



BC Association of Healthcare Auxiliaries

BCAHA NEWSLETTER

SEPTEMBER 2022

"ON THE ROAD"

One of the duties of the Executive of BCAHA is to travel to as many member Auxiliaries as possible. Due to Covid, that has not been possible for the last two years, so we are making up for lost time. Carole Murray our Vice President, Murphy (Carole's well behaved dog) and I headed out on the road in June. We met and talked to twelve member auxiliaries in eight days. We were also able to attend the Kootenay Boundary Area Conference in Castlegar on June 12th.

We had forgotten how beautiful and green this part of our province is at this year. We traveled along Highway 3. Our first stop was Princeton and we got as far east as Salmo.

What struck us during this road trip was how much we all have in common but how each auxiliary is also unique. The Thrift Stores and Gift Shops that we visited were all so well organized and clean – thanks to the hard work of their volunteers.

Travelling Executive

Wendy, Allana
Carole, Diane, Myra
at the Kootney
Boundary Area
Conference hosted
by Salmo June 12th.



Christina Lake does not have a Gift Shop or a Thrift Store but they continue to raise money through other means – wish we could be there for their upcoming bake sale. The community support was evident for each auxiliary. There were so many stories of what each auxiliary was doing to expand or raise money....so much thinking outside of the box.

Carole and I particularly loved hearing the stories of how so many of our members that we visited had taken ideas away from Provincial Conferences and Area Conferences – this is the true power of BCAHA. Many of the auxiliaries were inspired to tackle a renovation or an expansion, order a debit machine or try another method of fundraising.

We have more outreach trips planned for the fall. So stay tuned, as you may see Carole and I on Vancouver Island and Cheryl and Arline in the eastern part of our great province.

Diane and Carole



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Volunteers don't get paid, not because they're worthless, but because they're priceless. –
Sherry Anderson

BCAHA ON THE ROAD!

Salmo is visited by the BCAHA executive.
In the photo: Judi Cozzetto, Salmo president:
Teresa Olleck, Salmo secretary:
Diane Thorton, BCAHA president:
Barb Verigin, Salmo treasurer
Carole Murray, BCAHA vice president.

“It was lovely to spend a brief time with you yesterday. Thank you both for taking the time to stop by our little store and allowing us to show off what we are so proud of!”

Safe travels and may the sun shine for you,

Judi Cozzetto, Salmo President





WHERE TO SIP, SKI AND STAY IN

Rossland, BC



Rossland—Wendy and Diane in front of the Free Book Library at the rear of the Thrift Store. This is a new addition for the residents of Rossland.



**“Everyone you meet is fighting a battle you know nothing about.
Be kind. Always”
Robin Williams**

Grand Forks—President Mark Prior , Area Director Wendy and BCAHA President Diane in the back of their very well organized thrift Store—where the magic happens!



Princeton - Shirley, Val and Diane looking into one of their storage containers at the back of the store. Auxiliaries use various methods to store all the treasures they get. What a great idea!



Vernon -in the Auxiliary work room at the Vernon Hospital - lots of handi-work and crafts done there.



The BCAHA
Executive meets in Vernon!



Penticton

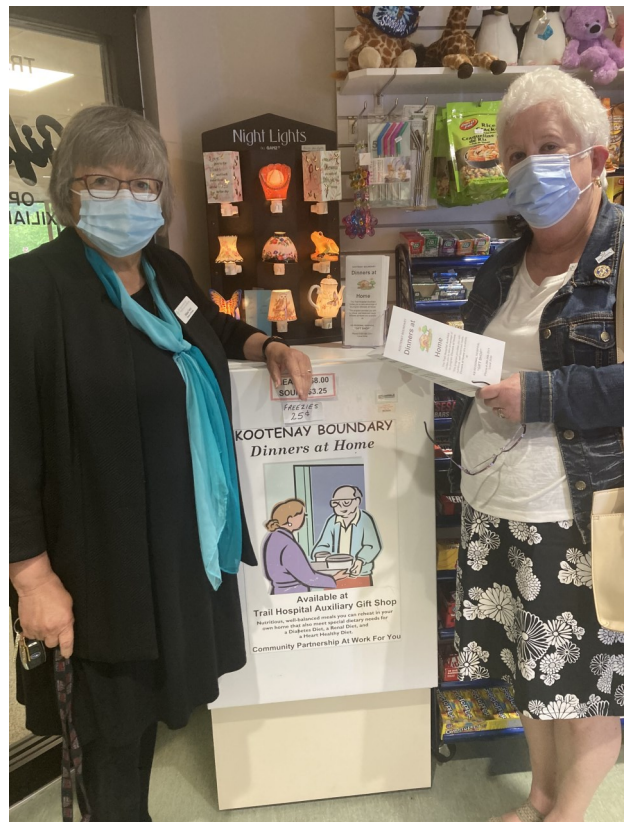
A heart is hung in the auxiliary office for each returning Volunteer after Covid.



