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Finding Joy in the garden.

There's nothing that celebrates life like a garden. That's why you'll find Joy Brogan and the other members of Mount St. Mary Hospital's Garden Group there so often. Led by Activity Aide Margaret Rose, the group nurtures our plants year round, bringing joy to residents, staff, and visitors alike.

The Garden Group helped plant many of the 1,600 tulip bulbs that made our first-ever Tulip Tea such a resounding success. Seeing Joy's picture in the Times Colonist inspired 11-year old Serena Gunasinghe to write a poem about her, which read in part:

*She sits among the flowers
Her eyes slowly awakening to the pinks
and golds of springtime
While the wind blows through her hair.
Wistfully she stares down at a tulip,
Perhaps dreaming of a brighter future
Or a memory from her past.
Soon happiness fills her heart and soul
While a smile blossoms on her face.
Slowly the blooms begin to heal her spirit.*

Vital activity programs like the Garden Group are funded solely by donations, please give generously.



Guests enjoying the Tulip tea

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If you would like to make a donation to the Mount St. Mary Foundation, or are interested in joining us as a volunteer, please visit our website.



Mount St. Mary
FOUNDATION

WWW.MSMFOUNDATION.CA

Be part of the legacy.

Give generously to the Sisters of St. Ann Legacy Fund.

First Annual Tulip Tea: A blooming success!

The tulips bloomed, the sun shone, and everyone agreed it was a blooming success. Guests at our first-ever event enjoyed 1,600 tulips, a sumptuous English tea, and the work of our Art Club members. Thanks to all our guests, volunteers and wonderful sponsors, including Medichair and Shaw TV Victoria, we raised over \$6,000! We're already planning for next year – look for your invitation soon!

Karen Elgersma of Shaw TV Victoria interviewing MSM residents



Non Nobis Solum: Not For Themselves Alone

by Darlene Southwell, currently writing a history of the Sisters of St. Ann and their contribution to the development of health care in British Columbia

“They’re all dead now.” Standing in Ross Bay Cemetery, looking at the markers of the graves of the earliest pioneer Sisters of St. Ann, I wonder if these women could have imagined the legacy their Congregation would leave to the people of Victoria and British Columbia. From their arrival on the Seabird in 1858 they have cared for and educated thousands of women and men, establishing schools, orphanages, six hospitals and a school of nursing.

The first Prospectus for St. Ann’s Academy advised that “the Sisters are also prepared to attend to the sick at any time their services are needed.” And that they did, visiting the sick in their homes and laying out the dead for burial. In 1876 they opened St. Joseph’s Hospital, of which Dr. John Sebastian Helmcken said on their behalf, “was to be open to all without distinction or question of creed or nationality.”

They were pioneers as well in setting up an early form of hospital insurance in which potential patients could pay a fee of one dollar a month to become members of St. Joseph’s Hospital Society. Non-members were charged

a daily fee, any surplus going to help defray the costs of those unable to pay for a hospital stay. One hundred dollars ensured care for a lifetime. One of the first to take advantage of this option promptly became ill, was admitted to hospital, where he remained for thirty-eight years till his death in 1921.

Undaunted by the task of running a hospital, the Sisters continued into the twentieth century, not looking for public recognition, but ‘labouring in the vineyard’. They worked as nurses, pharmacists, seamstresses, cooks and cleaners. Operating a hospital meant also operating a farm to supply food for patients and staff. Some nuns had to decide when it was time to buy and sell cows and pigs. They supplied 24-hour care as unpaid labour in the hospital. They expanded as the need arose, which it did many times.

The need for a separate facility to care for long term patients, the elderly and chronically ill, became increasingly clear. In 1941 the Sisters of St. Ann responded to this need by opening Mount St. Mary Hospital, the sole hospital in which the Sisters maintain a presence today. In 2003 the new facility opened on the former site of St. Joseph’s Hospital and School of Nursing. A fitting ‘legacy’ indeed.

Pledge Drive for Commodes



Mount St. Mary
FOUNDATION

We need your help! Mount St. Mary Foundation has been chosen as a recognized charity for the Royal Victoria Marathon Charity Pledge Program.

