

# 2007 St. Michael's Centre Foundation Newsletter



## Who are we?

St. Michael's Centre is a non-profit, interdenominational facility which provides holistic and compassionate long term and hospice care. We promote a respect for Christian values and an understanding of the different cultures and diversities of our residents, patients, families, staff and volunteers, in order to provide a multicultural community within the Centre. Care and services provided are values based and focus on spirituality, dignity, compassion, sense of community and professionalism. St. Michael's Centre strives to be a leader by effectively providing values-based long term and hospice care, and by being a compassionate and supportive employer.

Located at 7451 Sussex Avenue in Burnaby, we have 128 Complex Care beds and a separate 16 bed Hospice Unit. We provide a wide range of therapeutic and recreational programming focused on maintaining resident abilities and adding quality of life. We have our own bus for resident outings and several garden areas around the facility, as well as being adjacent to the David Gray Municipal Park.

For more information please visit our website:

**[www.stmichaels.bc.ca](http://www.stmichaels.bc.ca)**

and watch our St. Michael's Centre video also featured there. ■



*Lisa Tahara,  
Director of  
Therapies with one  
of the donated  
wheelchairs*

## ST. MICHAEL'S CENTRE CELEBRATES 25 YEARS OF CARE AND SERVICE



Linda Gourlay,  
from the Finance  
Office,  
peeks through the  
balloons  
at the 25th  
Anniversary  
Celebrations

On June 21, 2006 St. Michael's Centre, a residential complex care and hospice facility located in South Burnaby, celebrated its 25th Anniversary in style. Over 175 guests attended, including local dignitaries, community partners, retired and current staff, residents, families, volunteers and past and present Board Members. The event was simple, but moving and truly reflective of the Centre's values of: spirituality, dignity, compassion, sense of community and professionalism. Susan Summers, Music Therapist, brought greetings on behalf of the staff of St. Michael's Centre and also the gift of song by Kate Wolf entitled "Give Yourself to Love", which beautifully expressed the day's themes of caring and family.

From its humble beginnings as an 80 bed extended and intermediate care facility, St. Michael's Centre has grown and evolved through the years to provide cutting edge care and services in the areas of complex, palliative and hospice care. A video was shown, presenting some realistic insights into the issues facing residential care and hospice facilities, in particular with regards to funding or the lack thereof. St. Michael's Centre has admitted over 1300 residents since opening on July 8, 1981 and over 700 patients to the Hospice Unit since opening on May 28, 2002. For the majority of these residents and patients, St. Michael's Centre becomes their final home. The video shared some very touching testimonials from residents, patients, families, staff

and volunteers emphasizing that St. Michael's is very much a home. As one family member stated, "when you walk into the Centre you just get a sense that this is nice, this is safe, this is good" and as MC Wayne Kettles, Recreation Therapist, noted in his opening remarks, St. Michael's Centre strives "not only to add years to their lives, but to add life to their years".

Since being established in 2004 as a separate Board, the St. Michael's Centre Foundation has raised over \$200,000 towards the care and services of residents and patients, most notably the new bus which was purchased in the Fall of 2005. Major Donors to the Foundation (\$1000+) over the past year, as well as donations (\$1000+) made in memory of residents and patients who had passed away at the Centre were recognized and their names were acknowledged on the updated plaques which were rededicated.

St. Michael's Centre is proud of the care and services it has provided to its residents and patients over the past 25 years. Helene Elias, the newly appointed Executive Director, stated that "we have faced many challenges through the years and it is a reflection of our hard work and accomplishments that we have grown as an organization and become the St. Michael's Centre family we are today". As it looks forward to the future, St. Michael's is committed to evolve along with the changing needs of those they care for. If you would like more information about St. Michael's Centre and the services it provides; if you would like to view the video presented at this event; if you are interested in volunteer opportunities or would like to make a donation to the St. Michael's Centre Foundation, you are invited to visit the website at [www.stmichaels.bc.ca](http://www.stmichaels.bc.ca). or contact the Centre at (604) 434-1323.



