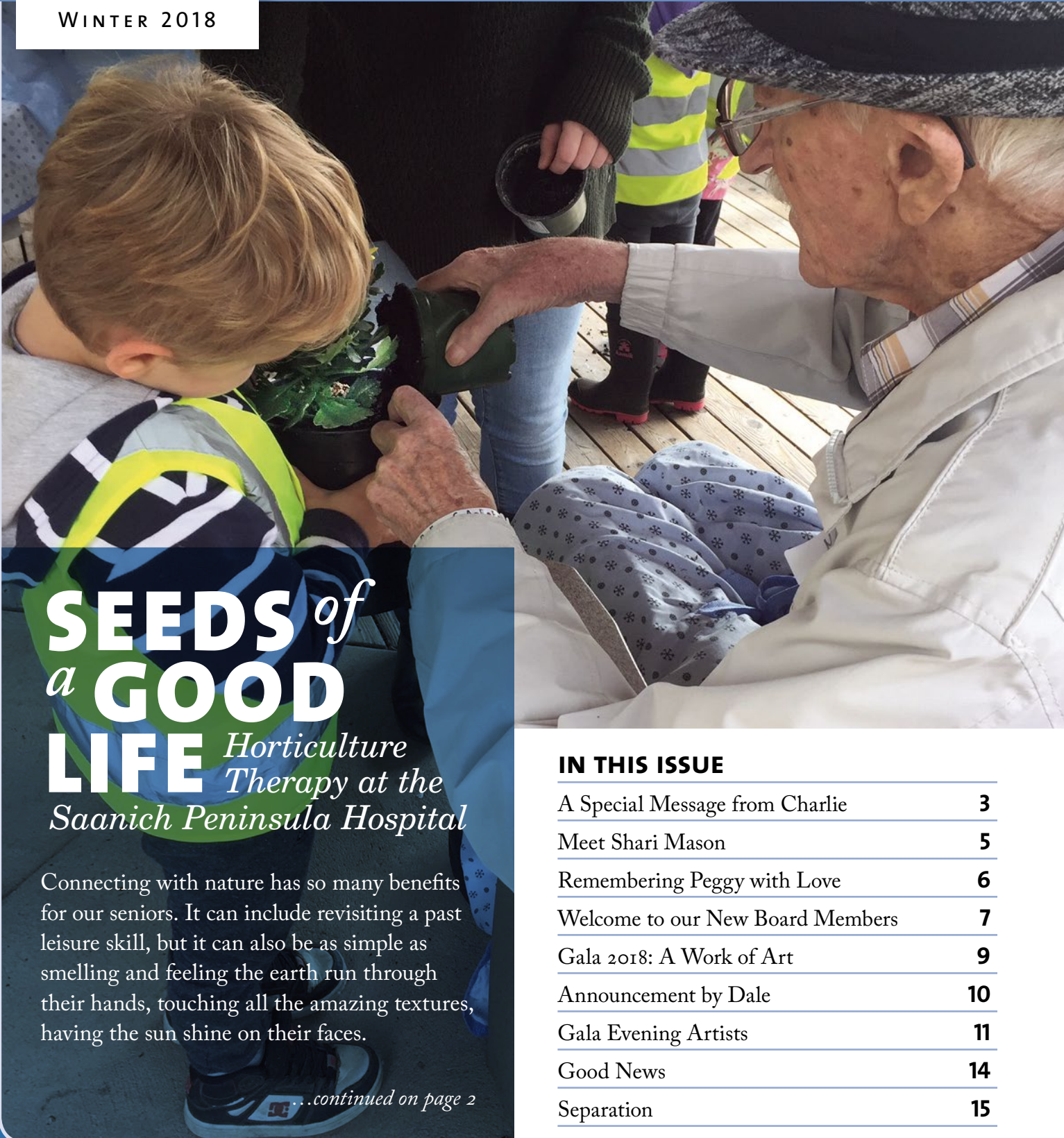




PARTNERS

OF THE SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

WINTER 2018



SEEDS *of* a GOOD LIFE *Horticulture Therapy at the Saanich Peninsula Hospital*

Connecting with nature has so many benefits for our seniors. It can include revisiting a past leisure skill, but it can also be as simple as smelling and feeling the earth run through their hands, touching all the amazing textures, having the sun shine on their faces.

