

SPRING/SUMMER 2020

Minto Messenger

LadyMintoHospitalFoundation



COVID-19

BY DAVE TAYLOR

There is still much to be done to keep the pandemic under control until we have a vaccine.

On March 12, 2020, Provincial Health Officer Dr. Bonnie Henry made the first of a series of announcements that would turn our world upside down. She advised against all non-essential international travel and directed event organizers to cancel any gatherings larger than 250 people.

It was then that the COVID-19 pandemic hit home. Within a single week, first a public health emergency and then a full-blown provincial state of emergency had been declared.

We all know that this is not over yet. There is still much to be done to keep the pandemic under control until we have a vaccine. That said, from top health officials to you and me, the way in which Salt Springers and British Columbians “flattened the curve” in the crucial first few weeks of the COVID-19 crisis stands as an example to the rest of the world.

In the following pages of The Minto Messenger, you will learn more about how the hospital and the community-at-large responded to the COVID-19 crisis in those first few weeks—often in unique and inventive ways.

Read on...

GENEROSITY, INGENUITY, RAPID RESPONSE

A STORY OF HOW SALT SPRING ISLAND ROSE TO THE CHALLENGE OF THE COVID CRISIS

BY **DAVE TAYLOR**



props and scenic sculpture for theatre, film, opera, and dance productions since 1974. He has a design and fabrication studio in Merchant Mews, a 3D printer, and a partner-in-wonder in Victoria, microbiologist James Tyrwhitt-Drake, who thinks of himself as a “science artist.” On March 19, having viewed an open source publication by 3D printer developer Josef Prusa on how to make government-approved face shields, Finer and Tyrwhitt-Drake started working on a prototype.

Finer took the lead on the 3D manufacturing process. Before long, clear plastic face shield material was being cut on the GISS laser cutter with the approval of School District 64, and about 15 islanders had pressed their 3D printers into service, producing the headgear that attaches to the shields. Each headband assembly took about 2 hours to produce. “There’s an incredible range of skills on this island from students to PhDs,” says Finer. “You can throw an idea out there to the group, and they’re collaborative, sharing, collegial, and not afraid to innovate and try new things. It was extraordinary.”

In short order, Finer’s 3D face shield group connected with the Salt Spring Chapter of the Rural and Remote Division of Family Practice—the island’s doctors—and the Chapter connected with the Salt Spring Community Health Society. The Chapter recognized the need for community PPE. The Community Health Society, a registered charity, could apply for grants to fund the project, mobilize additional volunteers, and co-ordinate the project’s various components including training in the wearing and use of PPE.

As partners, the Health Society and the Chapter applied to the Salt Spring Island Foundation for a grant of \$29,100 to fund the production of 3D face shields, reusable gowns, and alcohol-based sanitizer from Salt Spring Shine Distillery. The Salt Spring Island Foundation, in turn, informally approached the Lady Minto Foundation to see if we might consider partnering with them on the grant.

As a hospital foundation, our mandate is to raise, steward, and disburse funds to support excellence in patient care and comfort at the Lady Minto Hospital—in other words, enhancing programs, services, and facilities at the hospital. Normally, we interpret our mandate as extending to the lot line of the hospital property.

But these are not normal times.

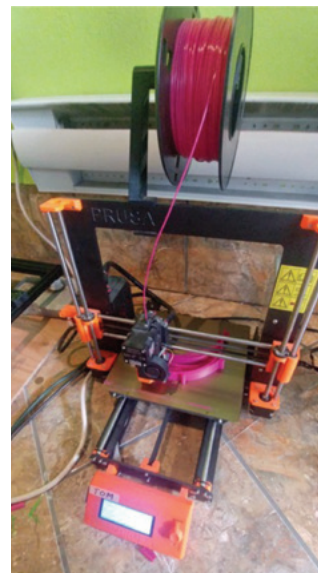
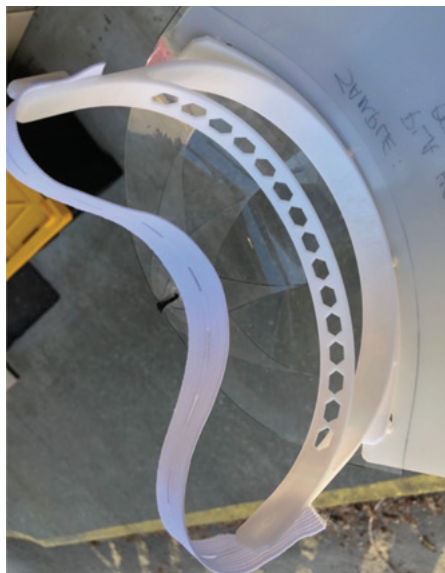
It was clear to us that the Community PPE Project would help to minimize the spread of COVID-19 and keep our doctors, first responders, and front line workers safe and healthy while at work in the community—an obvious benefit to the hospital and, in turn, the wider community in the event of an outbreak. The Lady Minto Hospital Foundation and The Salt Spring Island Foundation each provided half the funding requested.

This is a story of how the Lady Minto Hospital Foundation, three other organizations each with different mandates, and a small army of volunteers with unique skills and talents came together in a matter of days to make a huge difference at a time of crisis.

Early in the COVID pandemic, it became obvious there was a nationwide shortage of personal protective equipment, or PPE.

In BC, the province’s COVID-19 Supply Hub was charged with supplying PPE to provincial health authorities, which in turn supplied the gowns, masks, gloves, and other protective gear to hospitals. But here on Salt Spring, there was little if any personal protective equipment available for first responders, community workers who work with vulnerable populations, or physicians and the staff in their clinics.

Fortunately, this is Salt Spring, where, as Bryn Finer advises, “Don’t make assumptions about your neighbours because you don’t know what skills they’ve come here with.” Finer, for example, is a semi-retired props master who has been fabricating



The Chapter and the Community Health Society were off and running.

