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Catholic Hospital History Project

Documenting the legacy and contribution of the
Congregations of Religious Women in Canada,
their mission in health care, and the founding and operation of Catholic hospitals.



Projet de la *Grande* Histoire
des hôpitaux catholiques au Canada

Retracer l'héritage et la contribution des
congrégations de religieuses au Canada,
leur mission en matière de soins de santé ainsi que la fondation et l'exploitation des hôpitaux catholiques.

**St. Mary's of the Lake Hospital
Kingston, Ontario**

25th Anniversary

***The Kingston Whig-Standard* Newspaper Supplement**

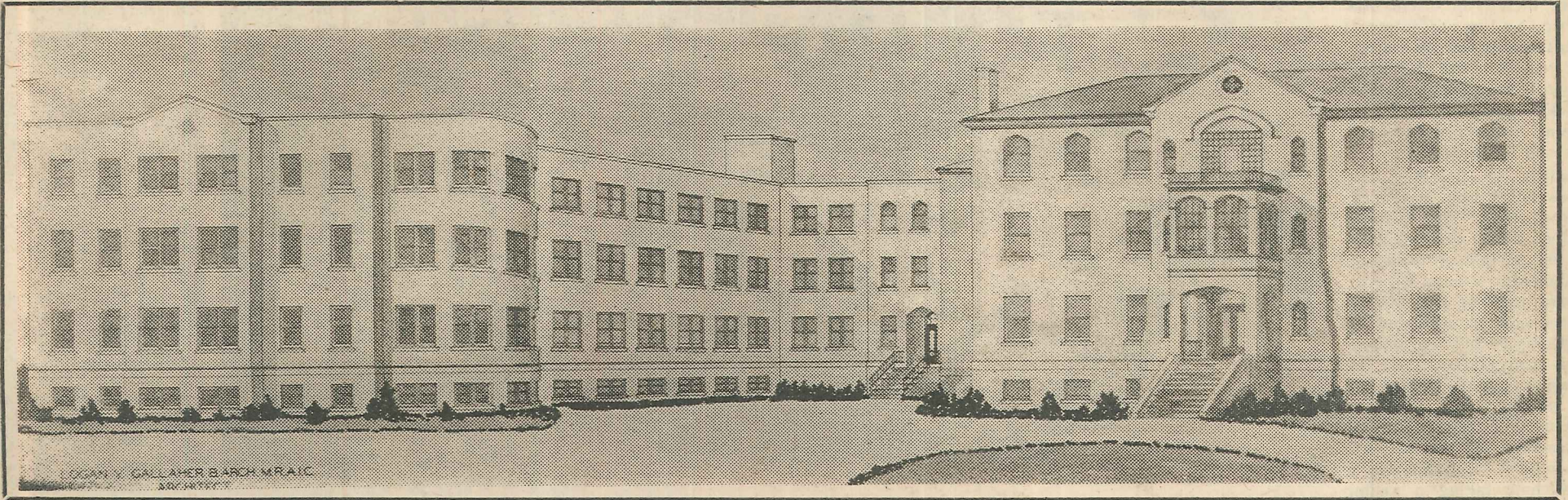
October 4, 1971

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The past . . .



Anniversary supplement

St. Mary's of the Lake Hospital

A hospital, like a person, has its youth and its maturity.

St. Mary's of the Lake has attained the age of 25, and celebrates its silver jubilee this year.

The hospital is still young enough to undergo some extensive changes—and to need expansion—but old enough to have an interesting history and tradition.

This 25th anniversary year coincides with the hospital's first major expansion since its 1954 addition. The north wing, whose sod-turning ceremony will take place Wednesday at 4:30 p.m., will more than double the area covered by the hospital.

It will enlarge therapy units, provide needed new sleeping areas for patients, give the hospital a new modern dietary wing and a generous-size out-patient clinic.

This anniversary supplement gathers the past, present and future of St. Mary's of the Lake to provide a biography of the hospital, and a monument to all those individuals who helped it advance through a quarter century.



. . . and the future

Visit to St. Mary's

If you spend the day at the hospital . . . you can't help sensing a spirit of camaraderie and independence

St. Mary's of the Lake really isn't a silent place.

The halls are full of the comings and goings of patients—most of them in wheelchairs.

They stop to talk as they pass one another, sit in front of the hall TV or deftly make their way around the hospital to appointments with therapists or on visits.

If you spend the day at the hospital, watching, talking and listening, you can't help sensing a spirit of camaraderie and independence.

Sounds of laughter and conversation mix in the evenings around the hospital canteen where patients gather for socializing and refreshment.

Some patients are in their rooms, reading, watching TV programs or talking. Snatches of conversations, and the occasional snore mingle in the hall.

Many pictures imprint themselves on the visitor's memory—a patient in a wheelchair taking a visitor on a tour of the serene hospital chapel; a young girl with slurred speech drinking root beer in the canteen and involved in lively repartee; two women in the middle of the hall in wheelchairs, the elderly patient crying and a younger woman leaning towards her, comforting her.

Each patient carries with them a separate history and individual medical problem. Some of them have a spirit of independence, which has been enhanced and strongly encouraged by the staff.

There's Frances Laton who is near 60-years-old and has congenital cerebral palsy. You might find her at work in an occupational therapy room leaning over an electric typewriter. In her mouth is a dental plate attached to a pencil which she uses to press the keys. She has no control over her hands and arms.

Miss Laton is corresponding secretary for the Golden Horseshoe Club, a social organization for the handicapped. Pieces of her craftwork are around the room, such as the knitting bag she laced together using her teeth and a dull needle.

Miss Joan Hannah, super-



—William O'Neill

PATIENTS SPEND HOURS IN OCCUPATIONAL THERAPY EACH WEEK

They make functional crafts for their families and friends

visor of occupational therapy, who set up the therapy program for the hospital soon after its 1946 beginning, recalled the first time Miss Laton came to St. Mary's in 1953. She could flip magazine pages with her nose, Mrs. Hannah noticed.

"If she could use her head so well," said the therapist, "we thought she could also use her teeth." The plastic cord she uses for lacing materials was kept germ-free with alcohol until the project was finished.

Miss Laton adds a sense of humor to her accomplishments. When she needs help with her typing from the department secretary, such messages as "the secretary needs the secretary" or "you're fired today" adorn the bottom of her page.

There was also the time she was left in the chapel for hours, and it wasn't until late that the staff discovered where she was.

"Frances must have said her prayers for several hours that day," laughed Mrs. Hannah, who recalled

that Miss Laton wasn't at all upset.

A look around one of the occupational therapy rooms reveals a radio and record player, handicrafts done by patients and many looms, each with nearly flawless colorful cloth stretching across and rolled beneath the machine.

Design of the looms differs—some call for shoulder

movement while others require extensive wrist or foot activity in their operation.

One man making soft blue wool cloth has the respiratory disease emphysema, and the motion the loom requires expands his chest. Inhalation therapy, and his decision to stop smoking have also contributed to his improvement, which Mrs. Hannah hopes will result in his discharge and placement in a suitable job.

An elderly lady with a shy smile is slowly working on exquisite crocheting—a rose whose petals are individually made. The only other extraordinary feature besides

the delicacy and beauty of the work is that her hands are nearly immobilized with arthritis which has deformed them.

Nursing directors

Head nurses are Mrs. E. Steacy, first floor west; Mrs. M. Abrams, second floor west; Mrs. L. Gruneau, assessment unit; Mrs. E. Gribbon, third floor west; Mrs. D. Brown, second floor east and Mrs. M. Orr, third floor east.

