of Liberation
- Marion Hargrove, Lorraine Hamilton, Steve Lynch for great advice
- Jim McGuckin for his special Monkey Tree
- Jen and Ian Wood
- Kathy Reimer and her Salmon Enhancement Group of Ivy pullers
- Mark Hughes for top soil and delivery
- Ted Baker – Irises
- Marcia Jeanne – Lily of the Valley
- Chorus Frog – sunflowers and veggie transplants
- Trisha and Mike Stefancsik for copper pipe for tea cup bird baths
- George and Logan Horel for backhoe, soil and rocks
- Volunteers: Catherine Green & Family and Friends, Arlene Ommundsen, Rodney Flowers, Jen Ritson, Alf Morgan, Dorothy Copeland.
- A big thank you to our residents, staff and family and community members who cheered us on!
- Generous support of the Lady Minto Hospital Foundation





# THE SONG OF THE BIRD

## MUSICAL COMMUNION

by Margaret Mackenzie, LMH Auxiliary, Volunteer Coordinator

As Roy's hands crashed onto the piano, a sound emerged from the cacophony, a single sound hovering over the chaos. It was the song of the bird, pure and clear, awakening something within our hearts, filled with wordless wonder, beyond all comprehension.

There are difficult times in life when we need to keep something beautiful in our hearts. Roy knows that music can always reach out and touch that unprotected place. He is one of our residents for whom the acclaimed Tenore trio visited and performed in our Extended Care Unit. Their recognition of Roy's music was expressed in these words: "Roy could take the simplest melody and create an arrangement that makes grown men weep."

The song of the dove enfolded us in Tenore's opening "A Child's Prayer for Peace". Their voices had the power to invest their words with fervour and conviction and their melodies rendered an expression that was transcendent, holy and caring. As one of the tenors said, "We feel our visit is life giving, reminding us of what life is".

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**There is a strong link between music, medicine and spirituality, which looks at being human in our wholeness.**

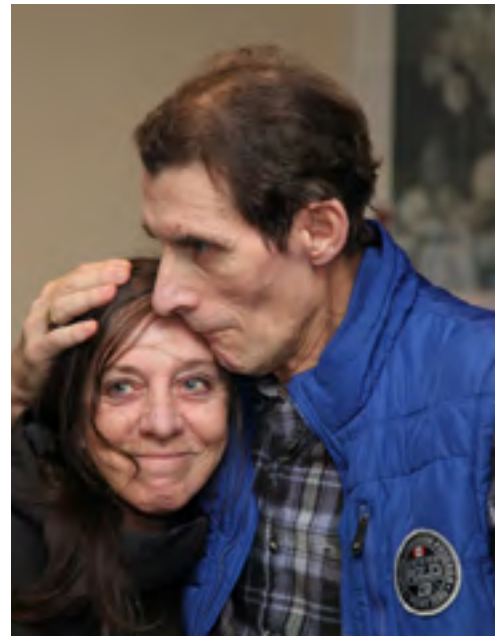
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This was a deeply human moment in Extended Care. Experiences as such help us to live in this place we call home. Music can bring us in harmony or allow us to cry out in agony. It speaks to our deep human need. Tenore's presence was evocative. The power of their song brought us together in Roy's music. It was deeply felt and was the reason their visit was so deeply human.

If we are able to see aging not as the demise of the body but as the harvest of the soul, and to see caring as giving and being cared for as receiving, then we see our profound human stature. But we must never underestimate the power of those who need our help. There is something we can learn from everyone. There are no limits put on giving and receiving.

In Extended Care those residents who are able belong to our Bell Choir, known as The Chimers. They aspire under the guidance of music therapist Maryann to present four concerts a year.

Inspiration was evident in their recent Spring concert to which all volunteers were invited. Having practised steadfastly and with blissful concentration they rang their bells, echoing the simplicity of the carillon sounds in their musical theme, The Songs of the Birds. Their passionate engagement held our atten-



*Jill Ann Siemens and Roy Kaighin at the Tenore concert on ECU*

tion as we drifted along with the music. It was a meaningful and purposeful celebration for them and a gift to us, revealing the deep sense of belonging and participation.

There is a strong link between music, medicine and spirituality, which looks at being human in our wholeness. In this we are continually blessed, through the spiritual leaders in our community and to the musicians who bring live music to us. It is about needing others in our lives and their actively reaching out to us.