By now, they'd been connected with Donna Johnstone and Caroline Trepanier, who would collaborate on the creation, cutting, and sewing of 229 reusable gowns. Trepanier is a pattern maker, and Johnstone has been sewing since the age of 5 and has a degree in textile science. The gowns can be reused up to 50 times, and come in two sizes—regular and tall. The gowns are washable in soap and water, and they're simply designed so that one can quickly pull the tie and have the gown slip off without contaminating the wearer.

Johnstone says, "David Borrowman let us use Mahon Hall as our cutting room. He made table extenders to raise them to the right height, and Caroline and I worked 6 feet apart—two cutters, going through 15 layers of fabric. It took us a total of 31 hours."

Johnstone and Trepanier sewed the gowns separately in their own studios. "It was 2 weeks of fairly long days," Johnstone says, "but my studio is my happy place, and the project really calmed me down."

Graham Likeness got involved in the project when Finer called him to ask whether ultraviolet light would work as a disinfectant. Likeness' career has been working with companies supplying theatres with lighting and other technical equipment. While UV wasn't nearly as effective at disinfecting 3D face shields as good old soap and water, Likeness worked out just fine as team leader for the face shield assembly team—although he gives a lot of the credit to Community Health Society volunteer Caroline Horsburgh, whose nursing background and get-it-done attitude from her time in the army served the team well. The team has assembled over 300 face shields. "My role," he claims, "was pretty much to identify roadblocks, make sure the team has everything they need, and provide coffee."

Likeness's most memorable moment from the project? "One of our guys delivered face shields and gowns to the nurse on Pender. He handed them over and she cried. For us it's fairly distant. We're sitting here making these things, but we don't

really see the people we're making them for. There are people struggling to do a very difficult job without this. We all strive to make a difference, and this is an opportunity to do so. Very satisfying."

Salt Spring Island Fire Rescue Chief Arjuna George can attest to how much easier the Community PPE Project has made his crews' jobs. Fire Rescue has taken delivery of 28 face shields and 25 reusable gowns. The Fire Rescue crews use the PPE on every single medical call they get. Anxiety levels were high in the early days of the pandemic, the chief says. "But just knowing the PPE was being made set them at ease. Our crews are forever grateful."

Salt Spring Community Health Society president Jennifer Williams, a former infection control co-ordinator and epidemiologist in Vancouver and Los Angeles, notes that her group rapidly became involved with assembly, distribution, delivery, and training. "It's so heartening that we managed to get so many people to come together for the common good, and to work in

such a collaborative way. No ego. Everyone just got in there and got the job done."

According to Dr. Manya Sadouski, physician lead at the Chapter, "There is profound gratitude from all the family physicians and other health care providers in the community who've been in touch with me for the provision of the gowns and face shields. It's allowed them to see patients in their office, and really improved access to health care in our offices so we can see a wider range of people personally." She continues, "I know this is outside the normal scope of the Lady Minto Hospital Foundation, but emergency dentists and emergency optometrists have been able to provide their services. We've had feedback from first responders that it's provided peace of mind as they provide front-line care."

Dr. Sadouski says the project had a mission. It has provided PPE plus a surplus against future demand and has spared supply to be used in the hospital. "Now we have lots of face shields, lots of gowns. We're well positioned for the contingency of a community outbreak. This is a long game." ■

*It's so heartening that we managed
to get so many people to come
together for the common good, and to
work in such a collaborative way.*

[INTERVIEW]

Sara Gogo

RURAL SITE DIRECTOR,
LADY MINTO HOSPITAL

Q&A WITH **SARAH GOGO** BY **SARAH BRAGG**

C OVID-19 has affected the way healthcare is delivered and has changed the ways in which hospital staff safely interact with patients and each other. I took a few minutes out of Sara Gogo's busy day, to ask her how life at Lady Minto has changed through the pandemic and how the staff are holding up.

Sara spoke about the impact COVID-19 has had on the team and said, while everyone is managing well, the staff have certainly felt increased stress and concern. The change to policies, processes, and patient flow have been very labour intense and have added a new layer of responsibility for everyone.

Ensuring patient and staff safety has always been the top priority. However, during the COVID crisis it has increased demands on every department, in particular housekeeping, dietary, and facilities maintenance. Also, because COVID has happened over a period of months, the staff have remained in an extended period of high alert, which has added a huge amount of stress to the work environment.

Thankfully there have been the odd days, when the team felt like they could take a deep breath and pause. However, moving into recovery and reimplementation phases has presented a whole new set of challenges.

With increased distancing practices, communication has also presented significant and ongoing challenges. The team has had to develop new and effective ways to communicate, to keep everyone up to date with rapidly changing guidelines.

Sara wanted to stress that although this time has been really tough, there have also been positives to reflect upon. First and foremost, the amazing support for Lady Minto staff from the community has been really impactful and has meant a great deal to staff morale.

The implementation of onsite leadership 7 days a week has also been a very positive change, providing readily available support to the team during the crisis. The staff have also learned to work in different ways, while remaining cohesive and supportive of each other.

The repurposing of space and the



development of a new trauma room were definitely positive outcomes of the pandemic. The newly created trauma room will provide increased patient privacy and allow for more inclusive trauma care, at a time when patients need it most.

Improvements were also made to intake and clinical areas, ensuring the safety of both patients and staff. During COVID-19, the need for increased distancing required different patient flow with modified assessment and treatment areas.

As always, the staff functioned well within the current spatial limitations of the existing Emergency Department, but it became quite a challenge during this crisis. As we look to Lady Minto's future, the important lessons learned through this pandemic will become a vital part of planning for the new Emergency Department.

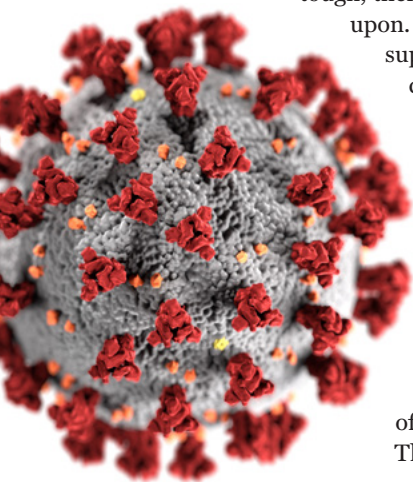
As a result of COVID-19, overall hospital preparedness continues to improve, and the team will be ready to meet future challenges. Having learned so much, the hospital is in a much better position to meet the challenges of a possible surge in the near or distant future.

