



# PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION

SPRING 2018



## SPH Art Program at McTavish Academy of Arts

*By Charlie White*

ON A SUNNY MORNING in December I was fortunate enough to attend an art class at the McTavish Academy of the Arts (MAOA) with six residents of the Saanich Peninsula Hospital Foundation's Residential Care Unit. They have travelled to MAOA every Thursday morning for the past four weeks on the residential care bus which was graciously provided by the Saanich Peninsula Hospital Auxiliary. These aspiring artists had already completed a few lessons in the previous weeks, so when I arrived they were putting the finishing touches on their masterpieces.

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## **SPH Art Program at McTavish Academy of Arts**

*...continued from page 1*

Their teacher, Harry, was clearly adored by his students and was happy to lend advice on how to best create the image that each artist had envisioned for their canvas. Harry was supportive of each student, while also challenging and inspiring them to take their painting to the next level, by adding new colours and changing their brush strokes. Harry had many skills and tips to share with his students. It was clear that the students enjoyed learning from a true artist.

Jane, a Recreational Therapist at SPH, said “I am thankful for our wonderful partnership with MAOA because the art program provides a bridge between residential care and community-based programs to support integration of the individual to their community. Through assistance from Harry and the supportive environment at MAOA, the residents are able to explore their true creative abilities.” Jane shared with me that the goals of the program include: increasing access to community arts programs, providing opportunities for creative exploration, facilitating a connection to past or new leisure activities, and increasing quality of life by fostering a sense of purpose and connection.

*“I am thankful for our wonderful partnership with MAOA because the art program provides a bridge between residential care and community-based programs to support integration of the individual to their community.”*

I chatted with a few of the artists about their artwork and inspiration. One woman shared a story with me about her childhood in the Prairies and how, as she and her family drove to the Saskatchewan and Manitoba border, there was a magnificent valley which provided relief from the flat prairie landscape. Her painting captured the depth and colours of the valley well, and almost appeared three-dimensional. Other artists painted a stunning cityscape and a mountain range with a river running through. The creativity in the room was endless.

Many people feel that long term care is the end of discovering new abilities or having hobbies, however watching these artists create extraordinary masterpieces really showcases how people are able to develop new talents and passions at any age. The outcomes of the art program have demonstrated improved social and emotional wellbeing, creative exploration, and skill development. In addition to art, the Saanich Peninsula Hospital offers many programs for residents of the residential care unit, such as yoga, music, and gardening. ■

## **It's what donations do!**

This year's campaign has raised more than \$700,000. Donations are being put to good use, with the purchase of new equipment in Acute Care and continuing improvements in Residential Care. In addition, planning is just getting underway to repaint and replace some worn out furnishings and equipment in the Palliative Care Unit.

If you've been around the hospital lately, you may have noticed the construction area beside the operating rooms. Work is proceeding on time, and on budget, for the new Sterilization Unit. The shell of the building was complete before the rains started, which means work has not been held up by the inclement weather we've experienced. Excitement is growing among OR staff as the unit nears completion. The contractors expect to be finished by the end of May, and Foundation staff are already planning to give donors a sneak peek! Stay tuned – as soon as we know when construction will be complete, you'll be receiving an invitation to an open house.



## Q & A with *Barb Molberg*

*By Deborah Rogers*

**B**arb Molberg, Clinical Co-ordinator, Surgical Services/Endoscopy has worked at the Saanich Peninsula Hospital for over 20 years. She worked in all the acute care departments and has been in the OR area for the past 11 years. We had a chat with Barb back in December, as she prepared for a big change in her life: retirement! Barb reflected on 20 years at SPH.

**Barb:** In January I'm going to be retiring. It's with mixed feelings. I love my job, I love this hospital and I've had so many opportunities here, but it is time. Time for me to spend more time with my family, but I will miss my work family, that's for sure.

