



AUTUMN 2018

PARTNERS

OF THE SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

*The Saanich Peninsula
Hospital Foundation,*

PAST & FUTURE...

We have significant gaps in health care on the peninsula; many of which are created or exacerbated because of the current shortage of family physicians. We see it at the Saanich Peninsula Hospital, when patients wait for hours to be seen in the Emergency Room. We've been seeing it in the struggle to keep family physicians engaged in delivering hospital services. The

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Hospital & Healthcare
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Beverly Lewis

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Saanich Peninsula employs a rural medical model, which means that the physicians in the community also staff the hospital (with the exception of the Operating Rooms). Physician shortages in the community threaten the survival of the hospital.

The Board of the Saanich Peninsula Hospital Foundation took a close look at the Foundation's work and asked the question "Is the community still passionate about us?". They thought about the motivation to create our charity (we want the best health care for the Saanich Peninsula, close to home) and how the definition of "the best health care" has changed. In 1985 (the year the Foundation became a charity), it was hard to get and keep hospitals and specialists, but family physicians were plentiful. Oh, how times have changed!

The Saanich Peninsula Hospital Foundation has decided to redefine its mission more broadly and change its name to the Saanich Peninsula Hospital & Healthcare Foundation.



You have trusted us to be responsible with your gifts. If you want a donation to go to a specific cause, whether in the hospital or in the community, we will work to make that happen. Your passion is our passion, and we will always honour your wishes. ■





PRIMARY HEALTH CARE ON THE PENINSULA

By Charlie White

The Saanich Peninsula is a diverse place to live; there is rolling farmland, rocky beaches, lively towns, and the people who call the peninsula home are from many walks of life. This diversity creates a vivacious community that has various health needs. However, many people do not have a family doctor. The Saanich Peninsula Hospital & Healthcare Foundation has recognized that this is the number one healthcare problem on the peninsula.

We see the effects at our hospital. The shortage of family physicians has led to overuse or inappropriate use of the Emergency Department at SPH. To combat these problems, health care on the Saanich Peninsula is undergoing a shift away from independent, entrepreneurial practitioners and towards a collaborative, team-based, interdisciplinary practice model, called a primary healthcare team. The team involves a group of healthcare providers, including physicians, nurses and pharmacists, amongst

others. They work together to improve the health of the communities' residents by providing incremental, continuous care, while also allowing for a better work-life balance for healthcare providers.

One of the goals of the Foundation is to assist the Saanich Peninsula Primary Healthcare Society (SPPHS) in building the necessary infrastructure to support the growth of this new model to serve our whole community.

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Peninsula Medical is a great example of the new model of a primary healthcare centre: a team of healthcare professionals collaborating

Shawna Walker, Executive Director of Peninsula Medical and the Saanich Peninsula Primary Healthcare Society has outlined three goals:

- 1 Continue building a network of primary healthcare clinics that will operate in a team-based care model with physicians and other healthcare providers
- 2 Attract new physicians to this model so we can have a positive impact on the number of people in our area who do not have a family doctor
- 3 Support the operations of the Saanich Peninsula Hospital.

to provide primary health care and health promotion services. Not only has Peninsula Medical attached over 3,500 people to a family doctor, it has also provided the town of Sidney with a walk-in clinic and has allowed its healthcare providers a better work-life balance. By creating an environment in which physicians, nurses and pharmacists work closely, Peninsula Medical can provide high quality, well-rounded, patient-centered care.

Peninsula Medical's next phase involves opening a second centre in early 2019 and further addressing youth care by opening its youth health clinic a second night of the week (it is currently only open on Thursday evenings). The need for change and improvement in our healthcare system can be overwhelming at times, however, Shawna Walker, Executive Director feels "We are fortunate to live on the peninsula. Although like any other area, we have many challenges meeting the needs of health care for our community, we are a step ahead through the collaboration of community leaders working to address solutions to those challenges." ■

In our last issue of our Partners newsletter, we told you about Garry Upton, his volunteering in heading up the Men's Group in Residential Care and his recent battle with cancer. We are saddened to write that Garry lost his battle on August 3. As his family wrote: "Wherever he is now, we know he is looking down at us; wearing a silly hat, enjoying his spam sandwiches, and a coffee with an extra shot. And, he wanted everyone to know...it wasn't gas. Group Hug."

