



Caring for the Future

2017 NEWSLETTER

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Legacy gifts continued to be a strong source of support for St. Paul's in 2016.

These special final gifts often reflect a key moment in the donor's life; a point at which St. Paul's had a profound impact on the donor or a member of their family, such as through a life-saving surgery at the Heart Centre. Other gifts are the result of a long relationship — the donor may have experienced years of care from St. Paul's, such as through our Renal Program or through the Pacific Lung Health Centre.

Legacy gifts have the potential to profoundly impact St. Paul's. Whether through supporting medical research; patient care programs; the acquisition of diagnostic equipment; or professional education opportunities for our clinical staff — the gifts make an important difference. We are grateful for each gift received.

We hope you enjoy this year's newsletter.

Dick Vollet,
President & CEO,
St. Paul's Foundation

Karen Brown,
Director, Legacy & Estate
Giving, St. Paul's Foundation



Irene and Dick Matthews lived a happy life on Beatrice Street in Vancouver.

Irene Matthews — Vancouverite Gives Back

Irene May Matthews was born, raised and lived out her life in Vancouver — mostly in one home on Beatrice Street, where she moved with her parents when she was six years old. She graduated from John Oliver High School in 1948 and went to work for the City of Vancouver soon after.

It was while working at the city's vehicle inspection station that she met Dick Matthews, her husband-to-be. The couple married in 1957 and made a happy life together on Beatrice Street. They lived in the basement of the home for a short time while Irene's parents resided upstairs. It wasn't long before Irene's parents decided to move out and make way for Irene and Dick. Irene never lived anywhere else.

Irene enjoyed good health and had never been in a hospital until she needed heart surgery while in her 50's. Dick describes Irene as an "optimistic, level-headed, very solid" sort of person. She was proud of her home and city. She loved to bowl, garden and travel with Dick, especially to England, where they both had cousins.

Irene left gifts in her will for a few close friends and directed the rest of her estate to 13 charitable organizations. We are honoured that Irene chose St. Paul's to be part of her philanthropic legacy. Her gift will be used to support the greatest needs of the hospital and improve health care for the community she loved. We all owe her a debt of gratitude.

Bette Cotton — A Gardener from Coast to Coast



Bette's gift to St. Paul's supports scleroderma research at the Interstitial Lung Disease Clinic.



Dorothy Elizabeth Cotton, best known as Bette, was born and raised in Dalhousie, New Brunswick. She began her long trek west when she left home to attend what is now known as Concordia University, in Montreal.

Bette studied business at Concordia and there she met her future husband, Frederick Rowan Cotton. The couple married in Saint John and Fred began his career as an executive for Sears Canada with the very capable Bette by his side.

Bette and Fred moved westward with stops in Toronto, Winnipeg, Edmonton and finally, Vancouver as Fred climbed the corporate ladder. Bette's intelligence, determination, refinement and wit made her the perfect hostess and executive spouse; she was a huge source of support for her husband's career. Bette was also an extraordinary gardener and left beautiful gardens behind her at each of the couple's homes as they moved across the country. In Vancouver, she joined the UBC Friends of the Gardens and was an active member for 25 years.

While Bette had exacting standards for the many tasks at which she excelled, she was also the soul of generosity when it came to putting others at ease and reviewing their work. If the result of a particular volunteer assignment was not quite as hoped for, Bette's immediate and heartfelt response was: "Don't worry, it will never be seen from a galloping horse!" Bette's infectious laugh would follow and all would be well.

Bette's relationship with St. Paul's came about after she was diagnosed with scleroderma, a rare disease that involves the hardening and tightening of the skin and of the body's connective tissues. Bette came to rely on her doctors to help manage the symptoms of her disease and was impressed with the high calibre of care received.

Fred and Bette did not have children so, following Fred's death, Bette arranged her will to benefit friends, relatives, and several charities including St. Paul's. She requested her gift be used to support scleroderma research and, indeed, Bette's gift is currently supporting two clinical investigation research projects through the Interstitial Lung Disease Clinic at St. Paul's. Bette's generous gift to St. Paul's will help with the diagnosis and treatment of patients not just in BC but across the country and even internationally. At St. Paul's, we are truly honoured to be part of the legacy of this very special "East Coast girl"!

Save the Date!