*Coming up to retirement, it's a great opportunity to think back about your career and also to send a message out to the community about our hospital - what could you tell our community about the role the hospital plays?*

**Barb:** The Saanich Peninsula hospital is very much a community based hospital and we are well supported by the Saanich Peninsula

Hospital Foundation. The generosity of the people of the community, through the Foundation, is the foundation of this hospital. I also live in this community and it makes me so proud to work here. It's overwhelming when you think about the generosity of what people give to this hospital, and the support. The people of this community love this hospital. It's evident with their donations, their support coming out to openings and functions - it's quite incredible. I also think that the staff; physicians, surgeons, everyone that works here, they are also so proud of this hospital, and they're also very proud of the support the community brings to this hospital.

*Over 20 years working at SPH you will have seen a lot of changes, can you tell us how the hospital has changed in response to how the community has changed?*

**Barb:** The Peninsula is a growing community and Island Health in conjunction with the Saanich Peninsula Hospital Foundation have helped the hospital to grow into what the needs are. Personally I've been involved, and very grateful to be involved, with the build of the new ORs and the new recovery room, the new Endoscopy suite and currently we're in the process of building our new Medical Device Reprocessing department (which many people know as the sterilization department). They are all state of the art. We're all so proud to work here and work in this environment. There have been other changes: new emergency room department, and I know Extended Care also has had many changes through the support of the community. Over the 20 plus years that I have been here the changes have been incredible, remarkable and all due really to the support of this community through our Saanich Peninsula Hospital Foundation.

*Two years ago we had a successful campaign where we fundraised for a new Sterilization Unit here at the hospital. Is there an update?*

**Barb:** The Foundation raised money for our Medical Device Reprocessing Department, it was a very successful campaign and the work is now underway. I believe that the work is planned to be finished in May 2018 - so not much longer - and it's really going to tie the three phases of the OR, the Recovery Suite and the MDRD all together so it closes the loop on that build. It will make things so

much more efficient, making the flow better: it's going to be incredible to have it all together! This is the project I started with when I first took this position 11 years ago. It had to get broken into three phases for budget reasons. To see it finally all coming together is going to be wonderful, and you can bet I'm going to be here for opening day! The support once again from this community for all three phases was absolutely marvellous. I don't know what to say except a big thank you to everyone who has donated to SPHF for the builds for surgical services. It's like my little baby that I've seen grow up and it's all coming together: it's all going to be real shortly!

*You've become something of an expert in design and construction in your time here!*

**Barb:** I've been lucky enough to learn a lot about construction over the 11 years. I've worked with some incredible construction crews. The project leads, the architects, they've all put their hearts and souls into these builds, so the final result has been the state-of-the-art ORs, recovery rooms, endo suite and soon to be MDRD. The people who've been part of this have taught me so much, have worked well together, staying on time and within budget. It's pretty amazing: for a small community hospital we have come a long way. ■

*Thanks Barb for the interview, and for the many years of service at SPH. Enjoy your family time!*



# *The Joy of Singing*

**...and a little fundraising!**

*By Barbara Harwood*

On November 22nd, members of the Peninsula Singers, the ladies resplendent in their red silk blouses and the gentlemen in black dress shirts, entered the Residential Care Dining Room to entertain residents and families. Artistic Director Lena Palermo raised her arms to conduct and the music began.

Some of the more serious carols were performed with the dignity they warrant, but songs associated with the time of year were choreographed to show that they can be fun. There were some refreshing changes in tempo and every word was clear. It's always surprising to see that no one uses sheet music; every word had been memorised.

About 150 residents and guests had feet tapping to the percussion beats from Terry Erskine and the piano artistry of Janet Yonge. When the audience was invited to join the choir in singing, some beautiful voices were heard from among the residents. It was obvious that the audience was enjoying the music.

Choir members echoed that enjoyment. When asked about their reason for being in the choir, Diane and Kate, two retired nurses from Saanich Peninsula Hospital Extended Care Unit, said that while they were working, they saw how much joy and happiness was experienced by the residents. They both put joining the choir on their Bucket List of things to do in retirement. Another member, Bob, said he has always enjoyed singing. All three mentioned the physical changes that happen when you sing. Just as an athlete gets energy and strength from training, singing has the same effect. They all love the discipline of breathing, the mental challenge of learning the words and the choreography. And they all feel the joy of performing in their Show Chorus.