We need you to raise pledges; the money you raise will fund much needed commodes for residents. The RVM is for runners, walkers, kids and wheelchair participants. Raising pledges is for any one – participants or not.

To learn more, visit www.msmfoundation.ca or contact Mandy Parker.

28th Annual



www.royalvictoriamarathon.com

Call (250) 658-4520 or email
info@royalvictoriamarathon.com

for more information.

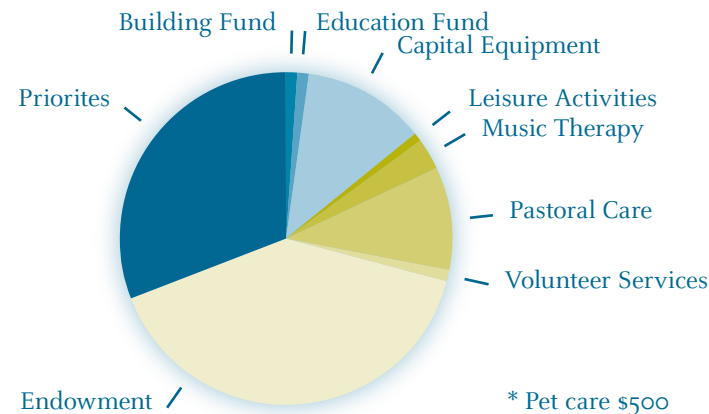
So much to be thankful for.

At the Mount St. Mary Foundation, we are grateful for the tremendous support we have received this past year – over \$110,000 in donations from organizations throughout the community. These gifts have funded vital hospital equipment, supported spiritual and music therapy programs and provided life-enhancing activities. We would like to thank the following organizations on behalf of our residents, whose lives have been enriched by their most generous gifts:

BMO Bank of Montreal
 Canadian Western Bank
 Catholic Foundation of VI
 Coast Capital Savings
 Esther's Dream Foundation
 FK Morrow Foundation
 The Hamber Foundation
 Mount St. Mary Volunteers
 RBC Royal Bank
 Rotary Club of Victoria
 Shaw TV Victoria
 Victoria Foundation

We are also tremendously grateful for the support of individual donors. The Foundation received 964 gifts from individuals – ranging from \$5 to \$150,000 each. Together, these donations totaled over \$400,000. Each gift, large and small, makes a tremendous difference to those who live at Mount St. Mary Hospital. Thank you all, for your help.

How your donations were used.



Sister Lucy Challenges Councillor Coleman to a Marathon.

77-year old Sister Lucy DuMont has issued a pretty big challenge to City of Victoria Councillor, Chris Coleman. She has challenged him to walk a half marathon with her – and match her pledges for Mount St. Mary. Chris may find the second part more challenging than the first: last year, Sister Lucy raised over \$7,000!

We are one of eleven local charities chosen as recipients of the Royal Victoria Marathon's Charity Pledge Program. "Being part of the Marathon is wonderful; we feel very fortunate to be involved," says Mandy Parker, of the Foundation. This year, funds raised will purchase commodes and an active/passive trainer to help improve residents' mobility and strength.

Every dollar counts, and you don't have to be a participant to collect pledges! Visit www.msmfoundation.ca to find out how you can become involved!



June 2008: Celebrating the Sisters of St. Ann

Watch for upcoming events to mark the 150th anniversary of the arrival of the Sisters of St. Ann in Victoria, including: a re-enactment the arrival, reception, gala, concert, service, and a family picnic. For details, visit: www.friendsofstannacademy.com/2008anniversary.htm

Our Mission

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

Our Vision

The Foundation holds endowments that provide sustainable funding for existing programs as well as new, innovative ones. The community we operate in is aware, supportive and generous, and the enriched care provided at Mount St. Mary Hospital is the standard for residential care everywhere.

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

Want to know more about Mount St. Mary Foundation? 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 for details.

Please contact me:

I would like to know more about Mount St. Mary Foundation!
 I would like more information about:

- How donations to the Mount St. Mary Foundation are used.
- Having a speaker from Mount St. Mary to give a presentation to my group.
- What makes Mount St. Mary Hospital different than other residential facilities.
- Leaving a donation in my Will that meets my needs and those of my family.