Nursing supervisors during the 3 to 11 p.m. shift are Mrs. Maydeen Orr, Mrs. Pauline Saunders and Mrs. Nellie O'Neill. Mrs. Rita McDonald and Mrs. Cora Appleton are the supervisors during the 11 p.m. to 7 a.m. shift.

We Salute
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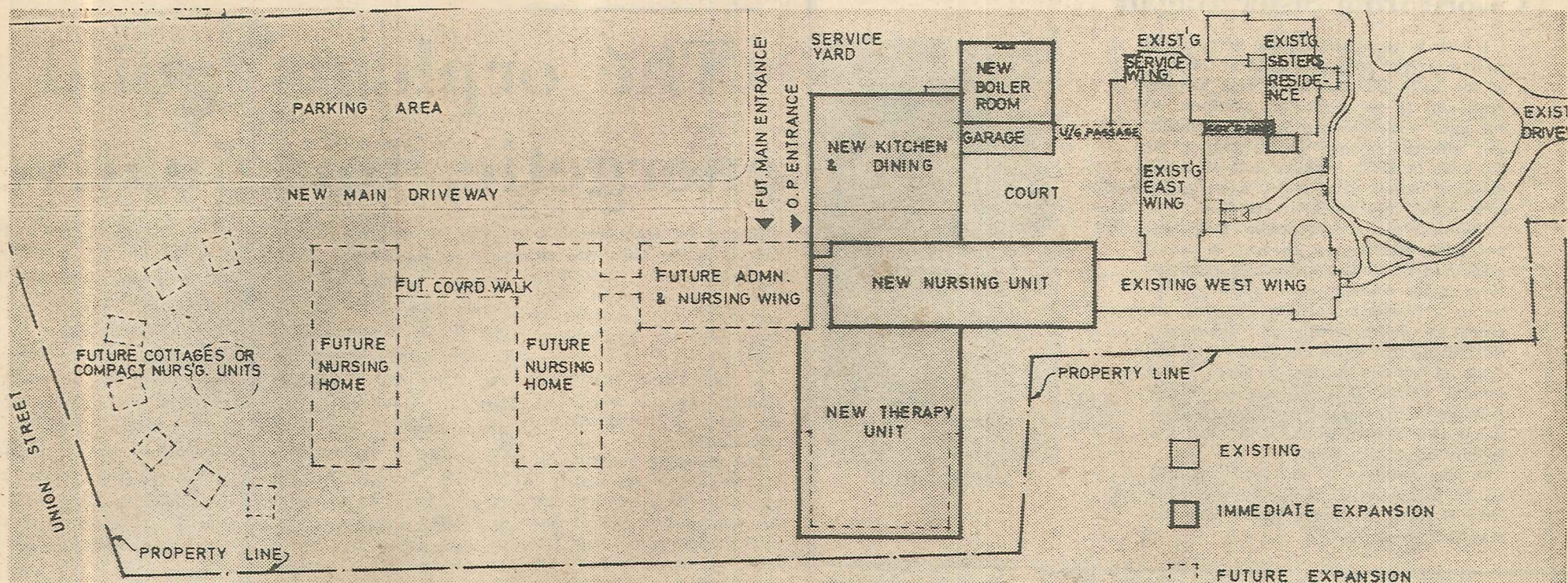


Congratulations to St. Mary's of the Lake Hospital

. . . upon the announcement of expansion which will allow enlargement of St. Mary's present program in the care of long-term hospital patients needing rehabilitation therapy. Also upon the occasion of St. Mary's 25th Anniversary.

J. Earl McEwen

REEVE OF KINGSTON TOWNSHIP
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Rehabilitation and discharge

And now, steps into the future begin

The doors at St. Mary's of the Lake swing frequently admitting and releasing patients — a far cry from the "hospital for incurables" concept which has dogged the image of the extended care institution.

In 1970, 214 patients arrived and 127 left.

The increase in turnover is well over double the statistics for the beginning of the 1960s. Emphasis is on rehabilitation and discharge, and it has given rise to new, pressing needs for the staff and patients. Many of these should be answered by the new \$5.6 million wing.

* * *

Progress of the wing, which has been on paper since about 1968 was slowed down by a government freeze on building funds. But the first scoop of dirt on the site located northwest of the hospital will be flung Oct. 6. The architect is H. P. Smith, of Kingston.

When the last stone is in place, in 1973, the wing will contain greatly enlarged physical and occupational therapy units, new equipment and a new patient bed area. It will occupy one and a half times the area of the current hospital buildings.

No new beds are planned for the hospital, but those in the old east wing, second

floor will be moved to the modern quarters.

Among the most outstanding parts of the new wing will be the therapy units. A \$25,000 hydrotherapy pool, a whirlpool bath, electrotherapy facilities and a gymnasium will be part of the physiotherapy department.

It will be sharing the ground floor with rooms devoted to woodwork, painting, ceramics and other crafts, in occupational therapy. Dental surgery, offices and classrooms will also be built into this rehabilitation area.

On the ground floor in the ambulatory clinic area, will be examining rooms, conference and seminar areas, dental surgery, speech, and occupational therapy and offices for hospital staff. The clinic's services will be available to out-patients during the day, as well as to hospital patients.

A new kitchen and dining area will have its own one-floor area in the wing.

A new nursing unit will lie between the therapy-clinic area and the dietary facilities which lie west and north-west, respectively, of the existing hospital.

It will be a three-floor building containing living quarters, sun rooms, and dining facilities and double corridors. The second and

third floor will have 84 beds, and patients from the east wing will move there.

The wing will bring some changes in the number of students training in the hospital as well as the number of beds used for instructional purposes. Currently, 20 patient beds are used for this purpose, but the number is expected to jump to 110, half the total beds when the wing is complete.

At one time, the hospital expects to accommodate some 20 medical students, 17 rehabilitation students from Queen's University and 22 nursing students from Kingston General Hospital, Hotel Dieu Hospital and Queen's.

This expansion is part of the hospital's long-range plan for the next 20 years.

Phase 2 includes building another administrative and nursing wing on the north side of the new expansion.

It should be followed by a nursing complex which

would house recuperating patients requiring less care than those in the hospital. Following this development, cottage units, the third step a patient would take before returning to the community, would be constructed. They would further the independence of rehabilitated patients. Both steps would reduce the number of patients occupying higher cost, more intensive care hospital beds.

The construction is planned to extend to Union street, with the nursing cottages nearest the street. The nursing homes would be connected to the hospital by covered walkways and would lead into the administration and nursing wing.

All the structures planned will, according to present plans, be accommodated on the current boundaries of the hospital, Ellerbeck, Union and King streets and the property line to the north-east.

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25th Jubilee Mass

and
Turning of First Sod for New Wing
at

St. Mary's of the Lake Hospital
WEDNESDAY, OCTOBER 6
at 4:30 p.m.

Please Enter From Union Street

A word from Sister Hagan

I wish to use this occasion of the 25th anniversary of the opening of St. Mary's of the Lake Hospital to express sincere gratitude, to the dedicated members of our total staff, who provide such earnest and efficient service to St. Mary's of the Lake Hospital, enabling it to offer the excellent patient care, that it does, to the civic community which we serve.

Countless forecasters predict evolutionary and revolutionary changes in many aspects of the delivery of health care services in the coming years, which will offer us a tremendous challenge. May we accept it wholeheartedly and vigorously, recognizing that if we are inspired by the ethos of service in the manner of the servant Christ, the convergence of our multiple skills, human, technical, professional and administrative will most assuredly come to fruition.

To the members of our Auxiliary and all the many friends of St. Mary's of the Lake Hospital, a sincere Thank You and may God bless you.



SISTER HAGAN

A message of commendation

My message to all at St. Mary's of the Lake Hospital, on the occasion of your 25th anniversary, is one of commendation and encouragement.

