



# Eagle Ridge Hospital AUXILIARY

## MARCH 2026 Q1 NEWSLETTER

Editor: Julie Colquhoun

**Executive Members:..**

President.....Teresa Warner

Vice President..... Pam Lawson

Secretary .....Ann Higgins

Treasurer ..... David Warner

Membership .....

Publicity ..... Julie Colquhoun

Past President ..... Lynda Gold

Ways & Means .....Sherry Stewart

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**FOLLOW US ON FACEBOOK AT** Eagle Ridge Hospital Auxiliary

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**EMAIL** [erha1976@gmail.com](mailto:erha1976@gmail.com) **OR** [erha1976thriftshop@gmail.com](mailto:erha1976thriftshop@gmail.com)

### Auxiliary Programs

**ER Hospital Gift Shop:**

OPEN DAILY

11:00 am to 3:00 pm

**Thrift Shop: OPEN DAILY**

Sun 11:00 am – 3:00 pm

Mon 10:00 am to 2:00 pm

Tues – Sat 10:00 am to 4:00PM

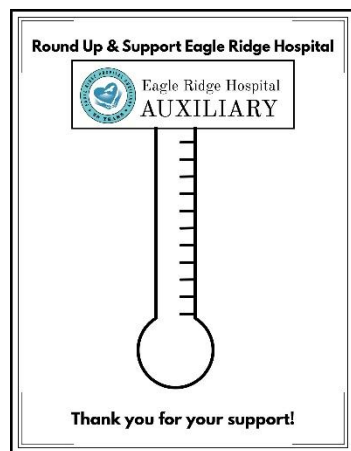
2811B Shaughnessy St.

Port Coquitlam - 604 469-3338

**We are at 114 Volunteers this quarter, holding steady.**



- **Photos and dates** of 50 years of past and current president are now displayed in both our Thrift and Gift Shop. Honoring the service of our many presidents and their contributions to our success. Thank-you Pam for your vision, hard work tracking down all the photographs and data for your beautiful display.
- **Round up and Support the Hospital**  
Both our Gift and Thrift Shop Cashiers will be asking customers if they wish to round up the value of their purchase to the nearest dollar. This will be an ongoing initiative that depending on its success could continue past our 50<sup>th</sup> year.



- A **banner celebrating our 50 years** will be placed on the fence outside of Eagle Ridge Hospital. Banner will also help raise awareness of the Auxiliary to the general public.

Thank you to our 50<sup>th</sup> Anniversary Committee for all their hard work.

Teresa and David Warner, Ann Higgins, Barb Black, Charlene Giovannetti-King, Pam Lawson, Teresa Dallas, and Julie Colquhoun.

And last but not least our very brave Project Manager Chris Nicholl who herded the cats and kept us all on track.

### March AGM Election of Officers and Spring Tea



Members of our Executive team were elected for the next 2-year term. Teresa Warner moved from Vice President and Acting President to President.

Pam Lawson moved from Ways and Means to Vice President

Sherry Stewart joined the Executive as Ways and Means chair

Ann Higgins, Julie Colquhoun and David Warner continued in the existing rolls of Secretary, Publicity Chair and Treasurer respectively.

A lovely **Spring tea** was offered at our 2026 AGM with fancy cakes, and sandwiches on tiered cake plates, with beautiful tea cups for our tea.

It was also an opportunity to recognize and thank our many Volunteers and celebrate our 50<sup>th</sup> together.

A keepsake colouring book and lovely potted roses were given to each attendee.



We again held our very popular 50/50 draw where Gilma Johnson our guest speaker was the lucky winner of \$151.00, \$60.00 of which she donated back to the Auxiliary.

Thank you to our amazing beverage and food committees who kept things moving.

