

SPRING 2021



Minto Messenger

LadyMintoHospitalFoundation



Your hospital needs a

NEW EMERGENCY DEPARTMENT

Strengthen Our Lifeline

STRENGTHENING OUR COMMUNITY LIFELINE BEGINS WITH YOU

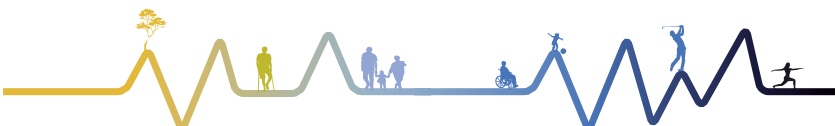
It's time.

The schematic design of Lady Minto Hospital's new Emergency Department has been approved by Island Health and the Ministry of Health. The \$10.4 million expansion project now moves into the design and development phase — the stage at which the design's fine details are finalized and the building's construction documents, or blueprints, are developed.

- Then a contractor is chosen.
- Then construction begins, expected either at the end of this year or early in 2022.
- The doors to the new Emergency Department will open by or before May 2023 — less than 2 years from now.
- Now it's time for you to consider becoming a supporter.

In this issue, you'll learn about Lady Minto Hospital Foundation's Community Campaign to support construction of the new Emergency Department. You'll hear from doctors and nurses who work in Emergency. You'll read about neighbours who've experienced firsthand the value of having access to a great healthcare team 24 hours a day, who understand the importance of creating a larger, safer healthcare space. You'll discover how enthusiastic the community already is about this project. And you'll learn how you can help.

Read on....





LADY MINTO EMERGENCY DEPARTMENT COMMUNITY CAMPAIGN KICKS OFF

BY **DAVE TAYLOR**

Lady Minto Hospital Foundation has launched its Community Campaign to support construction of the new Lady Minto Hospital Emergency Department.

“The hospital is the soul of the community, and if we don’t get around and support this, it’s just not going to be good enough,” says long-time resident and campaign donor, Mike Overholt. “My concept has always been that things such as good schools, the RCMP, or the hospital are ‘nice to have,’ but you don’t really know you need them until you need them. We’ve got a wonderful staff of doctors and nurses, assistants and paramedics, but they need a place to work and a place that grows with them, so they’ll stay here. So, when the idea of the Emergency Department came up, I said to myself that this would be a good project.”

Campaign Chair, Carol Biely knows the hospital holds a special place in the hearts of many Salt Spring residents. “I’ve heard them describe it as ‘The Jewel of the Island,’ ‘The Reason We Live Here,’ ‘Our Treasure,’ and ‘Our Lifeline.’ I’m sure there are many more, it is so important to us.”

The new Emergency Department will cost \$10.4 million. Project costs include everything from constructing and equipping the new Emergency Department, connecting it to the existing hospital and to all related infrastructure, site preparation for the future Medical Imaging Department, expansion of the lower parking lot on the hospital’s east side, and landscaping.

The Capital Regional Hospital District will contribute \$3 million of the capital cost. The Lady Minto Hospital Foundation has pledged the remaining \$7.4 million.

The Foundation has already raised over \$4.5 million for the new Emergency Department from generous friends of the hospital, many of whom wish to remain anonymous. The money raised includes two gifts of \$1 million each, 2 commitments of \$500,000, a contribution of \$200,000 and several donations of \$10,000 to

\$100,000.

Now we’re asking you to help us reach our \$7.4 million goal.

› Campaign Ambassadors, Birgit and Robert Bateman moved to Salt Spring in 1985. “We were living in Burlington, Ontario and had

Over the years, there have been numerous times when the Batemans have needed to rush one of their family members or friends to Emergency. Over the years, as the island’s population has grown, they’ve noticed how cramped and crowded the hospital’s current Emergency Department has become.



Robert and Birgit Bateman

photo by Birgit Freybe Bateman

gone camping across Canada with our family many times,” recalls Birgit. “But while visiting my parents on the Coast in 1979, Bob went on a Zodiac expedition to the Broken Islands on the west coast of Vancouver Island with naturalist and documentary filmmaker Dr. Bristol Foster of Salt Spring Island. There was a high-pressure weather front, the ocean sparkled, and Bob fell in love with the BC Coast. We decided then to move to BC. When we asked Bristol where he thought we’d like to live, he suggested Salt Spring because it had a hospital amongst its other attributes.”

“It’s so small that we’re often embarrassed to overhear what a doctor is saying to another patient on the other side of the curtain,” says Robert. “Unless one remembers to bring ear-plugs, it’s impossible not to hear what’s being said! The Emergency Department, as it is now, has only four beds and two armchairs to handle everyone who needs attention in a room that’s not much wider than a bed is long.”