The years of service which you commemorate need no eulogy, for the story of the dedicated devotion with which you have served the public during those years is an open book. The future holds great promise. As a member of the QUAFHOP Council, much improved and extended facilities will be at your disposal. Consequently the scope of your work and the type of care which you will be able to provide will be much enhanced.

May God continue to bless your endeavors and may he give you the strength to face the challenging future with confidence and courage.



SISTER McDONALD

1919—1941

The orphans' guild energetic, imaginative

During the years when St. Mary's of the Lake was an orphanage, from 1919 to 1941, funds and recreation were provided to the orphans in large part by the Orphans' Guild.

In 1909, Rev. Mother Gabriel, superior general of the Sisters of Providence, organized the guild.

The following activities illustrate the energy and imagination deployed by this devoted band of ladies. Annual garden parties and tag days, weekly euchres and an occasional Easter dance were on their calendar of events. Also, a donation day, featuring a fund-raising tea, and rummage sales were included in their activities.

Purchases resulting from the funds generated by the guild were equipment, supplies, garments and household linens. Holiday treats in the form of full Christmas stockings, and Easter and Valentine's Day surprises also came from the bounty of the guild.

The parties they held for the children at Lake Ontario Park and the nature of their contributions supplied the extras that made life at the orphanage more pleasant.

The following list of members is incomplete as the minutes of the Orphans' Guild have been mislaid. Mrs. F. A. Horrigan, Mme. C. A. Chabot, Mrs. W. F. Fox, Mrs. A. C. Hanley, Mrs. E. J. Metcalfe, Miss Agnes Doolan, Mrs. J. A. Cain, Mrs. T. G. Adamson, Miss B. Bedore, Mrs. M. Burke, Mrs. A. Casterton, Mrs. W. M. Conacher, Miss K. Connacher, Mrs. L. J. Fitzgibbon, Mrs. J. Granger, Mrs. J. M. Hickey, Mrs. Harroway and Mrs. A. T. Hughes.

Mrs. O. T. Macklem, Mrs. W. Pilcheo, Mrs. J. F. Sowards, Mrs. George Sullivan, Mrs. C. Weagant, Mrs. J. P. Doyle, Mrs. John O'Neill, Mrs. P. M. Beaupre, Mrs. J. C. Newlands, Miss Florence Hudson, Mrs. Madigan, Mrs. Mary Ainslie, Mrs. Captain Bailey, Mrs. R. E. Thompson, Mrs. Frank Milo, Mrs. Heffernan, Mrs. Amy O'Donoghue, Mrs. C. Kehoe, Miss Lena Kehoe, Mrs. F. Gallagher, Mrs. J. F. Quinn, Miss K. O'Connor, Miss R. M. O'Reilly, Mrs. John J. McKegney, Mrs. V. Fallon, Mrs. T. E. Gelley, Mrs. W. C. Robertson, Mrs. W. Gibson, Miss R. Burke, Mrs. Alexander Carey, Mrs. Casterton, Mrs. Murphy, Mrs. A. Shea.

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Mrs. Dorothy Coppins

A timetable for recovery

Old age, wrapped in wisdom, simple pleasures and the time to reflect on other people's haste.

But those wealthy in years also walk with impoverished reflexes and bones brittle than in their youth.

Seventy-five-year-old Dorothy Coppins is in St. Mary's of the Lake Hospital, enjoying herself but waiting for her bones to knit and her muscles to strengthen after falling downstairs in her home in May.

She insists there is nothing unusual or particularly interesting about her accident or recovery. However, Mrs. Coppins might be released by the time this article goes to press — the result of a tailored therapy program, the efforts of staff at St. Mary's and Hotel Dieu Hospital, and her own cheerful, independent spirit.

Ask the sprite slender patient how her accident happened, and she isn't sure, it was so unexpected. She was preparing to descend some steps when she lost her balance.

"Afterwards I had to make my way through the house by hitching along on my seat backwards, to protect my hurt leg and reach a telephone. I called my next door neighbor," she recounted.

After spending a month at Hotel Dieu Hospital, where her doctor, Dr. G. M. (Don) Taylor, is, and where she received her first phase of therapy, she came to St. Mary's of the Lake.

When she arrived at St. Mary's June 17, she was greeted by an assessment committee, whose members are doctors, therapists and nurses.

They tested her physical capabilities, drew up a strategy and timetable for her treatment and recovery, and started her going. It's called the team concept and works through the initial formal meeting, and subsequent informal conversations among team members.

Mrs. Coppins looks too slim for the wheelchair she uses for long trips around the hospital. Otherwise, she is using a walker — a four-legged structure which she moves ahead of her. It curves around her and takes the weight off her weak leg

and ankle, but allows her to exercise them.

Actually, she's learning to walk all over again, she says. She had graduated to a four-legged cane while she had her walking cast. Now that it's off, she is back to the walker, until she can support her weight on her weak leg.

She is very ginger with new newly-freed leg which is wrapped in an elastic bandage. However, physiotherapy provides weight-lifting through a weight-pulley system and a suspension frame lifts her legs and allows her to swing them.

Mrs. Coppins has developed a strong interest in the equipment involved in physiotherapy. The hospital's unit, headed by supervisor Hans W. Blaser, handled nearly 40,000 treatments last year.

In the room where she receives some treatments, are electrical, sonic wave and mechanical (weights and pulleys) instruments, along with parallel bars and a tank for warm wax therapy for arthritic patients.

Next door, is a Hubbard tank which fills with warm water in which a patient can float and exercise. Engaging the motor creates motion for waves. Also in the room is a circ-o-lectric bed which revolves a patient strapped to it. It provides joint reflexes, tones up and improves circulation.

Mrs. Coppins also has "tests" which her occupational therapist, Mrs. Judith Smith, has administered and which she must "pass" before being released.

These are homemaking tests.

"Once we're getting toward the end of treatment here, we wash our laundry, hair and do a bit of cooking

in the kitchen," Mrs. Coppins explained. Some of her cooking won a prize at the Kingston fall exhibition.

She calls these formerly-simple chores "a challenge. It used to be easy with two hands and two feet, and even when I had a walking cast, but since it is off, I'm starting a new phase."

During the day, Mrs. Coppins is busy. She sees the physiotherapist for a half-hour, then spends most of the remainder of the morning in occupational therapy, knitting. Another session with the physiotherapist follows in the afternoon, in between visitors, reading and letter-writing.

Another satisfying aspect of her life at St. Mary's is the freedom to maintain her self-sufficiency, something she has kept almost totally.

She has a long, hearty laugh which activates the smile lines around her blue eyes.

"I've always hated bed-pans," she chuckled, "and as soon as I could be, I was independent that way, too."

Her grey hair, when it isn't done up in a neat braid she winds around her head, is below her waist. It receives a combing and brushing in the morning and night — depending how much time she has.

Part of her time is taken up with the exercises she does on her own. Mrs. Denise Wheeler, a physiotherapist who is working with Mrs. Coppins while physiotherap-

ist Mrs. M. Nanton is vacationing, demonstrated the leg movements which Mrs. Coppins repeats to keep her good leg strong.

Once she is home, Mrs. Coppins will not be on her own immediately. She will probably get a few visits from Mrs. Smith who belongs to Home Care — a program where nurses, physiotherapists and homemakers visit patients in their homes.

"I'll have to slow up, take things more slowly as I'm in the habit of rushing around a little," said Mrs. Coppins. There will be some other changes in her life too. "With housework, I'll do what I can and not be so fussy, I guess."

She doesn't rule out using her cane, left over from 1965 when she broke her hip.

