



The Lakeshore

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BE THE INSPIRATION WEEKLY BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE

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This Week's Program...

NO MEETING TODAY (or tonight)—the Tuesday after Labour Day.

Birthdays and Anniversaries...

Happy 93rd Birthday, Joe Maxwell..... Today, Sept. 4th!

Happy Birthday, Omer SudekanFriday, Sept. 7th!

Happy Birthday, George BradleySunday, Sept. 9th!

Happy Birthday. Magda Habib..... Monday, Sept. 10th!

Future Programs...

September is **New Generations Month**

Sep 11: [Evening meeting, starts 7 pm] **Emily** has invited **Kim Fuller**, Founder & Creative Director, **Phil Communications**, who will conduct a workshop on **Fundraising**.

Sep 18: **Ryan Li** of the Rotaract Club of Downtown Montreal.

Sep 25: **Working Meeting**. Members will be invited to choose a table according to committee work they are, or wish to be, involved in.

Special Events...

Sep 5: [Wednesday] **Board of Directors Meeting**, boardroom at Semi's office building, 6500 Trans-Canada Hwy, Pointe-Claire. 6:30 pm. All are welcome.

Sep 7: [Friday, 6:30 PM. Montreal West Town Hall, 50 Westminster South.] **Joint meeting of all Montreal Rotary clubs**, to share projects and ideas. Buffet dinner, \$25 per person. Cash bar.

Sep 20-22: **Rotary Zone Conference**, Bonaventure Hotel, Montreal. More on this topic and this event in next week's issue of *The Lakeshore*.

Oct 26-28: **District Conference**, Four Points by Sheraton Hotel, 285 King Street East, Kingston ON.

Nov 2: [Friday] Our annual **Oyster Party**, 300 Surrey Drive, Baie d'Urfé (Rescue Squad's Training Centre).

Last week's meeting...

Tania Shand, Volunteer Coordinator, Ste-Anne's Hospital, spoke to us about end-of-life palliative care services offered to the residents of Sainte-Anne's. We also had 46 radio-CD players for her patients.

Members present were **Lawrence, Maureen, Rosie, Esin, PDG Bill, Carol, President Murray, Anne, Sola, Knud, Brenda, Emily, Cameron, Joe Tabet, Joe Zemanovich, David Warne** and **Art Surette**. We were also pleased to welcome **Winnifred**, guest of Cameron, and **Helen**, guest of **Art**.

Murray thanked everyone for volunteering for our blood donor clinic the previous day. "We welcomed 75 donors. It ran from 1:30 to 7:30. Had Héma-Québec been able to provide a couple more staff, they could have had four beds operating

instead of only three. We could probably have broken the 95-to-100 mark of blood donors." He invited Bill to comment.

"Amen to what Murray just said," Bill replied. "Thank-you, Murray. I do want to thank everyone personally who worked at yesterday's clinic. We had more volunteers than Héma-Québec had staff. I don't think we would have broken 95, but we would certainly have surpassed our usual target of 80 donors. Some of our volunteers worked two shifts to keep everything moving and it all worked out well. I'm very grateful to everyone of you."

Maureen asked members present, "If anyone buys milk in the 3-bag package, can you please save the colourful outer bags for me? They can be woven into all sorts of things—mats, handbags, pillows, even mattresses. In third world countries people lie down on the ground, which is often wet. Mattresses keep them dry. Cameron's daughter sent me information; they do them at her church. In Ontario they are making products from milk bags in the schools. The students go to a room at lunchtime and they can make a mattress in 4 hours. We plan to collect between 500 and 700 bags. For more information go to <http://milkbagsunlimited.ca/>."

Carol commented about membership. "We are matching up all the comments members made in our questionnaire, about how to help make the club stronger. We will be talking about this at our September 25th meeting and at similar working meetings the last Tuesday of every second month. Remember, you don't have to be a member of a committee to meet with the committee. Anyone who has something to say about a committee's work is welcome to do so. Every member is also welcome to attend our Board meetings. Today is our last meeting in August, which is Rotary Membership Month.

"Our next meeting, September 11, will be about fundraising. Attendance at that meeting is essential, because fundraising is our biggest concern. The more money we raise, the more we can do. There will be three fundraising committees: two major event committees and a general fundraising committee."

Emily asked if we plan to have a drive for new members.

"We need to get our act together first," Carol replied, "because if a new member comes and see so few people in meetings, they are not eager to return. We will have a day every month when we invite other people. For our fundraiser workshop on September 11th, members are encouraged to bring other people from the community, anyone you think can help us raise funds. I plan to bring a friend and neighbour."

Rosie won the right to search for the Ace of Spades but she turned over the Queen of Clubs instead. The 50:50 fundraiser will continue next week, to the benefit of the club and the future winner.

Invited to introduce our speaker, Community Service Chair **Brenda** said, "We began our relationship with Sainte-Anne's Hospital last December, I believe," Brenda said. "Glorefe and Rosie helped with their Christmas party. I think that was the first time anyone from our club went to Sainte-Anne's Hospital."