› The new Emergency Department will double the number of acute and urgent primary care patients who can be treated at one

“Give what you can,” urged Birgit and Robert Bateman. “And you will help improve a wonderful gem on our island. Whether it’s \$10, \$10,000, or \$1 million, any amount you can contribute will help the people of our island now and into the future.”

time, with a dedicated room for mental health and substance use treatment, a triage desk for enhanced patient safety and privacy, and expanded patient and family waiting areas. The new Emergency Department will provide more space for the healthcare team to work safely, greater privacy for patients to discuss their conditions with the healthcare team, and the ability to strengthen infection control requirements.



Mike Overholt and Maddy

› Mike Overholt’s wife, Linda passed away less than a year ago, having suffered an aortic dissection which caused a stroke in August

2019. “She spent a lot of time in Lady Minto,” he says. “With physiotherapy, we got her back to about 95 percent of where she was. I have nothing but respect for this hospital that we have in this very small community. Probably most people don’t understand how necessary it really is to have here. Another thing I love, it’s not like Vancouver — which is a wonderful place to be, with wonderful facilities — instead the doctors and nurses here are all on a first name basis. It’s almost like family. And they treat you like family. They care. They want to do good things for you.”

Overholt is committed to returning the favour. “When you can, why shouldn’t you give back? It doesn’t have to be a huge amount. There are lots of \$10, \$15, \$20, \$25, \$100 donations that would do wonders for this place. For people to make this island a really good home, they have to think more than just a cut finger or broken arm — although it’s good to have an Emergency Department for those things, absolutely! But it’s the bigger picture, too. It’s the fact that the staff is well trained and they need a place to work where they’re happy.”

Birgit Bateman concurs, “We’re constantly amazed at how the doctors and nurses can

treat so many and varied cases each day in these cramped quarters. Yet, we have always found the staff to be friendly, welcoming, and helpful. Their jobs cannot be easy. They deserve medals! And anything we islanders can do to facilitate their work is worth it.”

› The story of Emergency at Lady Minto is a story of the past, present, and — with your help — the future.

In 1958, when the current Lady Minto Hospital opened its doors, about 2000 people called Salt Spring Island home.

Today, the island’s population is nearing 11,000. The present Emergency Department was not designed for that many people or for the advancements in medical science and technology that have occurred over the last 60-plus years.

The new Emergency Department will be the right size for now and the future, with vastly improved functionality.

Sooner or later, every Salt Spring Islander needs the Emergency Department. Today, your Emergency Department needs you. Help us strengthen our community’s lifeline by giving now or pledging a donation. ■



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A MESSAGE FROM **CAROL BIELY**, CHAIR OF THE EMERGENCY DEPARTMENT CAPITAL CAMPAIGN COMMITTEE



This is a personal plea for help to everyone who has ever visited our Emergency Department, or who thinks they might need to in the future.

Salt Spring has been our home for 25 years, so my husband and I, as well as our family and friends, have visited the Emergency Department for all kinds of reasons. The warm and caring atmosphere at our wonderful little hospital has always made a deep impression on anyone who is unfortunate enough to need it. I have even been known to get on a ferry to come home to Salt Spring, knowing I needed an Emergency Department!

Anyone who visits the Emergency Department understands that our dedicated physicians and staff are working in a hospital that is not designed for today's population and standards. In our small Emergency area there is little space to work or move patients, and almost no privacy. It must be extremely difficult to maintain effective infection control procedures, especially in pandemic times. My own experience convinced me that it was time to get busy and do something. So here I am, working with an amazing team of volunteers and staff on this Campaign.

I know that this island is exceptional when it comes to community involvement, and I am sure that all Salt Springers will want to join us in raising the funds we need to build a new Emergency Department designed to serve us well for many years to come. This is truly a project that touches us all at some time, and I hope that we can all come together to make it happen very soon.

Let's make it a truly community wide effort!

CAPITAL CAMPAIGN COMMITTEE

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Jackie Shrive

Dave Taylor

Sarah Bragg, Campaign Director

Mary Proulx, Campaign Advisor

LADY MINTO HOSPITAL FOUNDATION RECEIVES SALT SPRING ISLAND FOUNDATION'S SHAW FAMILY COMMUNITY GRANT

The Lady Minto Hospital Foundation in honoured to have been chosen by the Salt Spring Island Foundation to receive a \$100,000 grant from the Shaw Family Community Fund in support of the new Emergency Department.

The Shaw Family Community Fund was created in response to a generous bequest from the Shaw Family to the Salt Spring Island Foundation, to fund important community projects. To be eligible, a project must benefit a broad range of islanders and meet a top priority in the community. We believe the new Emergency Department meets those criteria and are gratified that the Salt Spring Island Foundation does, too.

"The Salt Spring Island Foundation, through the Shaw Family Community Fund, is very pleased to pledge financial support in the amount of \$100,000 toward the future Emergency Department expansion at Lady Minto Hospital," says Salt Spring Island Foundation Board Chair, Brian Lawson. "We believe this contribution honours the legacy of the Shaw family, who as an island farming family over many decades, resolutely supported our community. The Lady Minto Hospital and Emergency Department are an essential and important service for our island community and one with significant benefit for all, now and into the future."