▲ Anne Toupin accepting a cheque from the Royal Canadian Legion South Burnaby Branch #83. Tom Stewart, (Public Relations) on the left & George Bernett, (Past President), on the right.



Anne Toupin, Chair of St. Michael's Centre Foundation

## Letter from the Foundation Chair

It is with pleasure that I have this opportunity to thank all the donors to the St. Michael's Centre Foundation. Because of your generosity we have been able to meet the needs and wish list that the Executive Director, management, staff, residents and patients have brought to our attention. Both the residents for whom we provide a home for, as well as those patients who come to spend their last days with us in our hospice benefit from your faithful support.

Over this last year the St. Michael's Centre Foundation has spent \$170,000. for medical equipment and quality of life enhancements for both

Complex and Hospice Care. I invite you to read the whole list in the Foundation Donation Expenditure Report section in this Newsletter. As a Foundation we continue to strive for different ways we might raise the funds necessary for the Centre to meet the needs of the people it serves. Again, to all who have supported St. Michael's Centre, we express our heartfelt gratitude.

### ST. MICHAEL'S CENTRE FOUNDATION BOARD

- Anne Toupin, Chair
- Myrna Arychuk
- Lesley Brooks
- David Chapin
- Rick Folka
- Dr. Jim Grant
- Dean Hajum
- Dorcas Langston
- Doris Lee
- Rev. Michael Sabara
- Jas Sahota
- Gloria Tom Wing Staudt
- Tom Stewart

Yours truly,

Anne Toupin, Chair  
St. Michael's Centre  
Foundation



▲ Anne Toupin Accepts a Cheque from Rotary for over \$31,000 for specialty mattresses that the late Rotarian Jay Burns fundraised for from his Hospice bed.

From left to right: Peter Beynon (Rotary), Anne Toupin (Foundation), Marg Burns (Widow of Jay Burns) & Jim Renshaw (Burnaby Rotary President)

## ST. MICHAEL'S CENTRE FOUNDATION DONATION EXPENDITURE REPORT

In the last twelve months the St. Michael's Centre Foundation has funded a total of \$170,284 for equipment and projects which were recorded on the 'wish list'. \$26,780 came from specified donations and \$143,504 from unspecified donations. The breakdown is given below.

### 2006 SPECIFIED DONATIONS

- Towards Christmas Gifts in Hospice - Donated by Roma Jukonis In Memory of her husband Phil Jukonis
- 2 Pillows for Positioning & 8 Ankle pillows - Donated by Gloria Tom Wing Staudt
- 12 Folding Chairs  
Donated by the Minici Family  
In Memory of Maria Rosa Minici
- 2500 Pastoral Care Pamphlets  
Donated by Reverend Michael Sabara
- 4 Packages of Turning Sheets & 8 Pillows for Positioning  
Donated by the Estate of Jane Wardrop In Memory of Jane Wardrop
- Towards the Therapeutic Gardens Upkeep  
Donated by Dale & Shirley Dalby In Honour of the 50 th Wedding Anniversary of Art & Rita Gowans
- Towards the Therapeutic Gardens Upkeep  
Donated by Art & Rita Gowans  
On the Occasion of their 50th Wedding Anniversary
- Towards the Therapeutic Gardens Upkeep - Donated by Golder Associates Ltd.
- Hanging Planter Watering System for Garden Deck & Personal Supplies Certificates  
Donated by Elizabeth & Jack Pereira & Family In Memory of Joaquim & Zulmira Francisco
- Towards the Extended Care Gardening Program  
Donated by Shirley Hazzard In Memory of Mabel Child
- 2 bed alarms  
Donated by Knights of Columbus Holy Cross Council 5423
- Portable air freshener/filter unit & Portable CD Player  
Donated by Marilyn Phillips
- 4 Transfer Boards  
1 Pressure reduction mattresses  
Donated by Vancouver Elementary Principals & Vice Principals Association In Memory Of Sandy Wheelhouse
- Portable PA System  
10 Folding Chairs &  
10 Music Books, 5 Stainless Steel Book Holders  
Donated by Marti & Veiko Tutti In Memory of Johann Eilau
- 2 Pressure reduction mattresses & 2 Folding Chairs  
Donated by Janice Brown In Honour of Eva Lukacs
- Personal Laundry Labeling System for Residents (Includes press, hardware, software and printer) - Donated By the Royal Canadian Legion South Burnaby Branch # 83
- Secure Elevator Keypads  
Donated by Neil Soper In Honour of his parents Art & Jean Soper
- 6 treatment carts  
Wheelchair Roho Air Type Cushions, 4 Wheelchair Foam Type Cushions, Burner Portable Stovetop - Donated by the St. Michael's Centre Auxiliary

