



SPRING 2015

PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION

THE ANATOMY OF SAANICH PENINSULA HOSPITAL

Dr. Nicole Del Bel

In this new continuing segment in Partners, we will take the opportunity to introduce and showcase an array of compassionate and talented individuals who make the Saanich Peninsula Hospital the centre for healthcare excellence here on the Peninsula. In this edition, we are so pleased to interview Dr. Nicole Del Bel.

...continued on page 2

IN THIS ISSUE

The Anatomy of Saanich Peninsula Hospital	1
Doctor Who	4
Live from the Chapel	6
Moving Ahead by Giving Back	7
Odd Fellows are the Best Fellows	8
An Act of Christmas Generosity	9
Donor News	10





Board of Directors

Saanich Peninsula Hospital Foundation

Gordon Benn, President

*Judith Bowen,
Vice President*

Mark Wright, Secretary

*Caroline Paterson,
Treasurer*

Paul Hames, Executive

Laurie Salvador, Executive

Don Bateman, Director

Michael Brown, Director

Dale Henley, Director

Bev McIvor, Director

Joan Robinson, Director

Matt Peulen, Director

Lorne Jack, Past President

Staff

*Karen Morgan,
Executive Director*

*Lesley Webb,
Admin. Assistant*

*Renn Bibeau,
Donor Relations Manager*

Volunteer Editorial Team

Barbara Harwood

*Sandy McElroy,
photographer*

...continued from page 1



Hailing from Hamilton, Ontario, Dr. Del Bel is a relatively new addition to the Peninsula. After completing her academic studies at McMaster University, she began practicing as a physician, with a keen interest in Emergency medicine. Her drive to continue Emergency medicine work while starting a full service family practice made the Saanich Peninsula an ideal place to lay down roots. With its stunning parks and beaches, great community events and abundant local produce from surrounding farms, the Saanich Peninsula has much to offer healthcare professionals pondering relocating (alright, we might be a little biased!). It also provides

easy access to transport, such as the ferry and international airport, all while being in close proximity to a larger centre, the city of Victoria.

The Saanich Peninsula Hospital offers an appealing contrast to that of the large inner-city facilities in the way we handle patient care. As Dr. Del Bel explains, "I believe when you are a patient's doctor, both in the hospital and then again on discharge, there is a huge benefit to both the patient and physician. There is immediate understanding of what will be needed in follow-up and on discharge, as well as why certain medications/ investigations were initiated. SPH has an approachable

group of supportive specialists who you know personally, and can ask questions more readily. Due to the smaller physical space and numbers, you get to develop a rapport with the nurses, pharmacist, occupational/physical therapists, dieticians, social workers and case managers. A better rapport leads to open and honest communication regarding patient care and needs.”

One of the ways the SPH is able to offer this continuity of care is through the Doctor of the Day (DoD) Program. Dr. Del Bel explains; “DoD allows patients who do not have a family physician, or do not have a doctor who does in-hospital care, to receive care by family doctors who are in the community and can have

a locum position to get a feel for this wonderful community.”

A stimulating work environment provides only one part of the well-rounded lifestyle people have come to associate with the Peninsula. Life here can be as active or relaxed as one wants. With the ocean and rugged landscape supplying outdoor enthusiasts with endless hours of exploration, the ever-changing food and local arts scene keeping interests piqued, and a

“SPH is a fabulous hospital, offers a great work environment, is very collegial and is an easy place to transition to.”



a close communication with their physician, who understand the services and how to arrange follow up.” This communication between members of our medical and care communities is just one of the factors that appeals to doctors considering working at SPH. Says Dr. Del Bel, “SPH is a fabulous hospital, offers a great work environment, is very collegial and is an easy place to transition to. There is a need in the community and no shortage of work. If you like the idea of full service family medicine without living in a remote location, I would encourage physicians to come and try out

community that envelops new families with arms outstretched, there is truly something for everyone. Though Dr. Del Bel is currently on maternity leave enjoying time with her new son, she looks forward to picking up where she left off when she returns. “Interacting with people is what I truly enjoy!! I can’t wait to see the staff at SPH when I come back, and to see our patients and families again.” ■



DOCTOR WHO

Who knows: we've got doctor shortages!

The Saanich Peninsula Hospital Foundation, in an effort to preserve the hospital's Doctor of the Day Program, has worked exclusively with one donor to develop a series of physician incentives that will encourage doctors on the Peninsula to continue or begin providing hospital care.