The Salt Spring Island Foundation has been a vital philanthropic force on our island for nearly 40 years, living its vision of a healthy and caring community. We are delighted to have the Salt Spring Island Foundation on board as a community partner in the new Emergency Department project.

STORIES FROM THE EMERGENCY DEPARTMENT: DEB OSBORNE

BY SARAH BRAGG



Deborah Osborne and her husband, Graham Likeness moved to Salt Spring Island five years ago. One of their main reasons for choosing Salt Spring was Lady Minto Hospital, which Deb says over the years would prove to be rather prophetic. She has needed emergency care at Lady Minto Hospital on five separate occasions in five years and she jokingly says, “I’m beginning to wonder if I should lobby for a permanent parking spot out front of the hospital.”

When talking about her experiences at Lady Minto, Deb gratefully remarked, “On each trip to Emergency, the staff from admitting through to lab, X-ray, nurses, and doctors were courteous, friendly, efficient, and respectful. Symptoms were taken seriously, exams and tests were done thoroughly.”

On two separate occasions, Deb experienced frightening chest pain. Luckily, the diagnosis was not a heart issue she had feared. On both visits she was comforted and there was no judgement that her visits were frivolous or unnecessary. “No matter the outcome, I was never made to feel I was wasting their time.”

Because of her previous positive experiences, Deb didn’t hesitate to head to Emergency when similar, but more severe symptoms, presented themselves. A very angry gallbladder needed removal as soon as possible, necessitating a transfer for surgery at a Vancouver Island hospital. Deb was stabilized overnight at Lady Minto, while the staff organized a hospital and surgeons to attend to the operation as soon as possible.

On another occasion, a slide and fall on gravel took Deb to Emergency again. Initial X-rays revealed a fractured fibula, but the staff did not stop there. They took the time to ask specific details about the fall, which led them to realize this type of fibula injury almost always included fractures or breaks in the ankle. Consultation with an orthopaedic surgeon and additional specific X-rays were ordered to explore all implications of the injury.

Later, a surprise outbreak of debilitating hives prompted another trip to Emergency. The hives seemed to be a mystery, outside of any usual causes. Even though the Emergency Department was packed that day, the doctors and nurses took the time to provide a “whole person” caring approach. They inquired about what else might be going on with Deb, who at the time was coping with her mother’s sudden stroke, hospital stay, move to palliative care and ultimate death several months ago. Through discussion, it became obvious the hives were indeed tied to that stressful event and after consultation, Deb left Emergency armed with medication and a plan to work through the grief process to prevent continued stress-related outbreaks.

Deb says, “I am in awe at how well-organized that tiny Emergency Room is, and the efficiency of everyone working in such cramped conditions. There’s no friction. It is admirable to see doctors and nurses displaying mutual respect, cooperation, and professionalism at the best of times, but especially so in such conditions.”

As the limited space does not allow for much privacy, Deb commented on how she witnessed the caring attitudes of the staff, when dealing with arriving patients displaying a variety of issues and a range of ages — all frightened and in pain.

The staff in Emergency go the extra mile making sure patients and their families understand their findings and treatments, checking if home care was adequate, using a ‘whole person’ approach, and prescribing any necessary meds. Deb said she felt comforted that she was never released until all this was done and they deemed her stabilized and ready to go home. She never felt rushed or ‘processed’. Information was promptly sent to her family doctor for any required follow up.

In her five visits in five years, Deb knows firsthand there is a need for a new Emergency Department at Lady Minto. “If the Emergency team can do such great work in its current state, imagine how wonderful it will be when the new Emergency Department is built!” ■

STORIES FROM THE EMERGENCY DEPARTMENT: JACK ROSEN

BY SARAH BRAGG

In October 2020, Jack Rosen made an unexpected visit to the Emergency Department after an accident involving a chainsaw in the early evening at his home. When I heard about the accident, it sent shivers up my spine and I imagined all manner of horrors. Truth be told, I wasn't sure I wanted to know all the details.

Many islanders will know Jack as the previous co-owner of Island Escapades, and now co-owner of Coastal Current Adventures. Jack works with kids in outdoor education and is a local leader with a passion for the environment and for kayaking. He is a well-known local entrepreneur, who by all accounts is a great, fun-loving person.

Jack recalled his accident back in October, with the clarity only time can provide. He showed me a sizable scar that made me, a retired operating room nurse, cringe a bit as he recounted his story: "I was using a chainsaw to cut a misshapen tree limb and as often happens, I was in a hurry to get it done before I lost the light. I cut into the tree, hit a knot, and the chainsaw jumped. The chainsaw cut into my lower leg and thankfully my instinct was to throw the saw, which prevented the cut from going deeper."

The gash was deep and wide and Jack was sure the saw had chipped the bone. His wife wrapped the wound, applied ice, and Jack elevated his leg. They called Lady Minto to let them know there had been an accident, and then drove to the Emergency Department.