Sara especially wanted to thank senior leadership at Island Health for their incredible support and encouragement during the crisis. They have supported Lady Minto to do whatever was necessary to make the hospital a safe place for patients to come and receive care.

Sara also commended the community of Salt Spring for being so diligent in practicing social distancing and good hand hygiene. Continuing to follow the health and safety guidelines set out by Island Health has helped to keep everyone safe and has lightened the load for the team at Lady Minto.

In closing, Sara wanted to say how incredibly appreciative everyone at Lady Minto is for the wonderful support received from the Lady Minto Hospital Auxiliary and Foundation.

Be safe and well! ■



A Daughter's Tribute

BY BETH HALL



In January of this year, my mother died in the Palliative Care Unit of Lady Minto Hospital. We had a family gathering in her room the afternoon before, while she was awake and cognizant enough to appreciate being the centre of attention. None of us expected that it would be the last time she held court, and we planned to reassemble the following day. So at 3:00 AM, while I slept in the chair beside her bed, I was stunned when her nurse gently woke me up to tell me she was gone. An hour later I walked out of Lady Minto into a peaceful January morning, feeling shattered by the loss of my mother but with a sense of support and connection unimaginable in a big city hospital. If a building could care, Lady Minto Hospital was crying with me.

My mother was a vibrant and engaging woman who lived to be almost 95, though she had a number of health issues over the years that made visits to Lady Minto an ever more frequent event. She used to joke that her car was set to autopilot for the 1-minute, 20-second drive from her home to the hospital parking lot. If LMH awarded frequent flyer points, she'd be at the platinum level.

All of this is to say, I spent many hours sitting by her bedside in the Lady Minto

Emergency Room watching the ER scene unfold around me. I have been there at 2:00 in the afternoon and 2:00 in the morning, on busy days and quiet ones. I have been offered a cup of tea, a blanket, and an encouraging hug, all without asking. I never failed to be impressed and grateful, and I am only an observer. My mother, on her many visits, was invariably treated with respect, dignity, and compassion, even though she may have been in the same bed for the same symptoms the day before, and the day before that. That sense of security, knowing that help was always close and always available, was key to her relative independence and allowed her to remain living in her own home. For my mother and her family, that was a priceless gift.

I know I am preaching to the converted when I extol the value of our beloved Lady Minto staff. What the ER doctors, nurses, technicians, and support staff achieve in the cramped confines of a space clearly subpar to the quality of care they provide is nothing short of miraculous. They are deft at manoeuvring high tech equipment around stretchers and tables and IV poles in a cubicle no larger than a closet. Add in a worried family member or two, and the dance becomes increasingly complex. It is

a challenging physical environment that doesn't make quality care easy, and they are sorely in need of an improved facility to match their skills.

We live in a small community, and on any visit to the hospital or the ER, it is likely you will run into a friend, a neighbour, or an acquaintance. In today's world of hypersensitive privacy laws, throw that book out the window if you are in need of emergency care. Nothing remains private when the person in the next cubicle is 3 feet away, and no matter how sensitive and respectful the attending caregivers may be, your medical history is out there for all to know.

So now, with the plans progressing for the new Emergency Department, a state-of-the-art facility that addresses the current shortcomings is on the horizon. Imagine having more space, more privacy, and an environment that supports and assists care rather than compromising it.

Shortly after my mother's death, I found myself back in the Lady Minto ER. Our 2-year-old grandson was visiting for a few days when he became ill, and after he spiked a fever close to 40 degrees, we pushed the "grandparent panic button." Though his symptoms had improved significantly by the time we got there (a dose of Tylenol kicked in), he was treated with all the care and attention needed to set our jangled nerves at ease. Discharged with a magic Popsicle and an open invitation to return if we were at all worried, we felt relieved and validated. Thank you, Lady Minto—you are a big part of what makes Salt Spring a special place to live.



Patricia Gould



Board Chair Report

MAY 2020

BY **DEREK FRY**

March and April on Salt Spring usually see islanders looking forward to some sunshine and to flowers in the garden, but this was not a usual year. We will all remember 2020 for the arrival of the uninvited guest, COVID-19, that turned everyone's lives upside down. We will remember the attention that immediately focused on the health system as we prepared for the surge that had been seen in other countries.

Salt Spring, like the rest of BC, followed the plan from Dr. Bonnie Henry and Adrian Dix and slowed the spread. Island Health jumped into preparing Lady Minto and their other health service locations. Sara Gogo led the work in Lady Minto, as she and her team identified improvements and changes to increase capacity to treat patients.

From the first news of the pandemic threat, the Foundation supported the hospital in its preparations and met all funding requests with monies from Salt Spring Islanders who responded magnificently to our relief appeal. It has been heart-warming to see the community coming together in this new stay-at-home world, but it seems we have a long way to go before "normal life" returns.

One of the casualties of the pandemic has been our Emergency Department Redevelopment Project. You may recall that in February we were finalizing the Schematic Design phase and intended to be full speed ahead to build the new ED, with construction slated to commence in 2021.

The Schematic Design had finalized the location of the 4500-square-foot building and confirmed the project cost at \$10mm. The final planning stages were to be completed by the end of September, and it was hoped construction could begin early in 2021, and be completed in the spring of 2022. To complete the funding of the project, \$3.0mm was to be raised by the Foundation in a capital campaign this summer.

When COVID-19 came on the scene, the board reluctantly decided that the ED Redevelopment had to be put on hold. The people at Lady Minto would have no time to focus on planning the new ED, and with the impact on the financial markets, this was clearly not a good year to launch a major fundraising campaign. We look forward to resuming the project when conditions allow.