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Little buddy and big buddy shuck an ear of corn together.

pre-schoolers with senior buddies. They began with 8 to 10 keen residents who were excited to get their fingers into the soil and start tidying up the raised garden beds in the Graham garden. Next came the kids! They are ages 3 – 5 from Almosthome Childcare/Preschool Ltd. Together they sing songs, do arts and crafts, play games like Parachute and I Spy, share stories and experiences, and garden outside.

Laura Oulette, Program Director at Almosthome says, “Visiting our big buddies has been an incredibly valuable experience for everyone involved. Their relationships have grown so much in the time we’ve been doing visits, and it is heartwarming to see the amazing bonds that have been created and how comfortable they’ve become working and playing together. As we do something or make something together at school, one of the first things our little friends want to do is to tell or show our ‘big buddies’ on our next visit! Our ‘big buddies’ have become a very important part of our day-to-day activities.”

And it is not just great for the kids, true joy is seen on the faces of the participants and one resident commented “I love this! This is fun!” And those were the first words she had spoken in the four weeks following her arrival.

...continued from page 1

Horticulture Therapy is one of many facets of improved whole person care at SPH. In Residential Care, Horticultural Therapist Sheila Weitman, working with SPH Activation and Recreation Therapists, has been facilitating a Thursday Gardening Group that pairs



One day Oliver found a tree frog! It prompted many stories from the big buddies about childhood frog-catching and going swimming.

One of the most powerful connections we have observed is the simple gesture of human connection and touch. We forget that our seniors so rarely receive a hug, hand shake, hi-five or hand holding.

Sheila sums it up perfectly, “There is pride in their creative self-expression, feelings of connection within the group and the community, and stewardship of this place they call home.” Please accept a whole-hearted “Thank You!” from the staff, volunteers and residents of the SPH Residential Care Unit to all the generous donors to our therapy programs.

By SP Foundation and Staff ■

A Special Message from Charlie

I feel incredibly fortunate to have had the opportunity to work for the Saanich Peninsula Hospital & Healthcare Foundation and to have learned from the wonderful, inspiring women who run it. Not only did the experience expand my knowledge of the healthcare system, but more importantly it allowed me to witness the inspiring power of a dedicated, generous community. I thoroughly enjoyed every minute spent planning events, writing newsletter articles, meeting with board members, collaborating with colleagues and hospital staff and being part of everything the Foundation does.

I started at the Foundation during a very busy time, the summer of 2017. Every day was different, and projects moved quickly. As someone who thrives on routine, I was surprised to discover how much I enjoyed the fast-paced, dynamic work of a non-profit organization. I loved the energy of the hospital and the community and being part of major projects that make a positive difference for patients and their loved ones. I am absolutely thrilled that the Foundation is reaching outside the walls of the hospital and is



Charlie White with fellow Foundation colleague, Shari Mason

supporting the community by assisting in recruiting family physicians and building infrastructure for primary health care services. I hope my graduate school studies allow me to design and implement programs and policies which will ensure all Canadians have access to primary health care.

To Karen, Lesley, Chryseis, Shari, Tanya, and Angela – I feel honoured to have learned from you and to have worked alongside you in your steadfast fulfillment of the vision of the Foundation, “to be the champion of the best possible and most compassionate healthcare for every person in our community”.

By Charlie White ■

Meet Shari Mason, our Manager of Major Gifts & Grant Writing

It's easy for me to write about Shari Mason. She and I have known each other for many years. Our lives crossed in a professional capacity and I was delighted to see her in the Foundation's office when she began working there.