They were met by the nurses who went through the COVID-19 protocol, and took Jack back for evaluation and treatment. Jack commented, "Everyone was professional, calming, and compassionate. I knew right away I was in good hands." X-rays showed there was no injury to the tibia or shin bone and the wound was then cleaned, closed, and dressed.

Dr. Kalf was the physician on call that night and Jack recalled asking him, as he assessed the wound, if he was any good at sewing. Dr. Kalf's response was reassuring, "I've done a few of these and I'm pretty good at it."

In the end, the frightening ordeal was over in under an hour and a half and Jack was on his way home, feeling very relieved and well taken care of. He commented on how great the team was and how much he appreciated everything they did for him.

"Accidents always happen when you're rushing and often later in the day when the light is fading," cautioned Rosen. "All too frequently these types of injuries require emergency care and we're fortunate to have Lady Minto Hospital there for us, day or night."



MEET YOUR EMERGENCY DEPARTMENT DOCTORS — FIRST IN A SERIES:

Dr. Peter Verheul

BY DR. HUMBERTO MARTINHO

If the Emergency Department of the Lady Minto Hospital is the beating heart of our community, the staff are its soul.

The nurses, doctors, allied health workers, and support staff of the Emergency Department go to work daily to help maintain the health and wellbeing of the community.

Never has this been as evident as during the current COVID-19 pandemic. Despite the increased risks and challenges, the staff continue to provide the excellent care, to which Islanders have become accustomed.

On average, about 25 patients per day present to the Lady Minto Emergency Department for assessment and treatment of various urgent medical issues. On busy days, the staff see as many as 40 patients for medical complaints ranging from broken bones to heart attacks.

Complex cases get airlifted to Victoria for specialized care — normally less than a ten-minute flight. If inclement weather is an issue, our doctors have access to real time, virtual video support from Intensive Care doctors in Victoria, so that critical patients can be managed onsite until they can be transferred.

Twelve Salt Spring Island physicians provide 24-hour coverage of the Emergency Department, working 12-hour shifts. This feature is meant to introduce you to those doctors: Dr. Peter Verheul was born in Kent, United Kingdom. He did his medical training at the University of Bristol Medical School, including some rotational training in Cardiff, Wales — the wettest city in the UK!

Dr. Verheul went on to do his Family Medicine residency training



at the University of Calgary's Cumming School of Medicine, graduating in 2018. He has a special interest in rural medicine and his residency training included rotations in Emergency Medicine, Intensive Care, and in rural settings like Whitehorse, Yukon. After completing his residency, Dr. Verheul was looking for a rural setting to start his career and raise his family with his wife, Kari who hails from St. Albert, Alberta.

During his residency in Calgary, Dr. Verheul was in a band called Lighter Than Arrows. He plays a mean violin! Band members would often spend summers on Salt Spring and wrote a song entitled, "Salt Spring Island." So, they encouraged him to look into moving here. In 2018, Dr. Verheul and his wife did just that with their two young boys. The family quickly fell in love with all that the island has to offer. They now have three children (a five, three and one year old). Kari is obviously busy raising three young children, but also

finds time to volunteer as the treasurer for the co-op preschool their kids attend. Apart from playing his violin, Dr. Verheul enjoys biking, hiking, swimming, paddle boarding and camping — activities that he can do with his family on Salt Spring Island.

Dr. Verheul does six to seven shifts per month in the Emergency Department. In conjunction with another physician, he runs the educational program for the Emergency staff and they run monthly emergency simulation training sessions.

Asked what it's like being a family doctor working in a small, close-knit community like Salt Spring, Dr. Verheul replied, "There's a great

“There’s a great balance of experienced doctors and young doctors on the island. It’s a great team. It’s been interesting getting to know the different communities on the island through my work. From the original settlers, the multigenerational families, retirees, to young families looking for the rural lifestyle; it’s a fantastic place to live.”

balance of experienced doctors and young doctors on the island. It’s a great team. It’s been interesting getting to know the different communities on the island through my work. From the original settlers, the multigenerational families, retirees, to young families looking for the rural lifestyle; it’s a fantastic place to live. A wonderful community.”

Being a family doc in a small community does have its challenges: “Between my work in the Emergency Department and my private office, I probably have had professional contact with about one in five people on the island. That’s part of living in a small community. You either love it or you hate it. Some days it can be a challenge, but overall people are very respectful of our private time. The tight-knit community aspect is amazing.”

Working in the Emergency Department of a small community hospital like Lady Minto, presents unique challenges and results in interesting experiences. “Salt Spring Islanders love their DIY. So, we see a lot of nails through hands and amputated fingers. There is a shortage of family doctors on the island so Emergency also acts like a walk-in clinic for unattached patients. We see a bit of everything: from newborns to geriatric care. We manage mental health and substance abuse issues. When I first came here, I was surprised to see the number of acutely ill patients who are seen in our Emergency Department, like cardiac arrests that need intubation, drownings, and overdoses.”

