



# D<sup>IVINE</sup>

How you want to be treated.

P R O V I D E N C E

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Providence Health Care's Olympic torchbearers count down the days until their moment to shine. Meet them inside on page 3.

*Photo courtesy of VANOC/COVAN.*



# Caring Hearts

## Praise for Providence Care

I am writing to extend my thanks and appreciation for the services I received at Mount Saint Joseph Hospital emergency department. I was, and am, grateful to know that some things are still functioning within our health care system. The staff were so helpful and understanding, passionate towards all patients. I felt well looked after from the moment I arrived at the door up to the end of my visit, especially by the ER doctor, Dr. J. MacLeod. I hope we have more like her around and also believe that she and her support staff are a blessing to our system and I cannot thank you enough for the help and attention I received.

*God bless, Ramin A.*



## Merry Christmas from Dianne Doyle, CEO and Kip Woodward, Board Chair

The Christmas season is a special time to enjoy with family and friends. A time to cherish and think about those things that enrich our lives – our health, our loved ones and the privilege of doing meaningful work year-round.

Certainly it has been a year of challenges for health care and for Providence. Increasing service and continuing fiscal pressures, and the drive for regional consolidation of corporate and clinical support programs have been complex and stressful for many. A number of our staff have been impacted by consolidation activities. We want to thank you all for continuing to ensure that all changes are enabled in a manner that respects the needs of our patients, residents and our colleagues. What makes Providence unique is to see our collective values alive and well, no matter what the challenge. Providence staff, physicians, researchers, leaders, and volunteers are people who are truly patient and resident-centered, who are dedicated to our mission and who believe in the vision of this organization. They see challenges as opportunities, always cultivating hope and looking for solutions.

Providence and our health care partners are continuing to evolve and improve the way health care is delivered. We are being asked to be more innovative, more creative and more courageous to meet the needs of British Columbians. The past year provided affirmation that our unique role as an independent faith-based health care provider is highly valued in the system.

There is a special can-do spirit about our organization – rooted in our special faith-based history of providing compassionate and courageous care – and it is being noticed increasingly by the Ministry of Health Services and our other partners. More and more, we are being asked to lead or pilot or participate in innovative care-delivery initiatives. Our research and academic programs are continuing to make national and international headlines through new knowledge translation. We have been empowered to lead the consolidation of Health Information Management and Bio-Medical Engineering programs for all of the Lower Mainland. And we are working with Vancouver Coastal Health on the Vancouver North-South initiative where Providence can make unique contributions to improving the community-to-acute-care continuum.

We would like to personally thank each one of you for your ongoing commitment to our community of patients, residents, families and staff, as well as your willingness to search for new ways to meet the challenges ahead. We hope you take the holiday season to reflect upon your personal accomplishments, to rest your mind and spirit, to enjoy the comfort of your families and friends, and to rejuvenate yourself for the coming year.

On behalf of your Board and Senior Leadership Team, we wish you all the very best this Christmas season, and may the new year bring you success, health and happiness.

## Help Keep St. Paul's Hospital Strong Through Lights of Hope

St. Paul's physicians and staff are our brightest light, helping the Lights of Hope campaign raise more than \$12 million for St. Paul's Hospital (SPH) in the last 12 years. Our 2009 Lights of Hope goal is \$1.85 million for greatest needs at SPH, and each gift will help keep SPH strong by supporting care, research, and teaching initiatives.

### Great Reasons to Give:

1. Support urgent needs in individual departments. Staff can designate up to 75% of their Lights of Hope donation to their department or area at SPH.
2. Show support of SPH through to the Olympics. This year, the famous display will stay lit for locals and visitors to enjoy during the Vancouver 2010 Winter Olympics and Paralympics.
3. Earn a 43.7% tax credit for donations above \$200 during the year. Giving under \$200 has a credit of approx. 22 cents per dollar.
4. Support Lights of Hope as a monthly donor and spread your donation throughout the year.
5. To have your name on the display, donate by December 31! Donations of \$1,000 and more will be recognized on the display. Gifts of any amount can be counted toward a group's total giving.

For information and to give, please call 604-662-HOPE.

