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Safety is a great comfort.

At Mount St. Mary Hospital, we want all our residents to be cozy, comfortable, and safe in their beds. That means we have to be very careful about which beds and mattresses we purchase.

Because many of our residents have limited mobility, we choose mattresses that have been designed to gently support and reduce pressure on hips, backs, heels and shoulders. These mattresses prevent pressure ulcers from developing, and provide long-lasting comfort, even when they're in constant use.

We choose beds that residents can operate with the touch of a button, to foster independence, and beds that can be



lowered to the floor at night and raised for care-giving to reduce the risk of injury to residents and health care providers alike.

Every year, we must replace 25 specialized beds and regular hospital mattresses because they are worn out and no longer safe or comfortable. Each bed costs \$5,000, and each mattress, \$600 - and because government funding is limited, we rely on donations to purchase them. Every donation, no matter what size, is an enormous help.

Monthly Donation Program:

Making your donation work even harder

When you make a donation to the Mount St. Mary Foundation, you can rest assured that it is put right to work making the lives of our residents more comfortable and enjoyable. There is a way to make your gift work even harder, though. We invite you to join our Monthly Donation Program – a group of donors who provide regular contributions to the work of the Foundation, and enjoy the added benefits of:

- > Easier budgeting, with donations spread over twelve equal monthly installments

- and issuing one tax receipt at the end of the year

- > Reducing paper and postage costs, so more of your donation goes to support residents
- > Providing a steady source of funding to cover unexpected needs
- > Helping the Foundation plan and implement longer-term projects

Please help us create a true community of caring – join our Monthly Donation Program today. For more information, please contact Mandy Parker at 480-3138.

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If you are interested in making a donation to the Mount St. Mary Foundation, or would like to find out more about our initiatives, please visit our website.



Mount St. Mary
FOUNDATION

WWW.MSMFOUNDATION.CA

Thank you!

To everyone who contributed by making a pledge towards the purchase of mattresses in the Royal Victoria Marathon Charity Pledge Program. A total of \$17,000 was raised. Your generous donations have allowed us to purchase 6, \$2,000 therapeutic mattresses and one, \$3,500 therapeutic mattress (plus two mattress pumps) for our residents who are most vulnerable to painful pressure sores. Thanks to you, people are resting more comfortably in their beds.



Saying thank you to the Sisters.

Lavonne Wirtanen has felt a close connection to the Sisters of St. Ann since she was very small. “I went to grade one at St. Ann’s Academy, and I remember how kind and caring the Sisters were. I took my nursing training from the Sisters at St. Joseph’s School of Nursing, too” she says, “And later on, I taught obstetrics there. The Sisters were a wonderful influence in my life.”

When she read about the Sisters of St. Ann Legacy Fund last fall, Lavonne decided a donation would be a fitting way to thank them. “You want to say thank you, when you know how much they have done for this city,” she says.

Lavonne’s generous donation is one of the first three gifts – totaling \$189,000 – to the Legacy Fund, which was



established to honour the Sisters’ legacy of health care and education in Victoria.

“It’s a wonderful gift that will help keep the spirit of the Sisters alive and at work in our community for many years to come,” says Mandy Parker, Executive Director. “Everyone at Mount St. Mary is extremely grateful for the support.”

Lavonne is glad she was able to give. “I have a tremendous feeling of satisfaction, knowing that long after I’m gone, my donation will keep doing good at Mount St. Mary.”

You can be part of the legacy:

Give to the Sisters of St. Ann Legacy Fund

Mount St. Mary Foundation created the Sisters of St. Ann Legacy Fund to honour the Sisters’ outstanding contribution to health care and education in Victoria. The endowment will fund:

- > Music Therapy
- > Spiritual Care
- > Resident Activities
- > Palliative Care & Practical Nursing Education at Mount St. Mary

We invite you to become part of this legacy by including the Sisters of St. Ann Legacy Fund at the Mount St. Mary Foundation in your will.

For more information, contact Mandy Parker at 480-3138 or at mparker@msmfoundation.ca.



Second in a five-part series about the Sisters of St. Ann:

The Congregation of the Sisters of St. Ann: Founded on Caring

*By Theresa Vogel, Executive Director, Society of Friends of St. Ann's Academy
(Archival Information Used With Permission of the SSA Archives - Victoria)*

In 1850, in a small parish church in Vaudreuil, Quebec, four women professed their faith, taking vows of poverty, chastity and obedience in a new religious community called the Congregation of the Sisters of St. Ann. Founded by the Most Reverend Ignace Bourget of Montreal, and Marie Esther Sureau Blondin - Mother Mary Ann – the congregation was dedicated to caring for and educating the poor and needy.