Amazingly, this joy for the Singers has translated into donations of more than \$45,000.00 dollars to the Music Therapy program at the Hospital!

The Christmas Joy concert at Mary Winspear in December, with its longer programme, gave the Singers more opportunities to shine. There were serious carols, some light comedy and two young performers. This year the Singers introduced tenor Derry Oshurst and soprano Julie Mombourquette to sold out audiences for three performances.

In addition, this year some young dancers were given the opportunity to display their considerable talent. Choreographer Sylvia Hosie created original pieces for young dancers Brooke Furtado, Jordana Griffin, Maya Sinats and Jenna Spell.

The Hospital Foundation is indebted to the Peninsula Singers for the joy they provide to residents and for the donation to the Music Therapy program that gives so much comfort and joy to palliative care patients.

The hours of rehearsal and rigorous training they undergo to perform at such a high standard shows, not just their love of music, but their dedication to the Saanich Peninsula Hospital.

As a final note (pun intended!) the Singers are recruiting new (and perhaps younger) singers to join them in this labour of love. ■

## Ageless Gardens

Monday, March 12, 2018  
2pm at Sidney's Star Cinema

We are very proud to be featured in a new documentary series, Ageless Gardens, a "visual celebration of gardens – and gardeners – with a special emphasis on the role gardens can play in healthy aging." Exploring the therapeutic benefits of gardening, episode two meets residents at the Saanich Peninsula Hospital who speak about the joy that their gardens have brought them.

To celebrate we are hosting a screening at Sidney's Star Cinema, on March 12 at 2pm, of two episodes with a question period



afterwards. Admission is by donation to the Saanich Peninsula Hospital Foundation's current campaign.

Seating is limited, if you wish to attend please contact Lesley Webb or Chryseis Green 250-652- 7531 or [chryseis.green@sphf.ca](mailto:chryseis.green@sphf.ca)



Speaking with

# Mark Wright

Board Member of the  
Saanich Peninsula Hospital Foundation

*By Barbara Harwood*

*Photograph by Lev Berenshteyn*

**A** chat with Mark Wright is a great investment of time. He is a charming and thoughtful man, with the most interesting stories you can imagine.

Mark was born on the Isle of Wight, a beautiful island in the English Channel with lots of character, just like Mark. He joined the Foundation Board in 2001 and is now the third longest serving director; because of personal experience he felt it was the perfect place to volunteer. “Our Board has a wonderful mixture of different talents,” he

said; in view of his background it is not surprising he is involved with the financial side of the Foundation’s work.

Mark had an interesting and exciting career with National Westminster Bank in the U.K. In those days nobody asked for a particular branch, one went where one was told to go, often at a day’s notice. However, Mark heard that there was a position available on Jersey, in the Channel Islands. He applied and was given the job. This was the beginning of work with the International Division of the bank. After Jersey Mark spent some years in the City of London where he had a number of multi-national clients including Nestle and Exxon-Mobil as well as a large international shipping portfolio.

The bank’s international division was growing and subsequently Mark was appointed as Deputy Chief Executive of RoyWest Bank in Nassau, Bahamas, then part owned by Royal Bank of Canada. Unfortunately, Mark’s wife became very ill and the medical facilities in the Bahamas were not able to help. Mark and his wife returned to England and he took leave from the bank to assist and care for her. After she died, he returned to work in London and later New York as part of a team working on the acquisition of a New York bank. This was successful and he was appointed as a Senior Vice President of that bank. Having moved to an apartment on Manhattan’s Upper East Side he met his wife Maria and their daughter Christina was born there.