The impact of COVID-19 on healthcare systems around the world is visible every day in the news. Although Salt Spring has been spared the full brunt of the pandemic, the Emergency Department has had to adapt to the new reality. As Dr. Verheul noted, “When the pandemic hit, we had to adapt very quickly. It resulted in the need for increased staffing and more stringent infection control

protocols. This led to our simulation training room, which was one of two negative pressure rooms in the hospital, being converted into our trauma room where we can safely see patients. This shrunk our already tiny Emergency space, and limited our emergency simulation training. The COVID changes have led to a general slowdown in the flow of patients.”

Dr. Verheul anticipates things will be much better once the new Emergency Department is built. “I’m looking forward to having a modern facility where we can have better location of staff, move people through more quickly, and we don’t have to go between two different parts of the hospital to treat infectious and non-infectious risk patients. I’m also looking forward to having a state of the art facility, where we can have more modern diagnostic equipment, and the ability to run advanced emergency simulation training. I can’t wait to be able to provide more privacy, so that our patients can have the confidentiality they deserve.”

In Dr. Verheul’s words, “The staff are excited, thrilled, and looking forward to the opportunity to work in a new state of the art facility where they can provide a superior service. Anything people can do to help make that happen, would be so greatly appreciated by the entire team.”

Dr. Verheul and the rest of the healthcare team at the Lady Minto Hospital Emergency Department, go to work everyday to meet the urgent primary-care needs of Salt Spring Islanders. Please help the Foundation make their work easier by contributing to the Community Campaign to fund the new Emergency Department. ■

A Special Thank You to the Staff of the Lady Minto Hospital

The last 15 months have put a strain on all of our lives. So much has changed these past few months. What hasn’t changed is the strength and resiliency of health care workers and their commitment to take care of us and comfort us when needed.

COVID-19 has brought increased risks and challenges for all the staff at the Lady Minto Hospital. Throughout it all, the staff have continued to tirelessly work every day to help maintain the health and wellbeing of the community.

On behalf of the Salt Spring Island community, the Lady Minto Hospital Foundation wanted to acknowledge their hard work. The Foundation recently provided each staff member at the Hospital with a personalized thank you letter from the board along with a gift card to be used at an island business.

Thank you to all the staff at Lady Minto from every one on Salt Spring Island for the sacrifices you make, every day and especially during this pandemic. Your dedication, commitment and courage deserve our deepest gratitude and admiration.

Making New vs Making Do

THE STAFF PERSPECTIVE ON THE NEED FOR THE NEW EMERGENCY DEPARTMENT

BY **MONIKA HARGROVE**, CLINICAL NURSE EDUCATOR



ABOVE Top Row, Left to right: Trish Byron, Stores Clerk, Holly Slakov, Physician, Emma Hayne, Physiotherapist, Martin Lagos, Agency Nurse, Rhonda Mills, Registered Nurse, Ashley Brown, Registered Nurse, Lisa Griffith, Laboratory Technologist. Bottom Row, Pauline Bath, Support Services, Jazzie Griffiths, Nursing Unit Assistant, Angela Anderson, Support Services

Salt Spring Island's healthcare professionals excel at providing diverse services to adults and children in the Emergency Department. This includes trauma, medical, mental health, obstetric, forensic, and various outpatient services. This diversity requires specialized skills and equipment for our team, as well as specialized spaces in which to provide care.

As many community members are aware, we are very good at "making do" in our little hospital. We have carts and equipment tucked away in corners, and are using every bit of usable wall space for supplies. On busy days, our Emergency Department overflows into the hallway or into other care areas of the hospital that are not set up for dealing with emergencies.

The pandemic put additional focus on our ability to be adaptable. The Emergency Department was split into two distinct areas, and a simulation/learning space was repurposed into a trauma room due to the requirement for heightened infection control and closed resuscitation spaces. Nurses are communicating by walkie-talkie to stay

connected and safe, while making sure community members receive the care they need.

The truth is that this "making do" creates an inefficient and stressful work environment where meeting safety standards is difficult. We need more space with updated features. We need better sight lines to our patients in the Emergency Department and into the waiting room. Privacy, security, and infection control remain top concerns for patients and staff. Salt Spring Island is changing, and healthcare is changing, too. It is getting harder to keep up using the current setup, making it more difficult to recruit and retain skilled staff.

It has been a pleasure to work with the architects in the early design phases for the new Emergency Department. The thoughtful process has included an analysis of the care we currently provide; the resulting design is an efficient and aesthetically pleasing department that is also current in safety standards. This will provide a calming environment for the public, and will draw skilled healthcare professionals to our community. ■



Board Chair Report

BY **DAVE TAYLOR**

This is not an easy column to write, but doctors' orders. Derek Fry's doctors have ordered him to step down as Chair of the Lady Minto Hospital Foundation Board, slow down, and adopt a less stressful lifestyle. "You can remain on the Board," they said. "You just can't *lead* it any longer."

So, Derek has agreed to stay on as Past Chair. In my nearly two years as Board Vice-Chair, I've felt privileged to have Derek as my mentor and look forward to being able to continue seeking his counsel.