Thank you, Garry. We will miss you. ■





Remembering

ANGELA AARTS

By Lesley Webb

Over the years, the Foundation has had the opportunity to work with several talented individuals. One of those special people has been our Accountant, Angela Aarts. Sadly, we lost Angela on May 26, 2018 due to breast cancer. In her honour, we'd like you to know a bit about Angela's contributions to our organization.

Whether you knew Angela or not, since 2000 she worked diligently behind the scenes, with all of the attention to detail for the countless facets of our financial reporting. Whether it was preparing monthly statements, reconciling cheques and bank balances, tracking investments or the more important job of providing the auditors with yearly schedules, Angela did them proficiently and accurately.

Angela was an accomplished scholar, possessing a CMA and MBA as well as numerous years of experience working for

different organizations, many of them not-for-profit. She maintained her position at the Foundation as her "fun" job even though she was either working full time, attending courses or raising her family.

Beyond her professional reputation, Angela was a lot of fun to work with and made people laugh and feel good about themselves. She had a healthy dose of humour and provided us with a lot of practical wisdom over the years. Not only that, but she volunteered right up to the end for many of our events including our annual Galas, golf tournaments and the Canada Day parades.

The Foundation pays respect to Angela for all of her intuition and guidance. She taught us the high quality standards required for a successful operation. To Angela's family, thank you for sharing a beautiful woman of many talents. May she rest in peace. ■



**We've raised close to
\$1.6 million to date!**

**It's more than what donations buy,
it's what donations do**

How's the Campaign Doing?

You may be asking how much we've raised, and what we've done with it. Well, the campaign so far has raised close to \$1.6 million!

- » You will see in this edition that the automated drug dispensing system has been installed in the Emergency Room and is up and running. Nursing staff are so excited about having this major advance in place. Island Health funded the renovations and the Foundation purchased the equipment.
- » The echocardiogram service is also “up and running”. It is currently using equipment from downtown, while we wait for the new equipment to be delivered. This is a wonderful, and timely, new service for our community.
- » Renovations to the bathing rooms in Residential Care are ongoing and will give residents a more spa-like experience. The renovations will also make the spaces more “ergonomic”, meaning more efficient and comfortable for staff.
- » We've begun planning for the “refresh” in Palliative Care. This project will update paint, window coverings and furnishings, while maintaining its warm and homey feel. ■



Thank You to Our Retiring Board Members

By Barbara Harwood, photography Beverly Lewis

Five long serving Board members will be retiring this month. When it was first suggested that they be invited to make a contribution to the Newsletter about themselves, it was mooted that they would all say the same things.

That is not the case at all, and it is because of the varied backgrounds of the five gentlemen, that their contributions to the Foundation have been so strong.

The total number of years contributed by the five is more than 75. If that were to be put into hours of volunteer service, the number would be enormous.

Being a Board member involves considerably more than attending the Board meetings. It means representing the Hospital at community meetings, at decision making meetings with Municipal and Health authorities and at meetings with other well-known organizations on the peninsula.

Dale Henley

Dale Henley was born in Nanaimo and received his Bachelor of Laws from the University of British Columbia. After working in Victoria, he ultimately felt the urge to be independent and began his own practice in Sidney. In addition to many volunteer activities on the Saanich Peninsula, he is a past president of the Board of Directors of the Foundation.