President of the Peninsula Medical Society, Dr. Colin Tamboline sat down with the Saanich Peninsula Hospital Foundation to discuss an issue that plagues as many as two thirds of the population seen at the hospital – the fact that they don't have a family doctor. Another symptom of the doctor shortage seen across Canada, this shortage of physicians can affect everything from the volume of patients admitted to healthcare facilities to the quality of their care, both while in hospital and once discharged.

Though Dr. Tamboline identifies the shortage as the aftermath of a political decision made in the 1980's to reduce enrollment in medical schools in BC, there are other factors that have caused the situation to escalate. The physicians graduating today have a keen focus on lifestyle and desire a group practice environment that facilitates reduced hours and ability to take time off — a stark comparison to the round-the-clock work model of Dr. Tamboline's vintage.

In addition to the importance of work and life balance, new doctors are faced with startling student debt upon graduation (the average these days is approximately \$100,000), and are often drawn to larger centres that boast higher wages and greater research prospects. With these new graduates expressing a desire for urban centres with high remuneration and

wishing to work less and more flexible hours than the previous GP practice model, the stage has been set for a doctor deficit on the Saanich Peninsula.

Though the Saanich Peninsula Hospital is small, it is mighty. With new graduates considering the idea of pursuing fulfilling and diverse work as family practitioners, and the Saanich Peninsula Hospital Foundation offering incentives to those willing to continue or begin work at the hospital and within the community, our hospital hopes to see new physicians join our task force and our neighbourhoods. To see Dr. Tamboline

discuss the Saanich Peninsula's doctor shortage and why he believes the Saanich Peninsula Hospital is a "rare gem," please type this link into your web browser, or view the video on our Facebook page.

<http://vimeo.com/117840326> ■



Reprinted with permission



Live from the Chapel

There was great excitement amongst the staff and therapy teams when Saanich Peninsula Hospital's two very talented music therapists heard that they had been successful in acquiring a grant to use the Bandwagon, a portable recording studio. The Bandwagon visited SPH's Extended Care, Acute Care and Palliative Unit for six weeks this past summer. The Bandwagon boasts recording software, sound processing equipment and a myriad of musical instruments for patients to archive the work they have done in therapy sessions.

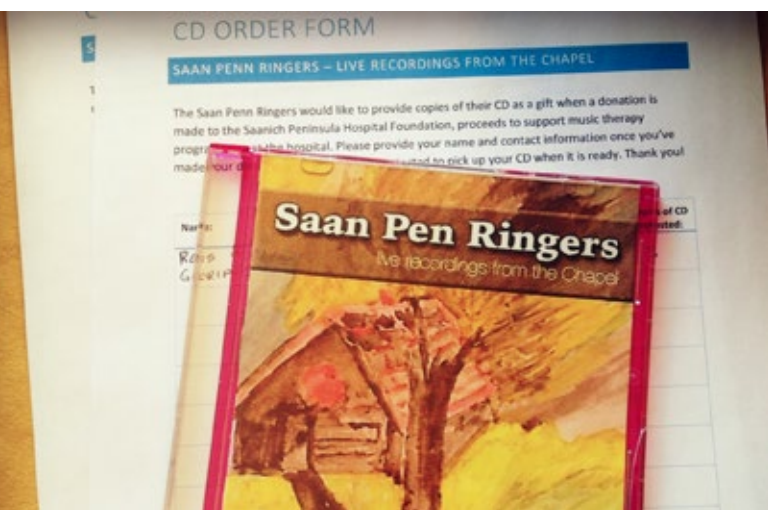
Maryann Burrows has worked as the music therapist in the SPH's Extended Care Units for five years, and developed the resident hand bell choir program two years ago. The choir performs at seasonal concerts and the residents themselves choose the pieces they wish to present. Maryann believes this to be of great importance, as it encourages patients to continue to make choices that affect their lives. Maryann uses music to help the

residents achieve the best quality of life possible. As an accredited music therapist, she is trained to understand how music affects the brain, and how to use music to achieve therapeutic goals in partnership with the rest of the clinical team.

The eight ladies in the choir call themselves the Saan Pen Ringers, and from their time with the Bandwagon they have created a beautiful CD entitled "Saan Pen Ringers: Live Recordings from the Chapel". The ladies who enjoy and benefit from participation in this choir are Betty Hardcastle, Margaret Hodgkin, Pim Manning, Doris Simmonds, Margaret Hay, Irene Kaye, Lois McElheran and Freda Trill.



It was Maryann's goal for the Saan Pen Ringers to have a sense of accomplishment and pride and to feel that they contributed to their community. This celebration of music has allowed residents to share concrete recordings of their music with friends and family, and receive validation for their hard work. From the first recording session to the CD release show, Maryann maintains that



there has been an improvement in the group's overall cognitive ability and brain function.