As to who does what, now that Derek has stepped back: I will serve as interim Board Chair until the Foundation's Annual General Meeting in September, and Humberto Martinho will serve as interim Vice-Chair. Humberto also takes over as Chair of the Foundation's Communications and Fundraising Committee.



Derek and Pam Fry



Derek Fry and Don Hodgins

It's hard to overstate the positive impact Derek has made. These past nearly three years were his second go-round as Chair. He assumed the leadership of the Board at a pivotal time of determining what the community would need in a new hospital Emergency Department.

With a steady hand and his eye always on the goal, he guided us through the process. Today, the new Emergency Department's Schematic Design and \$10.4 million project cost have the blessing of the BC Ministry of Health, work is progressing on the remaining two design stages, the Foundation's Capital Campaign is underway, the community is engaged, and we look forward to having the new Emergency Department built and open early in 2023.

To make all this happen takes not only the Directors and staff of the Foundation, but a small army of architects, engineers, capital planners from Island Health, medical and hospital staff and administrators, a project manager, volunteers, and leadership.

Please join me in thanking Derek Fry for providing that leadership. ■



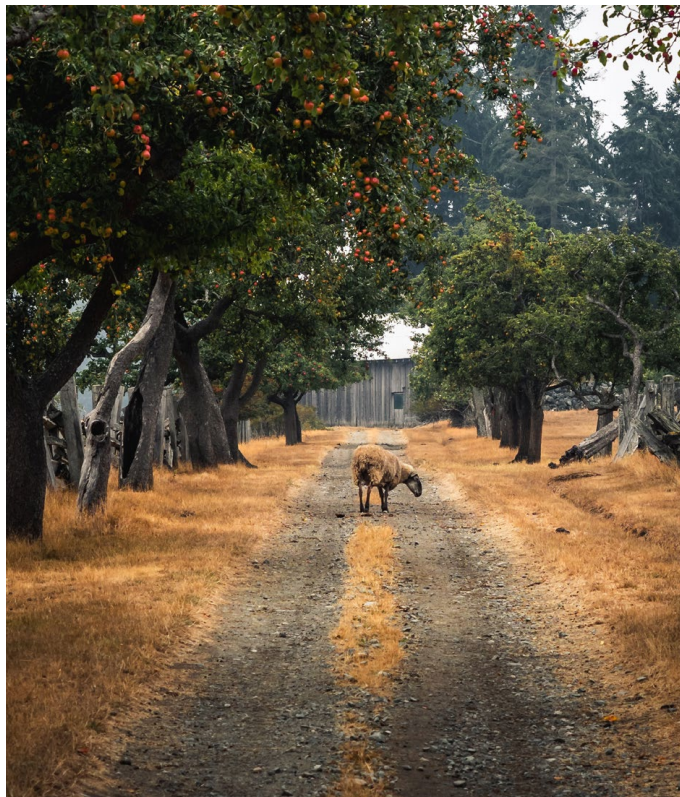
Year In, Year Out, Your Gifts Make Our Work Possible

BY **SARAH BRAGG**

Sometimes I need to pinch myself, as a reminder of how lucky I am to live in an amazing community, surrounded by nature in an incredible part of the world. And in that gratitude vein, I want to thank the community of Salt Spring Island for the incredible support you continue to show Lady Minto Hospital and Foundation. You make our work possible, and your support especially during trying times like COVID-19, has been truly inspirational to all of us.

This community has come through, when we asked for help during the pandemic and each year when we ask for your support to raise funds for the annual needs of the hospital. Everyone knows about the Foundation's Golf Tournament, the Phantom Ball and the year-end Holiday Giving Campaign: the annual events that support all the ongoing equipment, program and department needs of the hospital.

We've all heard the phrase, "We moved to Salt Spring Island because it has a hospital." That certainly rings true for my family. Lady Minto has been there for us on more than one occasion, proving we made the right decision to move here.



The Foundation's mission to raise funds and support the annual needs at Lady Minto Hospital has no finish line. Technology and best practices change. Equipment ages. Your gifts help the hospital replace old or outdated machines that have reached their life expectancy. Our hospital is dedicated to supporting the best standards of care for all Islanders. Your annual donations are hard at work, helping us support the hospital so can be ready for whatever comes next. Here are a few recent purchases:

- LUCAS chest compression system to help provide high-quality chest compressions in a situation where prolonged CPR is required
- A portable bladder scanner that can be used for in-home visits
- Texas functional living scales to help with cognitive and functional assessments
- A new medication cart for the Extended Care Unit
- Televisions for the Extended Care Unit resident rooms
- Shower commodes
- Triangular bolsters to help alleviate pressure on heels
- Specialized roho mattresses to alleviate pressure issues
- Round LED magnifier lamp for the Endoscopy Suite
- Surgical scrubs for the staff
- Health-o-meter professional health scale
- Arjo washer disinfectant

Lady Minto Hospital Foundation also supports Palliative Care, the Extended Care Unit, Acute Care, the Laboratory, the Pharmacy and much more. One of the most transformational things your donations make possible, is continuing educational opportunities for Lady Minto staff. By investing in people, the Foundation supports the management team in their efforts to recruit and retain great people. Last year your donations helped 26 staff members continue their education and obtain annual accreditations.