**TOTAL: \$26,780**

### 2006 UNSPECIFIED DONATIONS

- Aquarium Replacement
- Replacement of wheelchair cushions, Roho Quatro
- 2 Low Profile Beds with pressure reduction mattresses
- Murals - Areas in building which need focal points: Tub room B Wing, corridor from B to A etc.
- Replacement Wheelchairs:  
Combination of tilt and regular lighter weight
- 3 Blanket Warmers: one per tub room on complex care
- 2 Shower Chairs - Carendo Model:  
One for each tub room in A building
- Enhanced Specialized Training for Care Aides caring for complex care residents
- Wheelchair Washer: to wash non-motorized wheelchairs & Geri chairs.
- Enhancement of the Camera Surveillance System for resident and patient safety

**TOTAL: \$143,504**

### DONATION IN KIND

- Plants, Labour, Horticultural Designs Donated by Sarah Gordon, Certified Arborist & Dorothy Gordon & Family In Memory of Harold Gordon
- A Portable Organ  
Donated by The Skippen Family In Memory of Hazel Skippen
- 5 Raised Wheelchair Accessible Flower Bed Boxes Donated By the Royal Canadian Legion South Burnaby Branch # 83

**ST. MICHAEL'S CENTRE  
2007 MAJOR DONORS  
COMPLEX CARE**

Janice Brown  
 Dr. Sam Lang  
 Marilyn Phillips  
 Mr. & Mrs. Murray Roxburgh  
 Art & Jean Soper  
 Marti & Veiko Tutti  
 St. Michael's Centre Auxiliary  
 Knights of Columbus No.8853  
 Knights of Columbus Holy  
 Cross Council 5423  
 Knights of Columbus St. Helen's  
 Council #12490  
 Knights of Columbus #4615  
 Rotary Club of Burnaby  
 Rotary Club of Burnaby  
 Metrotown  
 The Royal Canadian Legion  
 South Burnaby Branch # 83

**ST. MICHAEL'S CENTRE  
2007 MAJOR DONORS  
HOSPICE**

Gisele Cousineau  
 Kaatje Materman  
 Fraternal Order of Eagles  
 Vancouver 2075  
 Principals Golf Tournament  
 Peter Garnham  
 James & Carol Renshaw  
 Jean Geluch  
 Schmidt, Berg & Company  
 Dr. Ken Gin  
 Janis Trivisano  
 Ruth Hawkes  
 Voxcom Incorporated  
 Eric Lee  
 Liu Ling Wah  
 W.J. Marquardt  
 Robert Yuchym



*Barbara Spitz,  
Chair of  
St. Michael's  
Centre Board*

**Letter from the Board Chair**

On behalf of the Board of Directors, I wish to thank each and every person, who has donated to St. Michael's Centre through the Foundation. Our residents and patients are most grateful for the equipment and enhancements purchased through your kind gifts of money.

Whether a resident, patient, volunteer, staff, administrator or Board, we at St. Michael's Centre are family and truly blessed! The impact of the generosity of major donors is immeasurable. We are often the last home for our residents and patients and any improvements that can be made to enrich their lives are truly appreciated. They deserve the best and your donations greatly assist us to provide this. We hope you that will continue in your support of this facility.

