



SPRING 2021

PARTNERS

Thanks to YOU our Surgical Day Care is Open!

On April 12, 2021, The Saanich Peninsula Hospital opened the Surgical Day Care that has been several years in the making. Thanks to you, our donors, we were able to contribute \$3.5 million to renovate and upgrade the Surgical Day Care. The clean, bright, and modern room contains 13 beds, a nurse's station, lockers, a waiting room, and a special plaque to our donors who made it all possible. There will also be the addition of some wonderful art from local First Nations artist Chazz Elliott, depicting Island Health's values of "courage, aspire, respect, and empathy".



Karen Morgan, SPHHF President and CEO and Troy Courville, Coordinator of Surgical Services stand in the Surgical Day Care

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Healthcare professionals and First Nations Elders attend the special blessing of the Surgical Day Care

A limited group of healthcare professionals were able to safely gather for a special blessing of the site (we hope to bring you a virtual tour soon). Saanich Peninsula First Nations Elders May Sam, Barb Henry, and Patricia Underwood, blessed the space and all those who will enter it. It was a touching ceremony that moved and inspired everyone there.

Together with your support, we are working towards our vision to improve care and connection through assisting staff and physicians in modernizing our surgical and day care programs and making them more efficient. The campaign to fund this renovation began in 2015 and everyone has waited a long time to share the success with the community. This step has shown the hospital's ability to grow and, thanks to you, it is a reality today. The doctors and nurses want to thank you for your support in making this happen and for your keen interest in making SPH the safest and most modern facility it can be.

This was a major project under any circumstances, but we have been amazed and filled with pride by what has been accomplished by staff and the construction crew during COVID lockdown!

Your support has helped our surgical and endoscopy programs increase the number of patients served by over 150% from the last year. SPH staff are incredibly proud of their ability to reduce surgical wait lists. This is an enormous milestone, which, through your gifts, you helped make happen.

In addition, you, our Foundation donors, made the opening of the third OR possible and allowed hospital staff to expand the surgical



Jessica Johnson, Director, Saanich Peninsula and Gulf Island Hospitals and Community

program to meet the needs of COVID catch-up. We are now up at 107% efficiency, which is something that wasn't expected until July. This means even more patients can be treated through SPH's surgical program!

Physicians and surgeons are very passionate about our hospital; it is one of their favourite places to work. It's the culture and the community; it's where things grow and happen. They see that, and, truly, this is all thanks to you.

Our long-term goal is to help staff improve and expand the medical day care program for our community. With your help, SPH will become a true wellness centre. We share a commitment and vision that makes our hospital and our healthcare unstoppable.

Everyone at the hospital and you, our Foundation supporters, have the same passion and desire to make our hospital the finest community hospital anywhere. Thank you! ■



A special plaque to our donors who made the Surgical Day Care renovation possible.

Campaign Updates



You're Helping Us Get Ready.

Thanks to you, our campaign to help our beloved Saanich Peninsula Hospital "get ready" for what may come next has almost reached its goal! We only have \$200,000 left to raise!



Troy Courville,
Coordinator
of Surgical
Services

Troy Courville, Coordinator of Surgical Services, describes the progress you, our donors, have made possible:

"It's been an incredible time at SPH where the past vision of opening up the 3rd OR has officially become a reality. We have been able to move our cataract and plastic surgery programs into OR 3, supporting the needs of patients in our community

struggling with cataracts, cancers, and reduced limb function. Over the last year and especially during COVID, OR 3 has increased our ability to provide safe surgical care and to that end we have succeeded in reducing the surgical waitlists for many programs increasing volumes by 130-150%. To date, SPH has gone above and beyond managing a substantial increase during COVID. This is all possible because of the

This is all possible because of the dedication to improving care from our Foundation donors

dedication to improving care from our Foundation donors, our community partners at SPH, and the hardworking staff that helps build our future together.

In addition, the brand new Saanich Peninsula Hospital & Healthcare Foundation funded Surgical and Medical Day Care Unit will revolutionize access for patients needing medical, surgical, and endoscopic treatments.

It has been a truly tough year for us all but together we have become better, stronger, and we have remained the community hospital we love and need. Thank you so much.”

As you know, the healthcare workers at our hospital have likely had the hardest year in their careers. Because of your generosity, supporting them and investing in things to boost morale is now possible! We continue to provide the occasional treat to show them how much we all care. But don't forget – if you

“You are helping to keep everyone safe, thank you!”

SHIRLEY FINNIGAN, CLINICAL NURSE LEADER,
LONG-TERM CARE

happen to see a healthcare worker when you are out for a walk or grocery shopping, please thank them.

Thanks to you, Long-term Care is about to embark on a renovation of the Unit 1 Nursing Station and Acute Care will be repainting and refurnishing the staff room on the Unit. These both are very long overdue and will make working conditions much more safe, efficient, and enjoyable.