My thanks to the board for engaging in the issues and piloting our way through these changing times. We have even successfully grappled with the challenge of board meetings on Zoom! ■



LadyMinto
Hospital Foundation

EQUIPMENT PURCHASES

FISCAL 2019-2020

DigiTrak XT 48 Hour Holter Digital Recorder for X-Ray	\$2850.30
DigiTrak XT 7 Day Holter Digital Recorder for X-Ray	\$3359.70
Symphony Breast Pump for Public Health	\$3091.94
LMH Power Height Adjustable Reclining Chair for Laboratory ..	\$5208.00
Tono-Pen IOP Device for Emergency	\$6581.12
External Fetal Monitoring System for Obstetrics	\$36,000.00
Patient Slings	\$4707.18
Patient Positioning Tools	\$505.09
Action Gel Pads for Extended Care Unit	\$1029.00
Slings for Extended Care Unit	\$3234.00
Patient Care Safety Pillow/Blanket Acute Care Unit	\$1838.05
Airvo Kit with Stand for Emergency Department	\$2814.89
Vita Mix Blender Dietary Department	\$836.17
Project Costs for Tub Installation Extended Care Unit	\$5000.00
NuStep Recumbent Trainer Acute Care Therapy	\$2944.30
Ice and Water Dispenser Acute Care Unit	\$5000.00
Bi-polar Cord and Surgical Instruments	\$573.77
Specialized Instruments for Plastic Surgery	\$2556.88
Video Laryngoscope for Emergency Department	\$1617.75
Airtime Instrument Channel Dryer for Endoscopy Unit	\$5290.10
Temporal Thermometer for Emergency Department	\$2441.07
Digital Scale for Extended Care Unit	\$1040.55
Oxygen Flowmeter with Y Connector	\$824.75
Transport Bag for Acute Care Unit	\$245.45
Transfer Belts for Physiotherapy	\$579.60
Hydraulic Adjustable Draw Chair for Laboratory	\$2370.11

Recurring items include items in the small equipment fund for urgent needs under \$5000; education, residential care activities, patient transportation support, palliative care and mental health support programs.



BUDDING PHILANTHROPISTS

BY SARAH BRAGG

Recently the Lady Minto Hospital Foundation received a gift from a group of budding philanthropists from the Phoenix Elementary School. These intermediate class students were given a monetary award on behalf of the school, and the choice about where to donate the proceeds. After consideration and discussion, they decided to make the Hospital and Foundation their charity of choice.

We were so inspired by these students and their gift, we decided to dedicate this article and our heartfelt thanks to all of them.

In an interview with their teacher, Joni Van Ommen, we talked about why the kids made the decision to support the Hospital. The kids were given several charities to choose from, and they chose Lady Minto, because every one of them had a personal connection to the hospital through family or friends. Joni talked about how kids understood the impact a donation like this will have, not just for them but for everyone in the community.

With regard to the giving spirit kids have, Joni suggested kids today have access to so much more information and are much more globally aware. They travel widely, and they've lived in other parts of the world like no other generation and understand the challenges we all share. They see the effects of climate change on the planet and on families everywhere, and they want to be a part of the solution and make changes for a better future.

Philanthropy is the most selfless gesture of love for humanity. The need now is unprecedented throughout the world and in the communities we call home, and these kids remind us the giving spirit is alive everywhere around us.

As charitable organisations plan for the future, we are reminded of the power kids have to inspire the rest of us. The future we strategize for today will impact the youth of our community tomorrow. It is incumbent upon us to engage and involve kids in the important work of building strong communities now.

If our kids are involved in important causes, they will grow into the conscious and aware leaders of tomorrow—ready to meet the challenges the future presents. They will grow into the problem solvers of the future, viewing the world through a lens of compassion.

When children are engaged and inspired to help, they rise to the occasion to meet any challenge. Halloween “Trick-or-Treat for UNICEF” has been around for decades, and, to date, kids all over the world have raised over \$165 million in support of food insecurity in the poorest countries. More than any other time, young philanthropists are creating change by starting charities in support of needs in their communities and around the world.

Kids look to young leaders and role models like Greta Thunberg,

who see the world with eyes wide open and who want to lead the charge for change. Because of people like Greta, kids are asking the right questions and they want the right and sometimes hard answers. The world saw young Greta tell the UN Assembly that humanity is facing an existential crisis arising from climate change. They saw her hold world leaders accountable, asking them what they planned to do about climate change to save our planet. She is a role model for children around the world and has inspired them to take action in large and small ways.

Charities like WE, founded by brothers Marc and Craig Kielburger, have connected kids globally and have inspired a “young philanthropic army.” It is through movements like WE and others that the next generation can make real, worldwide change happen.

More than ever, kids know about issues globally, and they want to fight for the planet they will ultimately inherit.

The Intermediate Class at the Phoenix Elementary School chose the Lady Minto Hospital Foundation to receive their gift, and for that we are both impressed and grateful. These are our next community leaders, politicians, healthcare workers, inventors, builders, and fundraisers, and we should do everything we can to inspire and connect them to causes that matter, so they can make change happen.

Thank you to all the budding philanthropists on Salt Spring and around the world! ■



A COMMUNITY CAME TOGETHER

BY SARAH BRAGG

Early this year, the world saw the beginning of what would become a global health crisis.

Since then, COVID-19 has left its mark on every community.

We wish to thank the community of Salt Spring for following the BC government guidelines for social distancing to keep everyone on the island safe. We also want to express our gratitude to everyone at Lady Minto Hospital for keeping this community safe. Every department at the hospital has been affected by this crisis, and they continue everyday to make sure they remain prepared for a possible future outbreak.

The risk of COVID-19 has dramatically affected both patient flow at the hospital and the way the staff interact with one another. The staff have implemented the recommendations from experts at Island Health, and we can all breathe a sigh of relief, knowing they are ready no matter what happens now and in the future.

During the crucial first few weeks of the COVID crisis, we asked the community to come together in support of the hospital. Your generosity has been amazing! To date we have raised over **\$135,000**, and we are in good shape to handle any needs the hospital might have.

YOUR DONATIONS HAVE PURCHASED

Hospital scrubs for the staff

- ◆ A C-can storage unit for COVID-related supplies
- ◆ A trauma stretcher
- ◆ Community personal protective equipment
- ◆ Staff appreciation

We are so grateful to the community of Salt Spring Island for your moral support as well. Your words of encouragement, your signs and banners, and the banging of pots and singing each night have meant so much. In this stressful time, knowing you appreciate the team at the hospital and the work they do is much needed encouragement.