Lorne Jack

Lorne is completing his 18th year on the Board. It is his unmistakable opinion that the donors are the people that make the Foundation look good. Examples of that are obvious around the hospital from the Operating rooms to the Chapel to the Medical Device Reprocessing Department. Staff have ideas and suggestions which are brought to the Foundation. After discussion with the Board and Island Health, decisions are made and then the donors are brought into the picture. They

never let the Foundation down. Lorne would perhaps not admit this but apparently during his 10 years of presidency, \$19 million was raised.

During those years, Lorne was involved with meetings between the CRD, Island Health and Municipal Councillors. When the Hospital Foundation made a promise about a new building or renovations to an existing building, Lorne was always confident that the Foundation, through the donors, would ensure that those promises were kept. In one vital incident, when a partner failed to provide the promised 30% after the commitment had been made, the donors came through with a total of 60%.

Lorne is very cognizant of the value of the Hospital to the First Nations. This was particularly important in the re-configuration of Palliative Care. The Elders were consulted and adjustments were made during construction to conform with their needs.

Although Lorne credits the donors for their contribution, it must be recognised that he was awarded the Philanthropist of the Year and the Paul Harris award by the Rotary Club. He encourages all members of his family to be philanthropic and to serve others. His grandchildren are involved at Hallowe'en, taking decorated pumpkins to residents. Other members of the family create cards and they sell decorated items at the family vegetable market, with all proceeds going to the Foundation. His children are proud to say "he has given his knowledge and wisdom to the industry in which he works, but most of all he gives back to the community in which he lives."

If it wasn't for the entire community and their support, none of the projects at the hospital would have been possible. Lorne said "it matters not whether a donor gives \$5.00 or \$5,000.00, every dollar is valued."

Mark Wright

Mark joined the Board of Directors for the Foundation in 2001 and is the third longest serving member. He was invited to join and because of his own personal experience, he felt it was a perfect place to volunteer. He has been helping with the new Federal Societies Act and has become more involved in the financial aspect.

Having bought a property in North Saanich, after retirement Mark busied himself in their acre garden. One day he was cutting some rhubarb and sliced through his leg; of course no one else was at home so he drove to the old Saan. Pen. Emergency Room. He said "The care was excellent but I could not believe that some of the equipment was held together with duct tape!" Having volunteered in the Sidney community in several other capacities he was pleased to be asked to join the Board of Directors for the Hospital Foundation. After seventeen years he says "I love OUR hospital and have been so happy to have been involved in some small way towards the new E.R., the new O.R.s, Palliative Care, the new sterilization unit (MDRD) and so many other improvements. It's such a warm and caring place and working with the Foundation you get so much more than you give."

Gordon Benn

Gordon joined the Board of Directors 11 years ago in recognition of the happy years his mother had worked at the Hospital. His

mother died in 1982 and Gordon felt a desire to serve the community in her memory.

He particularly noted the way in which the Hospital Foundation has accepted the less traditional forms of medicine in the medical system. He said “the Foundation is quickly adapting to the needs outside of the four walls of the Hospital.”

Gordon acknowledged the excellent work of both medical and non-medical staff at the Hospital. Their superb levels of professionalism, warmth, understanding and caring far exceed the expected levels of all these traits.

During the time that Gordon has been a Director, he has been proud to be involved in the addition of the operating rooms, the pre and post operating room and most recently, the sterilization unit.

He encourages potential Board members to be as involved as possible. The benefits of being a Board member are intangible but education, camaraderie, companionship, pride and well being are rewards that Gordon has experienced throughout his period of service.

Don Bateman

Don has served as a Board member for nine years; six of those as a member of the Finance Committee.

Don was acquainted with several Board members prior to Karen asking him to join the Board, and he accepted the invitation with honour. He was so impressed by the amount of care and attention given to his wife Carol

when she was in the Palliative Care Unit, that he felt that he could give something back to the Hospital by serving on the Board.

When asked about rewarding times, he recounted serving lunches and being involved with the golf tournaments, the last of which was in 2017. The opening of the operating rooms in 2012 and the new sterilization unit in 2018 stand out in his mind as being impressive.

Don has observed the overall growth of the Hospital within the greater community over the past nine years with both pride and pleasure.