For the first 18 years of her childhood Shari was surrounded by animals on a farm in Pritchard, about 24 miles east of Kamloops. She was able to ride her horses exploring the magnificent mountain countryside located at her back door. When she was 18, she moved to Vancouver and worked in a fashion warehouse for some of the best known names in the industry. Toronto called, but fashion was still high on the agenda and with that came opportunities for modelling and TV acting. Shari realized that she needed a more traditional career and she became a bank teller, but was soon promoted to the Bay Street head office at one of the top Canadian banks.

By now, BC was calling her again and she moved to Victoria and for the next 14 years worked in the technology, fitness, provincial government and advanced education industries. During this time Shari completed both her under-graduate degree in Commerce and a Masters of Business Administration. She went to Alberta for a few years before realizing that Vancouver Island – specifically the Saanich Peninsula – was where she felt at home.

I asked Shari how she had found her way to the Hospital Foundation. She said she was working for the Saanich Peninsula Chamber of Commerce and got to know Elaine Hughesman who – at that time – was the Chamber's Board Treasurer. Elaine became a member of the



Saanich Peninsula Hospital Foundation Board in 2016. Due to unforeseen staff illnesses, the Foundation needed an extra pair of hands to help with accounting and other in-house projects like the Doctor of the Day Program. Karen asked Elaine if she knew anyone who might be able to help.

Shari was employed for an initial three month period. This was extended several times, each time reinforcing to Shari that the Hospital Foundation office is a very special place to be and that it is a privilege to work with the Foundation's Team. Each day is exciting and interesting but at the same time it is rewarding. I quote: "In hind sight, I love what I am doing and working for the Hospital Foundation doesn't really feel like work at all." Shari has been an advocate for enhanced operational performance and has initiated several changes which are proving to be creative, innovative and successful.

Shari recently took on the role of Manager of Major Gifts and Grant Writing and she is looking forward to meeting supporters of the Foundation and learning 'your story'. Thank you Shari.

By Barbara Harwood ■

Remembering Peggy with Love

When Peggy passed away, Ernie was bereft.

Peggy and Ernie met as teenagers, when Ernie was working his way through university.

They married after a long courtship filled with long walks and great conversation. Peggy was a devoted wife, moving with Ernie on a grand adventure from Ireland to Canada in the 1950's, when demand for textile engineers was growing. They settled first in Montreal, where they raised their children and fortune smiled on

them. Then Ernie had the opportunity to buy a textile manufacturing company and he and Peggy were launched into a new adventure. All the while, Peggy managed their household carefully, without extravagance, except when it came to the love she gave everyone.

Ernie enjoyed his work immensely and travelled extensively. However, after almost 40 years of a successful work life, Peggy said "Enough. It's time to retire and enjoy our good fortune." They sold the company and made the decision to come west, moving into a lovely house in Central Saanich.



The two of them did everything together.

They especially enjoyed playing bridge with a group of dear friends on the Saanich Peninsula. They supported many causes, but

Peggy felt strongly that it was important to ensure that the Saanich Peninsula Hospital was well supported.

While those days are gone now and Ernie is alone with his memories, he wants to ensure that the love and support Peggy represented continues to live on in our community. He has very generously contributed to ensure that our Palliative Care Unit is updated and refreshed. His

extraordinary gift of \$400,000 will ensure that other families who are facing the most difficult time in life can have the comfort and support of a home-like environment, along with the wonderful, caring staff who support patients and families.

If you've thought about making a legacy gift to the Saanich Peninsula Hospital and Healthcare Foundation, talk to us. We'll help you understand the options in establishing an important healthcare legacy on the Saanich Peninsula. *By Karen Morgan* ■

Welcome to New Board Members

By Barbara Harwood, photography Derek Ford



Wayne Helgason

Wayne has lived on the Peninsula for about 8 years, coming here from Winnipeg shortly after the birth of his first grandchild. Wayne moved to the Country Park

Village in Central Saanich. Wanting to give back to his new community, his philanthropic choice was the Foundation. Wayne and Karen met when she was invited to receive a cheque from the Annual Burns Chisholm Memorial Golf Tournament, and meet some of the engaged community members. Since that first introduction, 100% of the funds raised by Country Park Village residents have been donated to the Foundation. In excess of \$5,000 has been raised thus far a generous sum of which the residents need to be very proud.