There are six tunes on the CD and all ring out beautifully. The obvious pride and enjoyment of performance can be heard in the accuracy of the chimes and the attention to the melody. Combining art for the ears and eyes, the album cover for the CD includes an original painting by Dorothy Friesen, a hospital resident with very limited vision.

Maryann wishes to thank the Music Therapy Ride, the Canadian Music Therapy Trust Fund, The Music Therapy Association of British Columbia and the Saanich Peninsula Hospital Foundation for providing funds and support in making the Saan Pen Ringers and the recording possible. ■

By Barbara Harwood



*M*oving ahead, by giving back – the motto of Peninsula Co-op couldn't be a more accurate reflection of this transformative local organization. As many of you probably already know, at the end of the year, Peninsula Co-op gives back a percentage of the money its members spend during the course of the year. As a matter of fact, in 2014, \$5.7 million was allocated to their member-owners.

What you may not know is how committed the Board and staff is to supporting and growing community charities and non-profits. Each year a portion of their profit is donated back to the community. In the last year their Community Support Program has given back over \$450,000 to more than 220 local charities, organizations, youth groups, student awards and community projects, not to mention their December donation of over 1,000 pounds of food to local food banks.

The Saanich Peninsula Hospital Foundation has been a beneficiary of much generosity from Peninsula Co-op over the past 24 years. As a presenting sponsor, Peninsula Co-op has ensured that the Saanich Peninsula Hospital Foundation's annual events, such as the Gala Evening held at Church & State Winery, continue to meet with resounding success. For their support, service and commitment to their staff, customers and community, we would like to offer our sincere thanks to everyone at Peninsula Co-op. ■



Odd Fellows are the Best Fellows

Since 1987, the Saanich Peninsula Hospital Foundation has received two donations a year from the Victoria #1 Odd Fellow Lodge. The donations are specifically for the residents in Extended Care to provide them with treats that they would normally not be able to access. Sometimes this treat may be in the form of an entertainer and other times something to cheer up the rooms. The funds for the donations are raised by the annual sale of calendars with picturesque Canadian scenes. We extend our sincere thanks to all members of Victoria #1 Odd Fellow Lodge and the Rebekehs.

Former Grand Master of the Province of British Columbia Gordon Moffat has provided the background for the history of the Odd Fellow organisation. Gordon explained that the Odd Fellows began in England in early 1700 under the name of Manchester Union and still flourishes today throughout Europe and Scandinavia. The Order in North America was started by Thomas Wildey in Baltimore, Maryland in 1819.

“Victoria #1 Lodge has been in existence for 150 years and received its Charter on March 10, 1864,” says Gordon. “We are a non-profit charitable Fraternal organization



which seeks to improve and elevate the character of mankind with a mandate to visit the sick, relieve the distressed, bury the dead, educate the orphan. Victoria #1 Lodge boasts 67 members and in the last few years has allowed females to join its ranks. The Rebekahs (Sisters) are the female members of the Order and follow the same principles as the Brothers.”

When asked about the wearing of the navy blue blazer, Gordon detailed the reason for the very distinctive badge visible in the photograph. “The Three Links is the emblem of the Independent Order of Odd Fellows with the letters F, L and T, and symbolizes the chain that binds our members together and illustrates that a fraternity is strongest when joined together. F represents friendship, the strongest bond of fraternity that teaches goodwill and harmony. The L represents love, the basis for all life’s ambitions, service to others and family. The T represents truth, the standard by which we value people and the foundation of our society.”

Gordon Gale and Gordon Moffat have been named “Gordon Squared” by Renn Bibeau of the Saanich Peninsula Hospital Foundation, seen here receiving a cheque from these two former Grand Masters of the Province of British Columbia. This is an extremely high honour and Saanich Peninsula Hospital Foundation is delighted to have the connection with “Gordon Squared” and the Odd Fellows. ■

By Barbara Harwood



Julie Coward, of Holy Cow Communication Design, decided it was time to give back. Holy Cow and the Saanich Peninsula Hospital Foundation have worked together for ten years. Julie and Ken Coward and their staff have created innovative, appealing and (very!) successful designs for the Foundation's fundraising campaigns. As Christmas approached, Julie came up with an idea to

An Act of Christmas Generosity to Warm the Heart



invite the Foundation's Facebook friends to send messages to residents in Extended Care.