We are given compassion and understanding and a love alone which makes sense of our life and being. Songs of innocence are played with simplicity and charm by the piano students of Melissa Grace Kodaly. The songs of experience are sung by Valdy and Kathleen who at Christmas make Joy and Peace alive in us. We are in harmony always with the piano and voices of David, Anke and Connie. Energy flows with Reeds and Wires as we swing, sing and dance. Choral singing filled our lounge with Shirley and the Lost Chords. We experience awe and wonder with Paula and her cello which is further



enriched with Carol and Tami on violin and piano. In all there is a bonding, a communion weaving its way through the music and our connectedness to others.

As is evident, music is an inherent essence of being human. We process its value and appreciate it to survive. It brings us to a place that changes the depth, quality and beauty of our lives and causes us to think and cherish and feel in a way that words cannot.

Coming to terms with the life we have lived in a unified manner is a process of making peace with our lives. Jean Vanier writes that peace flows from belonging to a common humanity and is the fruit of love. Perhaps this message was in Tenore's visit to us, that their child's Song for Peace was a song of destiny, a destiny which brought us together through music. Maybe we can join Tenore's song with Felix Mendelssohn's "O for the Wings of a Dove. In the wilderness build me a nest and remain there forever at rest". Is this Roy's song of the bird? We do know it is the power of music.

### **About Tenore**

Tenore has travelled the globe from Kampala to California winning prestigious awards with their awe-inspiring voices and their beautiful music. Tenore combines the stunning vocal talents of Mark David Williams, Jason Catron, and David Wise with swing tenor, Carlos Santiago and was created by Jill Ann Siemens, Founder of world renowned, multi-platinum selling artists, The Tenors.■

*Top to bottom: Roy with members of Tenore;  
The Foundation supports the Music Therapy Program  
on Extended Care with music therapist, Maryann;  
Marilyn and Ron play with the ECU bell choir*



*Thank you to the Foundation from  
the residents and staff of Extended  
Care for sponsoring the Juan de Fuca  
String Orchestra concert on May 1st*

**Jennifer Ritson, Activities Coordinator**





## 80 YEARS LATER

### THE LADY MINTO HOSPITAL AUXILIARY THEN AND NOW

*by Paul Roberts, Auxiliary President*

#### It was the Year of Three Kings - 1936.



**G**eorge V, Edward VIII and George VI all consecutively sat on the throne of England that year.

Early that same year, on January 15th, some 20 people held a public meeting on Salt Spring to create an organization that would support the Gulf Islands Cottage Hospital, built in 1914.

Minutes of the founding meeting show that membership dues would be 25¢ (!), that no tea would be served at meetings, and the next meeting would take place on January 28th. The minutes for this second meeting read that it was actually “held at Mrs. Edward Walters on Wednesday Jan 29th instead of Tuesday the 28th as that was the date of the King’s funeral”.

Many of the people who attended that meeting are historical island names. This plaque is hung in the hallway near the entrance to the Extended Care wing at the Hospital.

The members of the new Auxiliary were urged on by the hospital’s Matron, Miss Tate. Then, as now, members contributed time and money for whatever was needed to care for their friends and neighbours who were ill.

The women (and they were all women then) donated baked goods, bedding and so many other needed items. They took over a room in the basement of the hospital on the Ganges hill (now used by Community Services) and sewed and mended clothing, robes, diapers, and bedding.

And they gathered together all the non-perishable food, baked goods, needlework and clothing that had been donated to the hospital but not used and had a huge annual sale that came to be known as Hospital Day.





## 80 Years Later - 2016

### HEALTH CARE ON SALT SPRING HAS CHANGED!

Our current hospital was built in 1958 and we are anticipating an imminent announcement from Island Health about the priorities for further improvements. The Greenwoods Eldercare Society, incorporated in 1975, operates two care facilities: Braehaven Assisted Living Residence and Greenwoods Complex Care Facility.

And, of course, the younger sibling of the Auxiliary, the Lady Minto Hospital Foundation was founded in 1992 and began raising funds for capital improvement projects.

In this environment, members of the Auxiliary volunteer at both the Greenwoods and hospital facilities to serve

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### **This is a special year for us! And we have some big plans!**

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refreshments and to entertain residents whose days are brightened by fresh faces and tea and conversation.