Summerland - What do you do when you get rubber ducks donated to your Summerland Thrift Store? Create a Duck Pond in the pothole behind your store !!!



Trail—The auxiliary offers a Dinner at Home Program for local seniors. Allana and Diane check out the menu offered at the Gift Shop.





Castlegar—Carole and Diane check out the treasures found at the Thrift Shop.



Oliver - A long awaited elevator renovation is well on it's way for the Oliver



Christina Lake



President Melissa McCluney relates the history of a totally amazing quilt to Diane and Carole. Completed many years ago by local auxiliary members it hung in the visitor's centre, then during renovations it was

stored away, only to be recently rediscovered! Showing the history of the area, it came together in small sections without any overall plan. This masterpiece is well worth a stop to the updated visitor's centre. We also enjoyed a delicious soup and sandwich lunch - thanks Melissa!



The Armstrong Thrift Store



was a going concern when your executive members paid a visit. There were so many great deals to be had that, please notice, we all have bags in hand. Diane's favourite find was an orange traffic safety blanket for a horse. Her two dogs may be large, but not that large!



SPECIAL PRESENTATIONS AROUND THE PROVINCE



Area Director Marge Anderson presents a BCAHA Life Membership presentation to **Velda Boyle (center) of the Eagle Ridge Auxiliary** on June 12th. Velda has belonged to the Auxiliary for 40 years, has served on the Executive in different positions, was the Thrift Store Manager and newsletter editor. She also keeps the historical records of the Auxiliary. Velda's two sons were at the presentation and are very proud of their Mom!

Lynda Beecham of the Auxiliary to Fraser Canyon Hospital has been awarded the Fraser Health Above and Beyond Award for 2022 in the Service Excellence Award Category. Lynda has been a member of the Hope Auxiliary since 2011. Under Lynda's leadership as Gift Shop Manager, the sales quadrupled which in turn translated to increase funds being donated to the Fraser Canyon Hospital. Lynda also found a way during the Pandemic to deliver comfort items and treats to the residents in the Lodge. Well done Lynda and thank you for your contribution to healthcare in your community.



In Mission, Diane had the pleasure of attending the Mission Healthcare Auxiliary on June 1st where these two ladies Lorraine and Eleanor, were recognized for a remarkable 60 years each of service



Meet our 2022 Tribute Bursary Winners

I grew up in New Hazelton, BC, and am currently living in Prince George, where I attend the University of Northern British Columbia. I earned my Bachelor of Health Sciences Honours from UNBC in 2021, and am currently in the midst of UNBC's Master of Science in Health Sciences program. I am preparing to begin hands on research for my master's thesis project this fall. My proposed thesis project will use near-infrared spectroscopy to investigate the feasibility of meditation as a potential pain reduction intervention based on the practice's attentional and cognitive influences. This is a natural continuation of my previous undergraduate honours research, which was to investigate cerebral and muscular hemodynamic properties using near-infrared spectroscopy.

Alongside my fascination with the fields of neurological research and chronic pain management, I share a passion for public health research and improving the health status of medically underserved rural communities. Upon completing my current graduate degree, I plan to enter the University of British Columbia's Northern Medical Program. My ultimate career goal is to work as a physician in smaller communities in Northern British Columbia. Later, I intend to supplement my medical career with clinical and field-based research; I would like to obtain my PhD, most likely at UNBC and focusing on public health and/or neuroscience research.



Julien Stokes - Prince George

I would like to extend my sincerest gratitude to the BC Association of Hospital Auxiliaries for supporting my academic journey. Not only will the financial support be of great assistance while completing my master's degree, but being recognized in such a way will further my motivation to dedicate myself to my studies and research. I will put your support to excellent use as I pursue a fulfilling lifelong career in medicine and health research.