If you went onto our Facebook site in December, you could pick one of four designs for the front of the card and compose a message. Many of our friends sent wonderful messages to residents; so many that it made for a big delivery! But the great staff at Holy Cow all pitched in. After writing the messages on each card Julie, Rosemary Coss, Erin Brocklebank and Deborah Rogers arrived at the hospital on December 18th, with cards in hand. They delivered the festive messages in person and took some time to visit with residents.



We love working with this great local firm and are very grateful to them; not just for coming up with all their wonderful campaign ideas, but also for their care and concern for everyone at the Saanich Peninsula Hospital. ■

Donor NEWS



Recently we received the proceeds from the spring Peninsula Singers concert – a grand \$3,000!! And, as a result of the hard work of one of their members, \$1,200 was also received from Investors Group. All of these funds will be dedicated to our music therapy programmes in Palliative and Extended Care.



We had a visit from Lisa, who works with our Activation team in ECU. She brought to our attention just one of the many ways that the community contributes to the enhancement of our patients. In this case, Michell Farms has been providing many seasonal items such as: strawberries for the strawberry tea in June, pumpkins to carve for Hallowe'en and squash for the Horn of Plenty on Thanksgiving. Their generosity provides many hours of activities

for residents in Extended Care and their families and we are very grateful to Michell Farms for their support.



In other farm-related news – Firbank Farm is well known for both their generosity and their creativity. For years (almost) the whole family has produced hand-decorated mini pumpkins and again this fall they were hard at it. Not only do they donate proceeds from the sale of the mini pumpkins to the Foundation, they also deliver a selection for us to put on display. Our sincere thank you to Jack and the Williamson family.



Saanich Fruit Growers Association began almost 100 years ago, and was a cooperative



association of large and small farmers. They shipped strawberries and loganberries for fresh market sales and wine-making. The farms provided for many, including many farm family members, and the central processing location, 'the fruit shed' on Keating Cross Road in Saanichton provided seasonal work during harvest season until the late 1970's. In more recent years the property location has been leased to businesses with an agricultural focus. With the recent sale of the properties to Integrity Sales and Distribution, the members have chosen to donate funds to local and community causes, including the Saanich Peninsula Hospital, to acknowledge the fact that the association played a role in the lives of those on the Saanich Peninsula.

Recently, long-time donor Howard Rossiter came to visit us, bringing a donation of \$260 from the sale of bird houses that he builds. You can see more of them at the Feed Barn in Sidney. At his request the donations are used for "extras" (little treats) in Palliative Care.

The Foundation recently received a donation of \$5,002 for Women's Health from the Sidney and Saanichton Shoppers Drug Marts. This contribution will be used to purchase equipment that is used for women's procedures.



You may have noticed that, once again this year, Muffet & Louisa held a raffle to support the Saanich Peninsula Hospital. The winner this year was the lucky (and very local) Rod Laurie. The draw brought in \$1,760 from the sale of tickets. Thank you Muffet & Louisa, for once again providing a fabulous prize of All-Clad cookware, and congratulations to Rod (one of Muffet & Louisa's neighbours in the Landmark Building).



Newsletter e-version

If you wish your newsletter to arrive via email instead of printed matter, please email either Karen or Lesley at Karen.Morgan@viha.ca, or Lesley.Webb@viha.ca. We would love to decrease your paper, but still give you the opportunity to view a great newsletter online.

DONATION INFORMATION

I would like to make a donation of:

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$1,000 ☐ \$

This donation is made in loving memory of :

Name:

Address:

City:

Postal Code:

Phone:

Fax:

Email:

Age group: ☐ 25-35 ☐ 36-45 ☐ 46-55 ☐ 56-65 ☐ 65+

☐ Yes! I would like to receive quarterly email updates from the Saanich Peninsula Hospital Foundation

☐ Visa / ☐ Mastercard

Card #:

Expiry Date:

A receipt will be issued to acknowledge your generosity. BN11913 0540 RR0001



PARTNERS

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

Please contact us at

2166 Mount Newton X Road
Saanichton, BC V8M 2B2
250-652-7531

www.sphf.ca

Your suggestions are most welcome.

Moving? If you have moved, or are moving, please let us know and we will make appropriate changes to our mailing records.

"In accordance with the Province of BC's Personal Information Protection Act, the Saanich Peninsula Hospital Foundation collects information required for tax receipting purposes and protects all personal information. No information of a personal nature (other than that required by the Canada Customs and Revenue Agency for tax filing purposes) will be revealed to any outside organization. From time to time the Foundation mails information regarding existing and new fundraising programs. If you would prefer not to receive such mailings, please advise our office. Your donor records are available to you for inspection upon request."



SAANICH PENINSULA
HOSPITAL FOUNDATION

Get up-to-date news & information @ www.facebook.com/sphf.ca