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## Your gift of time, energy and experience...can make a world of difference

Our Board of Directors directs fundraising efforts in support of the residents of Mount St. Mary Hospital, and represents the Foundation to the public, sponsors, donors and planned giving professionals. If you would like to join our Board, or sit on the Sisters of St. Ann Legacy Fund Committee, please contact Mandy Parker to learn more.

Current members include: Veronica Osborne, Chair; Mike Clermont, Vice Chair; Pat O'Neill, Treasurer; and Diana Patterson, Ellis Achtem, Lisa Nye, and Deane Strongitharm: Members.

## Thanks for a Terrific Tulip Tea

Thanks to everyone who made our Tulip Tea such a success this year. It was a wonderful chance to visit with old friends and meet new ones, and to see all that's going on at Mount St. Mary. Another bloomin' good time, thanks to you!

## FREE Newsletter

Do you know someone who would like to receive this newsletter, email MParker@msmfoundation.ca to subscribe.



**HomeFront**  
 THE NEWSLETTER OF THE  
 MOUNT ST. MARY FOUNDATION



**Mount St. Mary**  
 FOUNDATION

## Will Power

You have the power, though your will, to speak about the things that matter most to you, and to reaffirm the beliefs you hold most dear. This may well be the most powerful gift you will ever give.

For more information about how you can create a gift that reflects your interests and values, visit [www.msmfoundation.ca](http://www.msmfoundation.ca), talk to your financial advisor, or call Mandy Parker at 250-480-3138.

## Thank you!

We would like to thank everyone who has donated to the Mount St. Mary Foundation. Your donations are helping residents live richer, more comfortable, more joyful lives.

Where you made a difference:

Capital Equipment	\$57,588
Education Fund	\$55,000
Leisure Activities	\$1,700
Music Therapy	\$34,788
Pastoral Care	\$106,500
Pet Care	\$140



Eileen Redchurch presenting the money she raised on 'The Great Walk' to Mandy Parker for the Legacy Fund.

A big thank you to:

- Rotary Club of Westshore
- Canadian Western Bank
- BMO Bank of Montreal
- RBC Royal Bank
- Mount St. Mary Hospital Volunteers
- F.K. Morrow Foundation
- Allen & Loreen Vandekerkhove Family Foundation
- Estate of Kay Ruane
- Victoria Foundation
- Concert Properties
- Gaming Policy and Enforcement Branch
- Esther's Dream Foundation
- Sisters of Saint Ann
- Catholic Diocese of Victoria
- Chevron Humankind Matching Gift Program

Visit us online! Discover more about the Mount St. Mary Foundation at [www.msmfoundation.ca](http://www.msmfoundation.ca)



# HomeFront

MOUNT ST. MARY FOUNDATION NEWSLETTER | FALL 2009 | VOLUME FOUR | ISSUE TWO

## Getting fit – in virtual reality

Nintendo Wii wows residents.

There are no pins or bowling balls, but there's plenty of excitement as the 'gamers' at Mount St. Mary Hospital bowl their way to fitness in virtual reality.

"A generous donor gave the residents a Nintendo Wii this past Christmas," says Margaret Templeman, activity aide at Mount St. Mary, "And they've completely fallen in love with it." The Nintendo Wii is a hand's-on system that involves moving as if you were taking part in an activity or sport, while you watch the results on a television screen.

Mount St. Mary resident Else Jerusalem is one of its biggest fans. "I have to use a wheelchair and it's hard for me to exercise. I had never bowled before, but the Wii is a lot of fun – and easy to do and it gets me moving."

In addition to bowling, residents can experience virtual golf, boxing, baseball, tennis and other sports. People can take up a sport they used to enjoy when they were younger, or try something completely new. It gets them out of bed and brings them together – as well as improving flexibility and agility – even for those with disabilities.

For Else, one of the greatest benefits is the connection she's made with her grandchildren. "Since we got the Wii, they can't wait to visit me so we can go bowling. Sometimes my daughter joins in too. It's fun to do something like this together."

Can you help? Residents would love to receive donated Wii accessories like a tennis racket, golf club and boxing gloves. To make a donation, call Mandy Parker at 250-280-3138.

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Will Power

Thank you!



**Mount St. Mary**  
 FOUNDATION

Your gift to the Mount St. Mary Foundation helps change lives for the better. Visit [www.msmfoundation.ca](http://www.msmfoundation.ca) to make a donation.

## We need your help

### Step up to Mount St. Mary's 30-year Marathon Challenge.

To mark the 30th anniversary of the Royal Victoria Marathon in 2009, we are setting the Mount St. Mary community a pretty big challenge: we'd like to have 30 participants – and raise \$30,000 in pledges.

Don't worry, we aren't asking you to run a Marathon – unless you'd like to! City councillor Chris Coleman says, "I've been inspired by Sister Lucy, who challenges me each year to walk the half marathon. This year, I'd like to have 30 people taking part

– 10 walkers, 10 in the 8 K race and 10 half-marathon runners – I'm challenging you to join us!"

You don't need to run or walk on race day to be involved. Everyone can help by raising pledges or by making a donation. For more information, call Paula Greene, Development Assistant, Mount St. Mary Foundation at 250-480-3140 or visit [www.msmfoundation.ca](http://www.msmfoundation.ca) and click on the Mount St. Marythoners icon.



2008 Mount St. Marythoners team.

## How to get into Mount St. Mary Hospital

### Sara John Fowler, CEO, Mount St. Mary Hospital explains the process.



Frieda Raab, SSA; John Newman, Honorary Director, MSMF; Mandy Parker, ED, MSMF  
Mr. Newman was recognized for 20 years of service to Mount St. Mary Hospital at an MSMF event in January.