"A few months later I received a request from Volunteer West Island, on behalf of **Tania**, to provide diabetic socks. They're an expensive item so I asked **Marisa Sgro** from Uniprix pharmacy for a donation, which she was happy to give. Our Community Service Committee also bought socks. We got great publicity from VWI on that. [For more info click on: <https://cabvwi.org/whats-new>. Ed.]

"And now, as you all know, we recently had another request from Tania, this time for radio/CD players. Tania is here today to speak about that and to tell us more about what they do for patients in palliative care at Sainte-Anne's. I'm really excited about forging a relationship with the hospital. It's a need in our community that we're able to address. Their requests are very reasonable and we will, hopefully, be able to continue and satisfy those requests. Please join me to welcome Tania."

"Thank you for this opportunity to come to your Rotary club and see who you are and learn more about what you do," Tania began. "I'm relatively new at Sainte-Anne's, a little over a year. I'm a social worker by trade and I have a lot of experience with the elderly but in the CLSC (Local Community Service Centres) system.

"Right now, Sainte-Anne's is a long-term care living environment. People live there when they are no longer able to live at home, because their needs are too great. At the hospital we have nursing staff and orderlies to care for our approximately 420 residents.

"It used to be a veterans' hospital, where only veterans of World Wars I and II and the Korean War were admitted, and only those who had served overseas. The average age of those veterans in our care is 94, so our population has been diminishing. The federal government transferred the hospital over to the provincial government in April, 2016, because many of the beds were vacant. Now we have civilians there as well, roughly half and half, veterans and civilians.

"With the new administration by the provincial government as well as adding civilian patients, we have undergone quite an adaptation at the hospital, a somewhat rocky road if you will, but things are turning out well in the long run.

"We also have services for younger veterans as well, from Afghanistan and other places who are suffering from PTSD, depression or pain management. They can come to an external clinic where they can get help from a psychologist, social workers or doctors. We have an internal clinic for them as well. Those servicemen and women who are coming back and are having a lot of difficulty coping or re-integrating into society and are really struggling, are able to stay at the hospital and receive daily services for three months. There have been recent talks about opening more beds in the hospital for these younger veterans. We'll have to wait and see if that suggestion is accepted.

"At Volunteer Services we have approximately 150 volunteers that I supervise. We also have students from McGill, John Abbott and even high schools who come in to help us, so in the fall our volunteer numbers rise to around 200. I'm going to need to put on my roller blades soon.

"In order to respond to the needs of our residents, it's very important for me to be in close contact with them. I like to get to know them, to see them happy, to see that we're making a difference in their lives. It's their 'last stop,' so to speak. My goal is to make them feel at home.

"A lot of patients and residents who were avid readers when they were living at home are either unable to see well enough or to understand what they are reading or even unable to hold a book, so I created a new reading program. Volunteers read

to residents who wish to be read to. Could be a book or a magazine. What they are reading is less important than the opportunity to interact with the patient or resident.

"We also do friendly visits. I match volunteers with residents, to go down for a coffee, or go outside for a short walk. Fresh air is so important for them. When placed in a home, residents lose their autonomy.

"We also have a big leisure department at the hospital, where there are a lot of different activities going on daily, day-time, evenings, weekends. Without our volunteers we would not be able to offer all those activity opportunities to our residents. Volunteers go get the residents, bring them to the activity and bring them back to their room when it's over.

"Another concern that we have is this—a lot of our residents don't have that much money. Their pension pays for their stay and that's it. There is this one lady who I could tell liked to dress up. But she arrived at the hospital with 'only the shirt on her back,' so to speak. But she doesn't have much money and she can't leave the hospital. She has no family to bring clothes to her. So, I made a partnership with NOVA in Hudson and I opened a thrift shop in the hospital. NOVA gives us some clothes and now we have gotten very big. So, we're going to have to move from the little room that we have to a bigger location where the residents can come to shop. We give lots of stuff away as well.



"That's what I like about our community. It's a partnership, reaching out. We're all working together for each other. And the Rotary club is a big part of that. It's what I like about the partnership we have with you.

"I also work with the West Montreal Readaptation Centre, a rehabilitation centre for people with intellectual disabilities or people with autism. That's my background; I used to work with those kinds of families. I brought them into the hospital so they can help, a new kind of volunteer.

"Now to the request for radios for the residents in palliative care. We have a philosophy at the hospital that nobody should die alone. Unfortunately, it happens a lot. Staff are busy; they can't stay with you. Often family members are not there, especially if the resident's only family is in Vancouver or some other distant location. In such a case I try to arrange for a volunteer to sit with the patient during those final hours. But sometimes even that isn't possible to arrange on short notice. When that happens, even a radio or other source of music provides a resident some form of companionship in those final hours. Each 'unit' at the hospital has 33 residents, so we will give three of these radios to each unit; whenever they have somebody in palliative care they will be able to put the radio in the room, so they have music at all times when they are passing away. Now that we have the pleasant surprise of getting so many, maybe we can use some for residents who are bedridden as well."

As often happens when we have an interesting speaker, there were many questions. Tania was happy to answer them all.

Murray invited **Brenda** to join him and Tania for a photo with one of the radios / CD players.

