

MSMH's own Voices in Motion 3 Choir celebrated its premier concert in the Chapel which was "standing room only" with the large choir and guests gathered for this very special event. *Voices in Motion Choirs* are part of a research project based out of the University of Victoria that studies the effects of singing in a choir, intergenerational interaction and socialization on those who struggle with memory loss. This choir's first concert was a great success under the leadership of Music Therapist Marie Slade, Choir Director Erica Phare-Bergh, & Accompanist Jacqueline Ray (bottom L-R) Resident Fran Jamieson sang with her Grand- daughter, Sara, (below R) and Resident Herbie Michaud is joined by daughter Helene Sundberg and Volunteer Jordan MacDonald, choir member and tap dancer (below L). What a wonderful launch to the Christmas Season at MSMH!

*Angels in
the Snow
Concert*

November 27, 2018



From the Desk of Sara John Fowler, CEO

Greetings All,

At our recent Annual Donor Event we took the opportunity to thank our donors again for their support of Mount St. Mary Hospital, our residents, programs and services. We were pleased to receive a generous gift from the Telus Ambassadors for replacement of four ceiling lifts. The Ambassadors, a group of committed retired Telus employees, have chosen Mount St. Mary as one of the charitable recipients of their fund raising activities.



The Resident & Family Advisory Group came together for their quarterly meeting in November and:

- The 2017-2021 Operational Plan was reviewed and input provided;
- The 2017 - Quality Improvement Plan was reviewed with attention to the Canadian Institute of Health Information (CIHI) scorecard (for Quarter 1 ending end of June 2018) regarding: Restraint Use Rate; Potential Inappropriate Use of Antipsychotic Medication Rate; Worsening Pressure Ulcer Rate; Falls in Last 30 Days; and Worsening Pain Rate.

As well, they provided input to three quality improvement projects:

1. Menu Planning Project – the project is near completion and recommendations will be coming out in December.
2. Input to Care Planning Project – the recommendations from family members and residents will be communicated in December.
3. Input to Activity Planning – is ongoing. Programming has been changed to include evening programs twice a week, which has been received positively by residents and families.

From All at Mount St. Mary,

Very Best Wishes for a wonderful Christmas, and a happy and peaceful New Year!

There is still time to receive a 2018 charitable tax receipt!

Will you consider including Mount St. Mary Hospital as part of your charitable giving this holiday season? If you donate before midnight on December 31 by giving online at www.mountstmary.ca, mailing your cheque, or calling in your credit card to 250-480-3138, you'll receive a 2018 charitable tax receipt. You may wish to set up a monthly donation by charging it to a resident's account, setting up a recurring monthly credit card charge or automatic bank withdrawal.

If you have questions or if you wish to learn about other ways to make a gift to Mount St. Mary Hospital, including making a gift through your Will, donating securities (and eliminate the tax on capital gains), or setting up a life insurance policy with Mount St. Mary Hospital as the named beneficiary, please contact Jane at 250-480-3138 or jbowers@mountstmary.ca.

~ J. Bowers, Director of Fund Development

MSMH FAMILY EDUCATION SERIES

1:00 pm, Tuesday

March 26th

MSMH Chapel

A Target Theatre

Presentation:

CAN YOU HEAR THE BIRDS?



A play on Hearing Loss — to increase awareness of the various challenges (physical, social, emotional and cognitive) arising from hearing loss and how to deal with them. We'll also explore some of the myths surrounding this disorder.

Please mark your calendars and stay tuned for registration information in the New Year

Through the generosity of local organizations, including a \$5,000 gift from Peninsula Co-op and a \$7,000 donation from an anonymous foundation, we have raised the money needed to purchase new parallel bars for the Activity Room. This important piece of equipment ensures residents can maintain their health, well-being, and abilities.

Mount St. Mary Hospital also received a gift of almost \$5,700 from Music Heals Charitable Foundation. This funding allows us to increase the number of hours Music Therapist Marie Slade can spend one-on-one with residents. Music therapy promotes, maintains, and restores the mental, physical, emotional and spiritual health of our residents.

Every gift has the power to change lives!

Thank You Music Heals Foundation!



A Wonderful Start to the Festive Season ~ Our Annual Christmas Market



We are thrilled to announce Christmas Market raised over \$7,000 for our residents this year. Wow! You make the event a huge success by donating items for the White Elephant and giving your special treats for sale at the bake table.

Thanks to everyone who attended and contributed to this festive event!



FaceTime With Families

Supported by volunteers, residents are increasingly enjoying the opportunity of *Skyping* with family members. Resident Hugh Williams pictured left with Volunteer Stan Michalack is enjoying an excellent quality four-point video conference session with three of his children, all in different cities. Any families wishing to set up video conference sessions are invited to contact Anne McCaffrey, Coordinator of Pastoral Care & Volunteer Services, e-mail amccaffrey@mountstmary.ca