The first step is to talk to your family doctor. They will then contact VIHA's Home and Community Care program, which will assign you a Case Manager.

The Case Manager conducts an assessment to see if residential care is right for you, and allows you to

choose which facility you want. This information goes into an electronic tracking system called *Pathways*.

Mount St. Mary Hospital's social worker reviews your assessment on *Pathways*, to make sure we can provide the services you need, before we contact you.

*Note:* Ministry of Health policy says that if you need placement urgently, you will receive the first space available in your community. Often, this isn't your facility of choice. Your request remains in *Pathways*, so when a space becomes available, a transfer can be arranged.

The system is not perfect, however, the wishes of clients and their families are respected wherever possible. The goal is to ensure that people who need residential care receive it as quickly as possible in a way that is fair and equal for everyone.

For more information about Home and Community Care, visit [www.viha.ca/hcc](http://www.viha.ca/hcc)

## A cause you can believe in

### Provincial Employees Community Services Fund supports Mount St. Mary Foundation.

Provincial employees have a new chance to support compassionate care in our community. The Provincial Employees Community Services Fund has recently selected the Mount St. Mary Foundation as one of its supported charities. That means employees giving to the fund can choose to have all or part of their donation go to Mount St. Mary. This year's campaign runs from September 17 to November 20. Donations can be made as payroll deductions or one-time gifts.

**Here's why we think provincial employees should choose us:** When you donate to the Mount St. Mary Foundation, you are helping to make this the kind of home each one of us deserves – full of comfort, support, understanding and peace.

When people come to Mount St. Mary Hospital, they have often suffered many losses – diminishing independence, significant health challenges, increasing mental or physical disability. They have lost the familiar surroundings of home, and the comfort of

life-long routines and habits, and for many of our residents, this is the last home they will know.

Your gifts will bring comfort.

**Where will donations go?** Gifts to the Mount St. Mary Foundation help purchase vital hospital equipment that is partially funded by the government – things like specialty beds and mattresses, commodes and monitoring equipment. They also fund resident activities like our art club, music therapy and pet care programs, entertainment and outings, and compassionate spiritual care. They provide a continued experience of the best our community has to offer – caring friends, enjoyable pastimes, and a life of dignity and independence.

If you are a provincial employee, we need your help. Please take a few moments to designate the Mount St. Mary Foundation on your PECSF donation form.

## Where there's a will, there's a way

### Bequests to the Mount St. Mary Foundation are making a lasting difference.

This year, twelve people have remembered Mount St. Mary Foundation in their wills. Everyone's reason for giving is different. Some are expressing gratitude for the care a loved one has received. For some, it is the culmination of a lifetime of charitable giving, and for many, it is the most significant charitable gift they will ever make.

"Bequests are vitally important because they secure the future of programs that enrich the everyday lives of the residents," says Mandy Parker, Executive Director of the Mount St. Mary Foundation, "We are tremendously grateful to each of these generous donors."

Will you make a difference? For information about bequests, call Mandy Parker at 250-480-3138.



Rita Larivee (centre), SSA Congregational Leader, Lachine, QC; Gertrude Scott (left), SSA; Marie Zarowny (right), SSA Provincial Leader, at the Mount St. Mary Hospital AGM, June 2009.

### Our Vision

We hold endowments that provide sustainable funding for existing, new, and innovative programs. Our community is aware, supportive and generous, and the enriched care we provide, sets the standard for residential care everywhere.

### Our Mission

Raising money for equipment and programs that enrich the lives of residents of Mount St. Mary Hospital.

### Our Values

Community, Accountability  
Openness, Integrity,  
Caring, Respect

### Speaker's Bureau: Do you need a Guest Speaker?

We offer informative presentations on a variety of topics, including the Sisters of St. Ann Legacy Fund and the history of Mount St. Mary Hospital. Visit [www.msmfoundation.ca/web/about/who](http://www.msmfoundation.ca/web/about/who) for details.

## Yes!

### I would like to contribute to enriched care.

#### MONTHLY GIVING:

I would like to give \$\_\_\_\_\_ a month. Please...

- Deduct from my credit card on the 15th of each month
- Find my post dated cheques enclosed

#### GIVING OPTIONS:

- Cheque / money order (payable to the Mount St. Mary Foundation)
- Visa
- Mastercard
- American Express

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Authorized signature: \_\_\_\_\_

#### PLEASE FIND MY GIFT ENCLOSED:

- \$50
- \$250
- \$1,000
- \$100
- \$500
- other \$ \_\_\_\_\_

#### ESTATE GIVING:

I would like to help build and secure the future of the Hospital.

Please tell me more about:

- Making a bequest in my will
- I have included Mount St. Mary Foundation in my estate plans
- Gifts of life insurance, charitable annuities, property or securities
- I would like to attend a seminar on how to maximize my gift through estate planning

#### DONOR INFORMATION:

- Anonymous

Name (Mr./Mrs./Ms.): \_\_\_\_\_

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

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal code: \_\_\_\_\_

Phone (home): \_\_\_\_\_ Fax (home): \_\_\_\_\_

Email: \_\_\_\_\_

#### SPECIAL RECOGNITION FOR MY GIFT (OPTIONAL):

- In memory of: \_\_\_\_\_
- In honour of: \_\_\_\_\_

Name (Mr./Mrs./Ms.): \_\_\_\_\_

Thank you for your generous support.

Mount St. Mary Foundation is committed to supporting the Hospital through fundraising. We keep your name, address, giving information and notes regarding your giving interest on file to acknowledge your gift, provide you with a charitable tax receipt, communicate information about the Hospital or Foundation and invite support. A copy of our Privacy Policy is available from the Foundation. Charitable registration no. 88361 5809 RR0001

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