After six years working on Wall Street Mark was asked to move back to the Channel

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## SPHF Gala Evening



The Saanich Peninsula Hospital Foundation's Gala Evening presented by Peninsula Co-op was held on October 14th, 2017 at Church and State Winery. The evening was a huge success raising \$80,095! The proceeds from the event will top off the 2016-2017 Campaign to support new art, music, and horticulture programs, revitalize the Residential Care Unit's library, and provide personalized equipment for each resident to continue enjoying the passions they love. This campaign has reached our goal of \$2,000,000.

During the reception hour, guests enjoyed sparkling wine, delicious canapes, and great conversation while bidding on alluring silent auction items. Brad Prevedoros played the guitar wonderfully during the evening and Kevin Bell was once again an entertaining emcee. Church & State's Chef Desiree prepared a remarkable meal, and the winery's owner, Kim Pullen, paired his award-winning

wines impeccably. Christiana Pullen shared with the guests some interesting history about Church and State Winery and their delightful wines. Following dinner, Sidney's local entertainer Tom Watson mesmerized guests with an exciting and challenging trivia game. An action-packed live auction took place with professional auctioneer, Jim Sinclair exciting the crowd with items ranging from a week long stay in Spain to a 3D rendering of a kitchen renovation.

Karen Morgan (Executive Director, SPHF), Paul Hames (Board President, SPHF), and Dr. Ambrose Marsh (Medical Director) all thanked the guests and sponsors for their generous support.

A very special thank you to Linda Hunter, our tireless event coordinator, and our amazing volunteers! ■

The evening was a  
huge success raising  
**\$80,095!**



# *Lives Lived with Love and Purpose*

*By Deborah Rogers*

Immediately noticeable when you meet Ruth and Ward Gammell is the warmth and affection between them. They sit close together and Ward touches Ruth's arm and checks she is comfortable before they turn their attention to the question asked. Theirs is a story of lifelong love - two people married for an extraordinary 73 years, true partners since they met over 74 years ago.

After a busy lifetime together Ward and Ruth now live at the Saanich Peninsula Hospital. Ruth has been here since 1st October 2015 and Ward followed on the 22nd November 2016. The couple are able to remain as close as ever in the supportive environment of the Residential Care unit. An important part of both of their days is that Ward has a chair in Ruth's room and each morning he goes in and sits with her by the window (there's hand holding too!) "We enjoy being together" says

Ward, they spend most of the day together, eat together and play cards - they don't necessarily join in a whole lot of activities but you'll often find them sitting together.

Ward and Ruth enjoyed a big celebration in August with children, grandchildren and great-grandchildren. They celebrated their 73rd wedding anniversary in June, Ruth's 100th birthday in July and Ward's 101st birthday in September. Ruth tells me her



secret to a long life “you should be lazy - you don’t wear any parts out!”, Ward puts it down to “good cooking. And a contented life.” Listening to their story though it seems that Ruth was far from lazy.

Ward recounted the story of their meeting: “I’m going to go back a way ... I was stationed at RCAF No 1 Group headquarters in St. John’s Newfoundland, and this is how it all started. I applied for Pilot training and they posted me back to Ontario, and Ruth’s squadron leader brought me into her office and introduced me to Ruth - I fell for her right away!” Ruth was in uniform too, in the RCAF. Ward couldn’t spend too much time in the office there, he was travelling all over the place to take the necessary tests for AirCrew but he says that he and Ruth “went to a few shows and movies while I was there.” After a month or two they posted Ward to Ottawa, and a little while later they posted Ruth there too.

The couple courted. In the summer they hiked the Gatineau Hills and canoed together, in the winter they went to dinner dances at the Chateau Laurier. They recall with a smile that there was “lots of dancing - we loved to dance.” Ward ended up working in Operations and didn’t have to go overseas with the Air Force but he did go to study at McGill University in Montreal, then on to Regina for flight training. Ruth and Ward were corresponding the whole time. When he got his wings Ward was sent to Souris, Manitoba, for bomber training. On June 20th 1944, on Ruth’s mother’s farm in Saskatchewan, the couple married, with a honeymoon in Banff afterwards.