### 2026 Executive



Teresa with the gavel that started it all



Lynda Gold (Past Pres )  
Velda Boyle (Past Pres)  
Teresa Warner (Pres)

**Honorary Members**  
Velda/Sylvia Dubeckus  
Dorothy Robertson

Carole Murray (BCAHA) Lynda Gold (Past Pres)  
Ann Higgins (Secretary) Julie Colquhoun (Publicity)  
Teresa Warner (Pres) David Warner (Treasurer)  
Pam Lawson (Vice Pres)  
Sherry Stewart (Ways and Means)

## Who we Support

**Gilma Johnston long time Nurse and member of the Quality team spoke at our AGM as a representative of Eagle Ridge Hospital, highlighting the impact our Auxiliary's contributions have made and continue to make on ERH patients and families.**

**Here are some of her comments:**

“When we talk about the Auxiliary's contributions, it's easy to list the items you've purchased but a list doesn't capture the *impact*. So, I want to take a moment to describe how these items are used in practice, in the hands of real people.

When we need to understand what's happening with a patient quickly, we turn to **vital signs monitors** you purchased to help us catch problems early. It means a nurse can say, “We need to act now,” instead of “I wish we had known sooner.”

When someone is recovering from surgery or illness, the wheelchairs you funded help them move safely, sit up to enjoy a meal or visit with families. **Wheelchairs** bring possibility.

Patients often tell us that being able to shower on their worst days makes them feel human again. The shower chairs you purchased makes it so even patients with mobility challenges can freshen up. And when you feel and look more like yourself, you want to mobilize more. You want to participate in your recovery. **A shower chair isn't just a chair. It's hope.**

The **portable otoscope** you purchased helps us assess ears and throats without moving fragile patients. The bladder scanner helps us avoid unnecessary procedures and discomfort. These are small moments that add up to a better patient experience.

When a clinician needs to assess circulation, they turn to the **vascular doppler** you purchased to help detect issues before they become emergencies. When a patient needs IV therapy, the IV pumps you funded ensure accuracy and safety. These tools prevent complications. They prevent harm and save lives quietly, without fanfare.

The **physio stepper** you funded helps people regain strength and balance. It can help someone build up their tolerance to stand after a stroke or walk again after surgery. It can help someone return home.

The **water coolers** you raised money towards keeps patients hydrate to prevent urinary tract infections and reduces constipation. Hydration is simple, but it's powerful.

The **courtyard patio gazebo** you supported is a sanctuary. It's where families go to breathe. It's where patients go to feel the sun. It's where staff go to reset after difficult moments or enjoy lunch with a colleague. Healing doesn't only happen in patient rooms, it happens in quiet, green spaces too.

The **nourishment cart** you support for the emergency department is more than snacks. It's comfort, kindness and provides human connection. Many patients arrive without having eaten, sometimes because they didn't expect to be at the hospital, sometimes people wait long hours. A granola bar, muffin or a juice box may seem small, but when you're in pain, tired, or hungry, it feels like someone saying, “We see you and you matter.” And the **family comfort cart** you support for end-of-life care, that cart is love in motion. It brings warm blankets, tea, tissues, and small comforts to families who are saying goodbye. It creates moments of gentleness in the hardest hours of someone's life.

The **music program** you fund transforms the environment. A quiet hallway becomes warm. A tense waiting room becomes gentler. A patient having a difficult day suddenly relaxes. Music reaches people in ways medicine can't.

And then there are the comfort items like **shampoo, toothbrushes, and deodorant**. They may seem simple, but these toiletries help restore dignity. They help people look and feel better, even if it's just for a moment, it's a moment where they feel like themselves again. The **books, crayons, and teddy bears** give people something precious: a moment where the hard things fade into the background.

And finally, the items that are closest to my heart: the **quilts, dolls, and activity mats** you create for patients experiencing delirium or cognitive challenges. The items give people something to hold, something to touch, something that feels safe when the world feels confusing.”