Lady Minto Hospital Foundation Board is constantly exploring how we can have the most impact. We look at the urgent and changing needs of the hospital and direct your hard-earned dollars where they will make the most difference.

We greatly appreciate you making Lady Minto Hospital Foundation part of your annual charitable giving plans. Every donation makes a difference to the future health of this community and we could not do what we do without your support.

Thank you and be well,
Sarah

Lady Minto Hospital Foundation

BOARD MEMBERS

DAVE TAYLOR, 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 held a number of Official Opposition Critic positions during his time in office including Health, Advanced Education, and Municipal Affairs. Dave leads the Communications Team for the Foundation's Emergency Department Capital Campaign.

Dave and Martha moved to Salt Spring Island in 2017 and have built strong roots in the community. They have a son, a daughter, and a two-year-old granddaughter. Dave and Martha are avid bird enthusiasts, active volunteers, and have travelled extensively.



DR. HUMBERTO MARTINHO, Vice-Chair

Humberto emigrated from Portugal to Canada with his family in 1965 and has been living on Salt Spring Island full time since 2018. He completed medical school and the Family Medicine residency program at Memorial University of Newfoundland, graduating in 1990. He has worked in Newfoundland, Ottawa, the Philippines, and in Vancouver. Humberto's work has recently focused on Migrant Health Screening and he still works part time at a clinic in Vancouver. Humberto currently chairs the Communications and Fundraising Committee.

Humberto and his wife Kitty moved to Vancouver in 2016 and gradually moved to Salt Spring Island. They have two adult daughters and recently welcomed their first grandchild. Humberto enjoys playing squash, being active outdoors, and travelling.



BRETT WEBB, Treasurer

Brettney Webb CPA, CGA (Brett) was born and raised on Salt Spring Island 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 seven years and played collegiate golf during her time at university. Brett has worked in the accounting industry for ten 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 also serves on the Investment Committee for the Salt Spring Island Foundation. In her spare time, Brett enjoys martial arts, hiking, camping, and working in the garden.



ELAINE BUCK MCCANN, Secretary

Elaine and her husband moved from Langley to a hobby farm acreage on Salt Spring Island in December of 2019. They started Raven Wolf Farm, where they raise chickens and ducks and grow vegetables. After enjoying a career as a family law lawyer, mediator and arbitrator for many years, Elaine retired in 2020 and closed her New Westminster practice. She now devotes her time to writing poetry and prose, pursuing artistic endeavours including photography, sketching, painting, stained glass and pottery, practicing yoga, advancing her knowledge of herbalism, managing the farm and enjoying all that Salt Spring Island has to offer.



DEREK FRY, Past Chair

Derek moved with his wife, Pam to Salt Spring Island twelve years ago after a career applying technology to banking and payment systems. Derek retired as President of Visa Canada and now enjoys home projects, exercise with Stanley the Labradoodle, and international travel. Derek has served on the Lady Minto Hospital Foundation Board from 2011 to 2013 and as Board Chair since 2017, and will remain on as Past Chair to oversee completion of the new Emergency Department.



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 eleven-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 California.

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

**DR. PATRICK TAYLOR, 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 in 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 Salt Spring Island in 2010. Patrick is a longtime member of the Foundation Board.

**CONRAD BOWDEN, Director**

Conrad retired to Salt Spring two years ago after a 30-year career as a psychologist based in the lower mainland. He and wife Sara like the diverse services available in Salt Spring, including its hospital. Conrad completed his doctorate in Clinical Psychology at Simon Fraser University, and worked at the Forensic Psychiatric Hospital and BC Children's Hospital, Sunny Hill Health Centre for Children site. Conrad's professional interests focus on outreach services to rural communities, care and support of vulnerable children, and delivery of culturally informed assessment and treatment. He has volunteered at crisis lines and in providing services to survivors of torture. He has served on non-profit boards, and believes strongly in community-based delivery of health services. Conrad likes to be active and will be competing in his first triathlon this year.

**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, a multi-service agency, in 1995. She then acted as a consultant to non-profit boards and committees. Carol 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 spent many years as Chair of the Salt Spring Island Foundation, retiring from that board in 2017. Carol currently chairs the Foundation's Capital Campaign Committee and loves the Salt Spring Island community, her English-style garden, and travelling as much as possible.

**DR. HANS VAN DE SANDE, Director**

Hans was a professor in the Faculty of Medicine at the University of Calgary for 35 years. His research was in DNA/RNA structure and repair with more than 125 publications. Hans received a BSc from the University of Leiden in the Netherlands, a PhD at the University of Alberta, and did postdoctoral work at the University of Wisconsin and M.I.T. Hans was Vice-Dean of the University of Calgary Faculty of Medicine and a recipient of the Order of the University of Calgary. He has taught external graduate courses around the world and has served on many boards and committees including Alberta Cancer Board, Medical Research Council of Canada, Alberta Heritage Foundation for Medical Research, National Cancer Institute, Vancouver Island Health Authority (2008-2014) and Greenwood Eldercare Society (2018-2020).