In about January 1945 the war was near its end and they were releasing all the women’s division who were married. Ruth joined Ward in January 1945 and the couple “found a suite in the attic of a house in Souris, the bed was right besides the heating stove - of course it

was pretty cold! We lived together there until I graduated.”

In 1945 the Gammells bought a pre-fabricated house in Winnipeg and a lot, right next to the University of Manitoba, where they built their first house. Ward spoke with real affection as he told me: “I’ll always remember how Ruth fixed it up, and how she kept it, so beautiful! And the meals she made - it was wonderful.

She enjoyed the flower business and all the people she met through it. One day she made and sold 300 bundles! She was a busy girl! We had 100 fruit trees as well.”

With three children, eight grandchildren, and nine great-grandchildren, the Gammells have left a true legacy, and a great example of lives well-lived. Their family visits and supports them, and the hospital provides opportunities



*“She sold baby’s breath wholesale to places in Vancouver and Victoria. Ruth worked from dawn to dusk! She enjoyed the flower business and all the people she met through it. One day she made and sold 300 bundles! She was a busy girl! We had 100 fruit trees as well.”*

Ruth picked wild strawberries and blueberries, she canned them, and vegetables, we ate so well. She raised about 50 chickens. We gained weight that winter! Ruth worked hard, there was no running water and Ruth carried water from a tap about a block away. But we had electricity. Every year Ruth did a lot of canning, then of course when the deep freeze came in she filled that up too!”

At the Saanich Peninsula Hospital the couple are able to enjoy the gardens - even those who are in a wheelchair (like Ruth) are able to access them. Ward enjoys being able to walk through them, and he also told me about the calisthenics he does daily (standing, sitting and lying). It’s clear from their busy life together that they have always been outdoor types. When the couple moved to Victoria they bought an acre of land and Ruth went into the flower business: “she sold baby’s breath wholesale to places in Vancouver and Victoria. Ruth worked from dawn to dusk!

to continue that lifelong interest in hobbies and trying new things. Currently Ward is participating in an art program at the McTavish Academy of Arts. It’s these types of programs that “keep people going” says Ward. He’s also using the internet to learn Spanish, an inspiring example of continuing to learn and develop new skills right into his second century.

The Gammells are happy to tell me that they love living at the hospital, “the food is good and the staff treat them so nice,” Ruth adds that “they don’t have to do anything, people even make the beds!” Simple comforts after a life of hard work, but important touches in someone’s day. Staff at the hospital have enjoyed getting to know the couple and mention how special the Gammells are to everyone at Saan Pen. Jane Dolan, a therapist in the Residential Care unit, sums it up: “they are truly an inspiration and it is a real honour to be a part of their lives.” ■



# 12 Stories For Christmas

If you are a Facebook user you will probably have noticed that December 2017 saw something new for the Saanich Peninsula Hospital Foundation. Taking advantage of our revamped website we decided to share some video stories about SPH through a digital advent calendar.

A full 24 days seemed like too many videos, instead we opted to release a story every other day, giving us the opportunity to share 12 different videos highlighting different aspects of our community hospital.

Deciding who to feature in our videos was the first challenge, though there were some obvious candidates. We wanted to shine a light on the fantastic work that volunteers do in our hospital but also to feature some of the hospital's staff. We also wanted to share stories about times that the hospital saved the day.

We launched the advent calendar on December 1st with a video introducing the incredible Garry Upton, a long time volunteer in Extended Care. There was a wonderful response from those who followed the link from Facebook and viewed his story. As we moved towards Christmas we met ER's Dr Tam, other volunteers like Jim Ramsey and Peter Chance, SPH's Barb Molberg and Ambrose Marsh as well as several members of the community who have needed to use the Saanich Peninsula Hospital over the years.

The Saanich Peninsula Hospital Foundation was also represented with messages from

Board President Paul Hames and Executive Director Karen Morgan. Although the primary purpose of the advent calendar was not to raise funds, each video shared the message that 'it's not what donations buy, it's what donations do', a little reminder of all the good that our donors do with their generous donations.