Our best known programs are the funding for art and music therapy, outings, and special meals and we organize and support monthly concerts in the ECU (See page 18 for article on the music program by Margaret Mackenzie). We fund the purchase of "care and comfort" items like floor-level beds, pressure-relieving mattresses, bed monitoring systems and television sets. In 2016 alone, we contributed \$160,000 to the two organizations. Since 1936, it's a whopping \$2.6 million!

Scholarships and bursaries are another popular program. Financial support is given to graduates of the Gulf Islands High School, to students continuing their education at recognized health care education institutions and to people who have been out of school for some time and wish to return, either to upgrade their existing skills or to launch themselves in a new health-care career.

And have you seen the Showcase? Our dedicated knitters keep this display in the foyer of the hospital well stocked with beautifully knitted items.

We accomplish all this with about 120 active members. Dues (which just cover the cost of workplace insurance) have kept pace with inflation over the 80 years and now amount to \$7!



**Auxiliary Executive: (L to r) Kay Woodhouse, Dorothy Kyle, Donna Way, Ann Muller, Victoria Woodman, Veronica Hargreaves, Barbara Federici, Paul Roberts, Geri Teagle**

We will strive to enhance our volunteer activities. To do this, we aim to recruit 20 – 50 new volunteers. Some will work with our folks in residential care, others will work in our Thrift Shop where our donations are increasing both in amount and quality.

By the end of the year, the shop will have taken in a quarter of a million dollars, all processed by our volunteers. And all our net revenue goes to enhance health care in our community. As a result, we are rapidly outgrowing our present shop and are looking seriously at options for a larger space.

We are actively seeking new volunteers to join our team. The time spent with our residents is so rewarding, hearing their stories, reading with them; they offer us so much and appreciate our being with them. In the Thrift Shop, our hard working volunteers interact with our interesting Islanders and visitors from all walks of life and appreciate the fabulous donations that pass through our hands. How can you resist the opportunity to put aside 4 hours a week to join our team?

Imagine 80 years of service. And despite all the changes, our focus is still on the needs of the patients and residents of our local facilities. ■



## PHANTOM BALL 2015 PRIZE WINNER SHARES A HEARTFELT STORY

### Linda Roth

Just a short note to thank you for your help with the Parkside Hotel prize.

My daughter and I stayed there on the 11th, the night before my surgery, since I had to report to the Hospital at 6 am on the 12th. Both daughters stayed there the next two nights. The hotel also got a little extra business from my granddaughter, an emergency room nurse from Dawson Creek, who also stayed there for four nights with her husband and baby.

Everyone enjoyed the hotel, the fitness room, and the pool. It added a bit of luxury and holiday spirit to a stressful time for all of us and for that we thank you so much. My granddaughter and her mother used the gift certificate for the Thai restaurant and said the food was absolutely fantastic, so thank you again.