Front Line Star Retires After Thirty-Two Years

BY **DIANA HAYES**



On February 12th, long-term staff member and Admitting Clerk, **Elaine Theunisz** worked her last shift and began a well-deserved retirement. Since joining Lady Minto in 1988, she has worn many hats, including stints in the Health Records Department, Acute Care Unit, and Medical Imaging before taking on the full-time position as Admitting Clerk. She was the first staff member to be trained as a Unit Clerk on the Acute Care Unit by Marg Pickard, who was the Clinical Coordinator at the time.

"I am so proud of our hospital and feel protective of it," says Elaine. "Lady Minto is small but mighty and islanders are so lucky to have this great little hospital!" And, she's enjoyed her daily interactions with islanders, "I can count the number of difficult people or moments over the years on one hand. By far, people I encounter in Admitting are so gracious and thankful."

The Admitting Department is the first stop for anyone coming to the hospital for lab work, X-rays and other outpatient appointments, as well as the Emergency Department. The Admitting Clerks are the front-line workers, and you could not be in better hands than with Elaine Theunisz and her colleague, Leah Little. Compassion, connection, community spirit, professionalism and confidentiality are the top qualities required to work in this hectic department, and they both excel in spades.

Before moving to Salt Spring Island in 1986, Elaine worked in Vancouver as a sole practice Medical Office Assistant. After arriving on the island, she worked in Dr. Roland Graham's practice prior to starting at the hospital. In the early years, she worked various shifts, including many afternoons and evenings, while raising her two children. She says her husband, Hall, would often be asked if he was a single dad since Elaine was working evenings for many years. "We laughed about it! I would prepare meals ahead and the kids had many great evenings with their dad before I got home from my shift at 11 pm."

Elaine and Leah made a great team and both say that having a sense of humour and camaraderie really makes or breaks the job. They would often be seen in great costumes and outrageous jewelry on Halloween (or other celebrations), hamming it up to brighten the day for patients. It is the special connection with patients that Elaine recalls over the years, "People are so kind. We would frequently see patients who required regular tests and medical attention. They

became part of our Lady Minto family circle."

Elaine tells the touching story of how she and Leah would sing to the letter carrier every day as he arrived on his rounds. They later learned that he cherished those greetings and looked forward to seeing them each day.

Elaine also speaks highly of the care that both her parents received while at Lady Minto Hospital. Her father was a resident on Extended Care and her mother passed away in the Palliative Suite in Acute Care. She also recalls being a patient herself in the hospital many years ago: "I was greeted by the nurse with a big hug and a kiss on the cheek when she started her shift. I felt I was in such caring and compassionate hands." She adds, "At Lady Minto, hugs are part of the prescription for good care."

Retirement means more time in the garden with herbs and flowers, which Elaine loves to nurture. It also means more time with her grandchildren. She misses her shifts with Leah, but the two get together and share a lunch break when possible.

It is with appreciation for her dedication and hard work that the Lady Minto Hospital Foundation expresses our very best wishes to Elaine in her retirement! ■



Leah Little & Elaine Theunisz



Golfers Love to Golf

BY **KAREN MOUAT**

Golfers love to golf, but their support for the Hospital Foundation Golf Tournament goes beyond the greens. It goes into the homes and hearts of anyone who has ever needed medical attention at Lady Minto Hospital.

This year we celebrate our 30th Annual consecutive Tournament on July 10th. We celebrate the generosity of the Golf Club sponsoring the use of the course for the day and the enthusiastic golfers who show up every year. We also celebrate the entire staff at the hospital who always work hard, but this year have gone beyond anything imaginable.

Our theme this year is "A Day in the Life of the Emergency Department." As we embark upon a much needed redevelopment of the Emergency Department at our Island hospital, what could be better than wearing scrubs, meeting up with familiar faces at the "admitting tent," and raising funds for the annual needs of our beloved medical facility.

The Texas Scramble format allows for any level of player to have fun. The Company Sandbaggers Challenge Cup makes for an amusing competition when a group of non-golfers enter a team. Our long-standing Hewitson Memorial Trophy for the team with the best score, is hotly contested and it's always a big mystery who will end up with their name engraved on it.

Last year, due to restrictions, we had a very low-key tournament, which is why this year we want to make it a day filled with a lot of laughter... and any time golfers show up, that's what you are going to have. Go to our website, ladymintofoundation.com, for Tournament details and to sign up.

See you there!



Martin Harper & Troy Kaye



Robert & Susan Charlet and Mario & Gudrun McNally



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 Endowment...

Enclosed is my tax deductible gift of \$ _____

☐ Annual Fund ☐ New Emergency Department

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

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

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
You can also donate online anytime at ladyminto.foundation.com**

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