Again, on behalf of the Board of Directors, a big thank you!

Yours sincerely,

Barbara Spitz, Chair  
 St. Michael's Centre Board of Directors



▲ *Board Member, Margaret Anne Cadegan and Receptionist, Deni Svitek, mail out 1500 Annual Appeal Letters assembled by the St. Michael's Centre Auxiliary*

**ST. MICHAEL'S CENTRE  
BOARD OF DIRECTORS**

Barbara Spitz, Chair  
 Gary Begin  
 Rev. Randolph Bruce  
 Margaret Anne Cadegan  
 Janet Coghlan  
 Lorne Collett  
 Rick Cook  
 Ernie Fernandes  
 Irene Joy  
 Thea Juett  
 Sheila McCall  
 Marilyn Phillips  
 Myrtle Tiedje

# IN MEMORIAM

## COMPLEX CARE

Lucille Bailey  
Dorothy P. Beazley  
Mabel Child  
Johann Eilau  
Marion Johnson  
Khong Yong Lin  
A. Tsu Lee  
Anne Zarin

## HOSPICE

Jay Burns  
Victor Cousineau  
Muriel Crook  
Michael Geluch  
Heidi Giffin  
Hoi Hong Gin  
Cecilia Jethi  
Barbara Li  
Irene Lowe  
Luli Loyd  
Geraldine Yuchym  
Frank Magee  
Alice McIntyre  
Colleen Nagai  
Frank Norris  
Arturo Ray del Val  
Hazel Skippen  
Connie Van  
Der Horden  
Jane Wardrop  
Alexander 'Sandy'  
Wheelhouse



*Helene Elias,  
Executive Director of  
St. Michael's Centre*

## Letter from the Executive Director

St. Michael's Centre depends on the generosity of individuals, families, corporations and charities to ensure the continued excellence in the care that we provide. To the many individuals and charities, who have responded to our appeals or have provided donations to the Centre, we are very grateful. These donations are invaluable to meet our most immediate needs. As a non-profit denominational organization we are limited in discretionary funding and dependent upon such generosity.

To see a resident have a shower in a comfortable ergonomic shower chair rather than being cramped in an uncomfortable but still safe older shower chair, is an example of the result of a recent donation. Such improvements are being made with your donations.

St. Michael's Centre is committed to providing the best we can for our residents and patients in keeping with our faith based values. We cannot do it alone. Your generosity has meant many positive changes to our Centre.

Thank you again. St. Michael's Centre is most grateful for all that you do.

Helene Elias  
Executive Director



▲ *Anne Toupin, Foundation Chair accepts a cheque for over \$3000 from Jim Renshaw, Burnaby Rotary President, from their Wine Festival Fundraiser*

# The Art of Creating a Home-Like Environment



*Artist Jennifer McCauley painting the portrait grouping*

One of the projects that the Foundation has funded this year is the decorative painting of some of the common shared areas of St. Michael's Centre in order to create a warm home-like environment. Two years ago a grant underwrote the cost of creating six murals and the beautification of two fireplaces and two tub rooms in the Complex Care portion of the Centre to the rave reviews of residents, families and staff. This year two more murals, a hallway, two tub rooms and an entire lounge are being enhanced by this artistry, all the work of Jennifer McCauley BFA, a graduate of Simon Fraser University, with a number of years experience in adorning a variety of facilities.