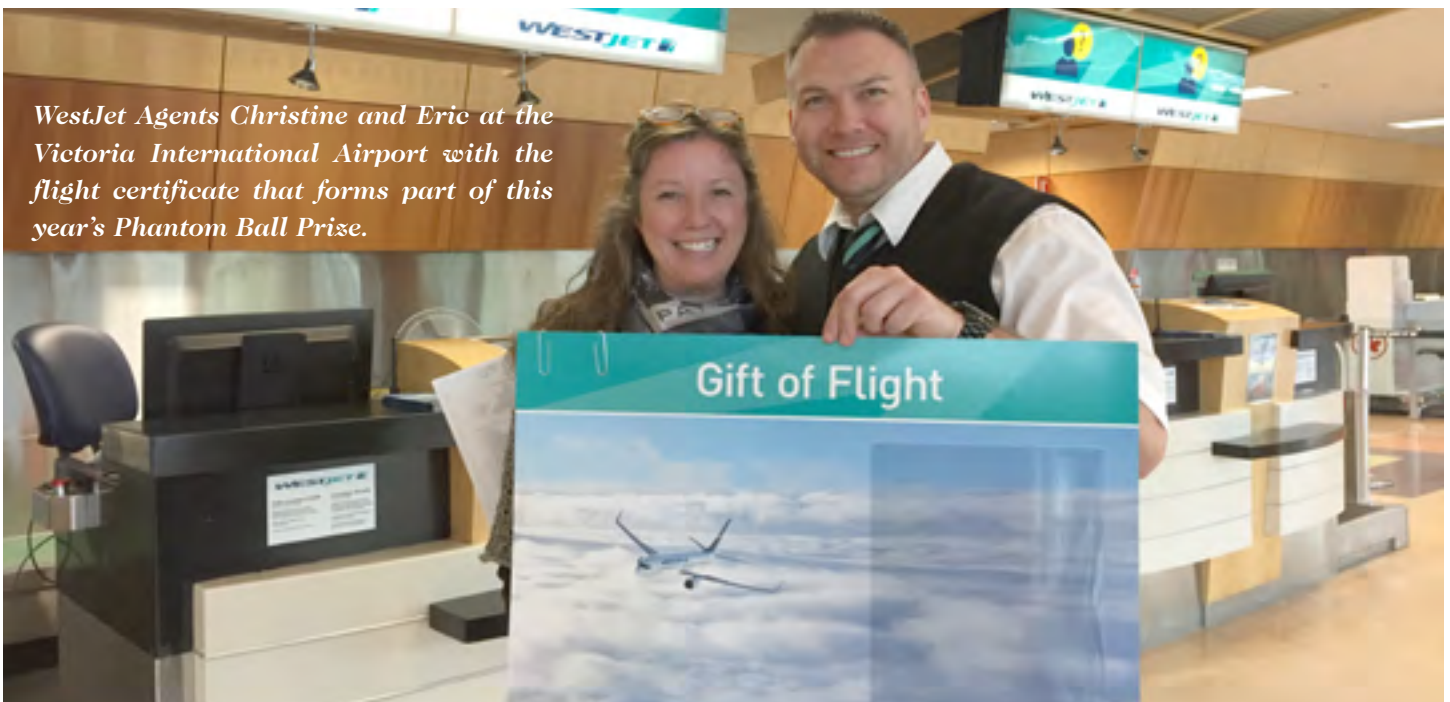
When I donated to the Phantom Ball, I never dreamed I would be the recipient, and never expected to be in the position of needing our local medical services. I saw the ads on TV, but colon cancer was simply not on my radar.

If there is one thing to come from this experience I would hope that my story will prevent someone else from ignoring the warning signs and get tested annually. It is so simple to prevent, and can save your life if caught early enough.

Thank you for helping make this medical crisis a little easier for me and my family. I am so grateful for Lady Minto Hospital, for the people who work there, and for the services they provide to our community.

Sincerely, Linda Roth

*WestJet Agents Christine and Eric at the Victoria International Airport with the flight certificate that forms part of this year's Phantom Ball Prize.*



A big thank you to WestJet for donating airline tickets for our 2016 Phantom Ball prize package.

**PHANTOM BALL**  
TWENTIETH ANNUAL



*A fundraiser that  
Doesn't require you to  
Get dressed up,  
Go to dinner, hire a babysitter,  
Buy pizzas, candles or wrapping paper.*

*Just fill in a Phantom Ball donor form  
Or go online to make our 100% tax-deductible  
Donation to the Lady Minto Hospital Foundation.  
And enter our draw for a trip to Oahu.  
Details below.*

[ladymintofoundation.com](http://ladymintofoundation.com)  
*20<sup>th</sup> Annual*

## You Won't Want to Miss The Prize Draw!

**Prize Package for Two at  
Turtle Bay Resort, Oahu. HAWAII!**

**Courtesy of WESTJET: airfare**

**Courtesy of UNIGLOBE: travel luggage**

**Courtesy of TURTLE BAY RESORT:**

- ☀ 5 nights stay in an ocean view room
- ☀ golf on the Arnold Palmer Championship Golf Course
- ☀ golf rental clubs
- ☀ sunset horseback ride

**Draw Date: Thursday September 29, 2016**

*All entries must be received before midnight, September 28, 2016  
No donation required to enter the prize draw.*

## Spectacular!—No Other Way to Describe This Resort

**Iconic Hawaiian Landmark on the  
Famous North Shore of Oahu**

With 850 lush acres to discover and five miles of wind-swept coast, there's an endless array of things to do at Turtle Bay. VISIT [TurtleBayResort.com](http://TurtleBayResort.com)

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If you have not received a Phantom Ball donor brochure with entry form, one is available at Lady Minto Hospital or phone the Foundation at 250-538-4845.