With the help of her family, she is having lower cupboards made and a sink unit installed in her kitchen (she used the bathroom sink before). A major shift will take place when her living room furniture is switched with the furnishings in the dining room to save her some steps, and facilitate her walking patterns around the house.

Practically on the eve of her departure Mrs. Coppins has nothing but praise for the staffs of both St. Mary's of the Lake and Hotel Dieu Hospital — and the medical advances which have literally put her on her feet so soon.



MRS. DOROTHY COPPINS
She has nothing but praise

Truly a Special Occasion

... the ground breaking to mark the start of a new wing at St. Mary's of the Lake upon the 25th Anniversary of service to the public.

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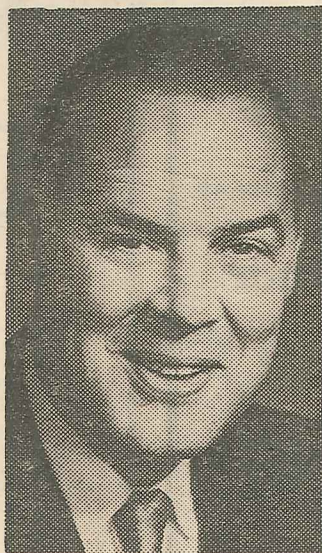
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Three stories of courage

A wheelchair can shrink anyone's world.

But some patients at St. Mary's of the Lake have done more than adapt to their handicaps. They've almost bypassed them.

If you look at Vida Wilkinson, you find an attractive, flawlessly-groomed woman. She is also a polio victim who spent five and half years in a surgical ward at Kingston General Hospital before arriving at St. Mary's of the Lake in 1959.

It took a great deal of encouragement for her to regain her will to live and to strengthen her body after contracting the disease.

But she has, and along with these gains came her sense of independence and a strong, if not wistful, appreciation of life itself.

Mrs. Wilkinson travels around the hospital in a wheelchair equipped with a table top surface. On it are catalogues, a cash box and several samples of toiletry products.

She is the hospital's Avon representative.

Though business is particularly brisk around Christmas time, she receives a good number of orders the year around from the patients.

It's a diversion both for her and the patients, who order from a catalogue sporting a wide assortment of products.

Actually, Mrs. Wilkinson didn't want the job at first but another woman in the hospital had it before her, and she somehow inherited it.

Her own skillful make-up is a good advertisement — she looks healthier than most people one passes on the street.

Every institution has a long-standing resident — the one who is there the longest — and for St. Mary's it's 45-year-old Jack Colley, who has become, of sorts, an institution himself.

The fund of his enterprising nature and energy comes from a natural talent in business which he has further developed by business courses.

Of his ventures, the most important to life at St. Mary's is the canteen he started. That was soon after he arrived at the hospital as a 20-year-old youth, quadriplegic since birth.

"I bought two boxes of candy and when I had \$10 in sales, I bought some more," he remembered. Today, the canteen has a table and chairs, sundries, toiletries, greeting cards and food. It occupies a niche on the ground floor and is one of the popular spots, particularly at night, as it closes late.

When Mr. Colley arrived at St. Mary's, he worked on the switchboard "for an economical price" of \$20 a month, he chuckled. "In the beginning even that money wasn't there to get pay cheques out on time."

Since then, he has helped interview interns for the hospital, kept the canteen open and stocked, and helped organize the hospital's employee association. He was also owner of Jack's Vending Company — which he recently sold. Several of his company's machines sit outside the canteen dispensing drinks and food.

Currently, he is juggling two jobs with prospects of a third. He owns the Kingston Medical Supplies — a flourishing business, and spends time at the canteen. Soon he will assume duties as the hospital's executive housekeeper, overseeing a staff of 18.

He is also chairman for Homes for Handicapped, Inc., which seeks to provide homes and workshop facilities for handicapped individ-



—Cliff Knapp

THREE PATIENTS, each with a different talent, gather at Robert Patterson's corner of the hospital — an occupational therapy room. Vida Wilkinson and Jack Colley are looking at

uals in the community. Currently under consideration is housing at 440 King street west for some 24 people.

"I'm lucky to have something to do — I feel I'm part of the rehabilitation process here," he said. "... I had a short time to live when I got here. Sister Mary Hagan gave me a job — it's what kept me going, I think."

Robert Patterson is a quiet man whose interests are directed mostly toward his niche in the occupational therapy workshop.

The corner smells satisfyingly of leather which he works painstakingly to produce beautiful patterned wallets, pocketbooks and belts.

He looks much younger than his 60 years, the last 18 of which he has spent at St. Mary's.

Mr. Patterson was 20 years old when the accident happened that has kept him

a leather pocketbook — the product of many an engrossing hour for Mr. Patterson. He has acquired an impressive variety of skills since arriving at St. Mary's of the Lake 18 years ago.

Patterson's way of putting it.

He feels lucky to have almost complete movement of his arms, neck and hands.

This dexterity has allowed him his "phases" of inquiry into various crafts, including a nine-year period of intensive woodworking which ended several years ago. It produced much work, all of which he has long since given away.

He came to St. Mary's when his mother died, and found there was more oppor-

tunity for activity at the hospital as well as a built-in social life. He had lived at home for 22 years before.

Here he watches the television he recently bought, does extensive reading, socializes, makes and sews leather products for which he has a long order list. Except for a few areas, he is quite independent and his only form of therapy is craft work.

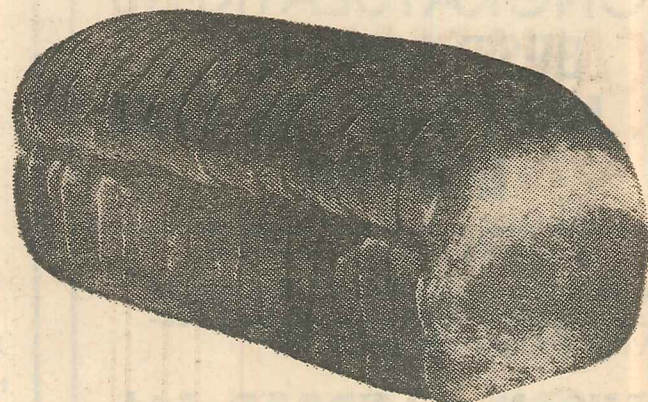
He'd like to remain at St. Mary's, which has truly become his home.

CONGRATULATIONS

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Toward co-operation

“It’s patient power” with responsibility

“It’s patient power,” chuckled administrator Sister Mary Hagan.

She was joined in laughter by seven patients sitting in their wheelchairs in a semi-circle, the sun pouring over their shoulders in the first floor’s rounded sun room of the hospital.

Since April, 1970, some 12 patients have met at regular intervals to discuss problems and requests — many of which were passed on to hospital administration.

Some of the suggestions were tinged with humor. For example, Mrs. Ada McCoy mentioned distribution of busy signs for each room — nothing fancy, just cardboard creations.

Patients and nurses don’t always heed the closed door (which means business) and patients are uncomfortable with the idea of greeting a visitor from the john.

When you look back at the list of items which have been raised by the committee, it’s pretty extensive, remarked one patient.

Two representatives come from each of the five floors of the hospital.

“The business of the committee is to make daily living more pleasant,” explained Gary Asselstine. He is also president of a new committee on recreation whose aim will be provision of popular activities for patients.

Food has come under the scrutiny of the committee which suggested that selective menus, providing a choice of meals, be given to patients each day.

The patients were also aware that their evening meal was being served earlier than 4:30 p.m. in some cases “which made for a long evening,” said one committee member. Now it is served on time and the meals are better and hotter, said Miss Dorothy McQueen, a former dietician.