It was a lot of work to interview everyone and produce the 12 videos, but feedback was so positive it made it all worthwhile. Our hearts were warmed by the comments we received on our Facebook page, like: "This post is lovely and I look forward to each day I can open another window."; "What a wonderful way to meet the hospital and its volunteers."; "I love this and can't wait to open the next door. Awesome stories so far."

*For those who didn't catch the advent calendar in December the videos are all still available to view on YouTube at [www.youtube.com/SPHFoundation](http://www.youtube.com/SPHFoundation). We'd also love to know who else at the hospital you would like to meet, we might be heading out with our cameras again sometime!*

■ By Deborah Rogers



## Garry Upton receives well deserved award

In December, the Activation staff in Residential Care presented volunteer Garry with an Island Health Outstanding Volunteer Award for his incredible efforts in starting and stewarding Men's Group for men who are residents at SPH. Garry leads a weekly discussion group and even digs into his own pocket to provide Tim Bits and other treats for his lively group. As Garry says, "What happens in Men's Group stays in Men's Group!" Congratulations Garry!

## The Denis Muloin Memorial Ride

The Denis Muloin Memorial Ride to raise funds for the SPH Palliative Care Unit will take place again May 27 2018 along the Lochside Trail. Registration will be online through the sphf.ca website and, new this year, riders will be able to have their own fundraising targets to share and request pledges from friends and families. We hope it will be our most successful bike ride ever.



## Hair today, gone tomorrow

On December 8, 2017, the residents of Legion Manor Victoria made generous contributions of \$900 to support Paula Hosking, Recreation Coordinator, as she cut her hair. She didn't shave her head, but cut off at least 12" of hair! There was lots of cheering and applause as she took the big step!



## A belated Christmas present

On January 6th at their regular Saturday meat draw, the Royal Canadian Legion Saanich Peninsula Branch #37 presented their community donations from the Poppy Fund. On behalf of the Foundation, Karen was honoured to receive a cheque for \$10,000, which will be used in our current campaign supporting Residential Care (among other

things). Gifts from the Legion's Poppy Fund directly support Canada's Veterans and their families, while ensuring that Canada never forgets. As a side note, Karen also won big in the meat draw!

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## Celebrate the harvest

In October, Firbank Farms got into the swing of Hallowe'en by holding an event for kids. They entertained a group of 50 youngsters who decorated pumpkins, had their faces painted and played a variety of games. A good time was had by all, and Firbank donated the proceeds totalling \$1,900. Many thanks to the Jack family for their continued support of the Saanich Peninsula Hospital!

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## A Grey Cup celebration

Right before Grey Cup celebrations, the members of Army, Navy and Air Force Sidney (ANAF) presented cheques to a number of the organizations they usually support. SPHF was included in that group, receiving \$3,300 from meat draw proceeds. These funds were dedicated to this year's campaign and Karen was delighted to give them a brief update on how important all of their gifts are to our hospital. ■

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Islands, Guernsey this time, it was his third "offshore" posting, where he was first the Manager of the largest branch and subsequently the administrator of the bank's local and offshore businesses which included becoming Chairman of the bank's in-house insurance company. After nine years in Guernsey and as retirement neared he and his wife wanted to return to North America and, as his wife's family lived in western Canada, they came on holiday to Victoria. Mark admitted he had no idea there was a place named Vancouver Island; he thought Canada stopped at Vancouver!

After buying property in North Saanich, 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 Hospital Foundation board. Even after sixteen years he says "I love OUR hospital." He adds, "I have been so happy to have been involved, in some small way, with many major projects: the new ER, the new ORs, Palliative Care, new equipment, 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." ■

# DONATION INFORMATION



## PARTNERS

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### *Please contact us at*

2166 Mount Newton X Road  
Saanichton, BC V8M 2B2

9710 Third Street  
Sidney, BC V8L 3A2

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