**Sarah-Rae Saharchuk
Ft. St. James**

Throughout my life I have a one-track mind when it comes to my career path and that is to work in public health to help people and collaborate with others to keep communities safe. I have always known I was interested in Nursing and some credit is to my mother who has shown me what it takes to be a Registered Nurse. In the fall I will be attending the College of New Caledonia to pursue a Bachelor of Science in Nursing at the Prince George campus. This is where my education in nursing will begin. Future plans once receiving my degree will be to return to my hometown of Fort St. James and work for Northern Health to compensate the nursing shortage and help support small communities in need. Once gaining some experience working for Northern Health, I would like to further my education into working for getting my master's in nursing. Following receiving my master's in nursing and gaining some experience I would like to apply for the Nurse Practitioner program at the University of British Columbia. I am thrilled to be starting my education with the support of the BC Association of Healthcare auxiliaries and I deeply appreciate all the assistance that has been granted to me.

Kyra Jukes — Invermere

I would like to express my gratitude and appreciation for the support given through the BCAHA Tribute Bursary. I am extremely grateful for having been a recipient of this award, and will benefit immensely from it. The means from this bursary aide in funding my current education as a nursing student working towards my BSN.



Isabella Green—Duncan

My name is Isabella Green, I am 18 years old and will be attending the University of Calgary in September 2022. I am currently enrolled into the Bachelor of Arts Program and will be switching my major in to my true goal of Kinesiology Bachelor of Science. This program is a four-year program where I will be learning the study of human movement, physical activity and sport, their impact on health, performance, society and quality of life. Once I have completed my degree, I will be looking to establish a career as a Physiotherapist with a focus in the field of sport.

While I am attending University, I will be hoping to balance my studies while playing field hockey. As I have played field hockey since the age of 7 I will be attending tryouts in the middle of August with the goal of securing a spot on the Calgary Dino's.

The rewards of obtaining this bursary will allow me to have some financial support during my first year of studies and allow me the opportunity pursue some volunteering within the athletics department. This volunteering will allow me to utilize my new knowledge and understanding to assist with sports and everyday injuries. I understand that learning to balance my studies and playing sport during my first year of university can be a hard adjustment for me both mentally and physically, however I will have the support of my family behind me.

Meet our Auxiliary Men



Louis Beaulieu—President GR Baker Auxiliary Quesnel

Following a 2009 move from Calgary, AB to Quesnel, BC, Louis was faced in 2011 with the death of his wife. His devastation and depression lasted for over a year and a half. Then, on a trip to his mailbox, he happened to pick up a copy of the free, local newspaper. The last page of classified ads was one from the auxiliary who were looking for volunteers. Immediately motivated, he phoned asking for an application. After receiving his CRC approval, he started serving the auxiliary on the goodies cart and later, the Gift Shop. Following two years as correspondence secretary, Louis has been serving as President since February, 2022. Update: Louis has since remarried and might be the first to say that by volunteering, you help yourself by helping others!



Auxiliary President Warren Jones, at Sechelt's Canada Day Parade!!

Warren Jones started his retail career at age 16 working part-time at Sears in Surrey until he graduated from BCIT with a marketing diploma. He was then hired by Sears as a Department Manager working in various stores and departments. In 1983 Warren was hired by London Drugs as a Store Supervisor and within 5 years, he became a Store Manager. He managed several stores in the Lower Mainland and Abbotsford, was instrumental in the relocation of the Clearbrook store to a new location, and opened new stores in Maple Ridge and Mission. He also spent a full year at London Drugs Head Office developing their overall store information and tracking systems which are still being used today. In 2007, Warren moved to the Gibson's store on the Sunshine Coast and managed that store until retiring after 32 years of employment with London Drugs. He joined the Health Care Auxiliary in 2014, and is now Chief Executive Officer.





Mark Prior - Grand Forks Hospital Auxiliary President

Mark Prior approached the local RCMP earlier this year about contributing to the toys for kids program. They have since provided their first batch of stuffed animals. “As a former member of the Delta Fire Department, we carried bears on our firetrucks to give to kids.” Prior stated. I figured with the amount of bears we collect at the Hospital Auxiliary, we can contribute to this program and assist our local RCMP Detachment.



Ian Burke –Powell River President

After a twenty-two year (22) career as a Canadian Air Force officer, Ian’s dedication and skills have been an asset to Powell River Healthcare Auxiliary. In retirement, he was encouraged by his sister (and wife) to get involved in volunteering. He began by helping with receivables, then electronics, followed by sports & hardware. Asked to join the Board, he has already served one term as its President.