I would like to enclose a donation of \$_____ to the Sisters of St. Ann Legacy Fund at Mount St. Mary Foundation, to be held in perpetuity as capital, with the returns thereon distributed annually to continue the Sisters' legacy of education and care at Mount St. Mary Hospital.

Name: _____
 Address: _____
 Postal Code: _____
 Phone Number: _____
 Email: _____

Mount St. Mary Foundation
 861 Fairfield Road
 Victoria, BC
 V8V 5A9

Limited Edition Commemorative Rogers Chocolate Tin

These limited edition tins cost \$16.99 with chocolates or \$5.00 without. Proceeds go to the Sisters of St. Ann 150th anniversary celebrations.

To order, email: MParker@msmfoundation.ca or visit www.msmfoundation.ca

Image: Chocolate tin (not exactly as shown)



Giving time, energy and experience: The Mount St. Mary Foundation Board of Directors

Our Board of Directors gives their time, energy and experience to the tasks of raising, prudently managing, and distributing funds to support the residents of Mount St. Mary Hospital. Board members engage in fundraising activities and promote the Foundation to the public, sponsors, donors and planned giving professionals.

Current Board members include: Veronica Osborn, Chair; Tony Heemskerk, Vice Chair; Diana Patterson, Treasurer; and Ellis Achtem; Faith Magwood, Tony Rossi, and Karen Somers, Members.

Each Director brings a unique set of skills and experiences to the task of guiding the Foundation. If you are interested in contributing your time and energy by joining our Board, or the Sisters of St. Ann Legacy Fund Committee, please contact Mandy Parker, or visit www.msmfoundation.ca



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HomeFront

THE NEWSLETTER OF THE
MOUNT ST. MARY FOUNDATION



Mount St. Mary
FOUNDATION

The will to make a difference.

92-year old Ethel's strong faith, generous spirit and iron will have allowed her to overcome extraordinary challenges in life. Her mother died when she was born, and when she was still a small child she spent time in an orphanage, as her father traveled to support the family. As a teenager, she worked in a meat packing plant to make ends meet, while caring for her then ailing father. She raised her son Richard on her own, and has outlived two husbands.

Ethel's second husband, Thomas, lived at the old Mount St. Mary Hospital for four years. "He would have loved the new building," she says. After he died, she continued to visit other residents – she's here every other Sunday, helping people down to the chapel.

Since 2001, Ethel has also been a regular donor to Mount St. Mary Hospital. Recently, she decided she wanted to do more. After talking to her financial advisor and to the Mount St. Mary Foundation, she has left a gift to the Foundation in her will. "I wanted to make sure my family was looked after, before making a gift to the Hospital," Ethel says, "I don't know how much the Hospital will get, but I know the gift is there, and that gives me peace of mind."

It's the kind of gesture Ethel's many friends have learned to expect: taking care of family first, then giving whatever she can to others.

For more information about planning a gift to Mount St. Mary Foundation, contact Mandy Parker, Executive Director.

Finding new ways to give.

We are constantly surprised – and delighted – by the ingenious ways our donors find to raise funds for Mount St. Mary Foundation. Here are a few you may not know of:

Pink Fridays at Harbour Air: Every Friday, staff at Harbour Air celebrate by exchanging their white shirts for pink ones and donating \$1 for each passenger to a monthly charity. Many passengers chip in too. This past April, Mount St. Mary Foundation was the selected charity, when Harbour Air and its passengers raised over \$3,700. Thanks Harbour Air – we've always loved the colour pink!

Tupperware top up: Cyrena Matheson is determined to pay for a hospital bed for the Mount St. Mary Foundation. She's collecting money from Tupperware sales, and donating it to the Foundation. Email Cyrena at spunkycy@gmail.com.

A blooming good idea: Everyone loves flower baskets – which is why Ellis thought of them as a way to raise money. He created 100 gorgeous baskets and sold them for \$40 each, donating the proceeds – \$4,000 – to the Sisters of St. Ann Legacy Fund.

Thanks to these, and all our other generous donors. Every gift, large or small, is important to our residents.

VISIT US ONLINE! DISCOVER MORE ABOUT THE
MOUNT ST. MARY FOUNDATION AT WWW.MSMFOUNDATION.CA