In his opinion, the reputation for excellence is due mainly to the co-operation between management and staff. The amount of support from the medical staff is noticed by everyone who is employed there.

He echoes the words of fellow Board member Mark Wright, who said “working with the Foundation, you get much more than you give.” Don is confident that new Board members will soon be aware of that.

Team work and respect for one’s peers have been most obvious in the years Don has served the Foundation, and he spoke most highly of all those with whom he has served.

The realisation of the skills and knowledge of these five retiring Board members could only have been achieved by team work with and respect for their peers.

The Foundation is grateful to you all. ■

A close-up photograph of a person's hand, showing the palm and fingers. A prominent red mark, possibly a bruise or a tattoo, is visible on the back of the hand. The background is blurred, suggesting an outdoor setting with natural light.

Spiritual Health: **Supporting Person-Centred Care**

By Hannah Putnam

Spiritual health is about exploring one's personal beliefs, values and emotions

Person-centred care is a holistic approach to health care that takes the whole person into account, rather than solely focusing on their illness or symptoms. This new approach has grown to be internationally associated with successful outcomes, and Spiritual Health is an integral part of this. It encompasses every dimension of a person: the spiritual, the physical, the social, the emotional and the mental. In place to support such care are Spiritual Health Practitioners, who are trained to help people discover and utilize the spiritual health resources that are available to them – both within themselves and in their communities. These practitioners support people of all beliefs and cultural backgrounds, and will visit patients, patients' families and staff to offer care.



Oceanna Hall is the Spiritual Health Practitioner at the Saanich Peninsula Hospital. Prior to 2013, VIHA recognized those in her position as Chaplains. However, the job title was changed to reflect that spiritual health is a dimension of every human being's health, regardless of faith or religious affiliation.

Oceanna emphasizes that spiritual health is about exploring one's personal beliefs, values and emotions – it is not necessarily about religion. Her role is to help residents, patients and their families cope with life's big questions that often accompany the ill or dying, such as, *why has this happened to me?* Not uncommonly, many long-term and acute care patients will feel spiritual distress, often expressed by feelings of abandonment or being cheated by life. "They feel that they

have lived a good life and can't understand why they are suffering," Oceanna explains. "My role is to normalize these feelings."

While Oceanna counsels those who are suffering and/or struggling with existential issues, she does not view her role as taxing. The key is to be mindful, fully present and empathetic while, at the same time, not adopting their spiritual pain. She finds the position very rewarding. "Every day gives me the opportunity to reflect on the little miracles," she explains. "I have learned to appreciate and value relationships in my own life. I love what I do," she says. "It is fulfilling and truly an altruistic life-giving experience. This is...not a job to me. Every day that I spend at the Saanich Peninsula Hospital providing support to residents, families and patients feeds my own soul." ■



THIS YEAR'S EVENT RAISED GREATLY NEEDED FUNDS FOR PENINSULA MEDICAL'S YOUTH HEALTH CLINIC

BED RACES ON BEACON

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100.3 the Q! The Bed Races on Beacon!

Sunday August 26, what a high-octane, fun event for participants and race-watchers alike!

Special thanks to: judges - Sidney Mayor Steve Price, Dr. Kate Evans from the Peninsula Youth Health Clinic, Cliff LeQuesne from 100.3 The Q!; colour commentary - Tom Watson, Cliff LeQuesne; volunteer pit crew - the Torque Masters Car Club; and especially the Bed Race teams: CCM Construction BedHeads, Life Savers - Saanich Peninsula Hospital, Brentwood Bay Medical Colleagues Roll for the Win! , CIBC "As Cold as Ice", The Seaside Page Turners, Motorize EV Electric Mayhem, Gundy Go



Getters, Sidney Fire - Stoking the Flames, C12 Nerdathon and the 100.3 The Q's Sheet Eds!

