



Fall 2020

Dear Friend,

I moved in to Mount St. Mary Hospital on July 31, four months into the COVID-19 pandemic.

From volunteer to resident.
Read my story of moving in to Mount St. Mary Hospital in the middle of the pandemic.

Like you, I'm sure 2020 hasn't turned out quite the way you hoped.

Since the start of the year, I was in and out of the hospital. Each time, I spent a few weeks, and sometimes a few months, in a four-bed unit.

My health was failing. My weight was dropping. I had a painful pressure ulcer that wasn't healing.

I have muscular dystrophy and have used a motorized wheelchair since 1995. Despite my challenges, I lived in my apartment for 24 years. Feisty and independent, I managed fine with Randy, my husband of 27 years, and daily home care. When Randy died in 2002, I continued living independently with support.

When I left the hospital in the spring, I returned to my apartment. I want you to know it was so hard. Frustrated and disappointed, I faced challenges every day.

My immune system crashed. I went back into the hospital. **This time I was in acute care for two months.**

When I stabilized, I knew I wasn't going home. Devastation crept into my positive, can-do personality. You know how change is hard.



Here I am in the beautiful gardens at Mount St. Mary. I feel at peace when I sit among the plants, trees, and flowers.

Things looked up when I found out there was a room available for me at Mount St. Mary Hospital.

For 15 years, I have gone to Mount St. Mary every week for my baths. I met residents and made friends. I know everyone is happy with the level of care, their room, and meals. **Residents and their families are grateful for the extras, possible because of generous people like you.**

You and I both believe in donating. I do what I can and have been a volunteer at hospital fundraising events for five years. Like you and your support of fundraising campaigns, I've helped raise thousands of dollars for urgently needed items. Together, we've supported room renovations and specialized equipment, and we've paid for programming for the residents.

Unfortunately, Mount St. Mary's two big fundraising events – the Spring Fair and Christmas Market – couldn't happen this year because of COVID-19. It's an incredible loss of revenue – over \$50,000.

One day, these events will return. I hope I'll be strong enough to volunteer in support of the hospital again. Until that day comes, I still want to help. So I'm sharing my story with you.

I want you to know your impact on the lives of people facing a variety of medical challenges. People who are frail and vulnerable and, in most cases, elderly. I want you to know you're changing lives.

Approximately 275 people call Mount St. Mary Hospital home each year. You've heard of our conditions before – muscular dystrophy, MS, ALS, Parkinsons, Alzheimer's, dementia, brain injuries.

Your generosity enhances our lives. And this year, more than ever, we need your help. I need your help.

Because of COVID-19, everyone's life has changed. I'm sure you miss seeing your friends and family, travelling, shopping, eating out... Those of us living in long-term care desperately miss seeing our friends and families too. Visiting us is restricted to keep everyone safe.

Social isolation and physical distancing is hard. But that's where you come in. You guarantee residents have programs to connect with loved ones. Your donations fund Music Therapy and Spiritual Care.

Since I've been at Mount St. Mary, I've seen Music Therapy in action. I wish you could see it, too. You could sit back and watch the joy music brings residents. Music sparks memories and conversations and encourages connection. It brings us peace.

With the Spiritual Care program, we express our feelings and frustrations. With non-judgemental support, we find comfort and encouragement. We face past and present challenges, finding hope and possibility. For people like me who moved into long term care during the pandemic, our worries and losses are compounded. We know the restrictions are important, but it doesn't make it any easier. For many, like myself, we have no choice. We have to live in long-term care.

Your generosity purchased specialized mattresses, and I have one in my room. I can't say thank you enough. **Because of you, my pressure ulcer wound has healed.**

You might expect having equipment is a "given" but it is not. These mattresses are \$4,500 to \$7,500 each.

There are more items on the hospital's urgently needed equipment list including two new Active Passive Trainers (APT's), which are \$6,000 each. This equipment helps residents maintain their strength and mobility.

COVID-19 restrictions make your donation even more important! It is only with your support programming like Music Therapy and Spiritual Care are possible. Your kindness purchases



I love visiting the Mount St. Mary library and choosing books and DVDs.

the equipment we need to guarantee our health and well-being.

I believe in community. I believe people like you and I make a difference, a big difference.

Now that I live at Mount St. Mary, I still want to build community. I also see first-hand the impact of you, the donors.

You can see the needs are ongoing. You can see the needs are great.

The pandemic has made the financial situation of many uncertain. I wouldn't be sending this letter if your generosity wasn't absolutely needed. I hope you consider making a donation. You make a difference in the lives of folks who need your help.

I'm asking you for your continued kindness and compassion. I'm asking you to help me and my fellow residents. **You guarantee our comfort and safety. You provide engagement and comfort. You offer us dignity and independence.**

I know if you had a loved one in long-term care, especially right now during the pandemic, you would be grateful for the generosity of those able to make a donation.

Thank you for your past support, and for continuing to make a difference.

My best,



Lorna Lampkin

P.S. Your donation form is enclosed. You can mail your donation back today or donate online at mountstmary.ca. With your gift, you get a charitable tax receipt.

P.P.S. You can send a message of support to Mount St. Mary residents and the incredible front-line staff. You can write a few words on the enclosed gift tag which we will hang on trees in each resident house. Your kind words mean the world to us.



Thank you for remembering people in long-term health facilities. You give us hope.