Thanks to OUR SPONSORS





# THE TERRY FOX for cancer research RUN

## SALT SPRING ISLAND

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Sunday September 25th, 2016  
Rainbow Road Pool  
Come Dash and Splash!  
Registration starts at 10:00am  
Run/Walk begins at 11:00

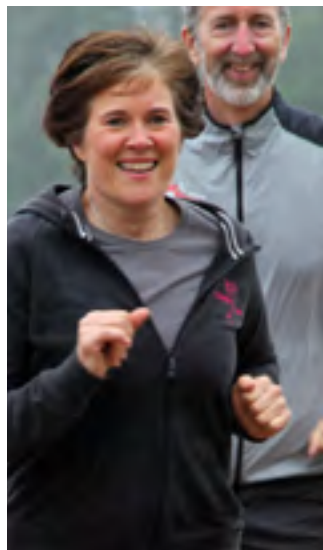
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### Why I do the Terry Fox Run?

*by Janine Fernandes-Hayden, Event Coordinator*

- Because I believe that we have to work together to raise funds for cancer research.
- Because I want to hold a space where people can connect, build community and nurture social supports in ways that Facebook can never do.
- Because it shows my family that being proactive about our health and staying active can be fun and social.
- Because I need a role model like Terry who reminds me that I too can have hope, determination and courage.

### Why will you do the Terry Fox Run this Year?



*Runners Karen Mouat, Drew Stotesbury and Janine Fernandes-Hayden*



## KAREN MOUAT, BUSINESS ADMINISTRATOR, RUNS HER FIRST HALF MARATHON

Our run group was started by fitness trainer Leslie Barclay in January 2013. At the time none of us was an active runner. On May 1st Cathy Lenihan, Lisa Sayer and I completed our very first half marathon at the Vancouver Marathon.

Participating in that event was exciting, inspiring and grueling with an amazing sense of accomplishment crossing that finish line. My favourite part was the people who lined the roads cheering you on, playing music, or waving signs. They were very uplifting, especially on that last hot kilometer.



Photo: Barry Peterson

## DIANA HAYES, EXECUTIVE DIRECTOR, SWIMMING WITH THE SALT SPRING SEALS

For me, being active is a key ingredient to health and well-being. Having physical setbacks can be a challenge but sometimes these very challenges open up new doors. Ocean swimming became my passion back in 2002 after I was sidelined by injuries. The same year that I began my daily swims in the ocean, I was joined first by one and then, soon after, a pod of eager swimmers – thus began the Salt Spring Seals. We are now a group of fifteen strong, ranging in age from 28 to 75, who swim in the various bays around our island, year-round. We love to share the challenge of open water swimming and encourage curious swimmers to join us in our pursuit of wellness and aqua-adventure.



## COLONOSCOPY SCREENING PROGRAM

We are the colonoscopy site for the Southern Gulf Islands. All FIT tests (occult blood in stool) for patients between ages 50 and 74 are coordinated at LMH and colonoscopies are arranged. Our waiting time is 2-3 months which is near the goal of 2 months. We meet all quality standards. I also was assessed through the "Colonoscopy Skills Improvement" program and met the standard. We will likely provide 450-500 colonoscopies this year. We have increased our number by 33% this year.

*John Morse, M.D., General Internist*



## SCREENING MAMMOGRAPHY

About 1 in 9 women will develop breast cancer in her lifetime. Regular screening mammograms can find breast cancer early, usually before it has spread. Make it part of your regular health routine.

Mobile mammography service performs about 10% of the total number of screening mammograms in BC. There are three mobile screening units that serve rural and remote communities in BC. The mobile unit makes regular visits to Salt Spring Island.

Call toll-free 1-800-663-9203 for general enquiries.





# LADY MINTO FOUNDATION'S ANNUAL GOLF TOURNAMENT

by Karen Mouat



*Corbin Scott, Troy Kaye, Mike Horan and Chad Little, winners of the 2015 Hewitson Memorial Cup Trophy, with Golf Pro Steve Marleau (centre)*



*Golfers Susan Russell and Tricia Simpson (friend of the late Tash Hewitson, founder of the LMHF Golf Tournament)*

## GOLF TOURNAMENT'S 26TH ANNIVERSARY

Tash Hewitson was an exuberant ex-bank manager and golfer who felt strongly that there should be a golf tournament that raised money for a good cause. Twenty six years ago the Hospital Foundation was formed and that caught Tash's eye as well. She became instrumental in organizing the first tournament only to pass away within weeks of it becoming a reality. Before she passed away she was adamant that everyone needed to golf in this tournament, cajoling all her friends to sign up...and they did. The golf tournament was originally named in her honour and The Hewitson Memorial Cup continues to be awarded yearly to the winning team.