Wayne often hears from local residents that the services provided by the Saanich Peninsula Hospital are exemplary, particularly in extended and palliative care. He is aware of the appreciation expressed by people who access emergency services or routine medical treatment. One very important point he makes is the connection made by the Hospital's volunteer services within the community.

As a First Nations person from Sandy Bay Ojibway in Manitoba, Wayne's career has provided him the opportunity to work at many levels within Child and Family Services. He has experience at the board level with the National Association of Friendship Centre, the United Way and Volunteer Canada. As the Chair, the experience he gained while leading the process for development of the Aboriginal Health and Wellness Centre of Winnipeg was invaluable. This was the first Indigenous Holistic Centre in Manitoba that included a primary care health unit.

Wayne's experiences have taught him the valuable role respectful community engagement plays in ensuring philanthropy is approached with sensitivity, especially where marginalized or disenfranchised people are concerned.



Ted Daly

Ted has been a resident of the Saanich Peninsula for 30 years. His political leadership role spanned 21 years. He currently sits as a Director on the Peninsula

Recreation Commission and remains very active.

Ted recalled in the early days of his political career, Island Health was considering a lesser role for the Saanich Peninsula Hospital. He

worked tirelessly with community members to make sure the Hospital would remain open as an acute care facility. Over the years, Ted and his family have developed a deep and personal connection with the Peninsula's hospital.

Ted referenced the expression 'it takes a community to raise a child'. "This is true of our hospital," he said. "The combination of first rate doctors, first rate staff and a first rate Foundation, topped off with tremendous community support – both through the Foundation and through the Hospital Auxiliary – have combined to make an amazing hospital."

When asked about serving on the Foundation Board, Ted remarked that each of his board colleagues brings a unique set of leadership skills to the table. Besides his other life experiences, he is pleased to share his 21 years of experience in municipal government.

Ted has always been a supporter of small community hospitals. When he was Personnel Director of Eagle Ridge Hospital in Port Moody he saw firsthand the value and importance of smaller hospitals. Ted feels the enhanced focus on the bigger picture health care needs on the Peninsula is incredibly important. The Foundation's decision to change its name to the Saanich Peninsula Hospital and Healthcare Foundation will bring a greater awareness and connection to the community. He is looking forward to

working with the Foundation's volunteer board members and the devoted Foundation staff.



Michele Holmes

Michele Holmes is a Realtor with over 20 years of experience. She is strongly involved in the community as she is currently an active member of the Sidney-By-

The-Sea Rotary Club, member of the Nominees Executive Committee of the Victoria Real Estate Board and has been on many committees with that board in addition to being a past director.



Eric Falkenberg-Poetz

After buying a home in Brentwood Bay in 2007, Eric and his wife Melinda were able to move here permanently

in 2015 and are pleased to call the Peninsula "home."

Eric has a very personal connection with the Saanich Peninsula Hospital. His uncle was in palliative care there for the last days of his life,

and was treated with great care and dignity. Eric stated he “cannot say enough about the people and the facility and how much it meant to me and my family. We were able to spend Tim’s final days all together in a private room that was quiet and comfortable.”

That experience, their ties to the community, and the overall reputation of the hospital are truly enhanced when people are able to experience what the hospital provides first-hand.

Eric has volunteered, not only at the board level, but at the grass roots level. He has found those experiences very rewarding. Eric shared, “The importance of working together for the greater good has shown me that if people share a common vision, and are committed, much can be accomplished.”

He is honoured to serve as a member of the Foundation Board and will work wherever the board feels his skills can be best served to help the hospital and the greater community.