A few years have intervened, but he has accepted another term because he never tires of the excitement of raising money to give back to the community. Big projects this past year that he is happy to ‘brag’ about, on behalf of his auxiliary, include furniture for the local Willingdon Extended Care Facility (\$925,000) as well as a new eighteen (18) passenger bus (\$167,000).

A proud record indeed!

Dan Virgint – Summerland Auxiliary—President

What could be more perfect than a retired business owner, moving from the Lower Mainland to sunny Summerland, who in his own words “couldn’t stop doing something”? When a friend suggested volunteering at the Hospital Auxiliary Thrift Store, he was hooked! Inspecting/repairing/pricing small appliances was a perfect fit for his talents. For over seven years, Dan has served in various roles. It’s the good people he works with (more than 120 fellow volunteers!) that keeps him coming daily to serve his new community.



Good men are not those who now and then
do a good act, but men who join one good act
to another.



Around the Province

The University Hospital of Northern British Columbia in **Prince George** loosens their Covid restrictions. The auxiliary ladies bring the prize cart up to the Jubilee Lodge long term care facility for their weekly Bingo games.



The Gift Shop is open as well, but they look a little different these days.

They used to look like this!



Now they look like this!



Check presentation from the **Lake Healthcare Auxilry** to **Cowichan Hospice House**. It is being used to purchase an oversized Broda Chair for patients who could not otherwise leave their rooms to move around the facility or enjoy being outdoors in the lovely gardens around hospice.

Left to Right are Gretchen Hartley from Cowichan Hospice House, Maureen Loebus, Auxiliary Leadership Team, Marge Anderson, Auxiliary Past President, and Sylvia Greenwell, Auxiliary Leadership Team.



In **Shuswap**, Auxiliary Executive members Edie Swanson, Joyce Fetterley and President Dot Kirke presented a cheque for \$5000 at the Shuswap Lake Hospital Foundation Radiothon on Thursday, May 19th. All money raised will go toward the purchase of a much-needed Mammography Unit at SLGH.

In **Bella Coola**, they just drew the winner of a garden theme raffle basket at the Farmer's market on June 2. The winner was Haakon Hammer. All proceeds go to purchase medical equipment for their hospital.



IN VANDERHOOF

St. John Hospital Auxiliary has graciously donated
\$20,000.00
to the Stuart Nechako Manor "Give A Lift" Bus Campaign.
A cheque was presented by Auxiliary members to Chona Dick, (SNM).



In the photo, left to right:
Sally Stevens, Petra Black, Dolores Honey, Chona Dick, Cheryl Evans, Lesley Thiessen



In **Penticton**, the Auxiliary was front and Center at the Canada Celebrations selling Westjet raffle tickets!!



Cowichan Lake Healthcare Auxiliary presents a cheque to Cowichan Hospice House.

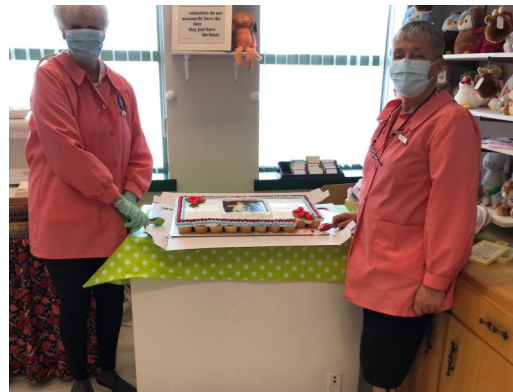
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Left to Right are Gretchen Hartley from Cowichan Hospice House, Maureen Loebus, Auxiliary Leadership Team, Marge Anderson, Auxiliary Past President, and Sylvia Greenwell, Auxiliary Leadership Team.

Dawson Creek Hospital Auxiliary



The **Dawson Creek** hospital allowed their auxiliary back in to work the shop on Feb 9th with 6 approved volunteers - vaxxed and trained. They were welcomed back with open arms by the staff and realized that they had been missed terribly. As of this date, they are fully re-stocked and back on track. They are making changes to their inventory as they go and are hoping to continue. They have 2 brand new accredited members and a couple more currently doing the courses required by Northern Health.



May 12, the birthday of Florence Nightingale, the "nursing lady" Our auxiliary honours nurses on her birthday by supplying cake. what could be better, right? The beautiful cake was created by the folks in the Co-op bakery and, surprise, it is a cake made up of cup cakes covered with a delicious icing and that picture of the lady of the day. One wonders if she could imagine her name being known in the future while she was busy with the horrors of war. Linda and Helen were the volunteers handing the cake to all our wonderful nurses

The Ladysmith Auxiliary Appreciation Dinner and Thrift Store Fashion Show was held in June 2022!



This dinner was a long time in the making. We've all been through our fair share of COVID rigamaroles; and staging our regular volunteer appreciation dinners has been one of the casualties.

Nonetheless, with members' generosity, the funds from our last attempted dinner (Christmas 2021) were diverted to the Ladysmith Resources Centre Association: Christmas Cheer Campaign, so that some of the more needy folks in our community could enjoy a special Christmas dinner.

All thanks to you.

The above pictures say it all! Finally sitting together, about to enjoy a meal and to share in the goodness of friendship and convivial chatter – but mostly to give gratitude to our wonderful volunteers – without whose energy, enthusiasm, dedication, and commitment, we could not pull off the remarkable feat of funding healthcare initiatives in our community

During the height of COVID 2021- our Auxiliary funded over \$213,000 dollars to healthcare, including \$6,000 worth of Bursaries/Scholarships to students, rounded up 33,537 volunteer hours, plus, as of February 3, 2022 paid approximately \$125,000 against our mortgage.

That brings our health-care funding total – since 2002 – to over \$6,200,000! (Six million two-hundred thousand!)

2022 isn't done yet – and - so far, this year we have approached \$174,044 funding toward healthcare equipment, programs and health and wellness initiatives.

None of this would be possible without you!

So – give yourselves a round of applause – you are incredible.

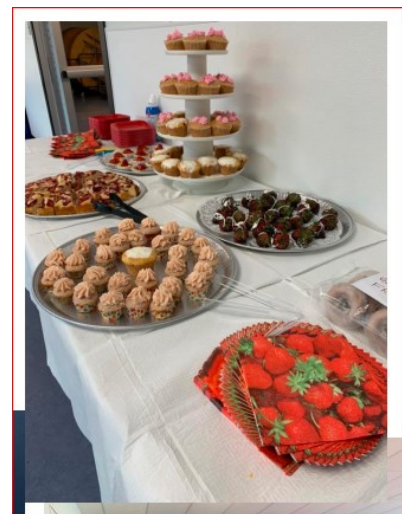
Ft St James

Since Covid restrictions were lifted by Northern Health, Ft St James auxiliary ladies have been providing a weekly goodie cart as well as resident visitations in the common room, not in their rooms. They interact with the ones that want to leave their rooms playing games, sing a longs, craft sessions, as well as tea and snacks. The photos below show a sing-a-long and painted rock craft session with the residents at Stuart Lake Hospital.



EAGLE RIDGE

General Meeting – June 12 The June 12 GM was held in the Port Moody Recreation Center along with a strawberry tea. As you can see from the photos the Executive team were busy cooking and preparing for the event.



The Castlegar & District Hospital Auxiliary and the Salmo and District Healthcare Auxiliary Society, jointly held the long-awaited Kootenay Boundary Area Conference on June 13, 2022 in Castlegar. **Our theme was Zero Waste.**

Approximately 60 people attended the conference. Good food and good fun was had by all. Knowing that we are still under the influence of Covid, I can appreciate the reluctance for some of our auxiliaries to want to gather in a large crowd. The attendance at our conferences in the future will only get better.

Our first speaker, Jayme Jones, an instructor from Selkirk College spoke about sustainability and the positive influence that our auxiliaries are having with our environment through our recycling of clothing and other items in our thrift stores and our donations to support the health care in our communities. She left us with a lot to think about, more work we can all do to help our world, and an appreciation for the efforts we all put in.

Our last speaker of the day, Rebecca Livingston, is a motivational speaker. She left all of us with a great feeling that our efforts as volunteers does not go unnoticed. It is so important as we go through our daily routine in our gift shops, thrift stores and health care centre, to know there are people out there who recognize our efforts. Wendy Schwab Area Director.



The Castlegar Team



The Salmo Team

Do You Have An Erika?

Do you have an outstanding volunteer in your auxiliary? The newsletter would like to celebrate their contributions. Please tell us about your 'Erika's. Send a photo and a write-up to the newsletter at bcahanewsletter@gmail.com



ERIKA FROM LANGLEY!!

Erika is such a joy to work with and is always happy and upbeat.

She was a regular customer before she became a volunteer.

Her enthusiasm is welcoming and is she willing to take on any job assigned to her.



You too can be in the newsletter!! Send your articles and photos for the winter edition to:

bcahanewsletter@gmail.com

Or

vpresident@bchealthcareaux.org