We also want to thank the Salt Spring business community for supporting hospital staff. Your generosity has lifted the team's spirits through donations of food.

Jana's Bake Shop
Twig and Buoy
LMH Medical Staff
Country Grocer
Windsor Plywood
Barb's Buns

Women's Institute
Salt Spring Coffee
Rotary Club
Bite Me Treats
Fire Cadets

A special thanks to "SALT SPRING INTO ACTION" for your efforts to raise money during the COVID-19 crisis. Through your outreach, you raised over **\$38,000** in support of Lady Minto Hospital.

Thank you Salt Spring, for showing how big your heart is and for rallying around Lady Minto Hospital.

SOME MESSAGES OF SUPPORT FROM THE COMMUNITY

Thank you all so much! You are the critically beating heart of our community.

TOBY



You wonderful healthcare workers are my heroes, Thank you for being there for all of us! You are truly appreciated.

RINEKE

Thank you for all you do, for your bravery and your commitment. I think we as a community are trying very hard not to add to your worries, as we know you carry the burden of this epidemic. Please know that we are thinking about you.

SUSAN & MICHAEL

I would like to send my sincere thanks to all the COVID-19 frontline workers. You are our heroes. Thank you!

KAREN

Words cannot express the gratitude and appreciation I have for everyone at Lady Minto Hospital for all the work you are doing during this extremely difficult time to keep our community safe. Special thanks to the Extended Care Staff for taking care of my good friend Margaret.

JUDI

I just want to express my gratitude for the work you do every day, above and beyond the call. You make a profound difference not only in people's lives and health, but in the sense of security and comfort our community feels in trusting you're there for us. Stay well, with thanks.

LOUISE

Thank you to all the staff at Lady Minto for being there for our community! You amazing people are our last line of defense against this nasty virus! You all are heroes bravely facing the enemy so others may live! Thank you!

SUSAN



To all those who staff our cherished Lady Minto Hospital —thank you for your caring and professional service to our community every day, but especially in this stressful and frightening time of COVID-19. Please know how much we depend on you and appreciate what you do to look after us. Make sure you also look after yourselves and stay well. You are the heart of the community.

SILK

Thank you for all you do for all of us. It is wonderful to have you so near. All the best in the days ahead.

TONY AND ALEX



I would like to thank you for the incredible work you are always doing, to heal and protect us. It is often on my mind that, while I am at home, you are all out there working very hard to keep us safe. I have lived here for almost 50 years and love our hospital because of the staff who are always so kind. Many thanks.

BLY

Thank you brave and formidable front-liners! Thank you, thank you!

SYLVIA

Thank you to all of you for keeping up the good fight. Knowing that you are there is comforting in these very uncertain times. We will continue to do our best to keep our community healthy so you can stay healthy as well. You are there for us. What can we do for you? If there is a list or items wanted, needed, food, etc. Please let us know what we can do to lessen your burden. XO

LYNNE

Just a little note of thanks to all the wonderful people at Lady Minto Hospital. Our community is so fortunate to have such a caring and skilful team!

KATHRYN AND PAUL

Sending virtual bouquets of spring flowers to all of you for your dedication and commitment to the community. This is such a challenging time and I'm sure that the protocols put in place add to a heightened stress. It is your skills and experience that will help us all get through this and help keep us safe. We are forever grateful for the work that you do. Thank you.

LAURIE & PAUL

Thank you so much for all you are doing. We understand how stressful and tiring this must be, and we appreciate everything you do for us. We would stand outside and clap, but we live in an isolated spot. Nobody would hear us...but we hope this email will communicate a small part of our appreciation.

KELLY

From the very bottom of my heart and to the top and side to side... Thank you for all you in these crazy times, and always.

Xoxoxo

JULIANNA



Special Thanks to Vanessa and Welcome Jessica

BY SARAH GOGO

Vanessa Horel is leaving us to take on a new and challenging role. Vanessa has been with Island Health at Lady Minto for more than two decades. Through the years Vanessa has worked in a variety of supportive roles and has always been someone who could be relied upon. Her commitment, skills, work ethic, historical knowledge of this hospital (and Salt Spring), sense of humor, and thoughtful way of being, will be missed by us all. Vanessa has agreed to stay on

casually so we won't be losing her altogether. Her last day in her full time role as Administrative Assistant is June 26 and we wish her well in her exciting new adventure.

We also want to extend a big welcome to **Jessica Chase** (Jessi), who will be stepping in as our new Administrative Assistant. Jessi comes to us with several years of administration and management experience. Jessi has very easily become a member of our LMH team and we are delighted that she has joined us. ■