Christopher Straub

When asked if he had a personal connection to the Saanich Peninsula Hospital, Christopher Straub indicated a very early connection

– he was born there. As a result of many boyhood “bad ideas we seemed to come up with”, he and his brother logged a number of hours at the hospital. Chris grew up on the

Peninsula in the house still owned by his parents. After spending five years in Calgary, he and his wife returned to the Peninsula shortly after their first child was born.

In response to a question about the reputation of the hospital, Chris replied “I think the Saanich Peninsula Hospital is the success story it is because it brings together three vital elements: top-notch physicians and staff, an active and involved Foundation and a community that is truly invested in the success of the institution. It’s not often you hear people refer affectionately to ‘our hospital’...unless you’re on the Peninsula.”

After witnessing the hours of enthusiasm that his business partner Dale Henley dedicated to the Foundation board, Chris was inspired to get involved.

Chris is no stranger to volunteer service. He has been honoured to serve the Shaw Centre for the Salish Sea in Sidney, and Big Brothers Big Sisters of Calgary and is looking forward to adding his background knowledge in business law to the board of a non-profit organization. He is happy to focus on fundraising to assist the requirements of the people who work or reside at the hospital. He recognizes the high qualification of his peers on the board and believes the long-standing relationships he has in the community will assist him in his service. When not in the office, Chris can usually be found either on the water or exploring the Peninsula with his three kids. ■



Gala 2018: a Work of Art

Let me paint you a picture of a most wonderful evening, one that will live on as our most successful Gala to date!

The low lighting sparkled off the wine and the ladies and gentlemen in elegant dress. Animated conversations were a happy undercurrent to the musical spell being woven. And the food! A delight to the eye and to the palate.

The perfect mixture of new and familiar faces attended this sold out event which was once again hosted by the incomparable Church & State Winery. Guests enjoyed a chance to mingle and browse the silent and live auction offerings which included everything from theatre tickets to antiques to wine and beer. And art! Did we mention art? Over 20 pieces were on view as part of the over 60 auction packages on offer. We were especially honoured by the presence of artists in our midst! But more about that later...

The live auction had pulses racing and hands shooting up as our Master Auctioneer, Jim Sinclair, created an atmosphere of excitement around the desirable works of art and trips to exotic locations; many of which sold for over value!

As we place a pretty ribbon on top of another Gala, a very special thank you must go out to our volunteer emcee, Stasia Hartley, for keeping the evening fun and entertaining. Another huge thank you goes to The Shannon Lee Rae Trio: Shannon Lee Rae, Gordon Henderson and Bill Kent. This talented ensemble not only entertained us with beautiful renditions of songs we all know and love, but also did this at no cost! Although they would not accept payment, we hope that all attending the event will be sure to tell their friends how much they enjoyed the music. Also we sincerely thank Church & State Winery for having us and making this special event possible.

Thanks to all our generous sponsors, auction item donors, guests and volunteers we raised the most money to date for this event: \$112,365! With these funds we will wrap up our 2017-2018 campaign.

See you next year!

*By Chryseis Green,
photography by Beverly Lewis ■*



Make your
donation

TWICE AS NICE

It's the season of giving and every \$1 you give will become a \$2 donation to the Foundation!

Long-time donors to the Saanich Peninsula Hospital & Healthcare Foundation, Don and Ruth James, through the **James Family Foundation**, have challenged the community to **match their pledge of \$650,000** to this year's fundraising efforts

Announcement by Dale Henley at the SPHMF Gala, October 27, 2018

Many of you know how long I've been involved with the Saanich Peninsula Hospital and Healthcare Foundation and you know how dedicated I've been. Seeing our hospital survive and thrive has been part of my life for more than 20 years. So when I was asked to meet with the Saanich Peninsula Primary Health Care Society and "think outside the walls of the hospital", I was skeptical that the Foundation should get involved.