Thank you for being “Ever Ready” to help! ■

Your generous gifts also bought a UV light sterilizer.

This fascinating piece of equipment helps staff and visitors sterilize their phones and iPads as they enter Long-term Care. Staff can also use it to sterilize the ones used by residents to stay in touch with family members who are unable to visit in person. “You are helping to keep everyone safe, thank you!” says Shirley Finnigan, Clinical Nurse Leader, Long-term Care.



INTRODUCING DR. YANG

**He Has a Real Eye
for Your Eyes!**



The Saanich Peninsula Hospital has a new surgeon you may not have met yet. Dr. Patrick Yang is now performing all of the eye surgeries at SPH, bringing extensive skill and experience to his work.

Dr. Yang was born in Vancouver and earned both his undergraduate and his medical degrees from the University of British Columbia. After graduation from UBC, Dr. Yang attended the University of Toronto's Department of Ophthalmology as the chief resident. Here he received three prestigious awards: one from the Kensington Eye Institute for proficiency in cataract surgery, the Dr. John Speakman award from Sunnybrook Hospital, and the Sigmund Vaile award at Mount Sinai Hospital. In addition, he was honored with the prestigious Sopman Humanitarian award, which recognizes two residents in medicine or surgery across Canada who demonstrate excellence in humanistic care, interpersonal skills, and characteristics of compassion and support,

while providing patient care and achieving clinical as well as academic excellence. In spite of these many awards, Dr. Yang remarked that his most memorable experience in Toronto was taking part in vision exams for the Toronto Raptors Spring training camp!

This is a demanding field of medicine. Dr. Yang trained for 17 years after high school. From Toronto he went to the University of California San Diego to complete training in Oculoplastic Surgery under the guidance of two of the most distinguished physicians in the field, Dr. Don Kikkawa and Dr. Bobby Korn. To support this work, Dr. Yang received the Royal College of Physicians and Surgeons of Canada Detweiller Fellowship Award, which is given to only one or two physicians each year.

Knowing all this, I had to ask: "What drew you to Ophthalmology when you could have been a GP many years before completing your specialization?" Dr. Yang replied: "I enjoyed

He expressed his deep gratitude to Foundation donors for ensuring he has equipment that makes cataract surgery both safer and more efficient.

caring for patients in many different fields of medicine, but I found my calling in Ophthalmology. It's such a privilege to take care of something as important as the sense of vision. During my training, I had the experience of restoring vision in patients in developing nations, and I continue to volunteer to do this work as a surgeon. To be able to restore vision and sometimes cure blindness is truly a blessing and a privilege.

I'm lucky enough to have steady hands and good dexterity required for such delicate surgery, likely from all the fine motor work of building car models in my childhood! In addition, I really enjoy art, and having an eye for symmetry and balance is crucial when performing eyelid surgery. I truly feel it's my calling to be an Ophthalmologist and Oculoplastic surgeon and I'm grateful to be able to provide such services to the community."

Dr. Yang has new equipment for his work at SPH: the Centurion phacoemulsion machine. In his words "the Ferrari of cataract surgery machines". He expressed his deep gratitude to Foundation donors for ensuring he has equipment that makes cataract surgery both safer and more efficient.

...continued on page 8

RAISING FUNDS FOR SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION

Win 1 of 2
custom quilts signed by
Dr. Bonnie Henry
and *John Fluevog!*

Quilt Raffle:
\$20 per ticket

Created by The Sew N Sews and inspired by Dr. Bonnie Henry and her Fluevog shoes, these two amazing quilts showcase various Fluevog shoes. Individually crafted, each shoe is highly detailed (some even feature real buckles and bows!)

Proceeds will purchase much-needed equipment for operating rooms in Acute Care.

Purchase tickets online at sphf.ca
OR call 250-656-2948



Visit our website to learn where the quilts can be viewed.

Play responsibly | BC Gaming Event Licence #128224 | BC residents only



Tickets
on sale
April 15
to June 30
2021

The draw takes
place June 30
at 3pm at the
SPHFF office
in Sidney.

Quilt photos by:



 SAANICH PENINSULA
HOSPITAL & HEALTHCARE
FOUNDATION

When asked why he chose Sidney, Dr. Yang replied that there was a need in the community for someone to take care of cataract patients as well as treat eyelid issues such as drooping lids or cancers around the eyes. Plus, after training in Toronto and then in San Diego, he knew he preferred a life by the ocean. He feels lucky to be here, and added that he is even more fortunate to have received such a warm welcome from our community!