This is the 25th Anniversary of that same tournament and there are still a group of Tash and Glenn Hewitson's friends who come out to support her vision.

Every year the Foundation partners with the Salt Spring Golf & Country Club to host a fun day of Texas Scramble Golf coupled with a fundraising dinner. Over the past 25 years this golf tournament has raised over \$320,000. Those funds have turned up at the hospital in the form of endoscopy equipment, beds, portable ventilator, medication carts and lab equipment just to name a few.

Go to our website [ladymintofoundation.com](http://ladymintofoundation.com) to sign up to play or form a team from your organization and enter the LMHF Company Sandbaggers Challenge Cup. Have fun while supporting the hospital. ■





## DIVISION OF FAMILY PRACTICE

by Janine Gowans, Coordinator

**D**ivisions of Family Practice are groups of community-based family physicians working together to achieve common goals. The Rural and Remote Division of Family Practice brings together physicians from a number of small communities throughout B.C. Physicians on Salt Spring are members of the Salt Spring Island Chapter of the Division.

My role as Coordinator is to support the work of local physicians and I spend much of my time managing projects and initiatives, supporting programs, liaising with community organizations and interfacing with Island Health, our health authority partners. I've been in my role since November of 2013.

Much of our work as a Chapter has focused on improving access to primary care, specialist care and working with partners to integrate primary care with other services.

Salt Spring is fortunate to have a strong, engaged community of physicians who are passionate about delivering the best possible care within our community. We have an innovative group who bring their talents and energy to the table in a way that makes it easy for me to support their leadership. Working with me are members of a small team who do phenomenal work supporting our projects and initiatives: Kirsty Oliveira is our Chapter Administrator and brings her experience and insight as a medical office assistant and clinic manager; Heather Picotte is the Evaluator for our Effective Access to Specialist services project and Justine Thomson is our Project Lead for Child and Youth Mental Health and Substance Use Collaborative (CYMHSU). ■

### Some noticeable impacts of our work include:

- In partnership with Island Health, the creation of a social work support role aligned with primary care for patients who would benefit from additional supports
- Partnering with Island Health on a successful proposal to integrate a nurse practitioner into the community to support persons living with mental health and substance use challenges as well as others in the community
- Launching a patient education series for persons who have experienced a significant cardiac event that provides education and supports to help people learn to live with a new normal
- Working with Salt Spring Community Services to launch FETCH, a community health directory available at [www.saltspring.fetchbc.ca](http://www.saltspring.fetchbc.ca)
- Accessing funding and support through the Shared Care Committee to support a local action team in the Child and Youth Mental Health and Substance Use Collaborative CYMHSU
- Supporting shared planning and service delivery design with our partners at Island Health
- Supporting physician recruitment and retention initiatives
- Working with community partners to deliver training on self-management supports to healthcare providers, peer supports and people living within the community
- Introducing additional specialist support to the community by adding physiatry to our visiting specialist program. Psychiatrists are bone, muscle and nerve specialists who can effectively support patients with a variety of health concerns.



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 ☐ Endowment Fund ☐ Extended Care 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: \_\_\_\_\_

Name: (as you wish it to appear for donor recognition) \_\_\_\_\_

☐ I prefer my donation to be anonymous

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

I prefer to use my VISA or Mastercard in the amount of \$ \_\_\_\_\_

OR/ I wish to make a monthly donation of \$ \_\_\_\_\_ to be charged against my account.

Account Number: \_\_\_\_\_ Expiry: \_\_\_\_\_ Name on card: \_\_\_\_\_  
(please print)

Thank you for helping us to ensure that we continue to have excellent health care on the Island. Tax receipts are issued for all donations. Charitable taxation # 135048148RR0001

**This form can be mailed to the Lady Minto Hospital Foundation 135 Crofton Road, Salt Spring Island, B.C. V8K1T1 or faxed to, 250 538-4870**

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