Public telephones have been lowered so the wheelchair patients (90 per cent of the 110 patients in the hospital move about in wheelchairs) can dial the phone themselves.

A mirror has been installed in the elevator so patients can get a view to see their path is clear before leaving.

Buzzers have been installed in washrooms in case patients require help. This is particularly true when they are bathing and do not want to be stranded in the tub.

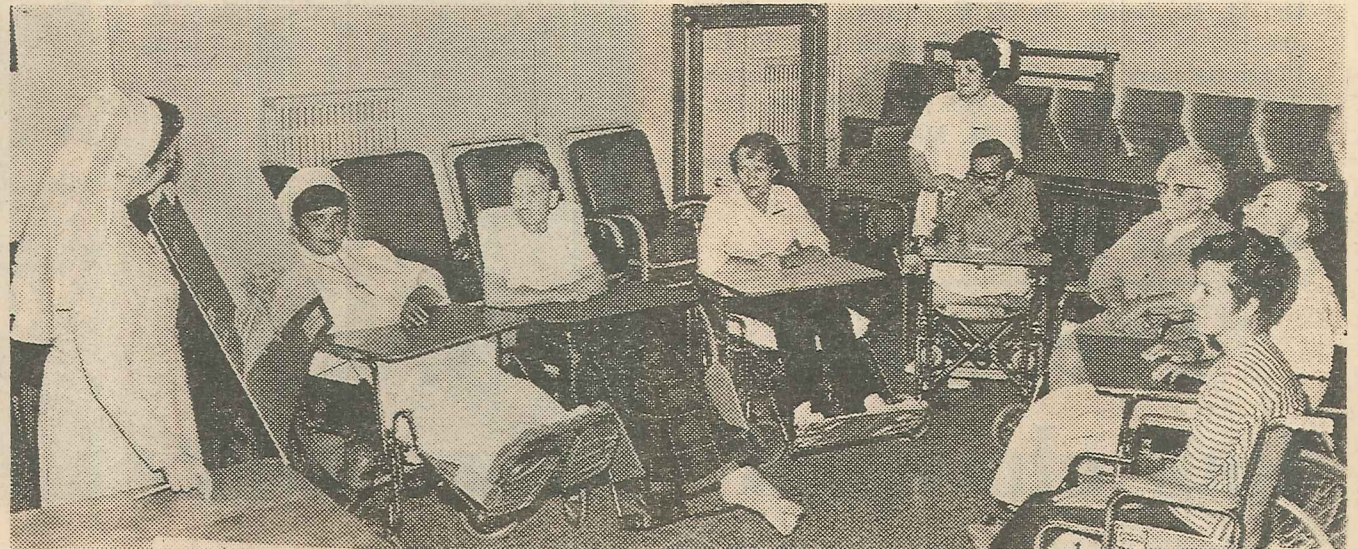
Because of St. Mary’s varied history, the building was not designed for its current purpose. The windows are high — too high to see from, said Mrs. McCoy, who would like to see more than the tree tops.

It’s too late to change the window level in the old wings, but the patients’ committee has had its say in the new building. They were, in fact, provided with miniature plans of the planned construction.

They look forward to a number of innovations, such as more space, wider doorways and larger bathrooms which will accommodate a wheelchair.

“Maybe it will make us more independent that way,” explained Mr. Asselstine who has been considering proposing sliding doors on the bathrooms. This would, he thinks, eliminate the bumping which results from bathroom and room doors. Another idea suggested is having the bathroom in the middle of the room for easier wheelchair manoeuvring.

Some requests have been forwarded to administration by the committee on behalf of other patients. For example, some patients were not seeing doctors on a monthly basis. The six hospital doctors work in teams of two and see patients requesting a visit. Some sleeping patients



—William O’Neill

PATIENT COMMITTEE AT WORK AT ST. MARY’S
Group has been in existence since April, 1970

missed them on their rounds, and other patients simply wanted the reassurance of seeing a doctor regularly, even if they have no medical problems to report.

Social amenities have also crossed the agenda of the patients’ committee. Name pins were instituted to familiarize patients with one another. Discussion of this occasioned some laughter as only three of the idea’s authors were sporting this

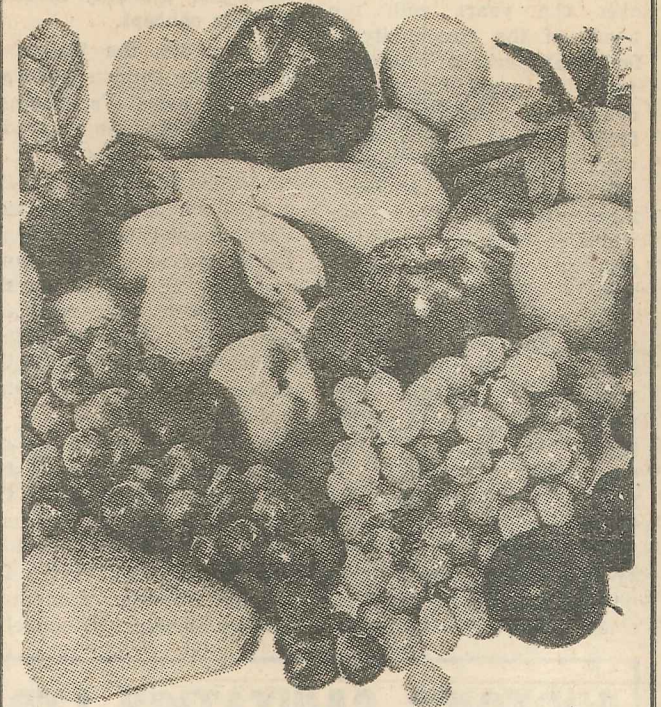
functional jewelry. The others had forgotten them. Mrs. Lee Davidson had tested her pin in laundry soap and water, a solution it withstood.

Currently, Mrs. Lee Davidson, Mrs. Alda McCoy, Gary Asselstine, Mrs. Frances O’Shea and her husband John, Mrs. Vida Wilkinson, Miss Dorothy McQueen, Sister Mary James, Acel Potter, Miss Doris Dunn and Austin Watters are on the patients’ committee.

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A gathering of doctors

Seven of the 10 doctors on the hospital's attending staff managed to meet for a portrait — rather a feat considering their schedules. Seated, left to right, are Dr. A. V. F. Scott, Dr. M. M. James, Dr. J. E. Gibson. Standing are Dr. N. Sproul, Dr. W. Amodeo, Dr. S. L. Fransman and Dr. B. M. Koster. The three doctors not present are Dr. H. D. Steele, Dr. R. El Sawy and Dr. G. M. Merry.

—Cliff Knapp

In just 10 years

'The spirit has changed'

Just in the last 10 years, the spirit of St. Mary's has changed, said the hospital's medical director, Dr. Edward Gibson.

When the hospital began in 1946, the emphasis was on terminal care, but it has shifted to rehabilitation and extended care with an eye to releasing patients.

"The spirit of optimism and happiness among the patients and staff is justified by results of recovery or restoration to health, or by marked improvement in the condition of the patients," said Dr. Gibson.

He has been part-time medical director of St. Mary's for the past five years, and prior, was chief of the medical staff for a decade.

"St. Mary's has changed over the years with the needs of the community. I feel that perhaps within 10 years — particularly with completion of new treatment facilities and the nursing wing (in 1973) — St. Mary's will be able to discharge more patients to home. It will free beds for convalescent and short-term care," said Dr. Gibson.

He sees St. Mary's as coming to the forefront in the future, with the trend in medical care going more towards treatment and therapy on an out-patient, home care and day care basis.

