

CONNECTIONS



MOUNT ST. MARY
HOSPITAL • CARE WITH COMPASSION

Resident & Family Newsletter
September 2025

With respect, we acknowledge the Lekwungen speaking peoples on whose traditional territory Mount St. Mary Hospital stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

As we welcome the fall season, I want to take a moment to reflect on what has been a very full and exciting few months since I began as CEO in July. It has been a joy to see residents, families, and staff enjoying the beauty of Blondin Green over the summer months—spaces that truly bring life and connection to Mount St. Mary.

One of the things that drew me to this role were the Mount St. Mary values of compassion and caring, respect and dignity, fairness and justice, competence and excellence, responsibility and accountability, and hope. In my first few months here, I have been inspired to see these values lived out each day—whether in the kindness and professionalism of staff, the resilience and spirit of the residents, or the dedication of families who remain so engaged in this community. These values are not just words on a page; they truly shape the way care is provided and relationships are built.

I am also very proud to share that Mount St. Mary Hospital completed a successful CARF Accreditation at the end of June. This is an external review process that looks closely at the quality and safety of the care and services provided. Achieving accreditation means we have met internationally recognized standards of excellence and continue to provide care that residents and families can trust.

Another highlight has been the arrival of our brand-new Trishaw bike, specially designed to take people in wheelchairs out for bike rides. We are excited to begin offering rides this fall, giving residents new opportunities to get fresh air and enjoy the sights of the season in a fun and active way.

Looking back, our Spring Fair in June was a wonderful success, raising \$18,000 to support our Room to Care Campaign. Thank you to everyone who participated and contributed—you helped make a real difference.

Mount St. Mary is preparing for the future. As we approach the end of our current Strategic Plan, we will be sending out surveys to hear your perspectives and priorities for Mount St. Mary. Your input will be essential as we shape our next plan, which we aim to launch in early 2026. Please stay tuned for the survey and take a few moments to participate—we truly value your voice in helping guide our direction.

As we move into the colder months, we will be entering respiratory season. We encourage everyone—staff, families, and visitors alike—to take precautions such as handwashing, staying home if unwell, and keeping vaccinations up to date. These efforts help us protect the health and well-being of residents.

I look forward to all that this new season will bring, and I am grateful for the warm welcome I have received from this community.

*Greetings from
Melanie Hennig, CEO*





ALOHA!

Summer is not complete without our well-loved Hawaii-themed party! The festive cool drinks and limbo game were a hit!

from Mount St. Mary



August Country Hoedown Week

Photo Booth★'s



YEE
HAW



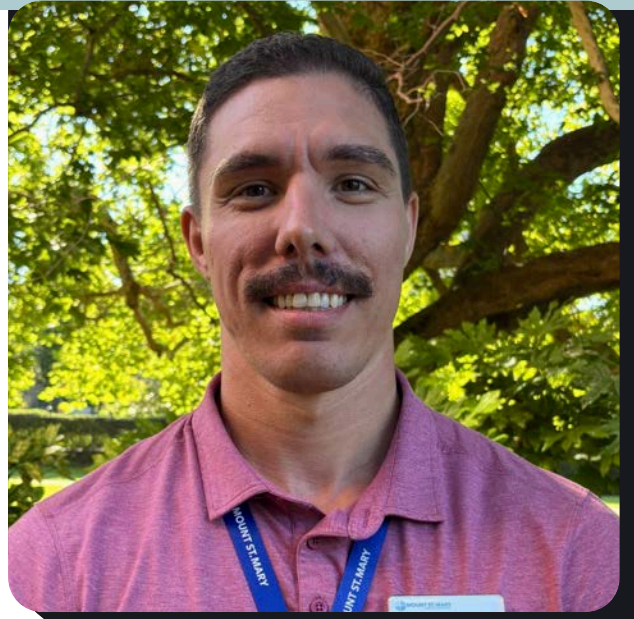
Karaoke Fun!



Meet our Occupational Therapy Team

Introducing James Krause, OT!