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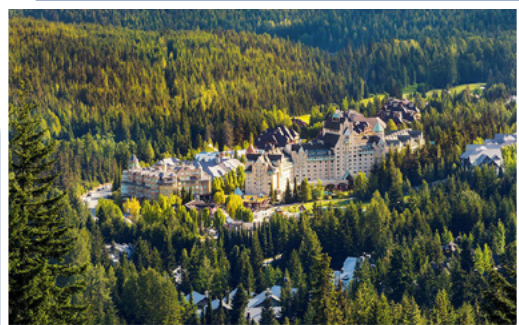
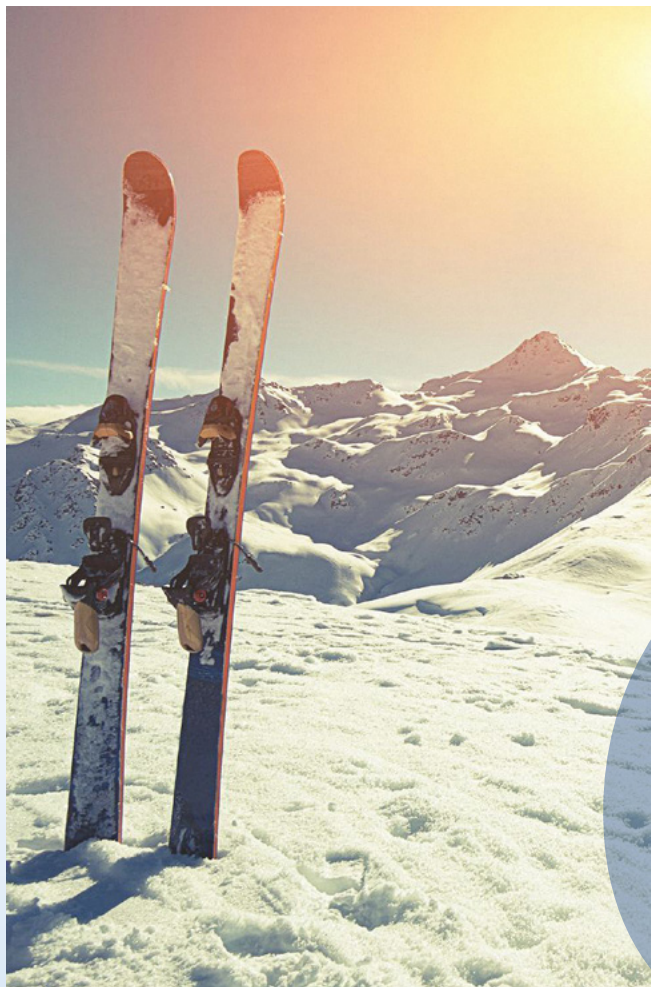
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23RD ANNUAL Phantom Ball

With all the uncertainty right now we have decided to postpone the 23rd annual Phantom Ball until September. This year the prize draw will be announced in the winter edition of the Minto Messenger

We are excited to announce this year's prize will be a fantastic trip for two to Whistler, with 4 nights accommodation at the Fairmont Chateau Whistler Resort. Whistler has something to offer any season, so enjoy a winter getaway or a summer golf trip

And don't miss shopping in Whistler Village while you're there!





STRANGE DAYS INDEED

**THE COVID-19 CRISIS IS A GOOD TIME TO EMBRACE THE IDEA THAT
MANY TIMES THE PUZZLE PIECES OF LIFE SIMPLY DON'T MATCH**

Q&A WITH **CESCA ZAMBONI** BY **DAVE TAYLOR**

Staying home, venturing out only for the essentials or to go for a walk, maintaining safe distance when chatting with the neighbours, meeting, sharing virtual cocktails, or watching the grandchildren grow up via video conference—life in lockdown has been a bit like watching a 3D movie without the glasses. All the familiar elements are there, but they just don't line up the way we think they should.

According to Cesca Zamboni, who provides social work services and counselling with the Mental Health and Substance Use Team on Salt Spring Island, the biggest challenge to our mental or emotional well-being in this odd new world is uncertainty. I spoke with her about the challenge of holding ourselves together in uncertain times.

Who is most vulnerable to these challenges?

It varies. The most vulnerable, generally, are people with pre-existing primary care, mental health, and substance use issues. When people don't have supports in place or are in the midst of rebuilding coping skills, the sudden change of having to go into isolation is difficult for them. And so are people with pre-existing social isolation. The elder population, for example, is probably the biggest at-risk group on this island because of isolation and primary care needs. Not all single people are necessarily vulnerable. Single people with strong networks of friends and supports are certainly less so. And it varies for people who are isolated with family members. For some, it might mean higher conflict, space issues. For others, it's an opportunity for cementing attachments. Human contact and human touch is something the majority of us are struggling with, figuring out how to make the distinction between physical distancing—which is needed—and social isolation, which is loneliness. And your personality traits play into it, too. Extroverted, social people may respond differently than introverted or shy people.

What are some of the signs we should notice that indicate maybe we're not doing as well as we'd like, or that this is getting to us?

Well, under usual circumstances, we'd ask, what are the differences you're seeing in terms of your routine—sleep, eating patterns, face-to-face connections, those sorts of things. The COVID era changes this somewhat because circumstances are no longer usual. So recognize that it's natural to respond to this uncertainty with symptoms of anxiety, depression, loss, or irritation. It's okay.

Is this more like grief than serious depression then?

It's the discomfort and unease that comes with any life transition—even the good ones. There's a sense of loss, of adjusting to new demands and expectations. You might experience low motivation, or heightened anxiety and agitation. It depends on the person, but again, what you're feeling is a



natural response. Be reassured. This is what humans do to adjust to new situations. It's all part of the learning curve and it's okay to be wonky.

It comes down to the art of embracing uncertainty and coming to expect change—embracing the idea that many times the puzzle pieces of life simply don't match, and that humans have a wonderful messiness about them. Reframe your fear and doubt with curiosity, inquisitiveness, and the art of not always having the answers. I love the quote from Jon Kabat-Zinn, who taught mindfulness meditation to Westerners back in the seventies. He said, "You can't stop the rain, but you can learn to surf."

Can you talk about some everyday strategies, habits, routines that will help us stay mentally and emotionally well?

Author and psychiatrist Dan Siegel, whose work is around optimizing your brain's wellbeing, talks about the "healthy mind platter"—like a smorgasbord or buffet of seven daily nutrients for a person to help themselves to in a non self-coercing way.

- There's the importance of sleep time. We need our rest, it helps us to learn and take in new information. We need to rest and recover in order to integrate the learning we're taking in with daily changing facts.
- There's physical time—the connection between body movement and physical health, mood, and a stronger ability to think clearly.
- There's play time. Allowing ourselves to be creative, spontaneous, off-the-wall, and goofy is really important. It helps us adapt to serious information. We undervalue the necessity we have for play, joy, and creativity.
- There's connecting time—connecting with nature, and appreciating that we're social animals, and right now we're doing something that doesn't make sense to us—isolating. We need to reach out in creative ways. Make some cold calls! And express appreciation for those connections. We have a relational circuitry about us that needs to be activated and reinforced.
- There's down time—reading, meditating, relaxing, hobbies, doing things not requiring mental focus, where you let the mind go to its different places and don't structure it.
- There's focus time, where we focus our energies on structure and goals. This is work, a set project like cleaning out the attic or painting a room. It's activity with purpose.
- And time for reflection—a check-in, noticing our inner world without judgement. Quiet and soft, and the critic is not invited.