The new wing is phase one of the hospital's development, and will be followed by two other construction phases. The second phase includes another administra-

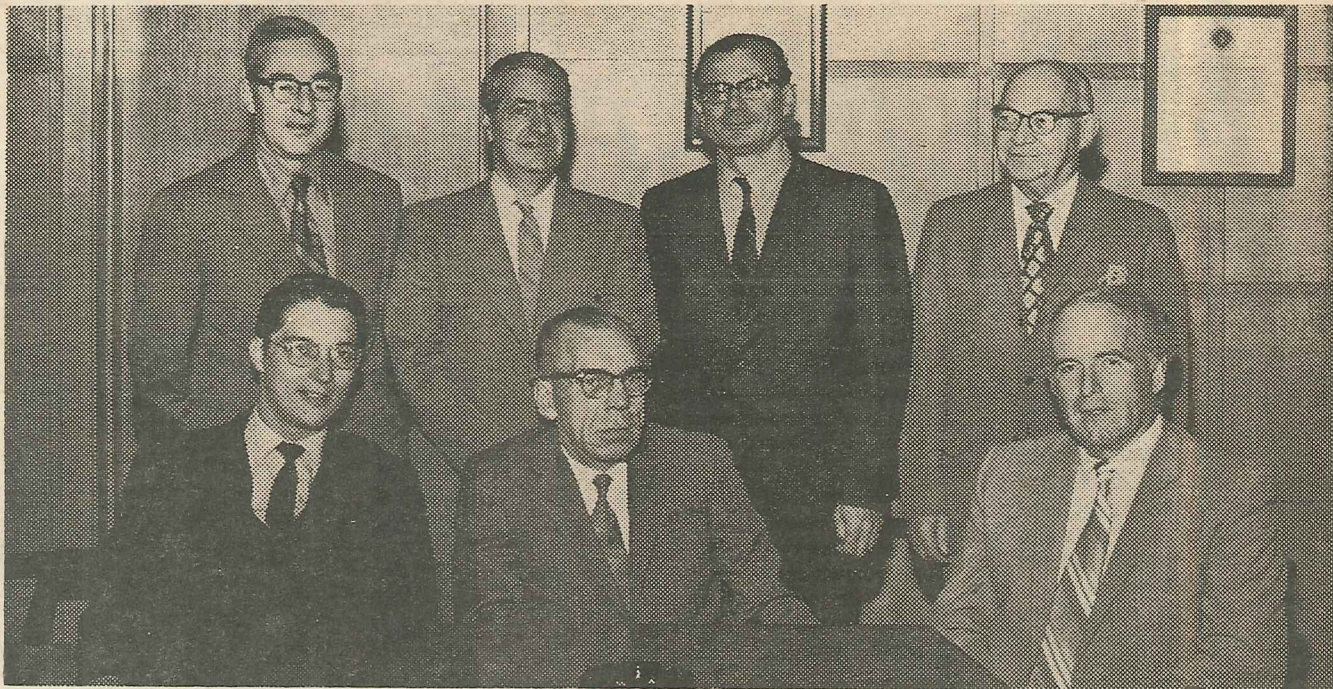
tive and nursing wing on the north side of the new expansion. Phase three plans for a nursing home and nursing cottages, both of which will house patients requiring less intensive care than a hospital provides.

Although these phases are in the long-range planning stages now, Dr. Gibson hopes St. Mary's can soon begin drawing up plans and moving on them, due to the need and economy involved in their concept.

He credits the Sisters of Providence with "spearheading" the hospital's progress, which includes the wing added in 1956.

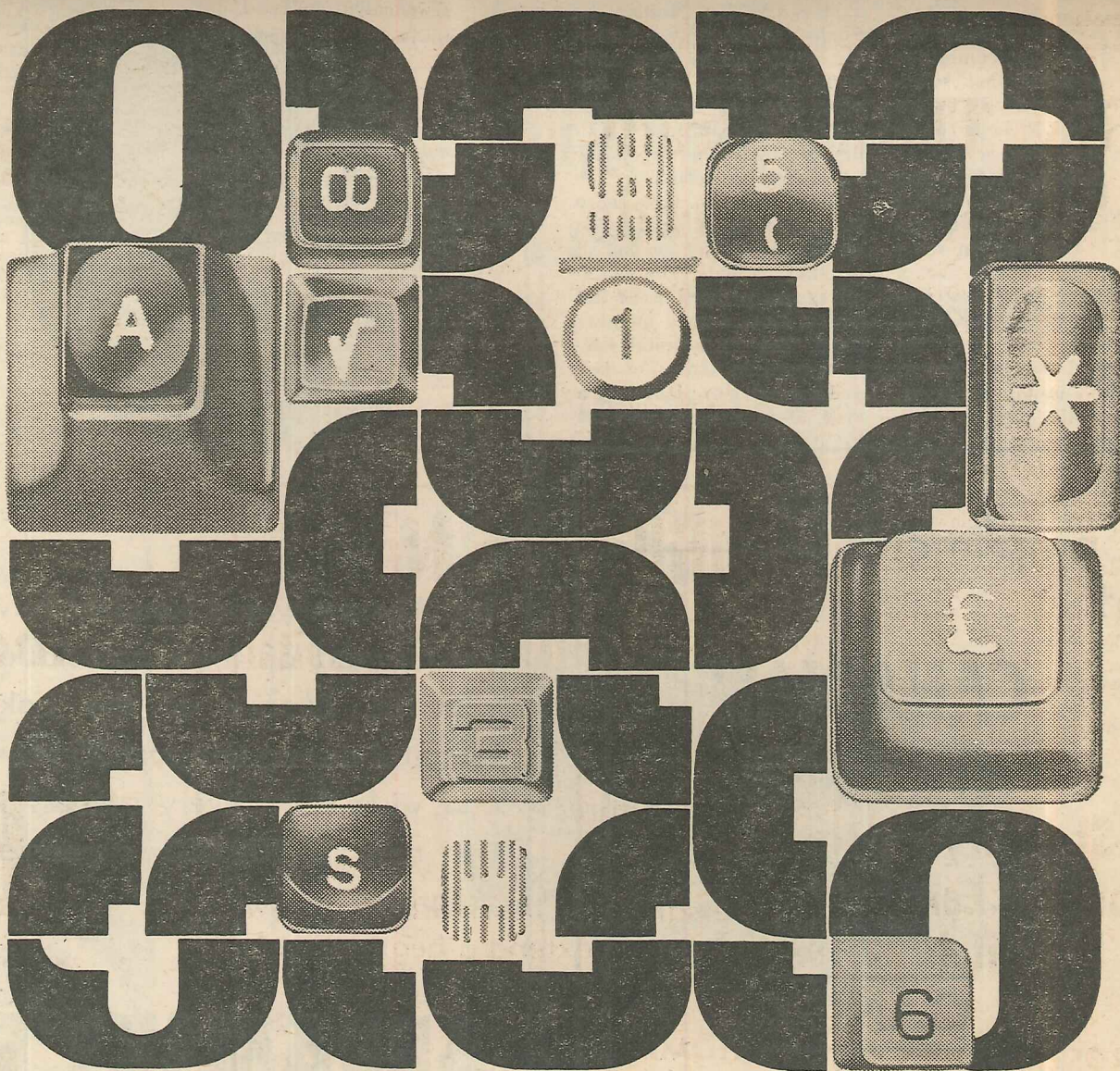
"I think the sisters and the staff have given something very unique in the way of health services in the community," he said. "The sisters' (order) is a most unusual order and completely dedicated, particularly to the cause of long-term chronic patients."

He also recognized the cooperation which has existed with other institutions in the community as an enriching force on the hospital, including the use of St. Mary's for clinical teaching of medical and paramedical personnel.