But, after looking at the issue of physician shortages in the community and its effect on the operation of our hospital, I realized that not only could the Foundation have an impact, it would be the most important project the Foundation would ever undertake.

The mission was quite simple, really. Help get doctors into the community who will also provide services at the Saanich Peninsula Hospital.

The Foundation's partnership with the Saanich Peninsula Primary Health Care Society, and its first clinic, Peninsula Medical, has already made an enormous difference in the lives of thousands of people in Sidney.

And now, two donors have stepped forward who want to help and encourage the community. Don and Ruth James, through their family foundation, have challenged the community to match their pledge of \$650,000 to support the Foundation's 2018-19 campaign to raise \$2 million to ensure everyone has a family doctor.

We are so grateful to them for their commitment to the best possible health care for the residents of the Saanich Peninsula. The gifts they, and others in the community, are generously providing, will assist in building the right practice environment for new physicians in our community, as well as ensuring that they are involved in the life and work of the Saanich Peninsula Hospital.

2018 Gala Evening Artists

For everyone who attended the 2018 Gala at Church & State Winery, the evening was immeasurably enhanced by the courtesy and involvement of the four artists set up on the veranda. They engaged the public and displayed some truly beautiful works of art. For those who could not attend, we would like to introduce you...

Craig Benson is no stranger to anyone living on the Peninsula, and it was good to see the interest in his work shown by the Gala guests.



Craig was educated as a biologist, but he had a greater interest in art and nature. The support of a great partner and a loving family gave him the opportunity to be an artist and it was in 1990 that

he was able to begin a full time career in carving. Each of his pieces is carved with great care from a single piece of wood or stone and that care was apparent as he worked during the event. Craig's belief in the importance of uncompromising craftsmanship brings lasting value to his beautifully finished pieces. Seeing him talk to the other artists on the veranda showed his passion for the greater community. He was an instigator in the Sidney Fine Art Show and became a Sidney Fine Art Show Master after winning two major prizes at the event. Craig and his partner Lynn were Silver Patrons of the 2018 show.

It was a great pleasure to talk to Wendy Picken and to learn her reasons for using the mixed medium technique she has developed since 1988. From early childhood Wendy was interested in art and she went to university to be trained, originally in the use of oils. She is from a prairie farm background and began using clay, wood ash and earth, applied with her fingers instead of brushes. Although she loved the tactile feel, her works were too dark for most people to appreciate. Her father thought her pictures resembled mud and Wendy took this to heart because she did not want to portray dark moods. However that wonderful tactile feeling led her to search for other materials and she now uses Stabilio crayon, pastel, china marker and wax polish on paper. The colours and vibrancy of her works have to be seen to be believed. Wendy has workshops for people of all ages designed to teach finger painting without the paint. Her website is www.mangosmilestudio.com and there you will find lots of inspiration.



Beth Powell began painting about 6 years ago. She creates exclusively in watercolour and her vibrant pieces reflect an understanding of the structure and formation of flowers. Beth was inspired about 20 years ago after purchasing a watercolour from someone she admired. Her desire to be creative led her to take lessons and she says she just “went with it”. She even painted an old truck that her brother had on his land, but her passion is for birds and flowers. She values the vibrancy of bright,



strong colours, and enjoys seeing the way the use of water can make the colour move, thus making wonderful patterns in her works. Because Beth has a full time job outside the home, her painting is a relaxation for her, and her pleasure comes through in her completed works. She would love to be able to stay at home and paint, but that is something for a future luxury. She has exhibited locally and examples of her art can be seen on her website: www.bethpowellart.com.