## Who We Are

### Sherry Stewart – Ways & Means

#### Celebrating One-Year Anniversaries

Lina Anwari  
Courtney Catterall  
Shannon Gan

#### Celebrating Two-Year Anniversaries

Pam Lawson  
Louise Montgomery  
Sisley West

#### Celebrating Three-Year Anniversaries

Frankie Brovold  
Charlene Giovannetti-King  
Cindy Helyar  
Racil Hindin  
Nadia Lomakina  
Shirley Meeker  
Carol Phelan

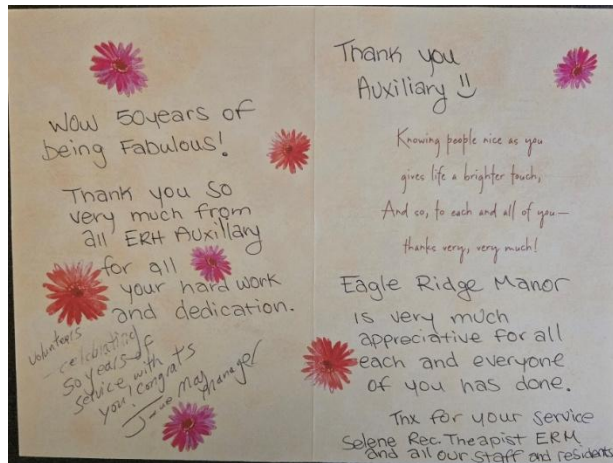
#### Celebrating Four-Year Anniversaries

Maria Buenaventura  
Rose Fera  
Linda Peece  
Sarah Styler  
David Warner



The newest member of the Executive, chairing the Ways and Means Committee.

Sherry joined our Auxiliary 5 years ago after retiring from a 40-year career in Psych Nursing. Looking to volunteer in the health care field Sherry joined our Auxiliary working in our Thrift Shop. She has a long history of volunteerism supporting local baseball, football, and dance. In one case running the concession for Football and Baseball. Sherry loves to organize things, so she has been perfect as one of our volunteers who keep the shop tidy and beautiful out front. She loves the universality of our cause. "Everybody is going to need a hospital and some point" as well as the camaraderie amongst our volunteers.



### Thank-you from the Manor Staff



### The Ways and Means Report Pam Lawson

What a wonderful start to the new year, so many things to celebrate. We finished off the year on a high note donating lots to the Hospital in the form of blankets, quiet people, fidget mats and muffs and our new commitment of quilts to the Palliative Care Unit. Then we celebrated the start of our 50<sup>th</sup> Anniversary year with a great kick off followed by our March AGM which was a wonderful event. Heart felt thanks to all that helped make it a success.

I'm looking forward to all the fun events planned over the next few months celebrating 50 years.

Sherry Stewart was voted in on March

21<sup>st</sup> as your new Ways and Means Executive and I know that she has fun things in mind to help us make even more money for the hospital.

Thank you for helping me with all your ideas and craft items, I appreciate you all.

### Pam Lawson

Looking forward to working with all of you creating some fun stuff for the Thrift Shop and Craft Fair in November. Let me know if you have any new ideas.

### Sherry Stewart



### Thrift Shop – Update

After ending last year with record earnings, January started off slow, but picked up through the end of the month. February was a stellar month with our biggest sale day yet on February 25<sup>th</sup> for our 50<sup>th</sup> Anniversary Sale.

Our sales also continued strong in March. In this first quarter our donations have fluctuated a fair bit with Spring break starting off slow and then a mad rush toward the end of March.

Ann and I moved fixtures around again with the objective of improving the flow in

both front and back of the shop; unifying Men's Wear including the Boutique and shoes as well as combining Ladies Wear and shoes. We also added back-to-back metal racking to hold our electrical appliances. In February we upgraded all of our lighting on the old side from Fluorescent to LED lighting. This was a program offered by BC Hydro free of charge saving us \$3000.00 in installation costs. We are anticipating this will lower our Hydro bills going forward. At the same time, we had the electricians install an additional electrical outlet allowing us to move our steamer into a better location. We rejigged the layout in the back room to allow for three main pricing work stations, as well as dedicated storage for art, picture frames, children's clothing, glass, china, and toys.

**Julie and Ann – Thrift Shop  
Co-Managers**