What about some everyday strategies we can use to empathetically check in and help others?

Just be very direct in checking in with someone else. Reach out, ask for help, say specifically what you need help with. Practice being direct in your communication, and direct in your appreciation. ■

Lady Minto Hospital Foundation

BOARD MEMBERS

DEREK FRY, Board Chair

Derek moved with wife Pam, to Salt Spring 12 years ago after a career applying technology to banking and payment systems. Derek retired as President, Visa Canada and now enjoys home projects, exercise with Stanley the Labradoodle, and international travel. Derek served on the Lady Minto Foundation Board from 2011 to 2013 and as Board Chair from 2018 to present.



DAVE TAYLOR, Vice-Chair

Dave is a former journalist, broadcaster, and politician, now retired. He had a 30 year career in media in Toronto and Calgary as a journalist, interviewer, documentary producer, news director, and talk show host before being elected in 2004 to the Legislative Assembly of Alberta as the MLA for Calgary-Currie. Dave has received many awards and acknowledgements for his work in journalism and as an MLA and he and his wife Martha are avid bird enthusiasts among other hobbies.

Dave and Martha moved to Salt Spring Island in 2017 and have built strong roots in the community. Dave is Chair of the Communications & Fundraising committee and Vice-Chair of the Foundation Board.



BRETT WEBB, Treasurer

Brettney Webb CPA, CGA (Brett) was born and raised on Salt Spring and now resides here with her husband and two children. She has a Bachelors in Business Administration, with a major in accounting, and has attended the University of Waterloo, the University of Victoria and Camosun College. Brett worked in the golf industry for 7 years and played collegiate golf during her time at University. Brett has worked in the accounting industry for 10 years and especially enjoys working with not-for-profit organizations. She is a partner in an accounting firm on the island (Dakin & Webb Inc.) Brett enjoys being active in our local community and serves on the investment committee for the Salt Spring Island Foundation as well as her position on the Lady Minto Hospital Board. In her spare time, Brett enjoys martial arts, hiking, camping and working in the garden.



CATHARINE SCHLENKER, Secretary

Catharine (Cait) graduated from the Faculty of Law at the University of Victoria, articulated with Crease Harman LLP in Victoria and currently practises in British Columbia. Catharine grew up on Salt Spring and still considers it home, returning as often as possible to visit her family and friends. She has been on the LMH Foundation Board since 2017 and in her spare time, enjoys spending time with her son, tending to her orchids and baking.



PATRICK TAYLOR MD FRCOG, Director

Pat grew up in Ireland and emigrated to Canada in 1970. He worked as administrative division head at two Canadian universities while conducting research. From 1991 to 2001 he was head of the department of Obstetrics & Gynecology at Saint Paul's Hospital Vancouver, before retiring as Professor Emeritus at the University of British Columbia in 2001. Since retirement, Pat has published sixteen novels, six of which have been New York Times best sellers. He and his wife Dorothy moved to Saltspring Island in 2010. Patrick is a longterm member of the Foundation Board and has been past chair of the Communications & Fundraising committee.

**PAUL OLIPHANT, Director**

Paul is a retired Psychologist who specialized in family therapy. He and his wife Judith are the proud parents of two grown sons and a daughter, and an 11 year old granddaughter. He served as Chair of the Foundation before stepping down to serve as Executive Director of Greenwoods Eldercare. He returned as a member of the Foundation Board after retiring from Greenwoods in 2018, and currently chairs the Nominating and Strategic Planning Committees.

**KEVIN WILSON, Director**

Kevin is a finance professional with an MBA at McMaster University. During his career, Kevin worked for Research in Motion (Blackberry), Loblaw Companies Limited and most recently Apple, Inc. in southern California.

Returning to Canada in 2018, Kevin now dedicates his time to a variety of endeavors, including start-up and small business consulting, volunteering, and spending quality time with his wife and dog at their home on Salt Spring Island.

**CAROL BIELY, Director**

Carol has been active in the non-profit sector for over 45 years. As a fundraiser and administrator she worked for charities and universities, including University College London, University of Liverpool and University of Toronto. She retired as Executive Director of Richmond Connections (Richmond Cares, Richmond Gives), a multi-service agency, in 1995. With a background in business, non-profit management and fund-raising, she then acted as a consultant to non-profit boards and committees.

She chaired the Building Committee for Richmond Caring Place and is a former President of Volunteer BC, as well as the Voluntary Organizations Consortium of BC.

Retiring to Salt Spring Island with her husband Bob, Carol became active in several island organizations, but primarily spent many years as Chair of the Salt Spring Island Foundation, retiring from that Board in 2017. Carol loves the Salt Spring Island community, her English style garden, and travelling as much as possible.

**CONRAD BOWDEN, Director**

Conrad retired to Salt Spring 2 years ago after a 30 year career as a Lower Mainland-based psychologist. He completed his doctorate at Simon Fraser in Clinical Psychology. A long time Gulf Islands person, he has spent considerable time on several Gulf Islands, including Cortez and Galliano. He and his wife, Sara, liked the diverse services available on Salt Spring, including its hospital. Conrad trained at Nanaimo and UBC hospitals and worked at the Forensic Psychiatric hospital and BC Children's Hospital, Sunny Hill Health Centre for Children site.