About 70 years ago Graham Scholes trained as a graphic artist, and at the age of 45 he moved to fine arts. He realized that working in the fine arts area gave him the opportunity to have more fun. In his words, he



moved from “Thou will do” in his daily life to “I can do each day, or not, as I wish”. He chose watercolour as his medium for a period of 20 years until computer generated, digital art and giclee (ink jet) prints came into the industry. In 1994 Graham chose to work with woodblock because he felt it was a legitimate format to employ in the multiple imagery business. He stresses the authenticity of the Japanese Moku Hanga (woodblock) technique and he is intrigued with the process of creating his own images from start to finish. It can take Graham from two weeks to six months to create a set of limited edition prints using blocks of basswood or cherry wood and printing on mulberry paper. The number of colours used can range from eight to forty. To discover more about this wonderful work go to a

We wish to thank Craig, Wendy, Beth and Graham for their donation of time and energy, and for their generous contributions to the silent and live auction. You made the event truly special! *By Barbara Harwood* ■

SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

GALA EVENING 2018

Art

PRESENTED BY



THANK YOU with your help at this year's Gala we've raised **\$112,365!**

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Victory Barber Shop
Wendy Picken
Wine Kitz



Air Miles

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.

Celebrate the Harvest

A gift from Firbank Farms – Our sincere thank you to the Jack family, who hosted this fun event at their Firbank Farm in

September. Children decorated pumpkins as well as enjoyed fall themed games. Through Celebrate the Harvest we received a gift of \$2,000.00.

Thank you, Firm Management

Firm Management hosted their annual golf tournament and proceeds of this event were donated to the Foundation. This year was their most successful year to date with a total of \$32,820. The funds that are collected for this event come from over 100 of their suppliers and friends who enjoy spending the day together for a good cause. This event is a huge endeavour and we are very thankful to the staff and volunteers at Firm Management for their continued support.



To Peggy Yelland, thank you I am grateful for the most wonder filled weekend at Black Rock resort that I recently shared with my husband. Many thanks to SPH Foundation for the raffle gift and to Peggy Yelland for her generous gift of accommodation at Black Rock resort! Ucuelet is a very magical place. Truly an outstanding place in BC and in the world!

- ECU Activation Staff member, volunteer and winner of the raffle at the Bed Races on Beacon

Help us fundraise over the holidays or any day!

We are excited to let everyone know that the Foundation now has a



charitable account at the “bottle depot” in Sidney!

Just take all your return-for-deposit

items to Island Return-It at 5 – 10025 Galaran Road and give them our account #157. You can also mention it is for “Saan Pen”. They are open Monday to Saturday, 9am-5pm. It’s a great way to recycle for good!

Our Holiday Schedule

The Saanich Peninsula Hospital & Healthcare Foundation offices in both Sidney and at the hospital will be closed from December 25th through to and including January 1st to allow the staff to spend time with their families. Karen Morgan will be in the hospital office and Shari Mason will be in the Sidney Office on Monday, December 31st to receive any last minute donations you may wish to make before the end of the year. All gifts post marked on or before December 31st will be processed for 2018 taxes. If you wish to drop off a gift and the office is closed, there is a secure drop box at the hospital just as you come in the main entrance. *The Board and Staff of the Saanich Peninsula Hospital & Healthcare Foundation wish you and your families a safe and happy holiday season!*

Separation

At this time of year, when dark creeps in on cats’ paws,
Thoughts of sorrow and of separation loom.
Missing loved ones, friends, those we yearn to see
But cannot visit, held back by unseen chains.

Why not, then, make a visit in your mind?

I recommend a magic place - Yosemite,
A place of wonder, rock and waterfalls.
I’ll choose one for you - Bridal Falls,
So called because the water widens out
To represent the veil worn by a bride.

But that’s not all this waterfall can tell.
The Zen it speaks is this - at Mountain top
The water is Before and one. But when it falls
It fractures to a trillion drops, only to change again
Returned on valley floor to one and After.

And this is the Zen it speaks. Before
And After this vale of tears we are one.
Only here are we separate. A trillion drops.
Alone. But this, in time, shall pass.

*Submitted by Mark Wright, published author
and recently retired Foundation Board Member ■*

DONATION INFORMATION



PARTNERS

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

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Sidney, BC V8L 3A2

Ph: 250-652-7531

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