The art technique she uses for her murals is that of 'trompe l'oeil' and involves extremely realistic imagery in order to create the optical illusion that the depicted objects really exist, instead of being just two-dimensional paintings. The name is derived from French for "trick the eye". Presently she has transformed Parkview Lounge from an institutional look to one of a family home. Against a fanciful wallpaper-like, background that she painted, Jennifer has added a family portrait gallery. These pictures are based on actual old photographs from some of the residents who lent them to Jennifer to be copied and incorporated in this collection. In another section where there is a dining table and chairs she will add a shelf with china on it and the tub rooms will be transformed into elegant spas with murals of palm trees, sand and soothing ocean water. The main hallway through "B" Wing will be painted on both sides to resemble a lush, colourful garden scene. These visuals are further enhanced by her choice of soft, comforting colours and soothing, familiar scenes. For more information about the artist and her company, Artista Murals, please check her website:

**[www.artista-murals.com](http://www.artista-murals.com)**

*Lisa Tahara accepts 5 flower boxes for the Therapeutic Gardens courtesy of the Royal Canadian Legion South Burnaby Branch #83. On left, Tom Stewart & on right, Cecil Tayes, who made the boxes. ➤*



## Friends of the Living Garden Society at St. Michael's Centre,

We are looking for Volunteers who enjoy gardening and are willing to assist us in the upkeep of "The Living Garden" at St. Michael's Centre. The therapeutic gardens are being enjoyed by our Hospice patients, Extended Care residents, and their families.

If you take pleasure in putting in a garden and are willing to give a few hours each month to help maintain one, we invite you to become a member of the "Friends of the Living Garden Society". Please phone St. Michael's Centre at 604-434-1323 and leave your name and phone number with our Receptionist.



Right: Kate Talmage, Burnaby Hospice Bereavement Program Coordinator  
Left: Janine Farrell, Hospice Volunteer

### ONE OF OUR PARTNERS: THE BURNABY HOSPICE SOCIETY

The Burnaby Hospice Society is a non-profit organization that supports palliative clients and their families in their home, at Burnaby Hospital and at St. Michael's Hospice. Volunteers in our Hospice Palliative Program provide social and emotional support through weekly visits, spiritual reading, playing music, vigils and helping with small errands.

Our Bereavement Program offers short-term bereavement counseling and grief support groups. Also, volunteers provide bereavement support through phone calls and a weekly walking group. Memorial Services are held 3 times a year at the Shadbolt Centre, as well as a special Christmas Service for those grieving the loss of a loved one.

Volunteers interested in working with palliative or bereavement clients must take our 6 week training course. The next session will be held in the Fall of 2007. One of our fundraising ventures that helps to support our programs is our Thrift Store located at 6855 Kingsway (at Griffiths). Hours: 10-4:30pm Monday to Saturday and 10-9pm on Wednesdays.

If you are interested in volunteering with us, or would like more information about the Burnaby Hospice Society, we'd be happy to talk with you. Please call:

(604) 520-5087  
or

e-mail: [volunteer.bhospice@telus.net](mailto:volunteer.bhospice@telus.net)

If you would like to donate towards the St. Michael Centre Foundation please use this form.

Your gift will assist us greatly in the care of our residents & patients whether in Complex (Extended) Care or within our Hospice. The Foundation provides funding to enhance services beyond what is basic.

All cheques should be made out to:  
**St. Michael's Centre Foundation** & mailed to:  
**St. Michael's Centre Foundation**  
**7451 Sussex Avenue, Burnaby,**  
**B.C. V5J 5C2**

Enclosed is my gift of:  \$10  \$20  \$25  \$50  
 \$100  \$500  Other

**My donation is intended for the St. Michael's Centre:**

Check One:  Extended Care  Hospice  Wherever Most Needed

**If your donation is to mark a special occasion please fill in this section:**

**Name(s) of person being honoured:** \_\_\_\_\_

Occasion:  Memorial  Anniversary  Get Well  Thank You  
 Birthday  Wedding  Other Special Event

**Please send a card to:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your name and the occasion being honoured is stated, but not the actual amount of the gift. You will receive an official receipt for income tax purposes. (Registration # 119191211)

Donations of \$1000 or more are publicly recognized on our Donor Boards, in the Foundation Newsletter and in other public relations activities. If you do not wish to be publicly acknowledged, please indicate below by checking one or both:

Do not include my name:  on Donor Boards  
 in any public relations activity