And the Golden Bedpan was awarded to: CCM Construction BedHeads! CCM Construction won fastest team, team spirit and the Ted-vantage for raising the most money, just above \$6,700. ■

Reserve your tickets now!

Put your business in the spotlight and support our local hospital by taking advantage of this magical opportunity to become an event sponsor! We also welcome donations for the live or silent auction portion of the evening.

For sponsorship information and tickets, please call or email Chryseis Green at 250-656-2948 or chryseis.green@sphf.ca.

SAANICH PENINSULA
HOSPITAL & HEALTHCARE
FOUNDATION

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SAANICH PENINSULA
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Good NEWS



Foundation Receives \$24,000 Grant

One of the many cherished programs offered to our residents at the Saanich Peninsula Hospital is the Art Program. Recently the Foundation received a grant from a family foundation for just over \$24,000. The intension of this gift is to provide art to the residents jointly through McTavish Academy of Arts (MAOA) and the Foundation. Gifts like this are just one of the many ways to keep our residents active, engaged and included.

Stuart Charitable Giving Plan facilitated by Strategic Charitable Giving Foundation was created to fund programs to qualified Foundations by helping increase and sustain charitable giving to qualified organizations across the country. The Saanich Peninsula Hospital and Healthcare Foundation has just received a grant of almost \$5,000 to help purchase items needed for our Hospital. This is just one of the many ways the Foundation receives funds from our fundraising efforts.



Our friends at Telus supported the Denis Muloin Memorial Bike Ride in May by providing a sponsorship as well as arriving with tent in hand, a table set up and many free giveaways including bike lights and cookies. If you were one of the many participants in this event, we hope you enjoyed their friendliness, generosity and support on a beautiful day.



We now have a charitable account at Island Return-It – when you drop off your returnables just say you want the refund to go to SPHMF. It's a simple way to support the health of our community.

Are you looking for another way to help the Foundation?

Did you know that you have the option to donate AIR MILES to the Saanich Peninsula Hospital & Healthcare Foundation? If you shop at stores such as Thrifty's, Shell or Rona, you may be interested in having a copy of our AIR MILES card to scan when you make a purchase. All points earned go to the Foundation and will support our fundraising efforts. If you are interested, simply stop by one of our offices and we will give you a card. Call us at 250-652-7531 or 250-656-2948 to have us mail you a card or if you have any questions.



Monique Sherman, Clinical Coordinator,
Emergency Department

Emergency Department Medication Dispenser

The new Automated Dispensing Cabinet (ADC) located in the SPH Emergency Department is used to securely control and monitor access to medications. It provides nurses timely access to medications for their patients, increases the number of medications that can be immediately accessed for the

patient, and helps reduce the potential for medication errors using bar code technology and only allowing access to the correct medication selected. Benefits to Pharmacy include inventory management processes with automated reporting on stock levels, use analytics, and discrepancy reporting. The ADC will also seamlessly integrate with the future electronic health record providing additional medication selection support based on a physician/provider medication order for the patient.

Here's what staff are saying about our new ED medication dispenser:

- "We appreciate not having to count narcotics daily and do nightly med counts."
- "It's great that the machine prints labels for the medications."
- "The prompts for dose amounts are nice."
- "It saves time looking for medication because the machine shows you exactly where the med is."



Photo credit: Beverly Lewis



Photo Credit: Lisa Davidson

Staff, Board Members and volunteers of the Saanich Peninsula Hospital & Healthcare Foundation, along with residents of the Residential Care Unit, participated in this year's Canada Day Parade in Sidney. We handed out frisbees and hackey sacs and shared details about the Bed Races on Beacon event. The residents on board the bus enjoyed being part of the community coming together to celebrate Canada Day. One woman aboard the bus shares a birthday with Canada and was celebrating during the parade!

A special thank you to Lisa Davidson and Marshall Gustavson for driving the bus and assisting the residents. ■

DONATION INFORMATION



PARTNERS

is produced on a quarterly basis by the Saanich Peninsula Hospital & Healthcare Foundation.

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