Dr. Yang is an advocate for medical volunteering and outreach. He has volunteered in rural Canada and remote destinations around the world. His most recent involvement includes the title of associate ophthalmologist for Orbis International's flying eye hospital, a MD-10 plane converted into an eye hospital, which

has taken him to missions in Mongolia, the Philippines, and parts of China.

Dr. Yang is grateful for those who came before him and recognized Dr. Larry Green for starting the cataract program at SPH in 1984. He also knows that Dr. Green and his wife Paula encouraged donations to the Foundation and he is grateful to them for their trailblazing efforts.

As a community, we are truly fortunate to have a surgeon who performs delicate surgery with precision but who is also a kind, understanding man, with a delightful sense of humour. Having experienced Dr. Yang's skill firsthand, I must thank Dr. Yang, and I'd like to encourage him to keep building those model cars! ■ *By Barbara Harwood*

THANK YOU

*to our
Annual
Sponsors*



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CATARACT SURGERY AT SPH

Thanks to you and Dr. Yang, nothing to fear

Your cataract needs to be removed. What fears does that raise? Fears of someone touching your eyes; fears about past surgeries; fears about all the things you cannot do after surgery? But the date has been set, and you have a couple of months (at least!) for these fears to take hold. I hope I can ease your concern. I can tell you of my experience – without family to help. Being 3,000 km away, mine could only provide support from a distance.

Two to three weeks before surgery, a comprehensive package arrives from Dr. Yang's office. Please read it, its contents will allay most of your concerns. You must have someone to drive you home after surgery. You must pick up a prescription for drops from your Pharmacist before surgery. You must use the drops, four times a day, for four days, in advance of the date. My friend, Beverly Lewis, (the Partners' photographer), prepared a chart to help me track my usage of the drops.

Then, before you know it, the day has arrived! Your friend takes you to the hospital. Have your care card and the phone number of your driver with you. At the SPH Main Entrance, wearing a fresh mask (staff will provide one, if needed), you are first asked the COVID questions and then escorted to Day Surgery.

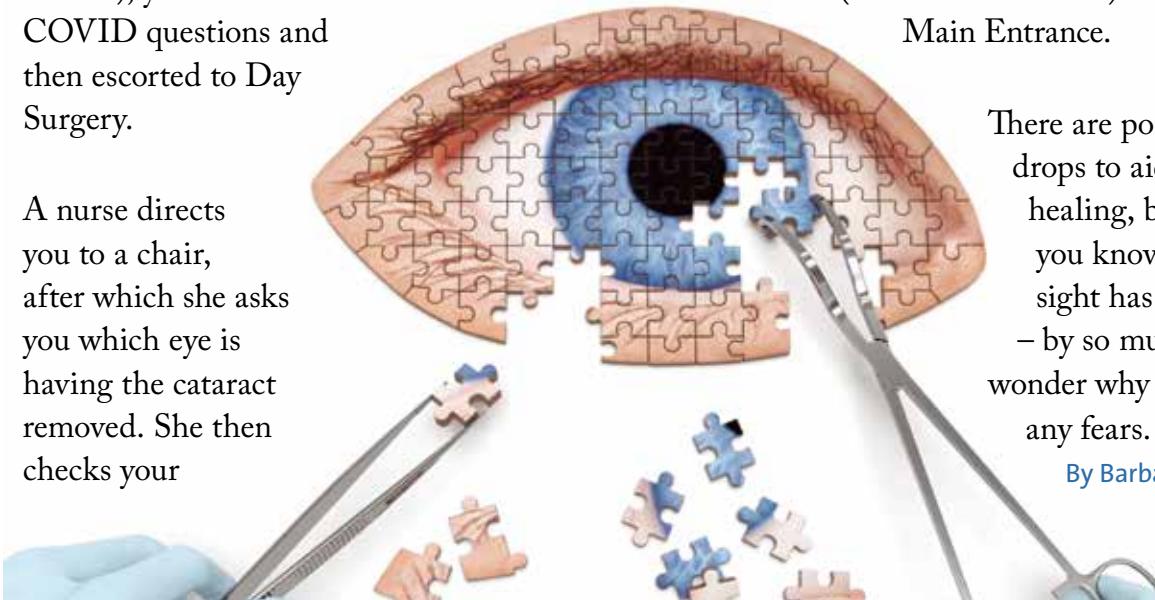
A nurse directs you to a chair, after which she asks you which eye is having the cataract removed. She then checks your

temperature and blood pressure. I felt reassured, as the nurse then reviewed each step of the procedure. Then she applies the anaesthetic drops and the eye is covered for the walk to pre-operative area. Dr. Yang takes you into the operating room where you lie on the operating table and settle into place.