This year's Caring for the Future Society Tea has been set for:

Tuesday, June 13, 2017

This year, Dr. Mari DeMarco, Clinical Chemist, St. Paul's Hospital, will speak about work done in her lab at St. Paul's to develop a diagnostic test for Alzheimer's disease. Invitations will be mailed in early May but in the meantime, please save the date!



Caring for the Future Society members and guest speakers enjoying past teas.

Caring for the Future Honour Roll

In 2016, St. Paul's Hospital Foundation of Vancouver received \$1,211,450 from the estates of generous donors who chose to make a very special legacy gift to support health care in our community. Many of these gifts came directly from the donor's estates, while a few came from Donor Advised Funds being held at other foundations. We appreciate each and every gift received. We extend our heartfelt thanks to the following donors (and their families) for their legacy of compassion and support:

Estate of Lillian June Ames

Estate of James G. Baxter

**Bergquist Family
Memorial Fund**

**Estates of Robert &
Margaret Carpenter**

Estate of Bette Cotton

**In Memory of Gino
De Pieri & Family**

Estate of William (Bill) Franklin

**Bernice and Robert
Gilbert Fund**

Estate of Lorne Glennie

Estate of Karl Grimm

**Estate of Ruth
Elizabeth Hodge**

Estate of Anne Marie Kaplan

**Art Kelm & Mary Lewis
Endowment Fund**

Robert Kenny Fund

Estate of Joan Dolores Klein

Estate of Olga Lance

**Donald Matheson and
Audrey Matheson Fund**

Estate of Irene May Matthews

**Estates of Donald &
Elaine Needes**

**The Agnes MacKay
Groundwater Publicover Fund**

Barry Reed Fund

**Estate of Afra Rogan
(née Allison)**

Estate of Barbara Joy Rogers

Estate of Gilbert Sage

**In memory of Rochelle
Lee Seeman**

**Estate of Patricia
Marian Shepherd**

**Estates of Ajaib (Jab) &
Nirmal (Munni) Sidhoo**

**Kenneth and Joyce
Walley Family Fund**

Gordon Walsh Fund

Estate of June P. Wilson

Profiling the people who make St. Paul's special: Fran Schooley



Fran Schooley is a Clinic Coordinator at the Pacific Lung Health Centre at St. Paul's, where she manages not one but two clinics—the Scleroderma Clinic and the Pulmonary Fibrosis Clinic.

If there is one word you associate with Fran, that word is “patients.” But it’s not just when they are in hospital that patients experience Fran’s beyond-the-call-of-duty support. It’s when they’re home.

“Patients know they can contact me, even on weekends, if they feel they have an urgent situation,” says Fran. This approach reflects what Fran sees as her most important role: helping patients feel secure.

“It’s more in the knowing you can call if you need to,” Fran says, pointing out that she doesn’t get many weekend calls. “Just the knowing helps decrease anxiety.”

Support group promotes healing

In 2011, Fran and her team began a support group for pulmonary fibrosis patients so they could gather

for information sessions as well as meet others with the same condition. Five patients came to the first meeting. Today, however, as many as 50 people attend, including both patients and caregivers.

“With our group,” says Fran, “you meet all of these people who are living and getting along with the same disease you have. For patients, I can’t tell you how much that means, how much better that interaction makes them feel.”

Fran is yet another shining example of caregivers at St. Paul’s going to great lengths to ensure patients receive the best possible treatment and care.

What are scleroderma and pulmonary fibrosis?

Scleroderma is a disease of the body’s connective tissues that results in the thickening of the skin and organs, which can impact circulation and respiration. Pulmonary fibrosis entails a build-up of scar tissue in the lungs, making it difficult for oxygen to get into the blood, which results in difficulty breathing. With the impact on breathing and circulation, patients often require oxygen therapy.

HEALTH TIP

Fran knows best: “It doesn’t matter if you’re on oxygen, you need to walk. Even if you can only make it to the edge of the driveway, you need to move your body. Exercise is huge! You can’t just sit. Your body needs that circulation. With all that oxygen, you feed your body, your organs. Don’t over-do it, stay within your capabilities, but keep moving. That’s my mantra. Keep moving.”



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*If you would like more information about making a gift through your estate, or if you would like to discuss the purpose of your intended gift, please contact **Karen Brown, Director, Legacy & Estate Giving:***

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