Hi, my name is James, and I'm excited to be joining Mount St. Mary as a new Occupational Therapist. I recently finished my Master of Occupational Therapy at UBC, have experience in long-term care, and look forward to support residents in living safe, meaningful, and connected lives. I previously lived in Victoria for 6 years before moving to Vancouver for school, so it feels wonderful to be back on the island! Outside of work I enjoy strength training, snowboarding, and practicing meditation and mindfulness.



Introducing Rebecca Good, OT!

Hi, my name is Rebecca. I moved to Victoria last year with my partner and two cats, after falling in love with the city. Previously, I worked as an OT in the U.S. for fifteen years in a variety of settings, including hospital, neuro-related care, older adult care, and rehab facilities. In my free time, I enjoy exploring Victoria's restaurants, walking and hiking in nature, and practicing yoga. I joined MSMH last November, and I am grateful to be working with such a dedicated team. I look forward to getting to know each resident and their family in the time to come.



*Rebecca & James work Monday - Friday
from 8:00 a.m. - 4:00 p.m.*





Please join our Social Workers, Loretta & Ca-Lien for the Family & Friends Support Group!

This will be a monthly group hosted in our Activity Room. It's a chance to meet other loved ones of Mount St. Mary Residents, and share your lived experience.

Our hope is to provide a safe and dynamic space for discussion and sharing.

Future groups may involve a guest speaker on topics you want to learn about.

Our next group will be on October 16th at 1:00 p.m. Snacks and refreshments will be provided.

We look forward to seeing you there!

If you have any questions for the Social Workers, please contact them at:

Loretta Bosma (Units 2 & 3): lbosma@mountstmary.ca

Ca-Lien Forrest (Units 4 & 5): cforrest@mountstmary.ca





Everyone has a story...

Join the Resident Story Project

We are excited to announce the relaunch of our Resident Story Project, an initiative that brings together the life stories of our residents in a meaningful and personal way. So far, 16 residents have shared their remarkable journeys, and we invite even more to participate!

How it works:

Our team of dedicated volunteers conducts one-on-one interviews with residents, asking a series of thoughtful questions to capture their unique life stories. Once the interview is complete, the stories are written up and shared with the resident and their family for final approval. After the stories are approved, they are proudly displayed outside the resident's room, allowing everyone to enjoy and connect with these personal histories.

Why participate?

Foster connections: The Story Project is a wonderful way for residents to get to know each other better, potentially discovering shared interests and experiences.

Enhance interactions: Care staff, visitors, and fellow residents can use these stories as conversation starters, enriching every interaction within the community.

Celebrate individual histories: Each story highlights the rich and diverse experiences of our residents, offering a glimpse into their past and the legacies they've built.

If you or a family member would like to participate in the Resident Story Project, please reach out to Molly Mifsud, our Volunteer Coordinator. Together, we can continue to share and celebrate the incredible stories that make our community so special.

email: mmifsud@mountstmary.ca

phone: 250-480-3140

**Or stop by her office Monday -
Wednesday**



CHRISTMAS MARKET

with the return of the MSMH White Elephant Market!

861 FAIRFIELD RD | NOVEMBER 29 | 10AM - 2:30PM

Featuring unique gifts for all, handmade quilts, knitting, Christmas decor, jewelry, terrariums, baking table, raffle, and so much more.

FREE ADMISSION
Refreshments and hot turkey lunch available



For more information call Lisa at 250-480-3100 ext. 3201



As the weather cools, it is nice to sit in a cozy chair and read a book or do a puzzle.



FALL WORD SEARCH

S G I V I S G W O R C E R A C S
C O L L A H S C A E I T H R E W
P U M P K I N O K S D E R O R O
T R L U N S R A L L E R D C O R
H D E M L B O N F I R E I H N A
A C A R L O C A R A E L C E E N
N O V E T H A N K S G I V I N G
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S W L M A L C R N L E A V E S T
E C A A N L P P A P H A L L O C
V I B H F O O T B P I D E L H O
R E T A E W S H R A N A R O A R
A D O Y T E N A N R E S T W R M
H O O R H E D I R Y A H S E V U
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LEAVES
PUMPKIN
ORANGE

RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW