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## Meet Providence Health Care's 2010 Olympic Torchbearers



*Dr. Clifford Chan-Yan is a Nephrologist and Internist at PHC and a Clinical Professor of Medicine for the University of British Columbia Department of Medicine. Dr. Chan-Yan recently stepped back from his long hours and 24/7 on-call duties at St.*

*Paul's Hospital to focus on his consultation practice. His current hospital consulting focus is to help in developing a multidisciplinary supportive care program for chronic kidney and dialysis dependent patients. This unique program will incorporate advance care planning, pain and symptom management and bereavement support for families.*

### **Where are you from?**

I was born, raised and educated in South Africa of parents who emigrated from China. I embraced my Canadian citizenship at the soonest possible opportunity.

### **Why did you want to be a torchbearer?**

I wanted to be a torchbearer to savour the magical atmosphere during the Olympics and express my welcome to our visitors from around the world.

### **What did you think or feel when you found out you were chosen?**

I received the news on my day off and was proud and thrilled. Because my cell number is available to few people for mainly urgent matters, I took the call while I was about to step onto the second green of the golf course — I missed the two-foot putt.

### **When and where will you be running with the torch?**

I will be running in North Vancouver on February 10th.

### **Who will be watching you do the run?**

All of my family and as many friends that I can afford to bus to the venue!

### **What do you hope to bring back to PHC from this experience?**

I quoted one of PHC's values in my submission: "We respect the diversity, dignity and interdependence of all persons." I think the Olympics are meant to nurture similar values and hope that I will be able to bring that feeling back with me.

### **What are your interests outside of work?**

I enjoy cricket, tennis, squash, and golf. My wife and I have trekked Annapurna and last year the Inca Trail in Peru.



*Michael Coleman spends 50 per cent of his working time as a Clinical Social Worker for Mount Saint Joseph Hospital's surgical unit and the rest of his time performing Social Work administrative duties across all PHC sites. He started*

*his PHC career as the Director of Social Work at Holy Family Hospital in 1991 and since then has worked at numerous sites.*

### **Where are you from?**

Born in South Africa and came to Canada in 1964.

### **Why did you want to be a torchbearer?**

The honour to represent PHC, the once in a lifetime opportunity and the realization that this is about as close to the Olympics as I will ever get.

### **What did you think or feel when you found out you were chosen?**

GOBSMACKED! I figured that there were hundreds of stories far better than mine and felt I had little chance of being chosen. Then after it sunk in, I was pumped!

### **When and where will you be running with the torch?**

It will be somewhere in West Vancouver on February 10th, two days before the opening ceremonies.

### **Who will be watching you do the run?**

Everybody I hope. I will tell my out-of-town family and friends to get on to the internet and watch me live online.

### **What do you hope to bring back to PHC from this experience?**

My 15 minutes of fame! —just kidding. I hope to be an example of what can happen when we believe that we can create something special for ourselves and others by the way we treat those who come to us for help. Treating people the way we would want to be treated and making a difference in the lives of others has its rewards.

### **What are your interests outside of work?**

My passion is film and my hobby is collecting movie posters as art.





Strategic Direction: Live our Mission



EDEN  
CORNER

## Residents Chime In at Brock Fahrni



From left to right: Hand Chime Choir members Arnie Evanson, Ivan Leichter, Bob Cholyk, Johnson Lee and Patrick Buckley perform a song.

Every Monday afternoon, seven residents gather together in the dining room on the fourth floor of Brock Fahrni Residence to create beautiful music. These members of the Brock Fahrni Hand Chime Choir each have their own chime that plays a specific note. Each time the members see their note on the chart in front of them, they must play it, creating a melody that fills the room with the magic of song.

Led by Music Therapist Lorri Johnson, the group works together, listening to each other as they concentrate on playing their notes at the right time and becoming a single instrument. Each season, the group decides which songs they would like to learn, then they work hard to perfect them in order to put on a concert for others in the residence.

Recently, the Hand Chime Choir decided to take their music on the road and do a concert at Youville Residence. All the members were really excited as they loaded up the bus and headed to the site. It was a great opportunity for the choir to perform all the songs they had been practicing and for the residents of Youville to have a special musical treat.

Together, Arnie Evanson, Patrick Buckley, Johnson Lee, Myrtle Molberg, Bob Cholyk, Ivan Leichter, and rehab assistant Cindy made musical history. The Choir looks forward to doing more concerts in the New Year with some of the other Music Therapists at the other PHC sites. For more information about the Music Therapy Programs across PHC sites, contact the respective rehabilitation departments.



Strategic Direction: Lead Through Exceptional Care,  
Service, Teaching & Research



## World AIDS Day

Each year on December 1 the world observes World AIDS Day (WAD). It is a time to reflect on those that have passed away and for those that have no access to HIV care. It is also a time to acknowledge the excellent care we are able to provide in Canada and how Providence Health Care (PHC) plays a role in helping to reduce onward transmission via our patients.

The first edition of this tribute dates back to 1988, when the World Summit of Health Ministers on AIDS called for a new spirit of social tolerance and an improved exchange of information on HIV/AIDS. Since then, WAD has grown into one of the most accredited international days.

World AIDS Day aims to strengthen concerted global efforts to address the challenge of the AIDS pandemic, which continues to spread death and disease throughout the world. This is also an opportunity to give visibility to the problem and mobilize the attention of the media, so raising global awareness on the state of the epidemic. An increasing number of countries have been hosting advocacy activities on World AIDS Day and government, non-government and local organizations work jointly, forging partnerships against AIDS.

*World AIDS Day aims to strengthen concerted global efforts to address the challenge of the AIDS pandemic, which continues to spread death and disease throughout the world.*

Locally, PHC and the BC Centre for Excellence in HIV/AIDS continue to be world leaders in the research and treatment of HIV/AIDS:

- 10C is the only dedicated inpatient unit in Canada for people with acute HIV related illness;
- The John Reudy Immunodeficiency Clinic is Vancouver's largest HIV treatment centre;
- Dr. Julio Montaner, president of the International AIDS Society and the Director of the BC Centre for Excellence, Canada's largest HIV research, treatment and education facility, has developed a strategy to Stop HIV and AIDS
- HIV/AIDS affects thousands of patients who use PHC facilities and services.

We remain extremely proud of the unique response of PHC and our founding Sisters to the HIV and AIDS crisis.

PHC and the BC Centre for Excellence in HIV/AIDS invite you to remember that the fight against HIV/AIDS, stigma and the social determinants which help HIV flourish, continues on.



Strategic Direction: Promote Partnerships

## BMO Gives \$100,000 to “STOP HIV/AIDS”

BMO Financial Group has donated \$100,000 to St. Paul's Hospital Foundation for Providence Health Care's (PHC) BC Centre for Excellence (BC-CfE) in HIV/AIDS at St. Paul's Hospital (SPH). The donation will support the Centre's innovative STOP HIV/AIDS program, a comprehensive initiative aimed at increasing access to highly active antiretroviral therapy (HAART) to save lives, reduce HIV transmission and cut health care costs.

HAART is an effective therapeutic “cocktail” that decreases the level of HIV in the blood and virtually eliminates progression from HIV infection to AIDS.

“The BC-CfE has made the expansion of HAART the cornerstone of its effort to halt progression of the disease among those infected with HIV and transmission of the disease within the overall community,” says Julio Montaner, Director, BC-CfE and President, International AIDS Society.

“BMO's donation will provide significant benefits to all British Columbians, as STOP HIV/AIDS works to reduce the disease burden and HIV incidence throughout the province.”

*The donation will support the Centre's innovative STOP HIV/AIDS program, a comprehensive initiative aimed at increasing access to highly active antiretroviral therapy (HAART) to save lives, reduce HIV transmission and cut health care costs.*

The STOP-HIV/AIDS program enhances the availability of HAART to all clinically eligible people in BC, specifically targeting under-served and hard-to-reach populations.

Since 1817, BMO Financial Group, Canada's first bank, has supported the principles of community reinvestment and corporate and social responsibility in the communities it serves. BMO is one of Canada's largest corporate benefactors. In 2008, the Bank contributed \$47.7 million in Canada, including \$23.7 million in charitable donations and \$24 million in sponsorships and events.



*Henry Donkers, Vice-President, Vancouver, BMO Bank of Montreal, with Mary-Ellen Canning, Manager of Development, Lights of Hope at St. Paul's Hospital Foundation, and Julio Montaner, Director, BC-CfE in HIV/AIDS and President of the International AIDS Society.*



Strategic Direction: Promote Partnerships



*Dr. Michael Krausz, PHC BC Leadership Chair in Addiction Research at St. Paul's Hospital.*

## HSBC Creates New Addictions Research Fellow at St. Paul's Hospital

St. Paul's Hospital Foundation and the University of British Columbia Faculty of Medicine are proud to announce the new HSBC Fellowship in Addictions Research at St. Paul's Hospital (SPH). This exciting new fellowship is made possible thanks to an \$180,000 donation from HSBC Bank Canada over three years.

With this key support from HSBC, Dr. Michael Krausz, the Providence Health Care (PCH) BC Leadership Chair in Addiction Research at SPH, will recruit an outstanding fellowship candidate from the post-doctoral degree program at UBC. One of the HSBC Fellow's first tasks will be a much-needed project to quantify the number of people affected by addictions and mental health problems in downtown Vancouver through surveys of the emergency departments at SPH and Vancouver General.

“With this commitment to addictions research, HSBC Bank Canada is helping find effective solutions to improve the lives of people living with addictions and mental health issues in the Downtown Eastside,” says Lindsay Gordon, President and CEO of HSBC.

By supporting the work of Dr. Krausz, the HSBC Fellowship will help advance SPH's reputation for a world class addiction research program focused on addressing the problems in downtown Vancouver and beyond.

“With support from companies like HSBC and the continued leading work at St. Paul's Hospital in this area, we can turn a corner in the Downtown Eastside to make a significant and positive impact in these peoples' lives,” says Dr. Krausz.



Strategic Direction: Live our Mission

## Honouring Our Roots and Diversity

The word providence at the root of our organization's name is rich in meaning that conveys trust in the care and benevolent guidance of God for those carrying out His healing ministry.

There are five Founding Congregations of Sisters who formed the present-day Providence Health Care organization:

- The Sisters of Providence of St. Vincent de Paul - Holy Family Hospital;
- The Missionary Sisters of the Immaculate Conception - Mount Saint Joseph Hospital;
- The Sisters of Providence - St. Paul's Hospital;
- The Sisters of Charity of the Immaculate Conception - St. Vincent's Hospitals; and
- The Grey Sisters of the Immaculate Conception - Youville Residence.

One of our Sisters, Sister Maria-Vie Chua, MIC of the Missionary Sisters of the Immaculate Conception (M.I.C.) is doing what she loves at Mount Saint Joseph (MSJ) Hospital, which is being around people.

"For us [the Sisters], this is not a job. As a Sister of M.I.C., I am living out a life of Thanksgiving made visible through our missionary presence and service," she explains.

Originally from the Philippines with roots anchored in Catholic Christian values and with exposure to Buddhist and Muslim cultures, Sister Maria-Vie is wholeheartedly open to the multicultural/multifaith backgrounds of the patient population at Mount Saint Joseph Hospital. Having been exposed to the world from a young age, she refers to Vancouver as a "global village where people, from other parts of the world are finding and feeling at home".

In terms of the diverse culture at MSJ, Sister Maria-Vie says patients and residents are encouraged to be themselves. In this regard, she says PHC's Diversity Services and Mission, Ethics & Spirituality departments have been very helpful in supporting the understanding and care of multi-faith and multi-cultural patients.

After studying and ministering in the Philippines, USA, Rome and Canada, Sister Maria-Vie spent decades of service training Sister candidates to become missionaries and working in various administrative capacities for the Sisters of the Immaculate conception. Since 2002, her warm and caring presence and service has been felt at MSJ. She is a member of the PHC Board of Directors, Mission & Ethics Board Committee and serves as a Pastoral Care Visitor at MSJ.

"As a Pastoral Care Visitor to patients and residents, my approach is to be a living reminder of God's compassionate love. I am here for all people and in the end we are all brothers and sisters, we are all human beings."

*After studying and ministering in the Philippines, USA, Rome and Canada, Sister Maria-Vie spent decades of service training Sister candidates to become missionaries and working in various administrative capacities for the Sisters of the Immaculate Conception.*

She hopes that her presence and service gives people courage, hope and meaning through their journey and struggles, whether it be health-related or work-related. "I look to the past and see the struggles that people have endured over time. People in general, have been through a lot and have survived. Some have even discovered the gift

of wisdom & their personal meaning of life."

Not one to shy away from honest, heartfelt conversations of any topic, Sister Maria-Vie is a rare soul in our fast-paced society. She opens up herself with such sincerity, in turn making those around her want to reciprocate the act. You couldn't ask for a better Pastoral Care Visitor and friend when you need it most.



MSJ recently celebrated the Missionary Sisters of the Immaculate Conception Feast Day (Mount Saint Joseph Hospital). From left to right: Sister Maria-Vie Chua and Sister Cecilia Hong.



Strategic Direction: Engage and Develop our People

## Resourceful Actions

### PHC Residential Sites Engage in WorkSafe BC Project

Staff at Providence Health Care (PHC) residential sites are working hard to continue to ensure a culture of safety amongst staff and residence. Following the lead of WorkSafe BC, sites are examining their patient handling procedures and promoting musculoskeletal injury prevention. Having started with Mount Saint Joseph Residence (MSJ) in July 2009, Project Leader Linda Bullock and Project Educator and Musculoskeletal Injury Prevention Program Coordinator Jon Wilson anticipate examining all residential sites by March 2010.

According to Jon, patient handling is essentially defined as the actions taken by staff as part of the necessary care of residents during the course of a day, for example, the repositioning of residents in bed and transfers from one surface to another (bed to wheelchair). There are many different tools that assist staff with patient handling, such as mechanical lifts and sliding sheets. It is a PHC policy across all sites that staff cannot manually lift a resident and must use the aide of an approved tool. This protects the safety of not only the resident, but of the staff member from injuring themselves through improper lifting or maneuvers.

At MSJ, Linda led a team in collecting data through focus groups with Registered Care Aides (RCA) and Administration staff to understand the workplace culture and confidence of staff in current patient handling tools.

She said that she and Jon were fortunate to work with such a great group of staff at MSJ.

"From the moment we started the project, it was embraced by everyone with enthusiasm and obvious commitment to improving patient/resident handling strategies and the advancement of a positive culture of safety at their site."

Part of the project is an educational component ensuring that staff know how to properly use patient handling tools and have ongoing support to sustain the safety of themselves and residents. A patient handling audit has been put into place that will see monthly audits testing RCAs use of tools and safety techniques. Coaches will be staffed at each site beginning in the New Year, and they will be mentored by Jon, to ensure their colleagues are using safe working practices.

Jon said that with the current economic conditions, it is exciting that this project has continued to move forward and remain an organizational priority.

"Despite the economic challenges, we can still provide this system of education to each site and ensure

that it continues with long-standing sustainability. It requires incredible collaborations amongst departments and staff as they strive for high levels of efficiency with smaller resources."

MSJ staff celebrated the completion of the project earlier this month. Each RCA was provided with a certificate of completion for the project.



PHC Staff from 2ECU at MSJ Hospital with front row: David Thompson, Corporate Director, Seniors Care; Jon Wilson, Project Educator; Jocelyne Wong, Operations Leader, Residential Care; Dianne Doyle, President and CEO, and Linda Bullock, Project Leader.



Tapestry Foundation staff recently distributed Christmas poinsettias to patients and residents throughout Mount Saint Joseph Hospital. The poinsettias were generously donated to the Foundation for the hospital from Meadowland Horticultural.

### Angels to Watch Over Patients and Residents

Angels are synonymous with Christmas and giving, and at Tapestry Foundation for Health Care, angels have been the bearers of comfort and care for the past 20 years. Tapestry Foundation's annual Angel Campaign is in full swing across Providence Health Care (PHC) sites.

Angel donors can designate gifts to the site of their choice or for a specific program or need at that site. This season, donors can also support the purchase of a new automated chemistry analyzer (ACA) for Mount Saint Joseph Hospital. The ACA is important laboratory equipment used daily for blood analysis of hospital patients, residents throughout PHC's residential care homes, and for the general community.

"The ACA at Mount Saint Joseph Hospital is in urgent need of replacement," said Ann Corrigan, Tapestry Foundation CEO. "And this Christmas we're asking for help from our community to help support this critical equipment need."

Donations supporting the 2009 Angel Campaign can be made online at [www.tapestryfoundation.ca](http://www.tapestryfoundation.ca) or by calling the Foundation office at 604.877.8335. Funds raised support seniors' care, hospital care and physical rehabilitation services across PHC's residential sites.

Healthy Living - by Melodie Yong

## Strategies to a Healthier You in 2010

Yikes – it's almost January and here come all the promises you start making to yourself to be better than you have ever been, in every aspect of your life. How many of us set out with great expectations every January only to find that after a few weeks – not much has really changed and we're back to square one, but this time feeling like a failure? This year can truly be different.

Rather than making a list of resolutions – take time to take inventory of your health and well-being – what is going well, what do you like about your body, what's in your fridge and cupboards, what places do you eat at or order from, do you incorporate physical activity into your day? Write this all down and you've got a good place to start. Pick two areas to focus on. Then, make a very SMART goal (Specific, Measurable, Action, Realistic, and Timely). Here are some helpful tips for improvement:

### 1) Walk the Talk

Get yourself a pedometer and wear it EVERY day! Studies show that when people wear one, they are more active and tend to be at a healthier weight. Aim for 10,000 steps a day for optimal health. It takes about 2000 steps to burn 100 calories!

### 2) Call a Friend

I've found that when people have a buddy, confidante, spouse, friend that they can count on for support and encouragement (someone to keep them on track) their chance for success is greatly improved. If you aren't accountable to someone, it's much easier to talk yourself out of making that positive healthy change.

### 3) Filling the Cart

We always talk about healthy eating – but it's pretty impossible to eat the right foods if your fridge and cupboards aren't filled with the best choices. Take the time to make a grocery list BEFORE you enter the grocery store. Make up a standing order and make copies of it, then highlight the items you need each time you do your shop. If you make a list, you tend not to buy as many things not on your list.

### 4) Fat is my Friend

There are definitely some much healthier fats out there – those omega-3 fats are the ones you want to make sure to include in your diet. These are a type of unsaturated fat that can help reduce the risk of heart disease, fight inflammation and may even keep brain cells healthy as we age. The strongest evidence comes from two types of omega-3s found in fatty fish – DHA and EPA.

### 5) Rethink your Drink

You can get so many hidden calories from daily beverages. Remember – our bodies truly are made up of what we eat. Try to keep fluids to WATER, tea, lower fat milk or soy milk.

*Melodie Yong, Operations Leader, SPH Heart Centre, appears every second Friday in a segment called One Bite at a Time on Global Morning News to discuss topics related to healthy eating. Check out [www.heartcentre.ca](http://www.heartcentre.ca) for past segments.*



Melodie Yong,  
Operations Leader, SPH Heart Centre



## Creative Souls

### Residents Create Beautiful Hamper

As many residential units do this holiday season, unit One South at Mount Saint Joseph Residence has adopted a family to give a Christmas hamper to. One of the family members is a three-year-old boy. The staff have generously filled the hamper, and have worked diligently to make a handmade sock monkey for the boy.

Several patients were happy to give their time cutting and sewing as well as giving their input on colour schemes and design options for the sock monkey. The result was a cheeky little fellow with a colourful vest and hat - likely to make a little boy very happy this Christmas.

The finished sock monkey brought a smile to

the faces of all who were involved in his transformation from bits of material into a delightful monkey.

The Eden Alternative principle stating that we can combat the plague of helplessness by giving opportunity to give care as well as to receive care was demonstrated by residents' involvement in this project.



*The result was a cheeky little fellow with a colourful vest and hat - likely to make a little boy very happy this Christmas.*

## Focus Your Mind and Reduce Stress

There is nothing more powerful than the mind. Each day, thousands of thoughts flicker through our heads. Some lead to action while others pass on by. Dealing with numerous thoughts running through the mind can lead to feelings of stress and anxiety, and often too much thought on a given situation can make little issues seem insurmountable.

Today's world moves at an ever-increasing speed, thanks to the Internet and cell phones. People are leading busier, more demanding lives causing higher anxiety and stress.

When stress becomes "distress," it can become a serious threat to our health. Although many of us have ways of dealing with it, such as a shopping trip with friends or a night with the guys, we don't often take the time to quiet our thoughts.

By quieting our thoughts, we can concentrate and focus on our mind, which allows us to release stress, anxiety and blood pressure. Shopping or going out won't eliminate stress or focus your mind, but meditation will.

The ancient spiritual practice of contemplation and relaxation is becoming more prevalent in health care as people turn to meditation for more than their spiritual well being. Meditation is becoming a health remedy for those in need of a little calmness in their everyday lives.

Meditation is thought of as the "highest form of yoga," explains dedicated practitioner Thomas Kefferputz. Like yoga, meditation has been practiced for centuries to calm thoughts, control energy and soothe the mind.