When Mother Mary Ann, Sister Mary of the Conception, Sister Mary of the Assumption, Sister Mary Michael and Sister Mary of the Nativity took their vows in the presence of Bishop Bourget, they had no idea that their small community was to have a profound influence on education and health care that would extend across the continent.

In 1858, the community answered a call by the Most Reverend Modeste Demers, the newly appointed first Bishop of Vancouver Island, for an order of teaching Sisters to establish a mission in Victoria, in the Colony of Vancouver Island.

Although it is said that every single member of the order volunteered, only four Sisters and one laywoman were chosen to make the arduous journey through the Isthmus of Panama to Victoria, where they created the first British Columbia Foundation of the Sisters of St. Ann. These brave pioneers were Sister Mary of the Sacred Heart, Superior; Sister Mary Angele; Sister Mary Lumena; and Sister Mary Conception, and their companion, Miss Marie Mainville, who worked alongside the Sisters in Victoria until 1887, when



she returned to Lachine and applied to the Congregation for admission.

Over the first hundred years of the Congregation's history, 3200 Sisters around the world made their profession of faith. During their centenary year, there were over two thousand Sisters working in 127 institutions and facilities throughout 15 dioceses, and three apostolic vicariates in Canada, the United States, Haiti and Alaska.

As 2008 approaches, we are nearing the 150th anniversary of the arrival of the Sisters of St. Ann in Victoria. The total significance of their work is incalculable; these courageous women have influenced every aspect of spiritual, social, civic and cultural life in Victoria, on Vancouver Island, and throughout BC. We will continue to tell their story over the coming months, as we prepare to celebrate this significant year in their long history of caring.

Article adapted from: One Hundred S.S.A. Centenary Facts; © The Sisters of St. Ann, Lachine, Quebec; April, 1949

Spelled "Lumina" in original document. Informational noted added to the original document from archival information. Archival information used with permission.

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.

This newsletter presents general articles that may be of interest to readers. No article is intended as advice. Potential donors should consult with their professional advisers before acting on any of the material presented in this newsletter.

Discover more about the Sisters of St. Ann at www.sistersofsaintanne.org/bc



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Remember us in your will.

When you make a bequest to Mount St. Mary Foundation in your will, you are leaving a legacy of compassionate, loving care that will last for many years to come.

Your donation supports Mount St. Mary Hospital, fulfills your charitable goals and achieves the best tax savings possible for you and your family. It also provides a legacy of long-term financial resources

that help us fulfill the mission of the Sisters of St. Ann by providing the home-like surroundings and compassionate support our residents deserve.

For more information about planning your gift to the Mount St. Mary Foundation, visit the "Planned Giving" section on our website: www.msmfoundation.ca.

New rules boost your tax receipt

The government has recently announced new rules about making a gift of publicly traded securities, such as stocks, bonds and mutual funds. If you donate the investments themselves, rather than cashing them and donating the money, you do not have to pay capital gains tax.

A donor invested \$500 in mutual funds, which has now grown to \$10,000. The

donor decides to donate the \$10,000 to Mount St. Mary Foundation. Below is a comparison that is presented to the donor.

By selling the mutual funds and donating the cash, capital gains is triggered on the sale. By donating the mutual fund units directly to Mount St. Mary Foundation, the entire \$10,000 donation can be deducted from income.

	Donate Cash	Donate Mutual Funds
Value of Mutual Funds	\$10,000	\$10,000
Cost of Mutual Funds	\$500	\$500
Capital Gain	\$9,500	Nil
Portion of Donation Receipt that has to be applied against the capital gain	\$2,050	Nil
Portion of Donation Receipt that can be deducted from other income	\$7,950	\$10,000

For more information about the new regulations, talk to your financial advisor, or contact Mandy Parker at the Mount St. Mary Foundation.

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THE NEWSLETTER OF THE MOUNT ST. MARY FOUNDATION

How to contact us:
Mount St. Mary Foundation
861 Fairfield Road
Victoria, BC V8V 5A9

Tel: 250-480-3138
Fax: 250-480-3139
MParker@msmfoundation.ca
www.msmfoundation.ca



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