Dr. Yang covers your face and begins his magic. You feel nothing and all you hear are the sounds of the ultrasound and the new Centurion phacoemulsion equipment (thanks to you, our donors, for making it possible to have new, state of the art equipment at SPH). Dr. Yang talks to the two nurses assisting and in about 15 to 20 minutes, he says "That's it. All done". Off you go to await your driver (who has been called) back at the Main Entrance.

There are post-surgical drops to aid the healing, but before you know it, your sight has improved – by so much you'll wonder why you had any fears. ■

By Barbara Harwood



SAVE THE DATES

See our website sphf.ca for more info

APRIL 15- JUNE 30TH

Fluevog Quilt Raffle

MAY 29 & 30

Denis Muloin Ride for Palliative Care

We need your talent!

We have two opportunities that we would LOVE your help with!

The Amazing Scavenger Hunt – do you know the peninsula and its history? Perhaps you love puzzles and mind challenges? If you do, we would love some help creating this year's challenge! It's part Scavenger Hunt, part Car Rally, part Amazing Race and part Trivial Pursuit. While the event takes place August 29th, we will need to put the route/challenges in place by July. If you would like to help us put together the challenges and clues, please get in touch!

The Annual Gala – The Peninsula and Gulf Island Variety show. We had our first Gala-at-home last year to rave reviews. We want to build and improve on this wonderful community event and showcase your talents!

AUG 29

Amazing Scavenger Hunt

OCT 16

Annual Gala-at-Home



We will be collecting short videos and putting them together in a Variety Show format for the event. If you have a special talent to showcase, whether it be singing, playing a instrument, magic, juggling, or anything fun and interesting you want to share, or anyone you think has a talent and we should connect with, please feel free to get in touch! We would love you to be part of this community extravaganza! The Gala is October 16th but we will need submissions by September 15th.

For more information on either or both opportunities connect with Jan by email jan.buehler@sphf.ca or text/call 250-889-5621.

Denis Muloin 7TH ANNUAL **BIKE RIDE** FOR PALLIATIVE CARE

Information about donation collecting & sponsorship details coming soon to our website!

May 29 & 30, 2021



LOUISE JOVANOVIC

Why I Give

When planning our move from Yellowknife in 1991, we looked for elements which would help us connect quickly to a new location. We were leaving a wonderful tight-knit community where all our family needs were met. Some descriptors of our new home included a sense of neighbourhood, service groups and other organizations, and accessible health services. Sidney, with its nearby Saanich Peninsula Hospital (SPH), fit the bill!

SPH was a full service community hospital and we could anticipate staying in our new digs through a few decades. And I'm still here! During these 30 years, we've been privileged to be largely accident free and in good health, but when friends and family needed medical attention, SPH was there for us. As my husband aged, more frequent visits and referrals were needed, and when I was diagnosed with a rare disease by a nighttime emergency doctor at SPH, our loyalty was doubly rewarded. We knew our hospital well and had every confidence in its capacity to treat us all with courtesy and medical expertise.

I became a regular donor when one of my community organizations, The Peninsula Singers, decided to make the SPH Foundation its concert beneficiary. The work of Musical



Therapists in SPH's Long-term and Palliative Care, bringing the power of music to those nearing the end of their journey, tied in so well with our community based objectives. In addition, having friends whose near and dear spent their last days in Long-term Care at SPH gave me new insights into the work of the Foundation. What a gift to have thoughtful and dedicated staff to take up the challenge of providing some of the comforts so often lost to the aged. Adding my own financial contribution to the Foundation, knowing the leadership there was so humanitarian in both philosophy and practice, seemed a logical choice.

It's a simple thing, even for those of us with retirement incomes, to make a regular contribution to causes we value. It's rather like that savings plan that we urge our children to begin with their allowances – the monthly sum suits what we can give, and becomes almost unseen as it flows into the current of our regular budgets. I urge you to consider becoming a monthly donor to the SPH Foundation. Our community benefits and so do we all! ■ *By Louise Jovanovic*

DONATION INFORMATION

Name:

Address:

City: Postal Code:

Email: Phone:

I would like to receive occasional email updates and information
from the Saanich Peninsula Hospital & Healthcare Foundation

Enclosed is my tax deductible gift of:

\$1000 \$500 \$100 \$50 \$25

Other Amount: \$

cheque enclosed or Visa Mastercard

Card No.: Expiry Date:

Signature:

I would like to make a monthly donation of \$

by: credit card void cheque enclosed

PLEASE DIRECT MY GIFT TO:

Operating Room equipment
 Renovations to prepare for Acute
Care needs
 Wherever the need is greatest

I have remembered the SPHHF in
my will
 I would like info on how to make a gift
to SPHHF in my will

A receipt will be issued to acknowledge your generosity. BN 11913 0540 RR0001

NLSP21

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PARTNERS

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WWW.SPHF.CA

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or are moving, please let
us know and we will make
appropriate changes to our
mailing records.