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Statistics tell the story

Statistics reveal a hospital's day-to-day story.

For example, during 1970, a whopping 987,273 pounds of laundry were processed and 91,978 meals were served at St. Mary's of the Lake.

This corresponds to nearly 75,000 days of hospital care.

The pharmacy was busy filling 35,430 prescriptions while the X-ray department administered and processed some 845 films.

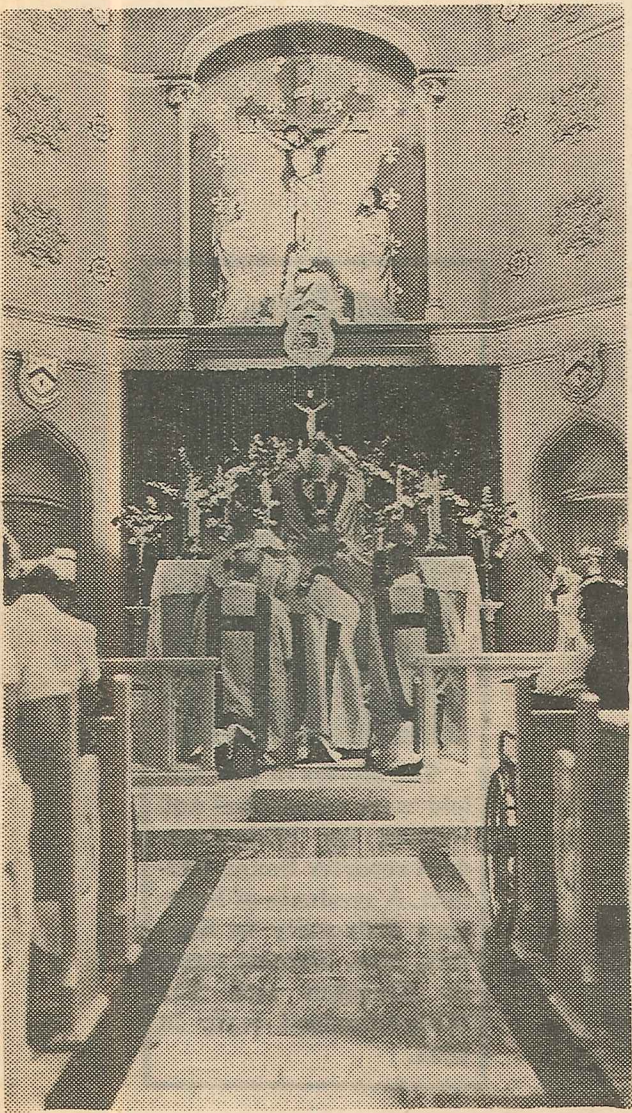
Occupational, therapy treatments numbered 24,343 during last year, physiotherapy sessions reached 38,621, and speech therapy treatments totaled 223. The dental clinic treated 125 in-patients and 13 out-patients.

Central supply made 17,661 special dressings and the laboratory performed 35,864

units of work. The maintenance department received and completed over 1,400 written requests for building and equipment repairs.

Staff at the hospital numbered 335, and during 1970 127 patients were rehabilitated and discharged to their homes or other institutions. Clinical experience was

provided for 107 student nurses from Hotel Dieu Hospital school of nursing and for 56 students from the Kingston General Hospital nursing school.



The quiet chapel

The hospital has a small, serene chapel where Sunday mass is celebrated for patients and staff. Anglican and United Church services are held monthly in the hospital auditorium, and clergy of all denominations visit patients regularly.

Administrators in 25 years

St. Mary's of the Lake has had three administrators during its 25 years of operation.

From its beginning in 1946, to 1952, Sister Mary Hagan served as hospital administrator. From 1952 to 1958, Sister Gwendolyn followed, and from 1958 to 1964 Sister Elizabeth Cassidy held the position of administrator.

Sister Mary Hagan resumed the job in 1964 and has held it to the present.

Between the completion of her first term as St. Mary's administrator and her return to the same position in 1964, Sister Mary Hagan spent time in Brockville and then at Moose Jaw, Sask. as administrator of Providence Hospital there.

Rev. Thomas Brady chaplain for decade

Rev. Thomas Brady is the chaplain of St. Mary's of the Lake, and has held that position for a decade.

He has seven predecessors dating back to the 1946 opening of the hospital.

Rev. J. R. Henshaw served a brief term the first year, and was followed by Rev. E. J. Way, who was chaplain during part of 1946 and 1947. The following year, Rev. J. J. Brennan held the position which was filled by

Rev. M. Couture, the next year.

From 1952-3, Rev. John Keenan, was chaplain, followed by Rev. D. A. Casey. In 1954, Rev. A. Mattieu, served in that capacity.

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137 members now

Auxiliary—a history of help

In 1946, one month after St. Mary's of the Lake's official opening, the Ladies' Auxiliary had already come up with \$1,145.55 from its first fund raising drive.

Since then, the organization has gone through two name changes — from "Ladies' Auxiliary" to "Women's Auxiliary" of St. Mary's of the Lake Hospital — to finally hit on St. Mary's of the Lake Hospital Auxiliary.

The import of this final identity change is that men are not excluded from membership.

The work of the auxiliary reaches into volunteer efforts in providing recreation as well as in money-raising functions.

In 1947, the auxiliary earned \$3,000 for the hospital and has had, since then, its ups (in 1964, nearly \$5,000) and downs (1950 brought less than \$2,000). Over its 25 years, the auxiliary has generated \$86,000 for St. Mary's.

For a while in the beginning, the auxiliary paid for the salary and many of the occupational therapy unit's expenses when Mrs. J. L. Hannah was first setting it

up. Mrs. Hannah, now director of the department, was first hired without the funds for her first month's salary.

Since then, the department has grown to six therapists — on hospital salary.

Over the years, the auxiliary has provided necessities and niceties for the patients. They arranged for and paid a hairdresser for the patients, did sewing, made visits and wrote letters for them.

The auxiliary paid for the public address system in the hospital, for a circ-o-lectric bed used in physiotherapy for strengthening joints and muscles, an electric food conveyor, an oxygen unit, a floor polisher, a projector, and a sewing machine.

In their goal of improving life at St. Mary's, the auxiliary had allies. The Lions ladies visited the hospital every third week, the Amy E. Duff chapter of the IODE, the Kingston Club of Associated Canadian Travellers, the Legion of Mary all joined in the effort.

In 1960, the bill for hair-dressing for three months was \$56.75 and in 1963, the auxiliary paid out \$111.50 for

what physiotherapist supervisor Hans Blaser called "an important form of therapy" during a recent discussion on rehabilitation processes.

In 1963, the auxiliary gave a \$500 bursary to a student of occupational therapy and another \$500 for a thermo-patch machine for the laundry.

By 1969, the auxiliary had raised \$20,000 for a hydrotherapy pool to be used in treatment of paralytic patients as a centennial project for the organization. It will be located in the new wing.

In a 1969 meeting, Dr. Alan Bass, director of rehabilitation medicine at St. Mary's, spoke to the annual meeting of the work of the auxiliary.

"Medicare will provide the essentials for all," he said, "but it won't buy the extra facilities that the auxiliaries have always provided hospitals" — like 3,000 articles sewed, birthday cards and gifts, taxi service to the Royal Military College pool and the running expenses for a new bus for the handicapped.

The first executive of the

auxiliary were: Mrs. B. M. Koster, president; Mrs. D. L. C. Bingham, first vice-president; Mrs. A. C. Hanley, second vice-president; Mrs. C. A. Chabot, third vice-president; Mrs. H. A. McNeill, recording secretary; Mrs. F. C. Smith, corresponding secretary and Mrs. Nelles Megaffin, treasurer.