"When we calm down, we slowly start to understand ourselves," he says. Kefferputz, who leads meditation classes at St. Paul's Hospital, is a practitioner, student and teacher of the YungDrung Bön Buddhist Lineage. He takes his practice seriously, making annual trips to India to further his studies.

Although there are many different practices of meditation such as breathing, walking, sitting or lying meditation, they all work to calm the mind and control the body's energy in a positive way. To understand and control our body's energy, one must listen, contemplate and meditate. These three steps enable a person to calm their thoughts and be aware of their emotions, resulting in decreased levels of stress and anxiety and reduced blood pressure.

Meditation is more than sitting on a pillow, cross-legged with your eyes closed for hours. In fact, meditation can be done anywhere at anytime in any position. All that is required is a quiet location where you can listen, contemplate and meditate on your thoughts with your

eyes open. In order to ground your thoughts you must become totally aware, which is why, Kefferputz clarifies, meditation is always done with eyes.

Meditation is a means of recognizing emotions and controlling them in order to better understand your feelings. According to meditation principles, each person has five emotions Kefferputz refers to as "the five poisons." They are anger, jealousy, ignorance, pride and attachment. These 'five poisons' drive other human emotions, and cloud an individual's perception of themselves and their life. Through meditation, a person can focus their mind and become acutely aware of what in particular is clouding their perception.

*By quieting our thoughts, we can concentrate and focus on our mind, which allows us to release stress, anxiety and blood pressure. Shopping or going out won't eliminate stress or focus your mind, but meditation will.*

As one begins to take control over their 'poisons' they finally come to the root of their problems, which ultimately reduces their stress. As stress is released and emotions are understood, the mind can begin to find

peace. When people are calm and breathing evenly, they reduce both their heart rate and blood pressure.

High blood pressure (HBP), blood pressure that rises and stays high over time, can damage the body in many ways. HBP is the leading cause of strokes and is a major risk factor for heart attacks. Many people take prescription medication for their stress or HBP. While these medications work to ease the symptoms of HBP, they are not curative. Although meditation may not be the answer to all of our medical issues, it can help work to calm our minds and slowly heal our bodies for there is nothing more powerful than our minds.





We asked staff...  
**What are you most looking forward to in 2010?**



After years of gearing up for the Olympic Games (and coping with construction!), to be followed by 2 months of Olympic madness, I'm looking forward to celebrating my April birthday at a mystery vacation spot... somewhere hot and relaxing.

*Julie Topolniski*  
 Coordinator, Emergency Preparedness Program, SPH



As I pause to catch my breath from my busy lifestyle, I start to realize how much time has passed. My kids have grown and my parents are older. Spending quality time with them is something I have overlooked. Next year I want to focus more on spending time with my family.

*Chat Panganiban, CNL*  
 SB Cardiac Surgery  
 St. Paul's Hospital



The thing I am most looking forward to in 2010 is being a Winter Olympics volunteer as a Host on Cypress Mountain for two weeks. Starting next month I will pick up my accreditation and uniforms. It's a dream come true to not only attend, but to participate in the Olympics games.

*D. Noelette Douglas*  
 Cardiology Technologist, (RCT)  
 Dept of Cardiology  
 Cardio Lab



My honeymoon! Also, sure, my wedding...but right now that part seems much more stressful than the five weeks we'll spend backpacking through Europe afterward. I've wanted to do this trip for years, but it will be worth the wait to be able to get lost and miss trains and speak bad French with my new husband!

*Megan Birnie*  
 Communications Coordinator  
 Communications & Public Relations



Mission Team volunteers Karm Hayer, Program Assistant, Acute & Access Services Program and Jennifer Laidlaw, Communications Coordinator with over 50 boxes of canned and dried goods collected from PHC sites for the Greater Vancouver Food Bank.

**WE WANT TO HEAR FROM YOU**

Send in your stories, ideas, photos, thank-yous and events (to a maximum of 200 words please) to share with staff across **Providence Health Care.**

Your submission may be edited for length.

You can mail material to:

**Jennifer Laidlaw**  
 Communications  
 4th floor, Hornby

**Ph: 604-806-8350**

or email:  
[d\\*vine@providencehealth.bc.ca](mailto:d*vine@providencehealth.bc.ca)