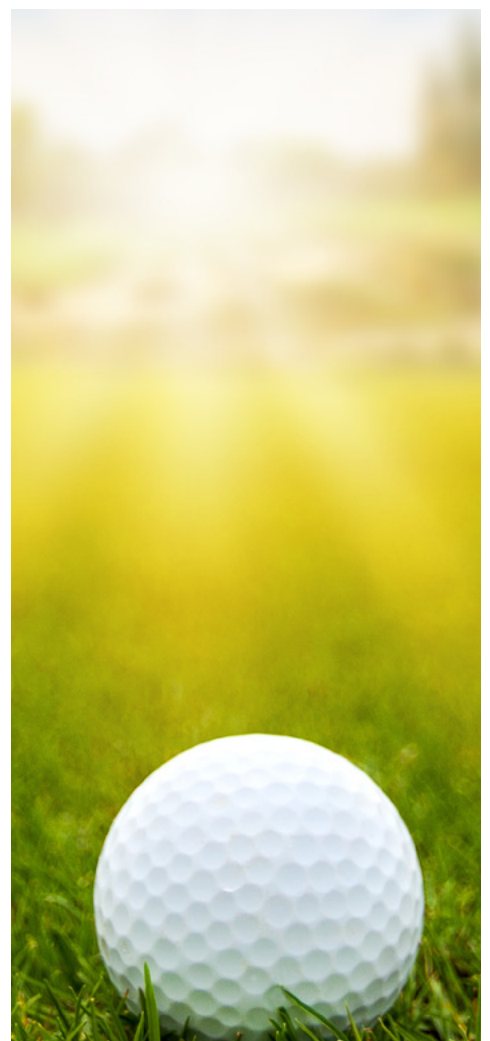
His professional interests included provision of outreach services to rural communities, the care and support of vulnerable children and the delivery of culturally informed assessment and treatment. He has volunteered at crisis lines and in providing services to survivors of torture. He lived for many years as a member of a housing cooperative, has served on nonprofit boards and believes strongly in community based delivery of health services.

He likes to be active and will be competing in his first triathlon this year.





Stay tuned for tournament details.
Remember to
mark your calendars and
cross your fingers!





How lucky we are to have Lady Minto Hospital and a great team keeping us safe

BY **DIANA HAYES**



During these challenging months with the COVID-19 pandemic in the news each day, I have been reassured by regular posts from our local health care team and knowing that protocols are in place in the event cases of the virus required medical assistance here at our Lady Minto Hospital. Chief of Staff Dr. Holly Slakov's regular bulletins on behalf of the local medical staff ensured Salt Spring Island residents were kept informed of the facts as they pertained to our island community. This removed the speculation in a world of confusing, conflicting internet posts and opinions. We can be confident that local practitioners and members of the health care team are following all the recommendations set out by the experts in our province including Medical Health Officer Dr. Bonnie Henry and Health Minister Adrian Dix.

Long Term Care is another area of

Lady Minto Hospital where scrupulous precautions have been taken to prevent illness and infection. We all watched the national reports with great sadness, as more facilities reported cases and long-term care residents fell ill with the virus. This continues to be a sad reality in our province and across the country for long term care residents, their family members and health care workers.

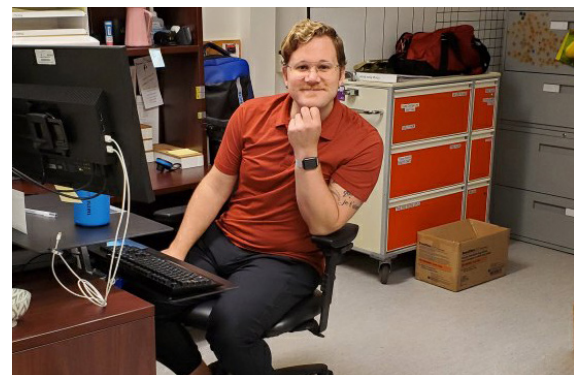
On a personal note, this became a pressing concern for my family, as my mother-in-law lives in the Residential Care Unit at Lady Minto. Throughout the crisis, we have been informed regularly with phone calls and emails from staff. Safe window visits were arranged, and newsletters were sent out by email to keep us up to date on activities on the unit. The staff in Lady Minto's Residential Care are second to none. They go above and beyond to make residents feel safe and at home and reassure everyone in times of

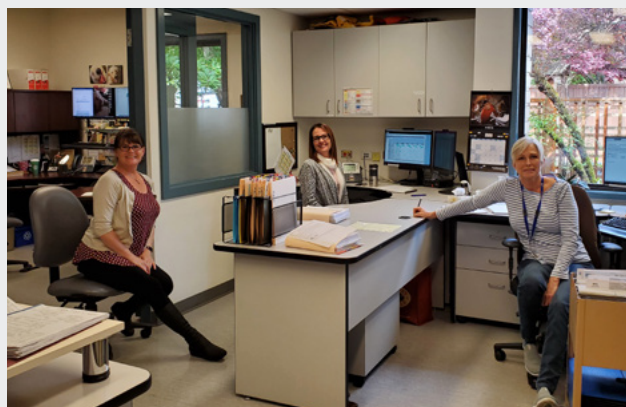
difficulty. I have had full confidence that my mother-in-law is safe and in exceptionally good hands.

The special provisions made by staff to ensure the comfort of residents and to ease anxieties during these weeks of isolation are most appreciated. We are lucky to live on Salt Spring, where the health and welfare of our extended island family truly matters. The skills and integrity of our health care team shine brightly, and we are proud of each and every member of the team.

When I worked as Executive Director for the Foundation, one of the regular grants awarded by the Foundation was for continuing education for physicians and nurses. This tradition continues and is made possible through generous donations received from our community. The education bursaries ensure that skills are regularly updated and certifications for special procedures and protocols are current. Funding is also provided for equipment for the Simulation Laboratory where regular sessions are held to keep emergency skills honed. These are unique educational opportunities and contribute to the excellent service and competencies of emergency staff.

We are so lucky to have Lady Minto Hospital and a great team keeping us safe!





The Staff at Lady Minto Hospital are second to none. Thank you to the entire staff, for going above and beyond!



ADMINISTRATION

ADMITTING

EXTENDED CARE

ACUTE CARE

FACILITIES MAINTENANCE

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You choose how your gift helps the hospital by directing your contribution to one of the following Funds or Endowment...

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

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

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

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

It is the policy of the Foundation, should funds be received in excess of the cost of specific equipment items, programs or capital projects, these funds will be directed to other items of equipment, programs or capital projects on the Lady Minto Hospital's priority list.

This form can be mailed to the Lady Minto Hospital Foundation 135 Crofton Road, Salt Spring Island, B.C. V8K 1T1 or faxed to 250-538-4870

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