Past presidents, following Mrs. Koster's year in that position were: Mrs. D. L. C. Bingham, Mrs. A. C. Hanley, Mrs. H. Steacy, Mrs. G. Carson, Mrs. Leo Millan, Mrs. V. Aitken, Mrs. F. K. Ludlow, Mrs. B. A. McNamee, Mrs. G. A. Platt, Mrs. R. J. Allain and Mrs. G. O. Saunders — the present president.

The volunteers of the auxiliary are members of the Hospital Auxiliary Association of Ontario.

Membership fee for the hospital auxiliary is one dollar — the fee set during their first meeting, October 22, 1946.

Currently, there are 137 members in the St. Mary's of the Lake Hospital Auxiliary.

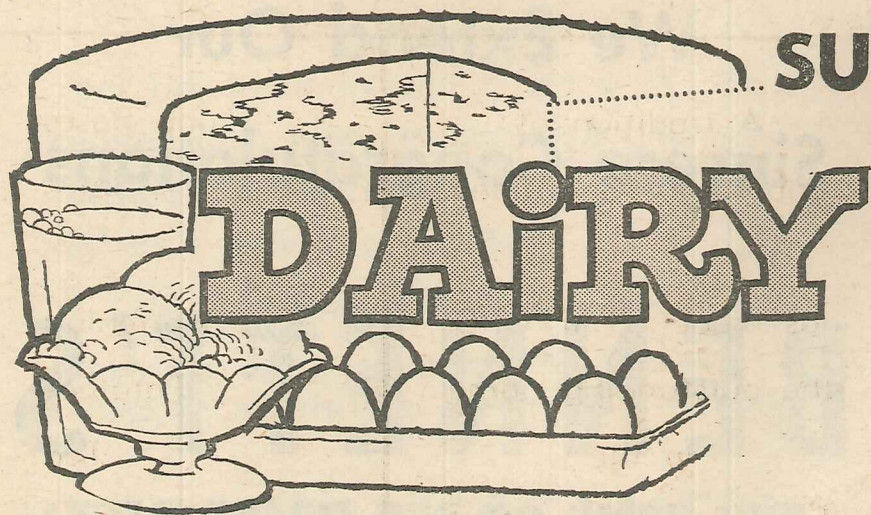


The stories in this tabloid were researched and written by Whig-Standard reporter Donna Barnett. A graduate of Syracuse University in English, Mrs. Barnett came to Kingston and The Whig-Standard early in 1971.

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History dates to 1617

Sisters of Providence have a proud origin

The Sisters of Providence, who founded St. Mary's of the Lake, have a history dating back to 1617.

St. Vincent de Paul, founder of their order, made a resolution early in life to devote his efforts to the poor. In 1617, he was pastor of a church near Lyons and founded an association of laywomen whose work it would be to help the sick and the poor.

The number of these groups increased, but because the women were recruited from aristocracy or upper classes, they were unaccustomed to hard labor. As a result, their work was often handed over to their servants.

The pastor found a solution by forming a group of healthy, kind-hearted girls drawn toward helping the poor and needy.

Gradually the membership grew and in 1633, St. Vincent de Paul initiated a period of training in the community. It was the real beginning of the Company of the Daughters of Charity.

The women at first retained their secular dress and mingled freely with the people. Most of them came from peasant homes and little farms, and were no

strangers to hard physical work.

Initially, they took abandoned children into their homes and extended hospitality to girls who had to leave their homes because there wasn't enough food for the family.

Eventually, the sisters were involved in giving cor-

poral and spiritual assistance to sick convicts in prison.

Vincent de Paul's success was a result of natural talents and a tremendous amount of work, but above all, of a profound spiritual life. He practiced and taught a simple, non-mystical piety which was Christocentric and oriented toward action.



—Cliff Knapp

The sisters who make St. Mary's run

There are 14 Sisters of Providence on staff at St. Mary's of the Lake Hospital. From left to right, first row, are Sister Gracia Whalen, Sister Mary James, Sister Mary Anita; second row: Sister M. Sacred Heart, Sister Mary Paula, Sister Anna Marie, Sister Mary Hilde-

garde, Sister Marianne Hegholz; third row, administrator Sister Mary Hagan, Sister Christine Breeze; fourth row, Sister Mary Chrysostom, and Sister Rita Dimberline. Missing from the group portrait are Sister Muriel Gallagher and Sister Mary Helen.

Ground-breaking set for Wednesday

St. Mary's of the Lake Hospital will mark its 25th anniversary with a ground-breaking ceremony for a large new wing on Wednesday at 4:30 p.m.

Participating in the event will be Archbishop J. L. Wilhelm of Kingston; E. J. Benson, finance minister and MP for Kingston and the Islands; and James Auld, Public works minister and MLA for Leeds; Syl Apps, MLA for Kingston and The Islands. Also present will be Ald. Edwin Watts, represent-

ing the City of Kingston, and Mother Margaret McDonald, superior-general of the Sisters of Providence.

A jubilee mass, celebrated by Archbishop Wilhelm at an altar erected on the grounds near the site, will precede the sod-turning.

Entrance to the hospital will be via the Union street gates rather than King street. In case of rain, all events except the actual ground-breaking ceremony will be transferred to the hospital buildings.

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The medical staff in 1971

Members of the executive medical staff for 1971 are, Dr. M. M. James, president; Dr. G. M. Merry, vice - president and Dr. A. V. F. Scott, secretary.

Doctors on the attending staff of St. Mary's of the Lake are: Dr. J. E. Gibson, part-time medical director and specialist in internal medicine; Dr. W. Amodeo, medicine; Dr. B. Koster, medicine and surgery; Dr. M. James, medicine; Dr. G. Merry, medicine; Dr. A. Scott, medicine; Dr. N. Sproul, dentistry; Dr. H. Steele, pathology and laboratory; Dr. D. Symington, rehabilitation medicine; Dr. R. ElSawy, rehabilitation medicine; and Dr. S. L. Fransman, radiology.

Doctors on the consulting staff are Dr. M. A. Ashworth, orthopedics; Dr. D. L. C. Bingham, surgery; Dr. T. J. Boag, psychiatry; Dr. A. W. Bruce, urology; Dr. W. F. Connell,

medicine; Dr. C. W. E. Danby, dermatology; Dr. H. B. Dinsdale, neurology; Dr. G. Douglas - Murray, gynecology; Dr. J. W. Hazlett, orthopedics.

Dr. R. F. Hetherington, neurosurgery; Dr. D. G. Hooper, oto-rhino-laryngology; Dr. R. B. Lynn, thoracic and vascular surgery; Dr. J. G. McBroom, ophthalmology and oto-rhino-laryngology; Dr. J. R. McCorriston, surgery; Dr. W. J. S. Marshall, neurosurgery; Dr. J. R. McCorriston, surgery; Dr. W. J. S. Marshall, neurosurgery; D. V. A. Nekus, anesthesia; D. L. N. O'Connor, gynecology

Dr. M. A. Simurda, orthopedics; Dr. C. Sorbie, orthopedics; Dr. D. C. Symington, rehabilitation medicine; Dr. E. P. White, urology; and Dr. E. R. Yendt, internal medicine.

Honorary staff for the hospital are Dr. E. A. James, the late C. H. McCuaig and Dr. G. W. Mylks.

 **SIMPSONS-SEARS**

This year marks the 25th anniversary of dedicated service by St. Mary's of the Lake Hospital to the citizens of Kingston and area.

With the announcement of the new \$5.5 million expansion program, St. Mary's of the Lake Hospital will be embarking on many more years of selfless service.

 **SIMPSONS-SEARS**

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for a
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